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paper on top and steam for 45 to 60 minutes. Loosen the edges of the mould, turn out on a hot dish, and pour over hot tomato or mushroom sauce. Garnish with parsley.—Mrs. A.S. (Nelson).

Lentil and Nut Loaf

TWO cups lentil puree, $\frac{1}{2}$ cup chopped walnuts, $\frac{1}{2}$ cup cream, 1 egg, $\frac{1}{2}$ cup breadcrumbs, 1 teaspoon salt. Mix the ingredients together, adding the beaten egg last. Form into a loaf, and bake for 20 to 30 minutes. Serve with tomato sauce, made as follows:—To two cups tomato juice (preserved suitable) add parsley, stalk of celery, 2 bay leaves, pinch thyme, 1 teaspoon grated onion, and salt. Cook 30 minutes. Strain, and thicken with 1 teaspoon flour and 1 teaspoon butter, rubbed to a smooth paste.—Mrs. R.D. (Turua).

Malt Meal Waters

FOUR ounces butter, 4oz. of sugar, 1 egg, 1 tablespoon of malt, 2 tablespoons of milk, 1 cup of bran, 2 cups of wheatmeal, $\frac{1}{2}$ cup of flour, 1 teaspoon of baking powder. Cream butter and sugar, add egg, then malt, and beat thoroughly. Mix in milk, then dry ingredients. Turn on to floured baking board and knead well. Roll very thin and cut into squares. Prick with fork and bake in a moderate oven, watching carefully, as they burn easily. Very nice buttered for afternoon tea.—Miss M.McO. (Ngapara).

4ZO, Dunedin

Features for the Week

Friday, August 28: 12-1: Lunch session. 2-3: Selected recordings. 5-6: Early evening programme, including Maurice Elwin, Phil Regan, Reginald Dixon, and Fred Astaire. 7-8: Selected recordings. 7-15: Sports session (Rugby), Mr. T. Valles; cycling; a wrestler will speak if in town, and the sports announcer reviewing other sports. 7-45: Our Film Fan Rambler. 8-9: Requests left over from previous Monday evening. 9-10: Special feature by Rogan Stuart continued, "Pages from My Scrap Book." 9-36: Studio item, Mr. D. Maharey, Mr. A. Mains, piano. Mr. B. Kennan. 10-11: "Hot Pie," "Limehouse Blues" (Grappellys Four), "Poor Butterfly" (Hugo Rignold), "Nagasaki" (three keys), "Embassy Stomp" (Ambrose); "Monday Date" (Garland Wilson), 10-15: "Crooners are Off," a dance programme without vocal interruptions. Piano interludes by Art Tatum. 11-12: Close down.

Saturday, August 29: 12-1: Gay luncheon selections. 12-40: Sporting fixtures and postments for the day. 1-2: Close down.

Monday, August 31: 12-1: Luncheon music. 2-3: Selected recordings. 5-6: Early evening programme, including Billy Cotton, Marek Weber, Paul Whiteman, Carrol Gibbons. 8-9: Good evening, Listeners choose your music. Requests are still at 4ZO. 11-12: Close down.

Tuesday, September 1: 12-1: Luncheon programme. 2-3: Selected recordings. 5-6: Tea hour session, including Mildred Bayley, Lew Stone, Arthur Tracey, Ginger Rogers, and Bob Crosby's Band. 6-7: Close down.

Wednesday, September 2: 12-1: Luncheon programme. 2-3: Selected recordings. 5-6: Tea hour session, including Betty Boop, Billy Reid, Frances Langford, Elenor Powell. 6-7: Close down.

Thursday, September 3: 12-1: Luncheon programme. 2-3: Selected recordings. 5-6: Tea hour session, including our weekly surprise item, also Mills Bros., Boswell Sisters, and Bing Crosby, Guy Lombardo. 6-7: Close down.



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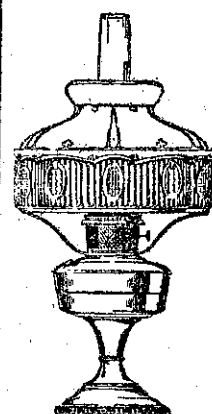
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