

# Health & strength for *ALL* in '**AKTA-VITE**' *the palatable Vitamin Supplement*

- WITH DELICIOUS  
CHOCOLATE MALT BASE



Each 10 grammes of "AKTA-VITE" (approximately 2 teaspoonsful) contains not less than:

Vitamin A .. .. .	2,000 Int. Units
Vitamin B1 .. .. .	300 Int. Units
Vitamin C .. .. .	300 Int. Units
Vitamin D .. .. .	1,000 Int. Units
Carbohydrate .. .. .	8.30 gms.
Protein .. .. .	0.48 gms.
Fat .. .. .	0.30 gms.
Calories .. .. .	38.7
Calcium .. .. .	33 mgms.
Phosphorus .. .. .	17 mgms.

## Energy-

**BY THE GLASS.**  
Delicious with hot or cold milk.

**ON FRUIT DISHES & CEREALS.** Just sprinkle over the dessert.

**BY THE SPOON.**  
Palatable, easily digested.

**IN SANDWICHES.**  
A tasty, nutritive filling.



Feeling well, looking well, being well, depends a lot on your daily vitamin intake. Many meals you eat may be deficient in some of the food essentials you need, but by taking a daily concentrated supply of the four essential vitamins, A, B1, C and D in "AKTA-VITE" you can preserve strength and health to off-set the strain of modern living.

"AKTA-VITE" benefits every member of your family. Try this inexpensive and sure way of building energy and well-being in the young, adults, the aged and convalescents.

5oz. 6/3; 10oz. 8/-; 40oz. 23/- — at all Chemists

# AKTA-VITE

N.Z. Distributors: **R. Greenwell Ltd** Beaumont St., Auckland.  
AK3

## How to make **biscuit paste**

BY MR. S. GALLOWAY OF THE  
BETTER BAKING BUREAU



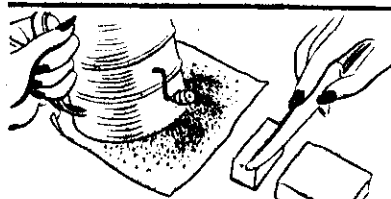
Mr. S. Galloway, leading Hotel Chef, baker and pastrycook offers you this practical recipe and method for use with Phosphate Baking Powder.

### BISCUIT PASTE

½lb. flour or 7oz. flour and 1 oz. cornflour.  
¼ teaspoon Phosphate Baking Powder.  
5oz. shortening.  
2oz. sugar (Castor or icing is best).  
½ or whole egg.  
Pinch salt.  
Sift flour and Phosphate Baking Powder. Rub in ¼ of the shortening. Cream balance of shortening, salt and sugar. Add egg. Drop in mixture. Mix all rather lightly.

### REMARKS

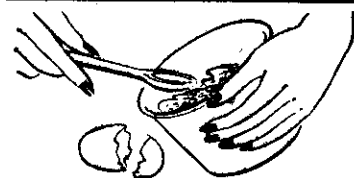
The paste will give better results if rolled in grease-proof paper or semi-damp cloth and kept in cool place for half an hour or longer. The paste will keep for a day or two if kept in a cool place or in the flour. Will keep fresh for quite a while if kept in frigidaire. Spices, etc., may be added dry, but cocoa should be moistened with hot water. This paste may be used for many varieties of biscuits, fingers, tarts and for fruit pies, etc.



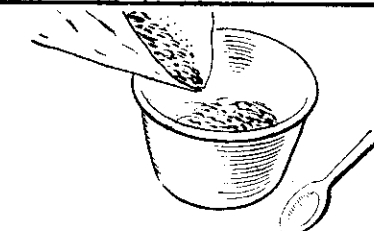
1. Sift flour and Phosphate Baking Powder. Add about ¼ of the shortening.



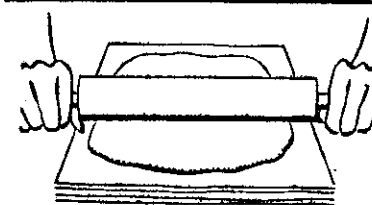
2. Rub in shortening—leave left-hand on table. Rub right-hand lightly across fingers.



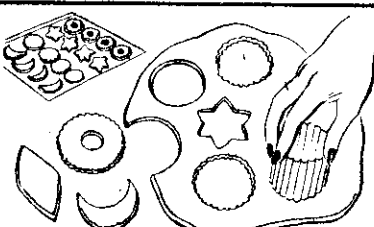
3. Place balance of shortening in basin. Add sugar and salt—cream with wooden spoon or hand. Beat in egg.



4. Add prepared flour to creamed mixture and mix whole rather lightly.



5. Turn mixture out on to floured board and roll to about ¼" thickness or less.



6. Cut shapes with biscuit cutters or knife and bake in moderate oven.

LISTEN TO THE BETTER BAKING  
BUREAU PROGRAMME 15 Stations  
10.15, 11.45 Sun. Thurs. and Fridays  
**RECIPES AND HINTS**

Published in the interests of Better Baking  
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**PHOSPHATE**  
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