

thoroughly. Now add 4 tablespoons melted butter and stir well. Fold in stiffly-beaten whites. Bake in hot waffle irons.

Yeast Nut Bread

A favourite American recipe. One cake compressed yeast. $1\frac{1}{4}$ cups lukewarm water, 1 egg, $\frac{1}{4}$ cup granulated sugar, 1 teaspoon salt, $\frac{1}{4}$ cup shortening, melted, 1 cup chopped walnuts, $4\frac{1}{2}$ cups flour. Dissolve yeast in one-fourth cup of the water, add remaining water, beat and add the egg. Dissolve sugar and salt in this mixture. Add melted and cooled shortening. Add the chopped nuts to the

NEXT WEEK: Milk in the Daily Diet

flour; beat into the yeast mixture and mix well. Knead on a floured board until smooth and elastic. Let rise until doubled in size, about an hour. Form dough into two small loaves or one large loaf, and put in oiled pans. Let rise again until doubled in size, about 2 hours. Bake in a moderately hot oven, 350 to 375 degrees. (Remember, American yeast cakes are $\frac{1}{4}$ oz.)

FROM THE MAILBAG

Pressure Cooked Marmalade

Dear Aunt Daisy,

I am always interested in your recipes in *The Listener* and, on seeing those for marmalade, thought I should like to send you our recipe for marmalade made with a pressure cooker, which is so much quicker and saves a great deal of power or gas. The important thing is to cut the water down by half, as when the fruit is pressure cooked, it does away with the long boiling to reduce the liquid. In wartime we used to put only 7 lb. of sugar instead of 9 lb. to 3 lb. of fruit, and preferred it, so still use that amount.

Here is the recipe: 3 lb. New Zealand grapefruit (as green as possible), including 2 lemons. Cut finely, put in preserving pan with 3 pints cold water and leave overnight. Next day, dip out the fruit into the pressure cooker, add $\frac{1}{4}$ pint boiling water and bring to pressure, cooking for 15 minutes. While this is in process, put the preserving pan, with the liquor in it, on another hot plate and begin heating on medium heat, adding $1\frac{1}{4}$ pints boiling water. (This means that $4\frac{1}{2}$ pints liquid altogether will be used.) Add 7 lb. sugar and melt by stirring. When the fruit has pressure cooked 15 minutes, cool and add to the preserving pan. Bring to rapid rolling boil (on "high" for electric stove), and continue for $\frac{1}{2}$ an hour, when it should be done. Test for a skin forming on a little in a saucer (cool and tip it, when wrinkles will show). Take off and bottle.

My sister and I made two lots just like this last week. We have often done it this way and it never fails. It sets perfectly, with lovely jelly. Thank you for your many interesting recipes and hints. I hope this one will be useful for the Daisy Chain. May it long continue unbroken.—E J., Canterbury.

DUMB WIFE CURED

A complete family was upset recently when their mother was rendered speechless by a sore throat. Things were soon put to rights by Ayrton's Sore Throat Tablets. Eight active ingredients soon relieve congestion, inflammation and soreness. Get Ayrton's Sore Throat Tablets today—3/- at Chemists, in bottles of 50. Made by Ayrton Saunders & Co. Ltd., Liverpool, England.

Women talking . . .

. . . about costume

Jewellery agree

LE BIJOU is loveliest in

style, lowest in price.

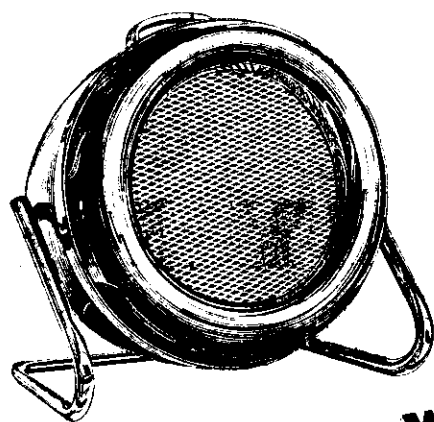


Costume Jewellery

by J. Block Ltd., Wellington.

* Pronounced Le Be-Shou

G8236

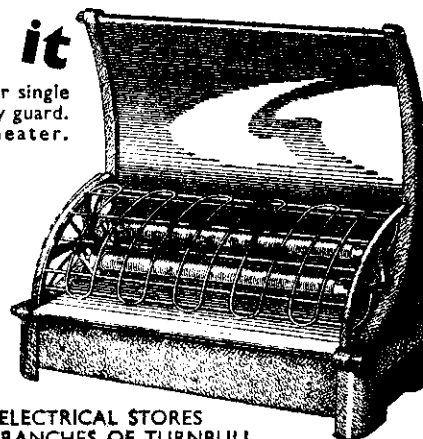


Heat..

where you want it
when you want it

Fan Heater:- 2,000 watts. Can be tipped to direct hot air in any direction. Use as fan only in summer. May be hung on wall . . . grand for drying hair. Completely enclosed fan and element.

Milo Heater:- Double or single bar models. New safety guard. Popular all-purpose heater. 1,000 or 2,000 watts.



You can put your trust in



Electric Heaters

Makers of the famous Moffat "Spacemaster" Electric Stove.

FROM ELECTRICAL STORES
AND BRANCHES OF TURNBULL
AND JONES LIMITED, AUCKLAND, HAMILTON,
PALMERSTON NORTH, WELLINGTON, CHRIST-
CHURCH, DUNEDIN.

B56/50