

How to Make A Meal Of It

Results of Second Competition for Better Meals for New Zealanders

BASED on recipes contained in the "Radio Record" Cookery Book, three more readers have this month submitted a day's menu which has earned them generous cash prizes. From among the dozens of entries, the following three competitors have been awarded the prizes:—

FIRST PRIZE, £3/3/-: Mrs. I. Jeffs, Colombo Street, Christchurch South.

SECOND PRIZE, £1/1/-: Mrs. D. L. C. Joseph, "Harakehe," Main Road, New Plymouth.

THIRD PRIZE, £1/1/-: Miss L. Cusack, Adelaide Road, Wellington South.

GREAT interest has been evinced throughout the Dominion in this competition, embodying the best menu for a whole day's meals, breakfast, luncheon and dinner, the recipes of main dishes to be taken from the "Radio Record" Cookery Book,

The three winning menus are as follow:—

FIRST.

Breakfast: N.Z. grapefruit unsweetened.

Brain savoury (page 28).

Toasted malted bread and butter (page 90).

Luncheon: Jellyed tongues (page 20).

Italian salad (page 33).

Girdled scones (page 92) and apricot jam (page 97).

Glass home-made lemonade (page 105).

Dinner: Tomato soup (page 8).

Slice of stuffed fish fillet (page 9).

Wild roast duck (page 13).

Cabbage rolls (page 22) and new potatoes.

Apple meringue with cream (page 45).

Hawaiian punch (page 105).

Sardine Savoury (page 32).

Raisins and fruit.

SECOND

Breakfast: Glass lemon juice first. Cereal (optional) with brown sugar. Salmon patties (page 11) and toast. Buttered Scottish oatcake (page 93) and marmalade (page 99).

Luncheon: Stuffed tomatoes (page 26).

Junket sweet (page 47).

Malt biscuits (page 88).

Luncheon cheese (page 108).

Dinner: Pea soup (page 8), with brown bread sippets.

Whitebait up-to-date (page 12) with saratoga chips (page 29) and vegetable balls (page 24).

Walnut blancmange (page 54) and cream.

Savoury: Anchovy cream biscuits (page 30).

Fruit and white coffee.

THIRD.

Breakfast: Any stewed fruit.

Baked eggs on fish (page 9).

Toast and honey; cup white coffee.

Luncheon: Cold soured trout (page 12).

Italian salad (page 33).

Malted brown bread (page 90).

Fruit salad tartlets (page 58).

Dinner: Spring spinach soup (page 9).

Entree, mock oysters (page 16).

African steak (page 17).

Scalloped carrots (page 25) and potatoes in jackets.

Cherry turnovers with cream (page 60).

Fruit punch (page 105).

Fruit and nuts, with coffee.

AS this is our second competition, readers already know the conditions of the order of entries, the balancing of meals being predominant. A great improvement is noticed in the general outline, and well-balanced recipes submitted for each meal.

Blind And Deaf

(Continued from page 55).

Such a patient, though she will be set free by declaring the truth, must be instructed in the physical laws of health because of the importance of the part these play. There are many who say: "It doesn't matter what you eat." To whom I would say: "Would you dine off a putrid steak, or a stinking fish? No? Well, don't try to live upon excessive quantities of refined and adulterated food substitutes, in unsuitable combination. For it might be healthier to eat dead bodies in an advanced state of decomposition. They would probably make you immediately sick."

If, then, you are ailing and wish to get well, this is what you must do: first, accord every requirement of health your implicit obedience; second, knowing the presence of the Healing Power within, and its nature and source, **ACCEPT**, without the slightest reserve, the assurance that "to

him that believeth, all things are possible." "Believe that you **HAVE RECEIVED**, and you shall have." (Not necessarily at once; nor in a week, or a month, or a year even.) God's Spirit breathes through the working of His Law. Therefore, third, when any acute disturbance of health appears, be prepared to fast until it subsides.

Remember that the acute illness is generally Nature's way of ridding the system of toxic accumulations which, very frequently, are the reason for ill-health.

NEVER, whatever befall, or whatever any may say, allow doubt or fear in your mind. You can't have it both ways. Either you will trust to the uttermost and get well, or give way to uncertainty or fear, and go under.

DOCTOR WILLIAMS' new Health Book, "Life More Abundant," can now be obtained from H. Rowell, Bookseller, 41 Victoria Avenue, Wanganui. Price 3/6; posted 3/9—Advt.

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