

(continued from previous page)

tablespoons sugar; 1 egg; 3 tablespoons butter or other fat; 3 teaspoons baking powder; 1 cup milk. Mix together the salt, flour, sugar and baking powder. Chop in the cereal, add the egg well beaten, the milk and the shortening. Beat thoroughly. Bake in well-oiled hot gem pans for about 35 minutes in a hot oven (375-400deg.).

Cheese Muffins

Make like cereal muffins except that ½ cup of grated cheese is substituted for the cereal, and use only 1 tablespoon of sugar. Also they will take shorter time to cook—about 15 minutes.

Sally Lunns

Two breakfast cups sifted flour, 2 teaspoons baking powder; good pinch salt; ½ cup soft sugar; ¾ cup milk; 1 tablespoon butter; 1 egg; ½ teaspoon essence of lemon; slices of candied lemon

BATH SALTS

Buy from chemist 2lb. soda crystals; about 6d worth of sandalwood oil, and a small quantity of essential oil of verbena. Put the crystals in a large basin and pour over them strong cold tea, a few drops at a time, until crystals are a pale cream. Next add 6 or 7 drops of the sandalwood oil—which holds the perfume. Then add about 2 teaspoons of your verbena (or any essential oil preferred). Put in fancy bottles and tie a pretty ribbon round, for presents. Variety in colour may be achieved by blending the ordinary red, blue or yellow food colourings. Make a rainbow effect by laying layers of different colours on top of one another.

peel. Mix all the dry ingredients together, then rub butter well in. Add milk beaten with egg, and essence of lemon. Pat on board to ½-inch thick. Cut into diamond-shaped cakes. Glaze over each with milk and sugar, or with egg. Place a piece of candied lemon peel on top of each cake. Bake till well browned in hot oven.

FROM THE MAILBAG

Storing Blankets

Dear Aunt Daisy,

In your broadcast the other morning you were talking of storing blankets. My advice is to wrap them in several thicknesses of newspaper. I have never known moths or silverfish to eat through to woollies wrapped in this way.

"Jean of Birkenhead."

Thank you, Jean. I am sure you are right. The lady in question had wrapped them in a bedspread with cakes of camphor, which is really not enough precaution. Your way is excellent—although a good sprinkling of moth crystals in among the blankets, and in the parcel generally, will make assurance doubly sure. But moths and silverfish do NOT like printers' ink.

BAD LEGS-

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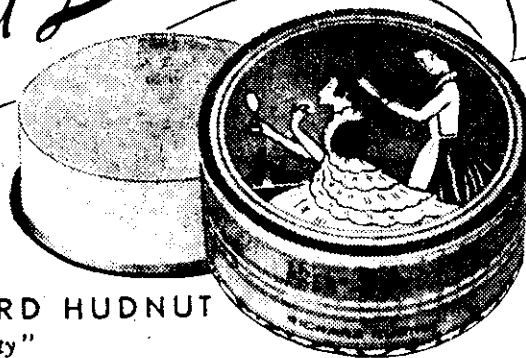
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