

form into soft dough with milk and water. Bake in shallow greased baking tin in hot oven about 45 minutes. Turn out, split and spread with butter, sprinkle with sugar and spice. Put together and serve at once.

FROM THE MAILBAG

A Fruit Salad Filling

Dear Aunt Daisy,

Here is a splendid sandwich-filling with bananas, oranges and lemons which should delight your Daisy Chain. It keeps marvellously—in fact indefinitely if one has a refrigerator.* Also it is very good in cakes, little cake-shells and pastry-shells. One cup sugar, juice and grated rind of 2 lemons and 2 oranges. Mash 6 (or more if liked) bananas with a fork and add to other fruit and sugar. Simmer very slowly for half an hour, then place in air-tight jars. This is the recipe I have used for years, but I prefer to add bananas in the last 5 minutes of cooking.

"T.I.K.," Meadowbank, Oamaru.

For Those Losing Weight

Dear Aunt Daisy,

Could you repeat, through *The Listener*, a recipe I heard about six weeks or two months ago in the 11.0 a.m. "Mainly for Women" session of 3YA? Our radio was faulty, and I did not hear distinctly. I have tried vainly to get it from other listeners. It was for people who are steadily losing weight, and was probably given by a dietician. I know there were 3 tablespoons skim milk and a tumbler of, I think, water, but whether there was any fresh milk or any other ingredient I could not hear. I am hoping you can help me through *The Listener*.

"L.M.," Christchurch.

Yes, I got the recipe from the officer in charge of "Mainly for Women" at 3YA. I quote: "Concentrate on the foods that you know are the body-building and strengthening ones, milk, eggs, cheese, meat, fish and the legumes. For 'in-between meals' milk is, of course, the most desirable, and to make milk higher in protein I strongly recommend the adding of skim milk powder. Here's a milk shake recipe: 6 oz. milk (small tumbler), 3 level tablespoons skim milk powder, pinch salt, flavouring. Make a paste of the skim milk powder, add the rest of the milk, whisk with an egg beater, adding salt and any flavouring fancied (vanilla essence, orange juice, raspberry cordial, melted cocoa or chocolate). A beaten-up egg white folded in is a good thing when eggs are plentiful. Skim milk powder may be added for other purposes—the milk in milk puddings, custards, ice cream and soups. And it's absolutely grand for underweight people and children. Having given this advice to someone I found they were mixing skim milk powder with WATER; they weren't getting strong, and my point had been missed altogether!"

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