



Last thing at night, sip a cup of delicious Bourn-vita. Go warm and comforted to bed. Then sleep will come easily, and the energy you have used up today will be replaced with new vitality for tomorrow.

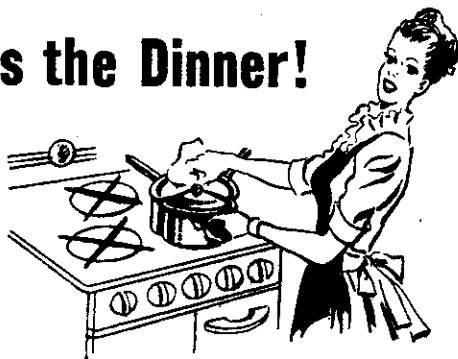
Cadbury's

BOURN-VITA

IT'S CADBURY'S THAT MEANS IT'S THE BEST

ONE Ring Cooks the Dinner!

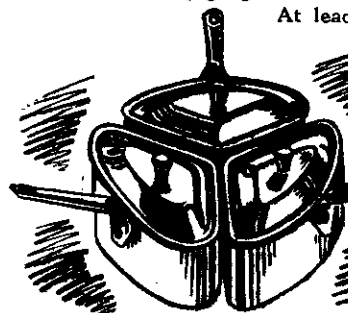
Saving Cooker Space
and two-thirds
power . .



The handy GLOBE saucepan combination consists of three 2-pint size pans that fit neatly together in the space of one large saucepan. You can now cook potatoes and two vegetables, for example, on only one ring, saving other rings, power, and money. Ideal for people in rooms using gas ring or small cooker, or campers using primus. Pans can be used separately of course. Heavy-gauge aluminium—easily cleaned. At leading hardware stores.

PRICE

45/- for set



GLOBE

SAUCEPAN COMBINATION

Manufactured by Metal Globe Co. Ltd.
Maldon St., Christchurch. P.O. Box 364
TRADE ENQUIRIES WELCOMED



POTATOES ARE IMPORTANT

AUTHORITIES have described potatoes as the most valuable vegetable. Besides supplying heat and energy, and having good mineral value (unless peeled thickly, when the excellent mineral quality is simply thrown away!) potatoes have also a high protective value.

Stuffed Potatoes

Potatoes ought to be cooked in their skins—baked, boiled or steamed. If you want mashed potatoes, it is quite easy to skin them when cooked. Bake them dry, in the oven, slowly. The skin will not stick to the potato unless you scorch them. Then you can either eat them plain by making a crosswise cut in one long side, squeezing gently till the potato comes up a little, and then

about 1-8in. thick, cut into squares and prick. Bake in a moderate oven about 15 minutes.

Potato-Cheese Gems

Three cups mashed potatoes, 1 cup milk, 2 eggs, $\frac{3}{4}$ cup grated cheese, pinch salt, 2 dessertspoons butter. Dissolve butter and salt in milk, slightly warmed. Add beaten eggs, then add the whole to potato and cheese mixed together. Stir slowly and mix well. Drop into buttered, very hot gem irons, sprinkle with flour and cook till brown on top. Split and butter, and eat hot.

Potato-Cheese Souffle

Boil 1lb. potatoes, then skin them. Add 2 tablespoons each of butter, and of wholemeal breadcrumbs soaked in milk, and 3 tablespoons of grated processed cheese. Beat till smooth. Add 2 egg yolks lightly beaten and 1 good tablespoon chopped parsley, then the stiffly beaten whites. Bake in greased pie-dish, moderate oven, for nearly 1 hour.

Potato Tart

Filling: 2 large mashed potatoes, with pinch salt extra, 2 large apples cooked in very little water, 1lb. sultanas, $\frac{1}{2}$ teaspoon spice; $\frac{1}{2}$ teaspoon cinnamon. Line a pie-plate with short pastry. Mix up above mixture well, put in lined plate, cover with pastry top, brush with milk, and bake.

Potato Scones

Put a cup of mashed potato in a saucepan to warm, with 2 tablespoons of brown sugar, and 1 tablespoon of butter. Add 1 beaten egg. Stir in 2 cups of fine wholemeal sifted with $1\frac{1}{2}$ teaspoons baking powder and a pinch of salt. Beat, adding milk as necessary. Roll out, and cut into scones. Bake as usual.

FROM THE MAILBAG

Left-Over Christmas Cake

Dear Aunt Daisy,

Somebody was asking you about using up the left-over part of last year's Christmas cake in the making of this year's. Well, I have the solution. My brother is a baker, and he told me that this is the way a baker does with any fruit cake he does not use before it is starting to dry out. Crumb the old cake and weigh it. Now, suppose it is 2lb. in weight, and the recipe for the new cake says 5lb. of flour; well, count the 2lb. of crumbs and 3lb. of flour, and make in the usual way.

"North East Valley," Dunedin.

Perspiration Stains

Dear Aunt Daisy,

Can you recommend anything to take perspiration stains from fine pure wool material—rust colour. Also can you recommend a good brand of dress-preservers or a perspiration preventative? "J.A." Otago.

These stains are very stubborn and in trying to remove them one generally finds one has also spoiled the colour of the material. Try soaking in equal quantities of methylated spirit and warm soapy water, afterwards rinsing and drying in the fresh air; or soak in (continued on next page)

Stolk

This is a Scottish dish. Steam your potatoes and then peel them, hot. Have ready, boiled in a little milk, 2 or 3 shredded shallots, or small onions, and mash the potatoes, milk and onions all together, seasoning to taste. Serve very hot, with a dab of butter on each helping, with crisp toast or oatcake. Here's how to make the cake: Four ounces flour, 2 tablespoons of butter, or dripping, 6oz. medium oatmeal, a pinch of salt, 1 teaspoon of sugar, and $\frac{1}{2}$ teaspoon of baking powder. Mix dry ingredients thoroughly. Add sufficient milk to bind well together. Roll out