



YOU need SANATOGEN* nerve tonic food

When nerves become frayed, and tiredness and irritability spoil every moment of your day, it's time to act. Your body is warning you that the rush and bustle of modern life is too much. You need a course of Sanatogen, the nerve and body builder.



What Sanatogen does . . .

This famous tonic actually builds-up the body with protein and organic phosphorus, puts back into your system what the strain and stress of modern life has taken out. Your chemist stocks Sanatogen—why not start a course today?

*Registered Trade Mark of Bengel-Genatosan Pty. Ltd., 350 George St., Sydney



Happy? the Family adores me
and my COOKING
with
HANSELL'S
for flavourings
of course

HANSELL LABORATORIES LTD.,
OPAKI ROAD, MASTERTON.

"The Essence Specialists of New Zealand."

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FILLINGS FOR SPONGES

THE many people who keep a few fowls and ducks, and so have a reasonable supply of eggs, find sponge cakes very practical and useful, because they need very little butter, and in some cases, none at all. Sponge cakes and scones are supposed to be the distinctive sign of a New Zealand home. A good filling is therefore always appreciated, and also a simple icing, in case you have time only to spread the sponge with jam. Sponge cakes are quickly cooked too—need little fuel.

(use silver fork). Beat till smooth. Spread between layers of gingerbread, or on top.

Coconut Orange Filling

Half cup sugar; 4 tablespoons flour; dash of salt; third cup orange juice; 3 tablespoons lemon juice; 2 tablespoons water; 1 egg well beaten; 2 tablespoons butter; and 1½ teaspoons grated orange rind; ¼ cup desiccated coconut. Combine sugar, flour and salt in top of

SLIGHTLY RANCID BUTTER

Cut 1lb. butter into 6 or 7 pats. Cover with fresh milk in a basin, and let stand about 2 hours. Work a little with fingers to let the milk thoroughly mix in. Then pour off the milk and wash the butter several times in clean salted water. Change the water repeatedly. Then squeeze out moisture with damp butter-muslin, as in making butter.

Orange Filling

Three ounces of flour; 1 cup sugar; grated rind 1 orange; ½ cup orange juice; 3 tablespoons lemon juice; ¼ cup water; 1 egg slightly beaten; and 1 dessertspoon butter. Combine all smoothly together. Cook in double boiler about 10 minutes, stirring. May be used also for eclairs; or with coconut for pastry tarts.

Banana Butter Frosting

One large banana mashed smooth; 1 or 2 teaspoons lemon juice; ¼ cup butter; 3½ cups sifted icing sugar. Mix together the banana and lemon juice. Beat butter till creamy, add sugar and banana alternately, and keep beating until the frosting is light and fluffy.

Boston Mocha Frosting

One quarter cup sweetened condensed milk, 1½ tablespoons strong black coffee, 1 teaspoon vanilla; 2¼ cups icing sugar; 2 teaspoons cocoa, ½ teaspoon salt. Blend the condensed milk, coffee and vanilla. Add the sugar, cocoa, and salt, sifted together. Blend and spread.

Mock Cream

Two level tablespoons cornflour; ½ pint milk; 1oz. butter; ½oz. sugar. Flavouring if desired. Beat cornflour with a little milk. Warm the rest of the milk in a pan, and add it to the cornflour, and return to the pan. Stir over heat till well cooked. Put aside till cool. Cream the butter and sugar very well, then beat in the thickened cornflour and add flavouring. Continue to beat till creamy. The above quantities make about ½ pint of cream very similar to whipped cream.

Banana Mock Cream

Beat together until very stiff the whites of 2 eggs, pinch of salt, and 1 sliced banana. Banana dissolves and helps form cream.

Lemon Filling

Melt together very slowly a breakfast cup of sugar and 2oz. butter with the grated rind and juice of 2 large lemons. When sugar is dissolved, add 1 tablespoon cornflour mixed to a paste with water. Remove from heat while stirring in the cornflour, then cook very slowly, stirring, till clear and golden.

Gingerbread Filling

One cup sweetened condensed milk. Mix with 3 tablespoons lemon juice, and stir till thick. Add 3oz. mashed cheese

double boiler. Add fruit juice, water and egg. Place over rapidly boiling water and cook 10 minutes, stirring constantly. Remove from boiling water; add butter and orange rind. Fold in ¼ cup desiccated coconut. Makes enough filling to spread generously between two 9-inch layers.

Creamy Spread for Pikelets

Slightly warm some golden syrup—amount according to the number of pikelets to be buttered; beat in just a little butter, till it makes a sort of creamy spread. Spread pikelets with this. It goes a long way, and saves butter.

Chocolate Cream Filling

Two level dessertspoons cornflour mixed to a paste with 2 tablespoons milk. Add 1 dessertspoon cocoa. Bring ¾ cup milk to the boil, and pour gently on. Pour all back into saucepan and cook till thick. Stand till quite cold. Beat 1 heaped tablespoon butter and ½ cup sugar. Add ½ teaspoon vanilla, couple of drops of caramel flavouring and a couple of drops of almond essence. Beat in the chocolate mixture by teaspoonfuls, beating very well between each and afterwards.

FROM THE MAILBAG

Successful With Filigree

Dear Aunt Daisy,

A few weeks ago I had occasion to write to you for a method of cleaning silver filigree. In your reply to my request you sent several methods of cleaning silver lamé. On experimenting I have found that the method of methylated spirits and whitening has proved a wonderful success and I have no hesitation in telling you to advise the use of this mixture to anyone who may have a similar problem. "Otauhu."

Many thanks. This was the method: Make a paste of methylated spirits and whitening, and dab all over the tarnished