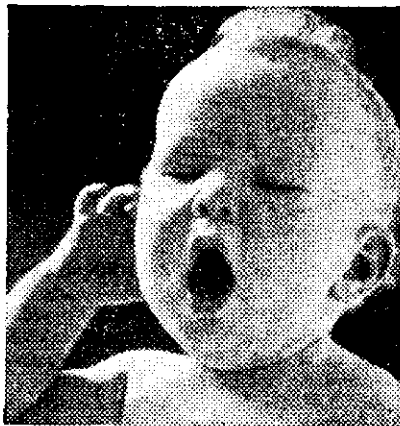




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(Continued from previous page)

2 eggs; 4oz. of castor sugar; 3oz. of butter, and 2 or 3 dessertspoons milk. Line a sandwich tin with buttered paper to stand above the sides. Cream the butter and sugar, add one whole egg and stir quickly until the mixture is smooth. Whisk up the second egg and add half; you will need the other half when making the sunflower petals. Beat the mixture until smooth, then stir in gradually the flour and baking powder sifted together. Add milk to moisten, and bake in a moderate oven for about half an hour.

When the cake is cold, ice with a mixture made by mixing a teaspoon of cocoa to a smooth paste with about 3 teaspoons of hot water, and stirring in about 4oz. of sifted icing sugar, until a nice spreading consistency is reached. Flavour with vanilla.

THE PETALS: This is the pretty part. Sift 2oz. icing sugar, and mix it with 2oz. ground almonds and 2oz. castor sugar. Add the half egg saved from the cake mixture, or sufficient of it to make a stiff paste. Flavour with vanilla, and colour it a bright yellow. The colouring will moisten it, so be careful not to make the mixture too moist before adding it. Work it until smooth, then roll out fairly thin on a sugared board, and cut petals to resemble a sun flower. Arrange then nicely on top of the cake, making them adhere with a dab of icing. Then slightly hollow out the centre, and fill up with chocolate "hundreds and thousands" or grated chocolate.

Peppernuts

This is a typical Christmas recipe from Denmark. It is said that the real "raison d'être" of these Peppernuts is to counteract any digestion troubles arising from over-indulgence during the festive season! The children are allowed to help in the making of them; they do the rolling, cutting, and the putting on trays to cook. They are also allowed to use them for counters in card games and the like. Then they can eat their winnings!

One pound of flour; 1lb. of brown sugar; 4 eggs; ½lb. butter; 2 tablespoons

ground almonds; 2 teaspoons of ground ginger; and 1 teaspoon each of ground cloves and cinnamon. Work well together, and roll out in long thin rolls, which are then cut into pieces as large as a big hazelnut. Bake a light golden brown.

Mock Pate de Foie Gras

This is for the sandwiches. It is most appetising, and of course, nourishing, and not difficult to make, and quite like the real thing, although no geoselivers are employed in the making. It is also a wonderful start for savouries, etc.—a little spread on a biscuit, then a slice of egg, and an anchovy coiled up on it!

One pound of calf's or sheep's liver; 1lb. fat pork. Put through the mincer not less than three times, with an onion. You then mix in 2 tablespoons cornflour, and 4 tablespoons ordinary flour; salt, pepper, nutmeg and ground cloves to taste. Mix well as you would a cake. It should now be the consistency of a "wet" scone-dough. More flour may be needed; it varies according to the liver. Add an egg or two beaten, and sufficient cream or milk, to make a mixture the consistency of a cake mixture. Line a square cake tin with well-buttered paper, pour in mixture, and place in a tin containing water. Bake in a medium oven 1½ to 2 hours. Don't turn out until cold.

A SIMPLER MIXTURE: Half a pound of cooked calf's or sheep's liver; 3 or 4 ounces of uncooked fat bacon; 1 dessertspoon chopped parsley; 1 dessertspoon grated onion; 1 egg; pinch ground mace and allspice; 1 teaspoon made mustard; pepper and salt; and some browned breadcrumbs.

