

paper d'oyley. Sprinkle grated cheese over.—Mrs. J.E. (Frankton Junction).

Rocky Mountain Squares

CREAM 4oz. butter, 1 small cup sugar, 1 egg, 1 tablespoonful of milk, and add 1½ breakfast cups flour, ½ teaspoon baking powder and pinch of salt. Make into a dough and roll out to cover baking tray. Spread with raspberry jam. Beat together 1 egg, 1 cup sugar, 1 cup coconut. Spread this over raspberry jam. Sprinkle over chopped almonds and crystallised cherries. Bake in a moderate oven; cut into squares whilst hot. Do not pack in a tin until quite cool.—Mrs. C.S.L. (St. Albans).

Savoury Prune Rolls

HALF pound puff pastry, 2 dozen prunes, 6 slices bacon, 2 dozen almonds. Cut pastry into small oblongs; stone prunes and put an almond in each, wrap the prunes in bacon and put a prune on each piece of pastry, fold over like a roll, and glaze with egg (or milk), and bake in a quick oven.—Mrs. A.M.W. (Blenheim).

Cauliflower Pickle

SLICE 3lb. onions, one good-sized cauliflower broken into pieces cover with salt and allow to stand overnight. Drain, cover with vinegar, and boil about 20 minutes. Add one small tin of pineapple cut into pieces.

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Thicken with ½-cup flour, 2 tablespoons mustard, 2 tablespoons curry powder. 3 tablespoons sugar with the juice from the pineapple. Simmer altogether for 10 minutes.—Mrs. V. McN. (Wellington).

Orange Fruit Cake

SEVEN ounces sugar, 3oz. butter, 9oz. flour, 2 eggs, 2 teaspoons baking powder, rind of 1 orange, 3 or 4 tablespoons orange juice, ½-breakfast cup sultanas. Cream butter and sugar, add eggs one at a time, then rind and orange juice. Add dry ingredients and sultanas. Bake in moderate oven about one hour. Ice top if liked.—Mrs. T.C. (Rangiora).

Real Lemon Cheese

REAL lemon cheese: 6 eggs, 1lb. sugar, ½lb. butter, juice and rind of 3 lemons. Put butter and sugar and grated lemon rinds into a saucepan. Beat egg yolks and whites separately, and when ingredients in pan have melted add the eggs, and lastly lemon juice. Stir continuously until it thickens, then put into airtight jars. Mock lemon cheese: Boil 2lb. vegetable marrow until tender, strain, and beat to a pulp. Add 2lb. sugar, the grated rind and juice of 4 lemons and ½lb. butter. Put all into a pot and boil from a half to three-quarters of an hour. Keep stirring well to keep from burning. Put into airtight jars.—Mrs. J.E.H. (Oamaru).

Chocolate Sandwich

HALF-POUND flour, 2oz. castor sugar, ½lb. butter, the yolk of 1 egg. Cream the butter and sugar, add egg yolk, then flour. Knead lightly, then roll out thinly and cut into small rounds. Bake in a slow oven about 15 minutes. Chocolate filling: 6oz. icing sugar, 3oz. butter, 2oz. chocolate,

This Week's ★ ★ Stars -

[Each week 10 contributions to the recipe page are awarded stars—the prize-winning recipe receives three stars and a half-a-guinea, two recipes are given two stars, and three recipes one star each. At the end of the year the contributor who has collected the greatest number of stars will be awarded a prize of two guineas, and the runner-up one guinea. Below are this week's star winners.]

★ ★ ★
(and 10/6 prize).

Miss Heather, Smithfield Road, Wanganui.

★ ★

Mrs. P. Wright, 10 Cameron Street, Onehunga; Mrs. C. S. Lewin, 11 Warrington Street, St. Albans, Christchurch.

★

Mrs. A. M. Wadsworth, Pine Valley, Blenheim; Mrs. V. McNabb, 230 The Terrace, Wellington; Mrs. J. Elvey, 77 Lake Road, Frankton Junction.

1 tablespoon milk. Place the chocolate in a dish over hot water till soft. Beat the butter and sugar to a cream, beat in the milk, stir in the chocolate. When the biscuits are cold, make them into sandwiches with the chocolate filling. Finely-chopped walnuts may be added to the filling.—Mrs. W. (Kamo).

(Continued on page 55.)

WOMAN RECOVERS HER WAIST-LINE

After Being Burdened With Fat

Says Kruschen Salts Are Wonderful

Burdened with excess fat and crippled by rheumatism and gout, no wonder this woman felt that life was not worth living. She tried nearly everything—then one day she began taking Kruschen Salts, and relief came at once. Now she is free from pain, and once more has a waist-line. Read her own words:—

"Up to six months ago, I was a cripple from rheumatism and gout and I weighed fourteen stone. I felt life was not worth living until one day, after I had tried nearly every other remedy without results, I tried Kruschen Salts. I at once got relief. I have now a waist-line, and am free from that dreaded vampire rheumatism. I wish everybody would follow my advice. This complaint would be eliminated. I must say Kruschen is wonderful and I am telling all my friends about it."—(Mrs.) E.V.

Overweight and rheumatic poisoning almost invariably arise from the same source—a system loaded with unexpelled waste, like a furnace choked with ashes and soot. Allowed to accumulate, this waste matter is turned into layer after layer of surplus fat, and at the same time the victim lays in a stock of rheumatic poison.

The six salts in Kruschen assist the internal organs to perform their functions properly—to throw off each day the waste and poisons that encumber the system. Then, little by little, that ugly fat goes—slowly, yes—but surely. The pains of rheumatism cease. You feel wonderfully healthy, youthful and energetic—more so than ever before in your life!

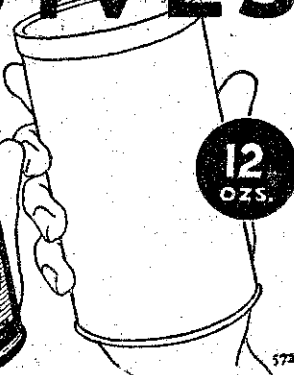
Kruschen Salts is obtainable at all Chemists and Stores at 2/6 per bottle.



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