

using tepid potato water in place of plain water. Always remember to raise dough in temperature of 71 to 82 degrees F., and to put potatoes through a sieve or potato masher before using."

#### White Bread

One pound plain flour, 1 lb. cooked sieved potato,  $\frac{3}{4}$  oz. yeast,  $\frac{3}{4}$  pint warm water, 1 oz. butter,  $1\frac{1}{8}$  teaspoons salt,  $\frac{1}{4}$  teaspoon sugar. Sift flour and salt together, and rub in butter. Add potato and break up finely with flour. Make a well in centre of flour mixture, and pour in yeast creamed with sugar and with  $\frac{1}{2}$  pint warm water. Sprinkle some of flour mixture over the liquid, and put basin in a warm place until yeast has sponged through. Add sufficient warm water to make a light dough. Knead well with floured hands, put in a warm place to rise double original size. Again knead well, turning dough on to a pastry board as soon as it leaves sides of basin. Divide into two, place into 1 lb. bread tins, and allow to prove in a warm place for 30 minutes. Bake in hot oven (450 degrees or regulo 8), 1 to  $1\frac{1}{4}$  hours.

#### FROM THE MAILBAG

##### Apples as a Vegetable

Dear Aunt Daisy,

I thought you would like to pass on to your listeners my experience with a case of apples which were sent me as damaged, and spotted. We used them by eating as a vegetable; firstly, frying a little bacon in pan, then adding apples and some vegetable salt sprinkled on—cooking in their own juice. This was eaten with braised sausages, or mince rissoles. I also sliced some apples over steak in the oven, instead of the usual onions, again sprinkled with vegetable salt. A tablespoon of chutney, or tomato pickle, added to a pan of apples cooked in a very little water also can be useful.

"L.J." Hataitai.

##### Slippery Concrete

Dear Aunt Daisy,

I have a problem which I have not been able to solve, and I wondered if you or one of the members of your Daisy Chain would have a solution. Perhaps it is out of your province, but I have tried everything without success. We have concrete all over the paths in our back yard, which has apparently been down for many years, and it is the kind which has been finished very smooth and shiny. In the wet weather it becomes terribly slippery, and more than one person has come to grief on it. Can anything be done to treat it and render it safe? As we have many kiddies visiting us from time to time, as well as elderly folk, it is a great worry. I would be very grateful if you know of anything I could use.

"Happy Anne." Wanganui.

Here is one suggestion, from Stokes Valley. "The writer should get her husband to apply a splash-coat of plaster. That is exactly the same as a plasterer puts on the basement of a building; or the plaster could be swept on with a hard broom to give a complete cover of plaster over the path. This wouldn't be very expensive, and would not cause anyone to slip on the paths."

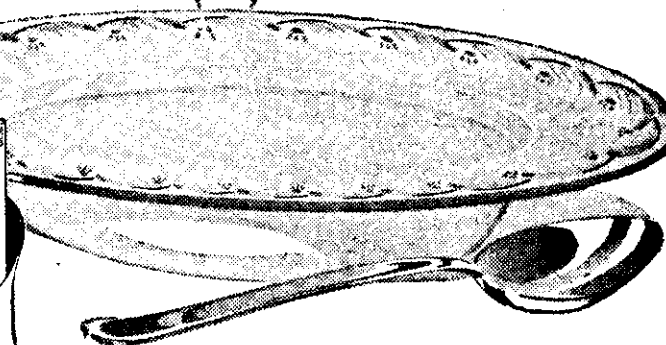
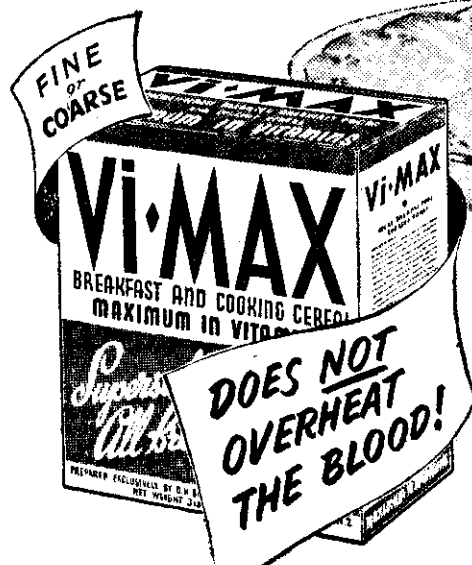
##### First Round Knockout

When a sore throat attacks your best plan is to fight back quickly with Ayrton's Sore Throat Tablets. Nip into your chemist's for a bottle of fifty—only 2/6—and slowly dissolve the tablets in your mouth. Eight active ingredients in Ayrton's Sore Throat Tablets relieve inflammation and congestion, soothe soreness away. Compounded in England by Ayrton Saunders and Co. Ltd.

## There's more for you and yours in Vi-MAX

### More all-morning nourishment

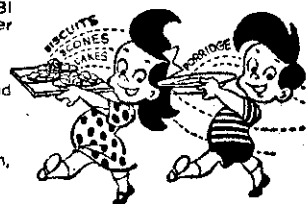
The great and growing vogue for VI-MAX is based on known scientific facts. Straight starch foods are not enough for growing children. They must have the health protecting and vitalising properties only found in non-refined foods. Children cope better with work and play when their growing bodies are nourished with vitalising VI-MAX with its extra wheat germ. Put quality before quantity—serve VI-MAX daily.



VI-MAX Vitamin Values are: B1 746; B2 181; E. 666 Int. Units per lb.

Order VI-MAX, VI-BRAN and VI-MEAL from your grocer.

Made by D. H. Brown and Son, Ltd., Christchurch.



## AUNT DAISY recommends VI-MAX

Hear from Aunt Daisy every Monday and Thursday morning why VI-MAX is best for Breakfast and best for Cooking. VI-MAX is also recommended by the authorities as a first solid food for infants.