NEXT WEEK: Apple Puddings

bubbly. Put in between layers, and also on top of cake.

Baked Orange Pudding

Two cups flour, 34 cup finely-shredded suet, I teaspoon baking powder, $\frac{1}{2}$ teaspoon salt. Sift flour, baking powder and salt in a basin, add the suet and mix thoroughly. Add enough milk to make a firm dough. Roll out on a floured board and cover with finely sliced cooking apples, over which sprinkle 4 oz. sugar. a few cloves, ½ teaspoon cinnamon and juice of an orange. Turn the edges in and form into a roll. Place in a buttered piedish, cover with milk, sprinkle the top with sugar and coconut and bake in a moderate oven for 34 hour. As it is cooked in milk, the pudding is surrounded by a rich creamy sauce.

Orange and Honey Filling

Beat 2 oz. butter until soft and fluffy. Add 3 oz. castor sugar, 1 tablespoon honey, 1 teaspoon grated orange rind and 1 dessertspoon strained orange juice. Beat with egg beater until the consistency of thick cream. Vary the flavour by using lemon juice and rind instead of orange rind and juice. May be used in a three layer rainbow sponge.

FROM THE MAILBAG

Hokey Pokey, Please!

Dear Aunt Daisy,

I find your recipe columns most interesting and informative, and would be pleased if you could supply me with a recipe for hokey pokey through your column. I am sure other mothers would appreciate this also. Thank you for your

information.—Mrs. S., Hamilton East. HOKEY POKEY: 1 cup sugar, 3 cups golden syrup, 1/4 cup water, 1 teaspoon lemon essence, 1 teaspoon baking soda. Cook sugar, syrup and water to 265 degrees or until a little tried in cold water forms a hard ball. Add essence and baking soda and stir well.

Pour into buttered tin. Cool quickly and break into pieces.

A Family Breakfast

Dear Aunt Daisy,

A while ago you were speaking over the radio about recipes for family breakfasts. The following one is very much liked in our family, and helps to eke out the bacon and eggs, since 2 rashers of bacon and 2 eggs make sufficient for

6 or 8 persons. Here it is:

Two rashers of bacon (more if you have it, or less if you haven't), 2 eggs, 2 fairly heaped tablespoons of flour, 2 large cups of milk, salt and pepper to taste. Lightly fry cut-up bacon in about 1 tablespoon of fat. Beat up the eggs in a basin (no need to beat very long), add the flour lightly, then the milk and seasoning, and pour all over the bacon in a baking dish. Cook in hot oven until it fluffs up and is lightly brown.

It is delicious if eaten immediately. My big boys prefer it to bacon and eggs, and, of course, it is much cheaper if you have the milk to spare.-An Appreciative Listener, Palmerston North.

VIOLENT ATTACK AT THEATRE

The play was nearly ruined for at least one member of the audience the other night when he was attacked by violent indigestion. The night was saved when a friend produced Ayrton's. Trust Ayrton's Heart Shape Indigestion Tablets to stop indigestion instantly. 2/9 in handy tins of 40. Available at Chemists everywhere. Compounded by Ayrton Saunders and Co. Ltd., Liverpool, England.



No, there's nothing quite like VI-MAX.

This delicious wheat cereal with the added wheat germ is right in line with modern knowledge of what a bodybuilding, health - protecting cereal should be.

Make yours a VI-MAX-fit family.

VI-MAX, Coarse and Fine, is sold by every grocer throughout New Zealand.

VI-MAX, VI-BRAN and VI-MEAL are made by D. H. Brown and Son Ltd., Christchurch.