(Continued from previous page)

(These were sent in by "Mrs. Nicotinus" of Hamilton.)

Now try this one.

#### Honey Wafers

One cup of fine vimax, 1 cup of flour, 6 tablespoons liquid honey, 1/2 lb. butter, ½ cup sugar, 1 egg. 1 egg yolk, 2 teaspoons baking powder, grated rind of 1 lemon, salt, walnuts, meringue of 1 egg white.

Cream the butter and honey, then add the sugar and cream again. Beat egg and egg yolk. Add. Add lemon rind, then

#### Passion Fruit Conserve-Seedless

Cut the passion fruit in half, and scoop out the pulp. Place the shells in a large saucepan, cover with water, and boil until quite tender. Strain and allow to cool. Meanwhile, boil the pulp and strain it through a sieve to remove the seeds. Take out the soft part from the shells, throwing away the rind, cut it up slightly and add to the strained juice. Weigh all and allow 3/4 lb, of sugar to every pound of the fruit mixture. Boil until it will jell, or becomes thick like any jam

#### Passion Fruit Cheese

One tablespoon of butter; 3 tablespoons of sugar; 4 large passion fruit, and I egg. Melt the butter, add the sugar and the passion fruit, and the egg slightly beaten. Stir over slow heat, until it thickens. It is best in a double boiler. Very nice for cakes and pastry.

the dry ingredients. Drop by spoonfulsapart-on greased slide. Cover with meringue (1 egg white, 2 tablespoons sugar, and salt) and nuts. Moderate oven. Leave on slide to cool. This makes a lot of wefers.

#### Rice Wafers

Two ounces of butter, & cup of brown sugar, 1 beaten egg, ½ cup flour (scant), 1 breakfast cup coarse vimax, 1 breakfast cup puffed rice, 1/4 teaspoon soda, 1/2 teaspoon vanilla, 3 tablespoons extra

Melt the 3 tablespoons of butter in a pan. When sizzling add the rice. Stir and sizzle 10 minutes till crisp, then add the vimax and go on cooking and stirring a few minutes. Cream the 2oz. butter with sugar, salt and vanilla. Add the egg, then sifted flour and soda. Lastly add crisped rice and vimax while hot. Space well in teaspoon lots on well greased shelf. Cook in good oven, but not too quickly. Leave on shelf to cool. Lift off carefully with a knife.

Fruit Nut Marshmallows-sent by a young competitor of eighteen years. One breakfast cup of fine vimax, 1/2 cup cornflour, 2 level teaspoons baking powder, ½ cup brown sugar, ½ teaspoon salt, 4oz. butter, 1 egg, little milk to mix. Mix the vimax, cornflour, baking powder, sugar and salt. Add the melted butter, well beaten egg, and lastly sufficient milk to make a fairly stiff mixture. Roll out thinly on a cold greased

tray, and mark into squares. Bake in hot oven 450 degrees for about 15 minutes. When cool, place a layer of minced sultanas and walnuts, blended with a little honey, between each two of the biscuits. On top spread some of the following marshmallow mixture - dissolve 2 teaspoons of gelatine in 1/2 cup hot water. Leave till cool. Add beaten white of an egg, lemon flavouring, and one cup of icing sugar. Beat till thick and creamy. Finish each with half of a

Finally, here is an original recipe from a man. Not only did he send an excellent recipe, but also several handy hints. Here is part of his letter:-

"Enclosed is my biscuit recipe. It is my effort. The result of this competition should be in my favour, considering what I went through to make these biscuits. I am a grocer, and live on the premises. Well, one afternoon my wife went out, so I set to work, hoping to get the mess cleaned up before she got home. However, she beat me to it, and was I popular? 'I left the kitchen nice and clean when I went out,' she said, and now look at it.'

"I eventually cleaned up, but in the meantime I gave her one of my inventions to try, 'Not bad, where did you get the recipe? What's in them? I'll have another. My, these are good! Another nlease?

"Needless to say they did not last long. Next day, we made some more and

they 'turned out nice again.'
"Now a couple of hints. Press a crown top off a lemonade or beer bottle into one side of the cake of toilet soap. This raises the soap off the wet container or place where it is kept, and so saves soap.

"When packing parcels of tinned goods or anything for overseas, tightly ram in biscuit flakes in all spaces between tins. This packing is very light, and as much as half a packet can be used, adding very little to the weight of the parcel. This can then be eaten in the ordinary way as an addition to the menu. By the way, write on the tin or cardboard outer of the parcel, that packing is eatable! Insert a note also stating what the packing is, and what it can be used for.

"GROCER-COOK."

And this is the recipe:

#### Lemon or Orange Crisps

One and a-half cups of fine vimax, 11/2 cups of flour, 1 teaspoon of baking powder, 4oz of sugar, 4oz. of butter, eggs, the grated rind of 1 lemon, or orange. Sift flour and baking powder together about three times. Beat the eggs thoroughly, and pour into the vimax and mix, in a separate bowl. This allows the vimax to soak and swell. Now cream the butter and sugar in a separate bowl. Stir in the lemon or orange rind, and a few drops of juice. Now add the egg and vimax mixture, and mix thoroughly. Add the flour and mix. Turn out on to floured board and roll out as thinly as possible. If careful the dough will not break. Cut into convenient shapes and place on greased trays. Bake in moderate oven till crisp and lightly browned about half an hour. Allow to remain on trays till cold. Store in an airtight tin. Makes quite a fair quantity of biscuits.

Very many thanks. How proud of you your wife must be!

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# Get Your Vital Vitamins

These cold mornings a plate of warming, nourishing VI-MAX Porridge will be readily appreciated by your family. They will love the nutty, whole wheat flavour of VI-MAX, and quickly respond to the vitalising nourishment of whole wheat with added Wheat Germ rich in Vitamins A, B1, B2 and E.

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## Aunt Daisy's VI-MAX **Biscuit Recipe Competition**

The makers of VI-MAX wish to thank the huge number of women who have entered for this Competition. Judging is now proceeding and results should be announced by Aunt Daisy within a week or so. It is not possible to announce results immediately as Recipes not only have to be sorted out, but tested before prizes can be awarded. For results listen in to Aunt Daisy on Mondays and Thursdays.