Put the liver and bacon two or three times through a mincer. Add parsley and different seasonings, mix well with lightly beaten egg. Grease basin, line inside with breadcrumbs, and fill with mixture. Twist a piece of greaseproof paper over the top, and bake in a moderate oven ¾ hour. Cut into slices when cold. Can be steamed or baked. Must be mixed nice and smooth.

top in silver ferns. Father made a table top which he put on benzine cases, and the children sat on stumps round it—all quite low and just right for tinies. My table cloth consisted of all the scraps of crepe paper I didn't use for hats, green, yellow, orange and kingfisher blue. At each place we put a "coupe" plate on which was a little green jelly, and standing in the middle of that half a banana with a face on it, a tiny ice cream cone for a hat, and with a ruffle of whipped red jelly. Each had a little glass of orange drink, and plates of bread and butter and "hundreds and thousands," also a few gay and pretty sweets round the table. It was really a pretty scene held in a nice country garden, with the sixteen little ones in very bright hats. My two sat together at the end and enjoyed everything. My two nice Maori girls then gave everybody swings. I fed the Mamas in the living room, and just gave them chocolate and orange sponges, cinnamon sponge, shortbread, cheese scones, and also my favourite savoury—cream puff cases filled with sweet corn, and flavoured with mint (my own recipe!). We were lucky in having a lovely day which helped to make the success.—"Aunt Daisy Fan" (Hawke's Bay).

Correct Diet

Dear Aunt Daisy,

I was very interested just lately, when I heard you talking about cooking peas without water, but with a little butter instead.

For about five months I have been doing as many vegetables as possible this way—carrots, parsnips, and swedes, grated or put through the mincer, and cooked in the butter. They are just lovely, and you wouldn't eat them any other way after once tasting them. A doctor calls that method "wilting." All the goodness is kept in.

I had to consult this doctor and dietitian, for I had for two years been threatened with an operation for gallstones. Every two or three weeks I was really quite ill. This doctor recommended me to fast for ten days, during which time I just had juices of citrus fruits, tomato juice, and strained vegetable broth. Of course, I got very thin, but had plenty of energy! Then I just had raw fruits, and after that I was allowed light food—fish and so on. He gave me a balanced diet sheet. I have never had a sign of my old trouble since. Isn't it wonderful? Though I worked very hard all the time, I am still as fit as a fiddle. Whilst I was still on the first stages of this diet, I organised and canvassed round to get a club going. Isn't it wonderful what our fruits and vegetables can do?

Please forgive me for this long epistle, but I am very proud of my good health now.—"Brown Eyes."

Thank you very much for your interesting letter. I agree with you that proper diet will cure, or prevent, very many illnesses; and if every mother or housekeeper begins at once to feed her household on wholesome food properly cooked, I am sure that New Zealanders will be much healthier very soon. Wholemeal bread, wholemeal flour reinforced with extra wheat-germ, plenty of vegetables, either raw or steamed instead of being spoilt by overcooking in too much water, and plenty of milk and of raw fruit, cheese and lettuces should form the main part of our diet. Don't drink at mealtimes, but in between; and remember to drink plenty of good water.

FROM THE MAIL BAG

Children's Parties

Dear Aunt Daisy,

I was so interested in your article in *The Listener* about Children's Party cakes and dishes, that I feel impelled to write and tell you about a little garden party I gave for my two wee ones, of three and five respectively.

We had sixteen children here, all little ones; and their mothers and aunts, about twenty grown-ups altogether. It was great fun, and all went off so happily.

I had been preparing for it for quite a while in my spare time, making paper hats, plain bands of bright crepe paper with a contrasting flower for the girls, and dunce shaped hats with long streamers from the top for the boys. Also beforehand, I had made a lot of little biscuits cut like chickens and iced yellow, with orange feet and beaks, and chocolate eyes. These were a huge success. The birthday cake was a big plain sponge with strawberry flavoured mock cream icing, a pale green in colour, and with orange and lemon sweet slices standing up at the sides. On top was a group of white cotton wool chickens with orange paper beaks and legs, each eating a little group of "hundreds and thousands." "Robin" was written on the

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