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# MAINLY ABOUT FOOD



Home Cooks Appreciate  
These Pages



SISTER home-cooks who contribute to these pages seem very appreciative indeed of the help therein, and one of my correspondents this week has mentioned that as she has had such a lot of help and lovely recipes from her sister home-cooks, she is eager to pass on some of her favourite recipes. This is very encouraging indeed, and shows a spirit above the mere winning of a prize.

The prize this week has gone to Mrs. C. S. Lewin, 11 Warrington Street, St. Albans, Christchurch, for her original recipe for Apricot Royal, which is a

The contributions to Chef's page of the "Radio Record" continue to grow week by week. It's not too late to "get a leg in" on the starring system—see the panel on this page. "Chef" is always pleased to have your recipes—and don't forget there's a half-guinea prize to be won each week. Address your entries to: CHEF, care "Radio Record," G.P.O. Box 1680, Wellington.

East, for her delicious recipe for Lifebuoys, and Mrs. E. A. Smith, 6 Tweed Street, Oamaru, for her recipe for Girdle Scones, for which she has won many prizes. One star each goes to Miss B. J. Gray, 110 Kimbolton Road, Feilding; Mrs. W. Hobbs, 172 Bletsoe Avenue, Spreydon, Christchurch, and Miss L. Puttick, West Belt, Oamaru, for their recipes for Cheese Torpedoes, Baked Roly Poly, and Brown Potato Cakes, respectively.

A correspondent in Wellington has written me for special recipes for her husband, and first of all I will give her the recipe for wholemeal scones, for which she has asked. To every cup of wholemeal or wheatmeal add one level teaspoon of baking powder, put a pinch of salt and one teaspoon of sugar if desired. Add either raisins or dates. To three cups wholemeal use two ounces butter and mix well. Mix with milk and bake in a very hot oven. There are two recipes containing wholemeal published this week which I have included for her benefit. Next week I will give her a recipe for whole wheatbread and wheatmeal honey cake, and I should think the food expert's talk every Wednesday morning from RYA should help her quite a lot.

My Oamaru correspondent, in forwarding her prize-winning recipe for girdle scones has been also given the ingredients she uses for the self-rising flour made up of 10oz. flour, 3oz. baking soda, 6oz. cream of tartar. Mix well, but do not add either salt or sugar, as these are inclined to make the flour damp.

The mutton and peas recipe is for neck of mutton and dried peas, and is a good seasonal dish for this weather.

Mrs. W.H. (Spreydon): Always glad to hear from you.

Mrs. M.T. (Westport): Address your entries to "Chef," please.

Mrs. J.J.C. (Oamaru): Only write on one side of paper, please.

Miss M.F. (Fairton): Sorry, but I have those.

Mrs. R.D. (Turua): Whitebait too dear yet, will hold over Lifebuoys.

## Lifebuoys.

THREE eggs, 1 cup of butter, 1½ cups of light brown sugar, 1 tablespoon of brandy, flour, chopped almonds, cinnamon. Carefully separate the whites and yolks of 2 eggs, drop the yolks into a small saucepan of boiling water, simmer till solid right through, then drain and rub through a sieve. Cream butter and sugar, add the sifted egg yolks, the other

## This Week's ★ ★ Stars -

[Each week six 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)

Mrs. C. S. Lewin, 11 Warrington St., St. Albans, Christchurch.

Mrs. J. H. Morley, 9 Sillary Street, Hamilton East.

Mrs. E. A. Smith, 6 Tweed Street, Oamaru.

Miss B. J. Gray, 110 Kimbolton Road, Feilding; Mrs. W. Hobbs, 172 Bletsoe Avenue, Spreydon, Christchurch; Miss L. Puttick, West Belt, Oamaru.

very useful recipe for a winter sweet, and this reader has gained the three stars. Two stars each have been awarded to Mrs. J. H. Morley, 9 Sillary Street, Hamilton