(Continued from page 53.)

for other wine) to each orange, Replace the "lid" and cook in moderate oven until the rind is tender. Serve with cream and sugar,—Mrs. A.E.J. (Hamilton).

Chocolate Sponge Drops

THREE eggs, 1-cup castor sugar, one-third cup flour, 2 table-spoons cocoa, pinch salt, few drops vanilla. Beat the egg whites stiff; sift in sugar; then add well-beaten valks. Then fold in flour and cocoa which has been sifted two or three times and add essence of vanilla. Drop in small rounded teaspoonfuls on buttered paper and bake in a moderate oven about 20 minutes. Keep in an airtight jar till needed, then put whipped cream between two and sift icing sugar over. These keep for weeks and if the cream is put in an hour or two before using, are as soft and sponcy as freshly-baked drops.—Miss E.F.R. (Papatoetoe).

Derwent Treacle Scones

TAKE 3 cups flour, 1-cup treacle, 2 tablespoons brown sugar, I tablespoon butter, 1 small cup milk, 1 tablespoon water, 1 teaspoon cream of tartar, 1 teaspoon bicarbonate of soda. Sift dry ingredients. Put butter, water and treacle into a saucepan, warm till butter is melted, then add milk and stir it well into dry ingredients. Turn ont oa floured board, knead, roll into shape and bake 20 minutes in a good oven. These scones will keen moist for several days.—Mrs. A.E. (Christchurch).

Vegetarian Rissoles

HALF-CUP of lentils, 1-cup of breaderumbs, 1-cup of mineed walnuts. 2 tablespoons of bran, 1 onlon, 1 egg and a little salt and pepper. Boil lentils and chopped-up onion in a little salted water for 20 minutes, then drain well in a gravy strainer. Beat up egg, add walnuts, breadcrumbs, bran and lentils. Season with a little salt and pepper and mix well. With a little flour mould into rissoles, dip in egg and crumbs and fry in boiling fat until a nice brown. Serve with gravy seasoned with tomato sauce.— M.M. (Otago).

Scalloped Oysters

ROLL or pound about one pint of crackers finely; well butter the scallop dishes, cover the bottom with oysters, season with pepper, salt, and a little pulverized mace and cloves; then a layer of crackers, moisten slightly with oyster liquor which has been mixed with a beaten egg, alternate the oyster and crackers until you have three layers, the last layer being crackers, cover the top with small pleces of butter and sufficient liquor to well moisten; bake 30 to 40 minutes. Garnish each dish with parsley, and serve with brown bread and butter.—Mrs. R.D. (Turna).

Rainbow Pudding

BEAT 302. butter, 1 small cup sugar to a cream, add 1 beaten egg and 1-cup milk, beat all well together, and sift in 2 cups flour, 11 teaspoons baking powder, a pinch salt, mix again, now divide into three, to the first portion add 2 tablespoons chopped raisins or dates, put into a greased tin, now to the second portion add 1 heaped teaspoon cocoa dissolved in 1 tablespoon hot milk, a few drops of vanilla, put on top of first portion, and to the last add grated rind and juice of half a lemon and a few drops of cochineal, put on top of the other mixture, cover with greased paper and steam 2 hours, turn out and serve with custard sauce. This is very nice and attractive.—Mrs. P.W. (Onehunga).



You can TEST the SLIMFORM GIRDLE and BRASSIERE For 10 DAYS at our expense!

WB want you to try the Slimform Perforated Girdle and Uplift Brassiere. Test them for yourself—in your Own Home—for 10 Days at Our Expense. Then, if you have not reduced at least 3 Inches around WAIST and HIPS, they will cost you nothing!

"The massage-like action did it . . . the fat seemed to

have melted away'

THE MASSAGE-LIKE ACTION REDUCES QUICKLY, EASILY, and SAFELY

The massage-like action of these astounding Reducing Garments takes the place of months of tiring exercises. It removes surplus fat and stimulates the body once more into energetic health.

KEEPS YOUR BODY COOL AND FRESH

The ventilating perforations allow the skin pores to breathe normally. There is no irritation, chafing or discomfort, it keeps the hody cool and fresh at all times. It gives perfect freedom of action whilst walking, dancing, golfing, swimming, suring and at all sports.

NO DIET, DRUGS, OR EXERCISES!

"In a very short time I had reduced my hips 9 inches and

my weight 20 pounds"

The wonderful part of the Slimform Girdle method of reducing, is its absolute Safety and Comfort. You take No Drugs—No Exercise—You Eat Normai Meals—and vet we Guarantes von will Reduce at least 3 Inches in 10 days or it will Cost You Nothing!

SEND FOR 10 DAYS FREE TRIAL OFFER

- M You can prove to vourself quickly and definitely whether or not this efficient Slimform Girdle will reduce you. You do not need to risk one penny, try it for 10 days . . . then send it back if you are not completely astonished at the results.
- offer is limited. Send ld. stamp for Leaflet Illustrating and Describing the Slimform Girdle and Brassiere and particulars of the 10 Days Free Trial Offer

SLIMFORM GIRDLE CO., 703B. DINGWALL BUILDINGS, QUEEN ST., AUCKLAND, C.1.