

up like roly-poly and make secure with string. Place in baking dish, dust with flour and 1 teaspoon sugar, and roast for one hour. Prepare the following mixture to add in dessertspoonfuls 20 minutes before steak is done, leaving a space between each spoonful. Beat one egg, add $\frac{1}{2}$ -pint milk, sift in $\frac{1}{2}$ -lb. self-raising flour and a pinch of salt, serve with brown gravy. Please note, real Yorkshire pudding is made without baking powder, etc., but the above recipe must be adhere to. This makes a nice tasty dish.—Mrs. J.H.M. (Wakato).

Flourless Orange Cake

REQUIRED, 5½oz. sugar, 5½oz. ground almonds, 4 eggs, 1 tablespoonful dry breadcrumbs. 2 oranges. Separate the yolks from the whites of eggs, put them into a basin with the sugar, stand over hot water and beat them until thick and creamy. Add the ground almonds into mixture, then the juice of the oranges. Beat the whites of eggs to a stiff froth, and fold them into the mixture, sprinkling in the breadcrumbs at the same time. Put the mixture in a cake-tin prepared by brushing over with melted butter and coating with flour. Bake in a moderate oven for half an hour. This makes a delicious rich cake.—Mrs. M. (Napier).

Honey Health Bread

AS well as being delicious to eat, this bread contains vitamins for health. Take 2 cups of wheatmeal, $\frac{3}{4}$ -cup flour, 1 tablespoon butter, 1 tablespoon of honey, 1 teaspoon soda, 1 teaspoon cream of tartar, $\frac{1}{2}$ -teaspoon salt, and about 1½ cups of buttermilk or thick sour milk. If no sour milk is available, use 2 teaspoons of cream of tartar. Thoroughly mix all dry ingredients, lightly rub in the butter, then make into a soft dough with the milk. Bake in a greased tin $\frac{3}{4}$ hour. The result should be a delightful crusty loaf which is rough on top.—Mrs. L. (Clive).

Maltex Biscuits

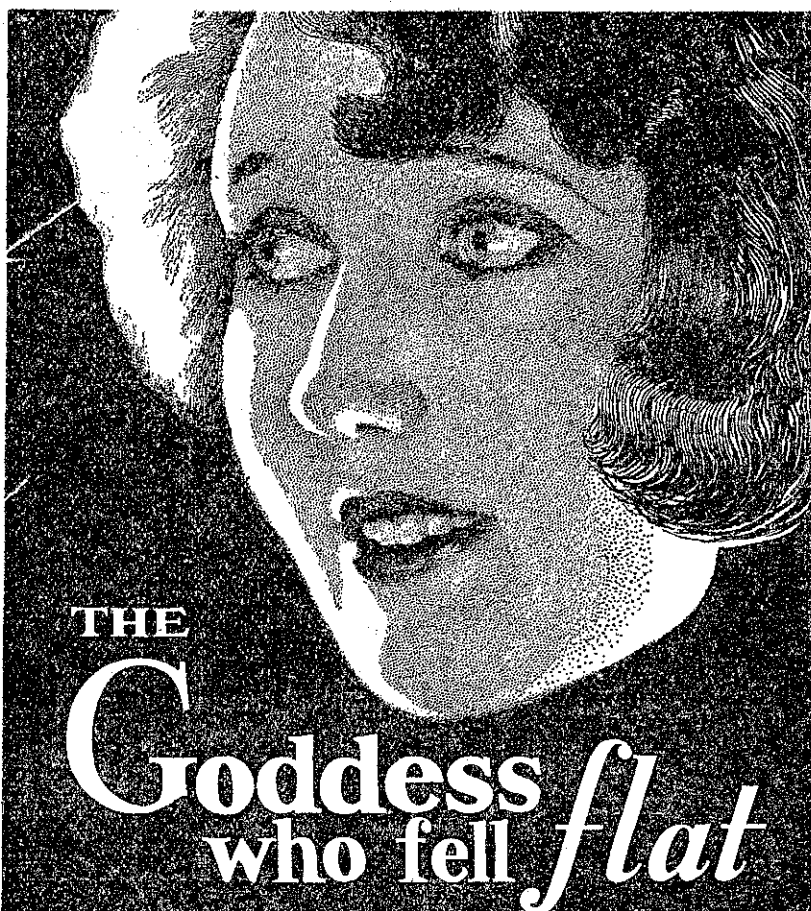
$\frac{1}{2}$ LB. butter, 1 egg, $\frac{3}{4}$ -cup sugar, $\frac{1}{2}$ -cup (small) malt, 1 teaspoon baking powder, 1½ cups flour, $\frac{1}{2}$ -cup cornflour, pinch salt. Cream butter and sugar, blend in malt, add egg and beat together. Fold in sifted flour, powder, and cornflour. Roll out, and cut in rounds. Delicious, and will remain crisp when kept in closed tin.—Mrs. S.R.C. (Te Awamutu).

Winter Trifle

BREAK up a sponge cake in a pie-dish. Take a small tin of peaches, pour the syrup over the sponge, and arrange the fruit on top. When this is soaked for a little while, pour over a custard made of 2 eggs, 1½ cups of milk, and 1 large tablespoon sugar. Bake in a moderate oven and serve hot. If liked sprinkle the top with chopped nuts before baking. Serve with whipped cream, and it makes a delicious and easy Sunday pudding.—Mrs. J.W. (Dunedin).

Silver Pie

PEEL and grate 1 large white potato, add the juice and grated rind of 1 lemon, white of 1 egg, 1 teacupful of white sugar, and 1 of cold water. Bake (Continued on page 55.)



THE Goddess who fell flat

THE Auckland papers called her one of New Zealand's prettiest girls. At college they nicknamed her "The Goddess." Everybody predicted great things for her. Popularity. A career. Successful marriage. But she didn't live up to a single prediction. As the saying is, she "fell flat." Of course she did! So would any girl with the same trouble she had.

DO YOU OFFEND? PROBABLY

The only one who doesn't realise that he or she has halitosis (unpleasant breath) is the victim. Social ostracism follows. Surveys show 1 person out of 3 is a victim—due to the fact that the mouth is the constant scene of germ activities, many of which result in bad breath.

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