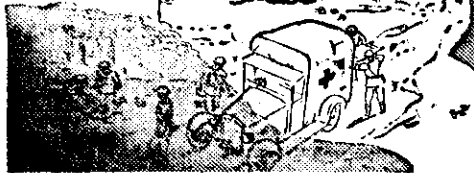


From the SHADOWS of the War



To Glorious Health!

Depression, backache, body pains and kidney trouble, that was the Great War's legacy to Nurse A. R. F.* To-day, thanks to De Witt's Pills, it's a different story. Read this letter:—

"I left England after the war, having done a great deal of nursing. As a result I suffered years of backache, depression and all the symptoms of kidney trouble. I obtained no lasting relief until I started taking De Witt's Pills. The first dose did me good—now I am in perfect health."

* Name withheld—medical etiquette.

De Witt's Kidney and Bladder Pills

for Backache, Rheumatism, Lumbago, Sciatica, Joint Pains, Urinary Disorders and all forms of Kidney Trouble. Of all chemists and storekeepers, 3/6 and 6/6.

You, too, can end the depression, pain and weakness caused by kidney trouble just as quickly. Start with De Witt's Pills to-day. Relief from the first dose is followed by permanent benefit. Then YOU will begin to enjoy life. Body pains and backache will go. Vigour and vitality will return and you will feel and look years younger. No matter how ill you may be . . . no matter how long you have suffered, you can get back health and strength by taking



(Continued from previous page)

pinch salt; and essence of lemon. Cream butter and sugar well; add beaten eggs gradually. Dissolve the soda in 1 teaspoon boiling water and mix with the lukewarm milk. Add. Sift flour, cream of tartar and salt, and add. Cook in greased tin in moderate oven for one to 1½ hours.

Little Boats

A fleet of these can surround the "ship cake," and can be made quite wholesome as well as pretty. You can buy boat-shaped patty tins.

Pastry for Boats.—Eight ounces of flour, 4 oz butter; 2 dessertspoons icing sugar; about 4 tablespoons milk, and a pinch of salt. Scarcely any baking powder is needed, if any. Sift the dry ingredients and flake the butter up finely, before rubbing it in with the tips of the fingers. Bind with the milk, roll out thinly, and line the ungreased boat-tins. Prick the pastry with a fork. Bake in a moderate oven for about 20 minutes.

Filling for Boats

These must not be put in till the boats are quite cold.

Fruit Jelly: Stew any small fruits, such as loganberries, raspberries, gooseberries, or strawberries. See that the fruit stays whole. Strain out the syrup from them and with the syrup and hot water, make some jelly of the appropriate colour from good jelly crystals. When the jelly is cold, but not set, fill the boats with the fruit, pour a little liquid jelly over it, and leave to set. Put in little sticks for mast or pieces of spaghetti; and make sails with white paper.

Raspberry Cream: Put a little raspberry (or other) jam in the boat. Cover thickly with whipped cream, or mock cream, and stick in prettily shaped sails made by rolling out the scraps of pastry very thinly, cutting them into shapes and baking.

Mock Cream for above filling: One teaspoon gelatine; ¼ lb. butter, 1½ tablespoons sugar (¾ oz.); ½ saltspoon cream of tartar; pinch of salt; 3 tablespoons boiling water, vanilla or lemon essence. Pour hot water on gelatine. Stir until dissolved. Put butter, sugar, salt and flavourings in a basin, cream a little, add cream of tartar, then dissolved gelatine. Whip well for about ten minutes, until it looks like whipped cream.

Mock Cream Filling: Half a pint of milk; ¾ oz. beat cornflour; 1 oz. butter; 1 oz. castor sugar. Mix cornflour with a little cold milk. Put the rest on to heat, add the cornflour, stir till boiling. Cook 3 minutes, stirring all the time; leave till cold. Cream butter and sugar. Whip cold cornflour, then beat into mixture gradually.

