

'Steradent' makes false teeth really clean

Not just clean looking, but as free from stains as they were when new; hygienically clean, completely sterilized! 'Steradent' is obtainable from all chemists.



HOW TO DO IT
Half tumbler warm water. 'Steradent'—the cap of the tin full. STIR. Steep dentures overnight or 20 minutes. Rinse well under the tap.

St. 37

Steradent

cleans and sterilizes false teeth

(Continued from previous page)

spoon cocoa; 1½ teaspoons soda; 2 cups dates; ½ cup nuts; 3 tablespoons golden syrup. Stir 1 cup of the milk, the sugar, the butter, and the syrup in a saucepan until the butter melts. Dissolve the soda in the other half cup of milk. Mix the dry ingredients, and add the warm mixture, then the nuts and dates; and lastly add the soda dissolved in the milk. Bake about an hour in a fair oven.

Wholemeal Billy Loaf

Three cups of wholemeal; 1 cup of flour; 3 tablespoons of syrup; ½ cup of brown sugar; 1 cup of butter; ½ cup of milk; 1 tiny teaspoon of baking powder; 1 small teaspoon of soda; and 1 teaspoon of salt.

First of all put on to heat, the milk and the syrup—do not let them boil. Add the soda, and let this cool. Now rub the butter into the flour, wholemeal, sugar, salt and baking powder; and mix with the warm mixture of milk, syrup and soda. Put in a billy with the lid on tight, and cook just about one hour. Leave room to rise. It could be cooked in small tins, like cocoa or baking powder tins.

Wholemeal Walnut Squares

Four ounces of butter; 4 oz. sugar; 1 egg; 6 oz. wholemeal; 4 teaspoons of

cocoa; 1 teaspoon of baking powder; ½ cup of walnuts chopped finely; and a pinch of salt.

Cream the butter and sugar, add the beaten egg. Then add the wholemeal, cocoa and baking powder mixed together, then the finely chopped nuts. Spread this mixture on a greased oven tray with a knife, about ¼ to ½ in. thick. Bake in a moderate oven about 20 minutes or half an hour. When baked, cut into squares while still warm, and on the tray.

Wholemeal Date Loaf

Two breakfast cups of wholemeal; 1 breakfast cup of ordinary flour; 1 cup of brown sugar; 1 teaspoon of salt; 1 egg; 1 good tablespoon of butter; 1 teaspoon of vanilla essence. Soak half cup dates with 1 cup of hot water, 1 teaspoon of carbonate of soda; a tablespoon of butter; and stand at the side of the stove for 5 minutes. Now mix all the dry ingredients, pour in the beaten egg, then the date mixture, and mix well to a soft dough. If too stiff, add a little milk. It is nice to push a few whole dates in just before popping into the oven. Cook in a "cake loaf" tin for about an hour, perhaps a little more.

FROM THE MAIL BAG

Whitening Unbleached Sheets

Dear Aunt Daisy,

Would you please tell me how to whiten unbleached sheets? And could you let me have a recipe for a sponge, and a steamed pudding, which have some wholemeal added to the white flour?

Mrs. R. J. (Ohakune).

Any ordinary recipe for steamed pudding or cake can be made with wholemeal instead of white flour; or you may use half and half, or almost any proportion. I will give a One Egg Wholemeal Sponge, which is quite good.

One Egg Wholemeal Sponge.—Sift together, several times, one breakfast cup of fine wholemeal and 1 teacup of sugar. Make a hole in the middle, and pour in 1 tablespoon of melted butter and 1 large egg well beaten. Then wash out the egg basin with 4 to 6 tablespoons of cold water—enough to mix. Beat till smooth and bubbly. Stir in slowly 1 heaped teaspoon of baking powder. Bake in sandwich tins about 20 minutes.

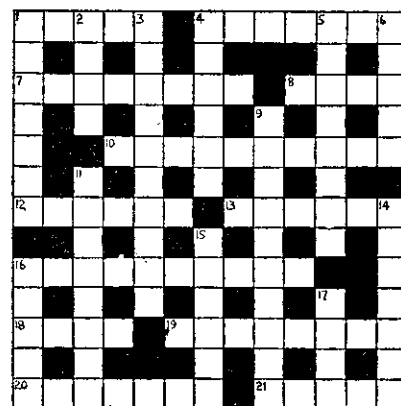
Wholemeal Pudding.—Two large breakfast cups of wholemeal; 3 moderate tablespoons of raw sugar; 2 medium teaspoons of baking powder; the grated rind of a lemon; 2 good tablespoons of butter; 2 eggs or 1 if they are scarce; and 1 breakfast cup of liquid—milk, or milk and water. Cream the butter and sugar, add the egg alternately with the flour and the milk, as usual. Fruit and spices may be added, or you may put jam at the bottom. Put into a greased basin and steam about 2½ hours. This pudding may also be baked about one hour, if liked, and served with a good sauce.

Unbleached Sheets.—Here is a proven method of getting your unbleached sheets white after a few washings. It is important not to "blue" them—the "blueing" has the very opposite effect on unbleached material—it makes it stay yellowish.

THE LISTENER CROSSWORD

(No. 59)

(Constructed by R.W.C.)



Clues Across

- Do this in haste and repent at leisure.
- I am found among the losers—this makes a tasty dish.
- Port indeed!
- Pleasant town.
- Roy in a pulpit.
- Figure bounded by an arc and two radii.
- Dog consumed a clerical assistant.
- Sudden frights about a confused dull colour cause loud praises.
- Rearrange the first three letters for the most common kind.
- Howls pedantically.
- There's a rat in the rice!
- Irishman in a ship might wear them.

Clues Down

- Send Sam? That would be folly!
- Carried away in a trap.
- Bridge hand.
- Crestfallen.
- Novel.
- Coarsely ground corundum.
- Buttercup, for instance.
- Can't rise (anag.).
- Pleases in a way.
- Romp.
- Speak grammatically.
- Neat mountain.

THE LISTENER CROSSWORD

(Answer to No. 58)



First of all, soak the sheets in cold water with a handful of Epsom Salts thrown in, leaving them in the tubs all day and all night. The salts will take the dressing out. Next day, after putting them through the wringer twice, put the sheets in a copper of cold water, and add two tablespoons of turpentine. Bring to the boil, and allow to boil for quarter of an hour. Rinse twice in clear, cold water, with NO blue, then peg out. The sheets after this treatment should be a lovely cream colour, and come nearly white in the next wash. Once they are perfectly white, blue may be used in the normal manner.

OUT-GROWING THEIR STRENGTH

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Generations of mothers, and thousands of doctors, have proved Virol to be the ideal food for promoting healthy growth. It supplies, in palatable and easily digested form, every element that children need for sturdy development. Virol children have firm flesh, strong bones, healthy colour and abundant vitality.



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