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**DR. SCHOLL'S ZINO - PADS**

(Continued from previous page)  
cut into rounds; prick with a fork, and bake on greased trays in a quick oven (375°)—for 10 or fifteen minutes.

## Malt Biscuits

One egg; ¼ lb. butter; ¾ cup sugar; 2 teaspoons malt extract; 1 heaped teaspoon baking powder; 1¼ cups flour; ¾ cup cornflour; and pinch salt. Cream the butter and sugar and malt, add egg, beat well, sift in flour, cornflour and baking powder. Roll out thin, cut in small rounds with biscuit cutter. Bake in a moderate oven till brown.

## Cream Crackers

Rub 2 oz. of butter into 8 oz. flour, and ¼ teaspoon salt. Mix with 1 tablespoon cream, and enough water to make it a nice mixture to be rolled out thinly. Cut into oblongs, prick with a fork, and bake in a moderate oven.

## Hiker's Biscuits

This recipe won a consolation prize in the recent biscuit competition. Mince ½ lb. rump steak, mix it with ½ cup flour and ½ cup fine vimax. Season with salt and pepper. Add 2 heaped tablespoons of butter. Make into a fairly stiff paste with some gravy, shape into flat cakes, and bake in the oven. These biscuits are more convenient for carrying than sandwiches, and are extremely digestible.

# FROM THE MAIL BAG

## Sugar Top Buns

Dear Aunt Daisy,

Here is the recipe for Sugar Top Buns for which one of our Daisy Chain Links asked.

1 lb. of flour; 1 teaspoon soda; and 2 teaspoons cream of tartar (or 2 teaspoons of baking powder); 2 tablespoons of sugar; a little salt; 4 oz. of butter; 1 egg; and about ½ cup of milk.

Sift the dry ingredients, mix in sugar, then rub in the butter. Beat egg and add milk with a little essence of lemon, or vanilla. Mix to a soft dough. Sprinkle flour over it, and take pieces off about the size of an egg and roll into balls. Brush top with milk and dip in sugar. Place on a cold greased tray, and bake in a quick oven for 15 minutes or more. Don't put too close together, as they rise well. I made one lot with wholemeal, but they are nicer with all flour. They are the best buns I have tasted, and I make a batch nearly every week. This quantity makes close on two dozen. I learned to make these over 30 years ago at the Cooking Class at the Patea High School. I thought it great when I heard you ask for this recipe, as I had intended sending it to you.

—“Jessie” (Castlecliff).

Here is a different recipe for Sugar Top Buns; sent by Links at Hataitai, Woodend, Fordell, Brooklyn, and New Plymouth.

Boil together ½ cup sugar; ½ cup butter; and about 1 cup of water. Set aside to cool. Sift into a basin two cups of flour with two teaspoons of baking powder, and add ½ cup of sultanas. Mix all to a soft dough with the liquid. Lastly add one well-beaten egg with a few drops of essence of lemon. Put dessertspoonfuls on a greased oven-tray, sprinkle the tops with sugar, and bake about fifteen minutes. They should rise and crack on top, and are beautifully light. The secret is to have the dough very soft.

## Soft Oatcakes

Dear Aunt Daisy,

I have been much interested in the letters in *The Listener* about “soft oatcakes,” as they bring back memories of nearly 50 years ago; when, as a child in England, I used to be delighted when my father, after a rare visit to his birthplace, Leek, in Staffordshire, would bring back a parcel of “Staffordshire oatcakes.” I recall that they were about the size of a dinner plate, and rolled up easily. While I have met one or two people in N.Z. who also knew these oatcakes, I never found a suitable recipe, until I saw the one you gave in a May number of *The Listener*, the quantities being 6 teaspoons of oatmeal to 8 of flour, mixed with milk and water. That recipe, I find, produced an oatcake very similar to the one of my recollections, and am most grateful to you, as I find them to be easily digested and palatable.

You may be amused by an incident of many years ago, which I recall. A Scottish friend of my family, specially invited to taste the oatcakes (about

which he had looked somewhat sceptical), on taking a piece, which had been nicely toasted and buttered, said with the utmost disgust, “That's not oatcake, that's flannel!”

—C.G. (Lower Hutt).

## Baked Rabbit

Dear Aunt Daisy,

Here is a good baked rabbit recipe. I am really not a good enough cook to be telling anybody how to make a dish, but I just happen to be able to bake a rabbit well! Whenever I think of myself as a cook, I think of what Cecil Roberts said in one of his books—“Most marriages are made at the dress-makers' and unmade in the kitchen.”

**Baked Rabbit.**—Stuff the rabbits and put them in a baking dish with the potatoes, and about a cup of dripping. Have the oven very hot and cook the rabbits briskly for about five minutes. Then turn the gas low and cook for one hour, turning the food once. When the meat is tender, remove and keep hot. Pour off nearly all the fat from the potatoes, and brown in the oven quickly. I put the heart and liver, etc., in the dish with the fat, and they make nice gravy. I also tie the rabbits up well with string.

**Stuffing.**—Two cups of breadcrumbs; 2 large onions; ½ cup chopped parsley; 2 oz. of melted butter; pinch ground ginger; 1 teaspoon of mixed herbs; salt, pepper, and mix with an egg, or with milk.

The idea of putting a pinch of ground ginger in the stuffing I got from you some time ago. Thank you for it; it has made the stuffings a pleasure to eat, instead of a regret.

**English Sausage Dish.**—I found this recipe in a newspaper some years ago. It is so nice, that we have it once a week when the weather is not too hot.

Prick 1 lb. of sausages and roll in flour. Place in a casserole with one large cup of water, one large onion; 1 chopped carrot; ½ cup chopped parsley; 2 large skinned tomatoes; 1 teaspoon sugar; pepper and salt to taste. Cook slowly for 40 minutes with the cover on. Dish up the sausages and keep hot. Rub the rest through a sieve, and return to the dish. Thicken with flour or cornflour, and pour over the sausages. Serve with mashed potatoes. This can be made in a saucepan, too.

—Patricia (Wellington).

## Savoury Liver

Dear Aunt Daisy,

Folks who like savoury dishes would enjoy this. One pound of liver; 3 rashers of bacon, or if preferred, fresh pork fat; 1 large onion; a thick slice of wholemeal bread; sage, salt and pepper, and 1 teacup of water or vegetable stock, or gravy.

Cut the liver into pieces about three inches long, also the bacon or pork fat. Soak the bread until moist, squeeze and add to it the onion cut small, the sage, salt, and pepper. Put the bacon into a baking dish, then lay the liver on top and then cover with the stuffing mixture. Add the water or stock. Bake in a moderate oven 1 hour. After it has been cooking for half an hour, stir all together. If the mixture seems to need it, a little vegetable water can be added about ten minutes before serving. It can be cooked in a casserole in which case the lid should be removed and the contents browned a little before serving.

—E.S. (Wellington).



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