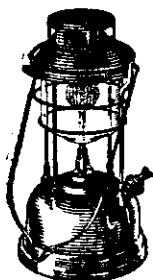


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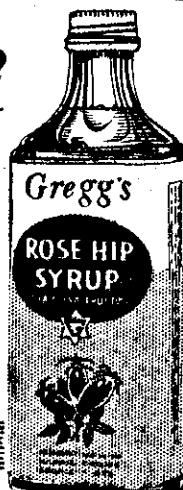
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ASK AUNT DAISY

Using Egg Whites Only

EGGs are now plentiful. It is interesting to consider their usefulness in doing double duty, by using the whites and the yolks separately. Both cakes and puddings can be made in this way. We will take the egg-whites this week and yolks next week.

Chocolate Marble Cake

Quite an intriguing recipe this one, using 3 egg whites. Have oven heated to 375 degrees or regulo 5. Line a deep sandwich tin with waxed paper on the bottom, then greased paper. Melt 1 oz. grated chocolate in small saucepan, adding 2 tablespoons water and ¼ teaspoon baking soda. Cool. Have ready ½ cup shortening, 2 cups sifted flour, 2½ teaspoons baking powder (not phosphate), ¾ teaspoon salt, 1 cup sugar, ¾ cup milk, 1 teaspoon vanilla flavouring, 3 egg whites and ¼ cup more sugar. Cream shortening and sugar, add the sifted flour, baking powder and salt and mix. Then add the milk and vanilla and combine thoroughly. Whisk the egg whites till foamy, then add the ¼ cup sugar gradually, beating only till the egg white will hold up in soft peaks. Add this now to the cake mixture and mix carefully. Remove ¼ of this cake batter to a small bowl and blend in with it the cooled chocolate mixture. Put the 2 batters, by spoonfuls, into cake-tin—alternately plain and chocolate. With a knife cut carefully through the batter, only once, in a zig-zag course. Bake in a moderate oven approximately 30 to 35 minutes. Cool on wire rack 10 to 15 minutes before removing from pan and taking off paper. Frost with chocolate frosting; sprinkle with coconut, or as desired.

Pavlova Cake

People have individual opinions about the oven-heat for cooking the Pavlova. Some prefer oven preheated to 300 degrees; others a little cooler, about 250 degrees. But in any case turn off the heat after the first minute or two and leave in the oven till cold. Four egg whites, ¾ cup castor sugar, 1 teaspoon cornflour, 1 teaspoon vinegar, few drops vanilla, pinch salt. Whisk eggs and sugar in a dry basin for 10 minutes with a very strong egg whisk. Add vinegar, then cornflour, vanilla and salt. Beat stiff enough to stand when cut. Line a tin with well-buttered paper or bake in paper alone, formed into a high-sided container. Put into 250 degrees oven and turn off the heat. Leave until cold. Cover with strawberries and cream or chopped raisins soaked in sherry or whisky.

Peach Blossom Cake

One cup sugar, ½ cup butter, ½ cup milk, 1¼ cups flour, 1½ teaspoons baking powder, 3 egg whites, 1 teaspoon cornflour, lemon essence, little cochineal. Cream butter and sugar, add the egg whites beaten stiff, sift in flour, baking powder and cornflour. Add essence of lemon. Divide mixture into 2 parts and colour one pink. Put in square tin, spoonful of white beside a spoonful of pink. When cooked and cut, looks like pink and white blossoms. Moderate oven, ¾ hour. When cool, ice with pale pink icing.

Meringues

Two egg whites, 4 oz. castor sugar, 1 level teaspoon baking powder, pinch salt, little extra sugar. Whip whites till

so stiff they won't fall out of basin when inverted. Then gently whip in half of the sugar, a little at a time. When stiff again, gently fold in the rest of the sugar and the baking powder. Put in dessertspoonfuls on greaseproof paper laid on greased oven tray. Sprinkle with the extra castor sugar. Takes 1½ to 2 hours in very cool oven, 250 degrees. Or put into cooling oven after dishing up a joint of meat, turn off all heat and leave till cold.

Snow Cake (Uncooked)

Whites of 2 eggs, 1 tablespoon best gelatine, ½ breakfast cup cold water, 2 tablespoons sugar, little essence of vanilla, ½ breakfast cup boiling water. Boil sugar and ½ breakfast cup cold water for a minute or two, dissolve the gelatine in the ½ cup boiling water. Combine the two and, when a little cooler, stir in the 2 egg whites unbeaten. When cool, and just beginning to set, whip up till foamy and thick. Pour into sandwich tin lined with wet greaseproof paper. Sets very quickly. Delicious spread with whipped cream and passion fruit.

Snow Pudding

Two teaspoons powdered gelatine, ¼ cup cold water, ½ cup sugar, pinch salt, 1 cup hot water, 1 teaspoon grated lemon rind, ¼ cup lemon juice, 2 to 3 egg whites, another ¼ cup sugar. Soften the gelatine about 5 minutes in the cold water in a large bowl; add the ½ cup sugar, the salt and hot water and stir till gelatine is dissolved. Add the lemon rind and juice and stir till well blended. Cool until a small amount will mound when dropped from spoon. Beat the egg whites until they form moist peaks when beater is raised. Add the ¼ cup sugar slowly, beating until stiff. Add now to the gelatine mixture, combining thoroughly with hand-beater. Pour into a quart mould or 5 or 6 individual moulds. Cool and chill in refrigerator. Serve with custard sauce, or as desired. May be sprinkled with mace, or topped with sliced peaches, bananas or berries.

Cornflake Macaroons

Two egg whites, 1 cup sugar, ½ teaspoon vanilla essence, 1 cup moist shredded coconut, 2 cups cornflakes, ½ cup chopped nuts. Beat the egg whites stiff with a hand or electric beater at high speed. Add sugar gradually, while continuing to beat. Fold in remaining ingredients with a spoon. Drop by teaspoonfuls on to a greased or oiled oven slide. Bake in a moderately hot oven of 400 degrees or regulo 6 until delicately browned. Makes about 3 dozen.

American Angel Cake

One cup egg whites (about 8), 1 teaspoon of cream of tartar, 1¼ cups granulated sugar, 1 cup flour measured after sifting 5 times, a pinch salt, vanilla or almond essence. Beat whites until firm and stiff, then sprinkle cream of tartar over. Beat until stiff but not dry. Fold in sugar very carefully with a knife, then flavouring. Lastly fold in carefully the sifted flour and salt. Bake in an ungreased tin. Very slow oven 50 to 60 minutes. Rises up slowly. Cool in tin turned upside down. May be iced or just dusted with icing sugar. Nice served with whipped cream—add pineapple to the cream.