Butternut Creams

Half a pound of butter; ½ cup sugar; 4oz. nuts; 2½ cups flour; 2 eggs; 1 oz. crystallised cherries. Cream butter and sugar, add egg yolks and beat well. Work in flour (I add a little salt and one level teaspoon baking powder, but they are not in the recipe). It is best to use the hands for this. Make into a firm dough. Have the nuts chopped ready in a saucer, and the whites (one will do) of egg in another. Also the cherries halved or quartered as desired. Roll small pieces of the dough into balls, dip into the egg white (unbeaten), press into the nuts, and place on a cold oven

tray. Put a piece of cherry in the centre of each. Moderate oven 12 minutes. Half this quantity makes one trayful, and they are very pretty for parties.

Gingerbread Men

Twelve ounces of flour; 7 oz. treacle; 1 egg; 3 oz. brown sugar; 2 teaspoons baking powder; 1 teaspoon mixed spice; 2 oz. butter; and a pinch of salt. Sieve the flour, spice salt and baking powder into a bowl. Mix the brown sugar in well with these dry ingredients. Melt the butter and treacle together, then add the egg well beaten. Stir all this well into the dry ingredients, and mix to a soft dough. Flour the hands, and mould into shapes. Four pieces are required for each man—head, body, two for arms and one extra long makes both legs. Place the men on a greased slide, and bake for about 15 minutes, or until brown.

FROM THE MAIL BAG

Call for Tarawera Cake

Dear Aunt Daisy,

Another call for help! I wonder if you can tell me, through *The Listener*, the recipe for Tarawera Cake? It is a nice dark fruity mixture, with 8 eggs, I think, but it is not extravagant with butter. I got it from an old New Plymouth resident, but have since lost it.

And I wonder if many of your readers know the old fashioned Scottish way of cooking trout, trevalli, kahawai, or other fat fish. Here is my mother's recipe: Bring the water in a pot to boil. Quickly add a generous quantity of salt (about 1 tablespoon) and 1 cup of cold water; then put in the fish, in one piece if possible. Water should barely cover it. In trout or small kahawai the tail is pushed through the mouth. Bring to the boil, and at once put aside on stove where it will barely simmer. It is cooked when the fins lift off easily—usually about 25 minutes. Serve with parsley sauce, and your family will come back for more!

— "Jean" (Kati Kati).

I hope this will catch the eye of someone who knows the Tarawera Cake. I have a great number of New Plymouth recipes myself, but this cake is not among them. Many thanks for the good Scottish way of cooking fish.

Home-Made Mop Oil

Dear Aunt Daisy,

Can you give me a method for treating a new polishing mop. It is not an oiled one.—"A Hopeful Link" (Otago).

Try this mixture; it was given to me as a real "tip." Shake well together in a bottle half a pint of raw linseed oil and half a pint of methylated spirits. Then add half a pint of vinegar, and shake again. Lastly add sixpennyworth of citronella oil, and give another good shaking. Leave it to stand awhile before using; and always shake the bottle again when you need it. The mop should always be left standing overnight in the tin containing the oil when it needs re-doing. Do not put very much oil in either—just enough to cover the bottom of the tin. A tradesman told me that most people have their mops unnecessarily oily, and that they re-oil them too frequently.

*Fashion-fabrics
come and go
but Sylko*

100 YARDS REELS
(Size No. 40)
Over 350 Fast Colors



IS ALWAYS
THE COTTON
FOR SEWING THEM

Made to a non-varying standard—strong, even and reliable. Non-fading throughout the entire color-range.

SYLKO MACHINE TWIST

(SILK SUBSTITUTE)

MADE BY

(MERCEURISED)

JOHN DEWHURST & SONS LTD., SKIPTON, ENGLAND.

Trade enquiries to The Central Agency Ltd. (Incorporated in Scotland),
New Zealand. Automobiles Chambers, 35, Taranaki Street, Wellington.