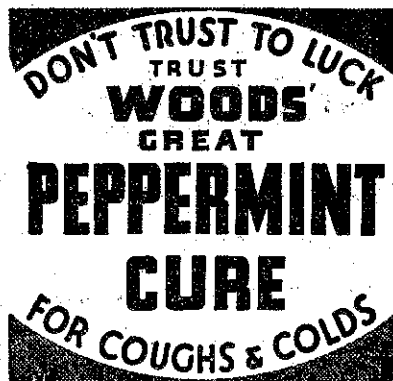
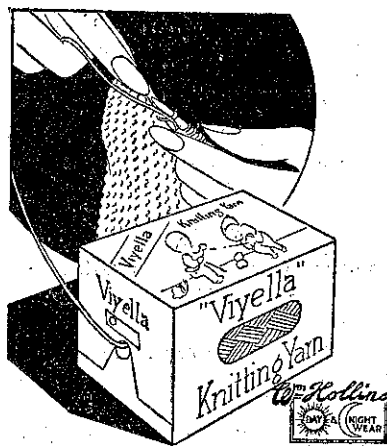


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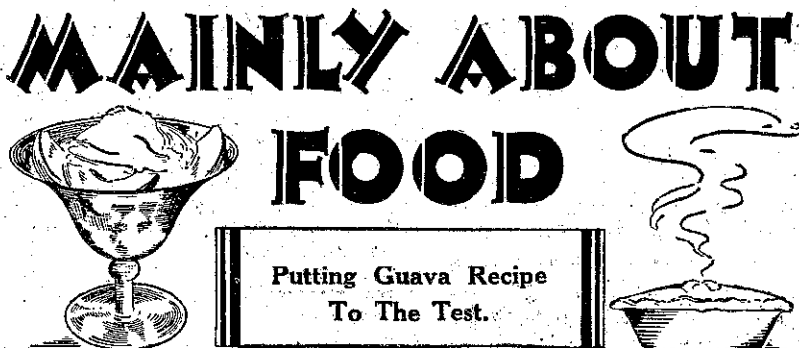
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Putting Guava Recipe  
To The Test.

GUAVAS are now plentiful and we have to thank an Auckland home-cook for passing on the result of her experiment in the making of Guava Jelly. She has made two lots in a fortnight, for the jelly is delicious, and although it takes three days to make, is well worth the trouble, and the jelly has a flavour all its own, is a good colour and jellies beautifully. As so many home-cooks are unaware of the value of the guava, the "Radio Record" home-cooks will no doubt be glad of this recipe, and their jelly will be a success if they faithfully follow her instructions.

The prize this week has gone to Miss L. Puttick, West Belt, Oamaru, for her seed and sultana cake, which is something out of the usual, and this reader has gained the three stars. Two stars each have been awarded to Mrs. Marsh, 17 Raffles Street, Napier, for her Swiss pancakes, and Mrs. P. Wright, 10 Cameron Street, Onehunga, for her original recipe for guava jelly. One star each goes to Mrs. C. S. Lewin, 11 Warrington Street, St. Albans, Christchurch; Miss Whitelaw, Kamo; Mrs. Reid, Chambers Street, Napier South, for their recipes for banana snow-drift, prune muffins and savoury ham rolls, respectively.

Hare drives are popular with country folk just now, and the jugged hare recipe will be found acceptable, and as hazel nuts are plentiful also just now, the hazel nut cake—although requiring four eggs—is a delicious one.

A Palmerston North reader has sent in a very popular recipe for Indian canapes, which are made by putting

It is very gratifying to "Chef" that she receives so much assistance from the contributors to the "Mainly About Food" section each week. She would like, however, to remind sister home-cooks that it is usual to send in only one recipe at a time. The number of stars so far allotted have been very evenly distributed, and as there are still six months before the competition ends, there is an equal chance for every one. "Chef" will welcome any new contributors. Her address is care of "Radio Record," Box 1680, Wellington.

some cooked ham through the mincer with enough chutney to season rather highly. Spread on small rounds of toast or biscuits, and sprinkle with cheese, and brown in the oven or under the grill.

Miss M.D. (Palmerston North): Thank you, but please address to "Chef."

The Ralph Girls (Palmerston North): Only one recipe at a time please.

Mrs. E.A.S. (Oamaru): Thank you.

## Seed and Sultana Cake

3 EGGS, 2 tablespoons milk, 5ozs. sugar, 5ozs. butter,  $\frac{1}{2}$ lb. flour sifted with 1 teaspoon (level) baking powder, 1 teaspoon caraway seeds, 1 tablespoon sultanas. Beat butter and sugar to a cream, add eggs one at a time and beat well, then add milk and flour. Divide the mixture in halves. In one half add the seeds and in the other the sultanas. Place the half with sultanas in the bottom of a prepared cake tin, then the other half on top with the seeds. Bake in a moderate oven for a little over an hour. Ice when cold and sprinkle over with coconut. Delicious.—Miss L.P. (Oamaru).

Yes, quite a task; majority all so good. Mrs. P.W. (Onehunga): Thank you for your letter.

## Swiss Pancakes

REQUIRED: One ounce of flour, one ounce and a half of butter, half a pint of milk, one egg, half an ounce of sugar. Cream the butter and sugar, then stir in the flour, add the milk gradually, and the beaten egg. Beat well, grease some saucers, half-fill with the mixture, and bake in a quick oven for 20 minutes. Serve folded in half with castor sugar dusted over and

slices of cut lemon round the dish.—Mrs. M. (Napier).

## Guava Jelly

PUT about twelve pounds guavas in a jam pan, add not quite enough water to cover, boil one hour, then let stand all day and night in the liquid. If enamel pan is used, leave them in this, but if not, empty out into something suitable. Next day strain and leave all night, then bring to the boil