



Look Slim.... Keep Slim this new Beauty Treatment Way

You'll improve your figure miraculously in this new SLIMFORM Girdle! You'll look slimmer right away too! And, best of all, you'll keep that way . . . thanks to the gentle action of the patented perforated Latex which coaxes away excess fat and remoulds your figure so trimly and youthfully.

Only SLIMFORM with the fresh "live" Latex gives you this natural slimming treatment . . . steadily, surely, safely.

Good? We think it's perfect! And so too must the hundreds of women who always wear a SLIMFORM miracle GIRDLE.

10 DAYS' FREE TRIAL

So confident are we of its ability to rid you of unsightly and surplus bulges that we offer you a 10 days' trial. Send the coupon today for full particulars of our FREE TRIAL OFFER.

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SLIMFORM GIRDLE CO. LTD.,
Top Floor, Jay's Mantles,
84 Pitt Street, Auckland.

Please send me particulars of your 10 days' FREE TRIAL OFFER, and illustrated Slimform literature.
I enclose 2d. in stamps to cover postage.

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SLIMFORM GIRDLE CO. LTD.



USES FOR LEMONS

PERHAPS it would be more useful to suggest how to do *without* lemons than what to do *with* them. Both for health and for enjoyment, lemons are almost indispensable. They are particularly rich in Vitamin C, which (like other vitamins) cannot be stored in the body, so that some food containing it must be taken every day. Therefore it is wise to preserve lemon-juice, as well as lemons. Lemon-juice helps to purify the blood-stream, and to tone up the whole system. In fact, lemons are really everyday necessities, like salt, or tea, or soap! If we are obliged to do without these, we rise to the occasion; but living is much more comfortable when we have them.

It is very handy to have preserved lemon-juice when you want a hot lemon drink for your cold and no lemons are to be had. Here are two methods of preserving and other suggestions for the use of lemons:

Uncooked

Strain pure uncooked juice into small sterilized bottles, nearly filling them. Fill remaining space with olive oil, which excludes the air. Cork. Keep in cool place. When needed, drain off oil with cotton wool. It is a good idea to add about a dozen pips to each bottle.

Sterilized

Squeeze out lemon juice. Bring skins to boil in a little water, add to the strained juice. Add a little sugar—about 1 cup to 2 big bottles. Boil all for 10 minutes. Overflow sterilized bottles, heated, and seal airtight. Dip corks and bottle tops in melted wax.

For the Hair

Add the juice of a lemon to the last rinsing water when shampooing your hair. This removes all soap and makes the hair soft and fluffy.

Lemon Cheese (2 eggs)

One cup of sugar; 2 tablespoons of butter; the rind and juice of four lemons; 2 eggs. Boil until thick in a double boiler.

Lemon Cheese (good)

Four eggs—beat just a little; 4 lemons (juice and grated rind); ½ lb. butter; 1 lb. sugar. Mix all together and cook in double-boiler, or in a basin standing in a saucepan of boiling water. Keep stirring until it thickens. Keep in airtight jars. See that the water in outside saucepan is boiling all the time.

Lemon Honey (no eggs)

Two large lemons (grated rind and juice); 1 tablespoon cornflour, 1 breakfast cup of sugar, 2oz. butter. Melt very slowly the sugar and butter with the lemons. When sugar is dissolved, add cornflour moistened with water. Remove from fire just while stirring in the cornflour. Then cook all very slowly till clear golden colour.

Lemon Cheese (no butter)

Take 1 cup water; 4 tablespoons sugar; and juice of 2 large lemons. Boil together. Mix 1 heaped tablespoon cornflour with 1 well-beaten egg, and a little

milk if needed. Pour the boiling liquid over it. Mix, return to pan and boil for 5 minutes.

Lemon Pudding

This is a delicious pudding. The mixture looks a little like curds and whey when it is ready to go into the oven, but when cooked there is a spongy crust on top and a lemon cheese mixture underneath. Beat well together ½ cup sugar and 1 tablespoon butter. Then add 2 tablespoons flour, pinch salt, the grated rind and juice of 1 lemon, 1 cup milk, and the beaten yolks of 2 eggs. Lastly stir in the stiffly beaten whites of the 2 eggs. Bake in a buttered pie-dish, which must be stood in a meat-tin of hot water. It should take about half an hour.

Lemon Tart Filling

One and a half cups of water; 1½ cups sugar; piece of butter the size of an egg; 2 tablespoons cornflour; yolk of 1 egg; juice and grated rind of 1 lemon. Boil the water and the sugar, retaining a little of the water to mix the cornflour. Put in butter and cornflour, then the yolk of egg (slightly beaten) and lastly lemon rind and juice. Cook for 2 or 3 minutes, stirring carefully. Have the tart or tarts already cooked (just a short crust is nice). Pour in the lemon filling, make a meringue with the white of the egg, place on top, and put back into the cool oven until the meringue sets.

Lemon Honey Shortcake

Beat a ¼ cup of butter with ½ cup sugar until creamy. Add a beaten egg and beat again. Then add 2 cups of flour sifted with 2 teaspoons baking powder, and a pinch of salt. Mix well, adding essence of lemon or almond, to taste. Pat out this shortcake flat, lining a deep plate, or meat-tin, with it. Spread with a generous layer of lemon cheese. Then place on top this mixture—1 egg, ½ cup sugar, 1 tablespoon butter and 1½ cups of desiccated coconut, all beaten together. Cook this shortcake in a medium oven about ¾ to 1 hour.

Lemon Snow Pudding

Two breakfastcups milk; ½ breakfastcup sugar; ¼ teaspoon salt; ¼ breakfastcup cornflour. Mix the cornflour to a smooth paste with a little of the milk; and heat the rest with sugar and salt. Add the cornflour to it, and cook over gentle heat till smooth and thickened. Then fold in 2 lightly beaten egg whites, and pour into a wetted mould to set. Serve with this sauce:

Lemon Sauce

The yolks of the 2 eggs beaten well with 1 cup sugar, and ¼ cup of butter blended in. Then add the juice and grated rind of 1 lemon and about 1-3 cup of boiling water. Cook slowly for 5 minutes, and let cool.

FROM THE MAILBAG

Sun-Scorch

Dear Aunt Daisy,

Could you kindly help me with my problem. I have a white cardigan that I washed and placed out in the sun to dry. In patches, the cardigan is now a