into the mixture very slowly (not letting it curdle), and cook for a few minutes. Remove from fire, add the flavouring, lemon and vanilla, and pour into the dish of pastry. Now take the halves of preserved fruit and lay them on the custard in the pie. Beat up the egg whites to make a meringue. Drop a spoonful of bright jelly into each half fruit, then a spoonful of meringue on top, or, if preferred, sprinkle with cocoanut.—Mrs. M. (Napier).

Nut and Banana Cake

REQUIRED, 3 cupfuls flour, 2 cupful butter, 1½ cupfuls sugar, 3 eggs, 1 cupful milk, 1 teaspoonful vanilla essence, 4 teaspoonfuls baking powder.

Method: Cream butter and sugar, then beaten egg yolks. Beat until light and fluffy, add milk and dry ingredients alternately, beating after each addition. Add vanilla and fold in stiffly beaten egg whites. Bake in three layers in a moderate oven for about 30 minutes.

For icing, take 1½ cupfuls of brown sugar and & cupful water, and boil five minutes. Remove from fire and pour slowly on the stiffly-beaten whites of two eggs, add one teaspoonful vanilla and beat until creamy. Slice bananas over lower layer of cake, and pour the icing over them. Place second layer on top, and repeat filling. Put on top lay-er and cover with sliced bananas, add ½ cupful chopped walnuts to remainder of icing and pour over top of cake. Cut the bananas with a silver knife to keep them a good colour.

Stuffed Fish Fillets

MAKE a forcement of breadcrumbs grated onion, sage and thyme and parsley, salt and pepper, melted but-ter, egg and milk to bind. Take thin fillets of any fish and spread the forcemeat on one side, then roll up and tie. Place in fireproof dish and pour in a cup of milk, and bake in moderate over 20 minutes.-Miss H. (Wanganui).



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Mushroom Pie

MAKE some pastry from 60zs. flour into which is cut with two knives 3ozs. fat. Mix into stiff consistency with water and roll out always rolling one way. This amount will line and cover an eight inch pie dish. Line your pie dish with pastry; then break as many eggs as you can spare onto this. Put some finely chopped parsley, a sprinkling of salt and pepper on the Then a grating of cheese, Lastly

Steamed Pudding

TABLESPOON butter, 1 cup boiling water, I cup dates, I cup flour, I cup breadcrumbs, 3 cup brown sugar, I tablespoon golden syrup, I teaspoon baking soda, ½ teaspoon nutmeg, 1 teaspoon cinnamon, ½ teaspoon gr. ginger, ¾ teaspoon baking powder.

Place butter in a basin with dates and baking soda, pour over this the boiling water, and add golden syrup. Mix other dry golden syrup. Mix other dry ingredients, add dates mixture and mix well. Steam 2 hours. quantity is plenty for a family of six.—Mrs. E. Rennie (Kaiapoi).

lay cold fried mushrooms in a thick layer over this egg layer. Cover with pastry lid and bake in a hot oven (450 degrees) for 15 minutes; then in moderate oven for another 15 to 20 minutes. When served cold this pie is delicious. This is an original recipe. Mrs. D. McL. (Palmerston North).

Potato Macaroons

MIX together in the following order, two cupfuls of mashed potatoes, 1 cupful of golden syrup, 2 cupful of butter (melted), 2 cupfuls of flour, 4 teaspoonfuls of baking powder, ½ teas spoonful each of ground cloves, ground cinnamon and ground nutmeg, 1 teaspoonful of salt, and & cupful of sui-Drop the mixture by heaped tanas. teaspoonfuls on to a slightly greased baking sheet. Bake golden in a moderate oven.-Mrs J.W. (Frankton (June.).

Green Tomato Relish

24 LARGE tomatoes (green), 8 onions, 2 cucumbers, 2lbs. sugar. Cut up vegetables small, or put through the mincer; sprinkle salt on to taste; let stand all night, strain most of the liquid off, boil 1 hour in 1 quart of vinegar. Mix tablespoons of flour, tablespoons curry powder, 1 table-spoon of mustard. Mix with little vinegar and stir in and boil another half hour .-- Mrs. M.L. (Hawera).

Vanilla Squares

4.ozs. BUTTER, 6ozs. 1 cup milk, 1 teaspoon vanilla, 1 tablespoon cornflour mixed with 1 tablespoon water. Method: Put all in saucepan and stir until they boil. Let cool and spread on pastry and put layer of pastry on top .- Miss J.C. (Dannevirke).

Sandwich Cheese

LB. CHEESE (grated), 1 small cup milk, add pepper and salt, or a small shake of cayenne pepper, 1 teaspoon mustard, Bring to a boil, stir in a well beaten egg. Very nice for sandwiches.—Mrs. E.K. (St. Albans, Very nice for Ch.Ch.).

ARMS FELT AS IF ON FIRE

Nights of Agony With Neuritis

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She had tried so many "remedies"—always without result—that she had little faith in anything. But finally something induced her to try Kruschen—and this time she was not disappointed. Read her bown version of how she rid herself of neuritis, and put an end to those sleepless nights of agony:—

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the benefits I have received from taking Kruschen Salts. For a long, long time I suffered from neuritis. I used to lie awake night after night in agony, sleep being out of the question altogether. My bands and agong just felt as though I nands and arms just felt as though I had them in the fire, and I could get no had them in the fire, and I could get no relief. One day I was scanning my morning paper, and saw where a sufferer had found relief with Kruschen, so I thought I would give it a trial. I started taking half a teaspoonful of Kruschen Salts every morning, and I felt better after every dose. I hadn't much faith, as I had tried so many so-called cures, but now I praise Kruschen with all my heart, aball keep on taking it and recommending it to everyone I come in contact with "—(Mrs.) A.H.

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umbago. They are a sign of an impure bloodstream. They show that poisons pare erent into the blood.

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