

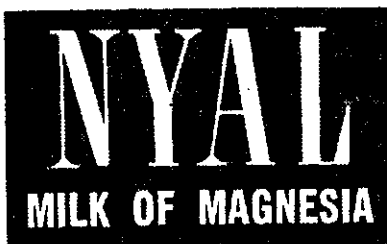
What every mother  
should know about

## Milk of Magnesia

Here are a few important things that most mothers already know—and every mother should know—about Milk of Magnesia.

1. In addition to being a corrective for minor stomach upsets, it is an ideal gentle laxative.
2. For babies, NYAL Milk of Magnesia after every feed prevents "wind," ensures regular habits, helps digestion and prevents sour stomach.
3. For adults, NYAL Milk of Magnesia helps relieve discomfort of heartburn and acid indigestion. It has a mild laxative effect.

Two forms, Sweetened and Regular, in two sizes. Sold only by chemists.



Made for the Nyal Company N.Z., Ltd. Great South Rd., Ellerslie, Auckland



## FROZEN DELICACIES FOR SUMMER

WITH every promise of an early and hot summer, recipes for ice cream, sherbets and parfaits will be much in demand. Refrigerators too are fairly widely distributed now, so that more frozen delicacies will be enjoyed. Evaporated milk when chilled for 24 hours can be whipped and used as whipped cream.

### Ice Cream

Two cups milk, 1 cup evaporated milk (or cream) whipped, 20 quartered marshmallows, 2 teaspoons vanilla,  $\frac{1}{8}$ th teaspoon salt. Heat milk and marshmallows and stir until marshmallows dissolved. Add salt. Pour into freezing tray and turn control to freeze. When mixture is of mushy consistency remove to chilled bowl, add the whipped evaporated milk or cream and vanilla, and beat with rotary beater. Return to freezing unit and follow general freezing directions. Serves 6 to 8.

### Coffee Cream Ice

One cup very strong clear coffee,  $\frac{1}{2}$  cup boiling milk,  $\frac{1}{2}$  cup cream, 2 tablespoons sugar. Add sugar and milk to coffee, stir to dissolve sugar, allow to cool, then partly freeze. Whip cream slightly and stir in, then continue to freeze. A few pieces of plain chocolate set in this mixture make it delicious.

### Old-fashioned Ice Cream

Two eggs, 2 cups scalded milk,  $\frac{1}{2}$  cup sugar,  $\frac{1}{8}$ th teaspoon salt, 1 teaspoon vanilla,  $\frac{1}{2}$  cups evaporated milk or cream. Beat eggs until thick and well blended. Add sugar and salt and mix well. Add scalded milk slowly, stirring constantly. Cook over hot water until mixture coats a spoon. Remove from heat at once. Chill. Add flavouring and evaporated milk or cream. Freeze as usual. Serves 6 to 8.

### Chocolate Ice Cream

Four tablespoons good cocoa, 1 cup milk, 18 marshmallows, 1 teaspoon vanilla,  $\frac{1}{2}$  pint good cream, whipped. Heat milk in double boiler, add cocoa and mix in, then drop in marshmallows and let them melt. Then cool and add vanilla. When cold add cream whipped stiff. Mix in thoroughly and freeze.

### Orange Sherbet

Two egg whites, 2 tablespoons sugar, 2 cups orange juice, 3 tablespoons lemon juice, 1 tablespoon gelatine, 2 tablespoons cold water,  $1\frac{1}{2}$  cups sugar, 1 cup water. Soften gelatine in the 2 tablespoons cold water. Combine  $1\frac{1}{2}$  cups sugar and 1 cup water and boil about 10 minutes to make a syrup. Dissolve gelatine in the hot syrup. Beat egg whites until frothy and then add the 2 tablespoons sugar. Continue beating until stiff. Slowly pour syrup over egg whites, beating until well blended. Add

fruit juices to this mixture, mixing well. Place mixture in refrigerator and beat once after partially frozen. Serves 8.

### Lemon Sherbet

Make exactly like orange sherbet, substituting 1-3rd cup lemon juice and grated rind of a lemon for the orange juice and lemon.

### Pineapple Sherbet

Follow exactly directions for making orange sherbet, but substitute  $\frac{3}{4}$  cup pineapple juice for orange juice. The addition of a little orange juice improves the flavour.

### Almond Parfait

Half cup sugar,  $\frac{1}{2}$  cup cold water, 2 egg whites,  $\frac{1}{2}$  pint cream, 1 teaspoon almond flavouring or  $1\frac{1}{2}$  teaspoons vanilla. Slowly boil the sugar and water until it forms a thread when dripped from a spoon. Allow to cool slightly, then beat egg whites until stiff. Pour boiled sugar and water into beaten egg whites a little at a time and beat with rotary beater after each addition until all is combined. When cold whip cream until stiff. Empty whipped cream on to beaten egg mixture and cut and fold it in until whipped cream is thoroughly combined with beaten egg mixture. Freeze in large tray of refrigerator from 2 to 4 hours. Do not freeze too fast. Turn ingredients over several times during early freezing stages to prevent them from separating.

### Pineapple Parfait

Follow recipe for almond parfait, the only changes being to use  $\frac{1}{2}$  cup canned pineapple juice instead of  $\frac{1}{2}$  cup water and to leave out almond flavouring.

### Water Ice

Two cups water, 1 cup sugar, 4 egg whites, flavouring. Boil sugar and water 20 minutes, and allow to cool. Beat whites of eggs until stiff. Add beaten egg white and flavouring to sugar and water mixture and stir it in and freeze. The mixture must be stirred and folded over and over as soon as it begins to freeze. At first it will separate and the beaten egg white will float on top. This can only be mixed in when the mixture begins to freeze. Stir and turn over several times during first hour or hour and a-half of freezing.

### Orange Water Ice

Use recipe for water ice above, but instead of using 2 cups water use 1 cup water and 1 cup orange juice. Add grated rind of 1 orange and if desired, 1 tablespoon lemon juice.

## FROM THE MAILBAG

### Feather-Proof!

Dear Aunt Daisy,

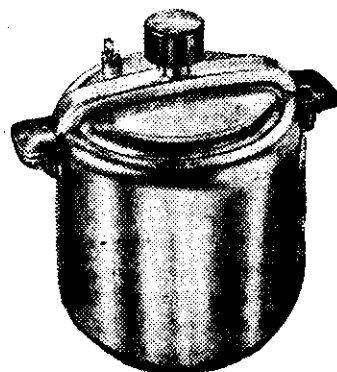
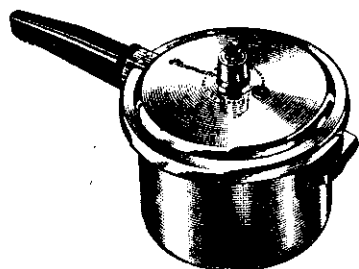
I heard you read a letter about feather pillows. I, too, have feather beds and pillows and it is most essential to wax the material used before it is made up as it is the seams that escape the wax if the sewing is done first. The ticking is not of the same quality as it was years ago, but the feathers do not come

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