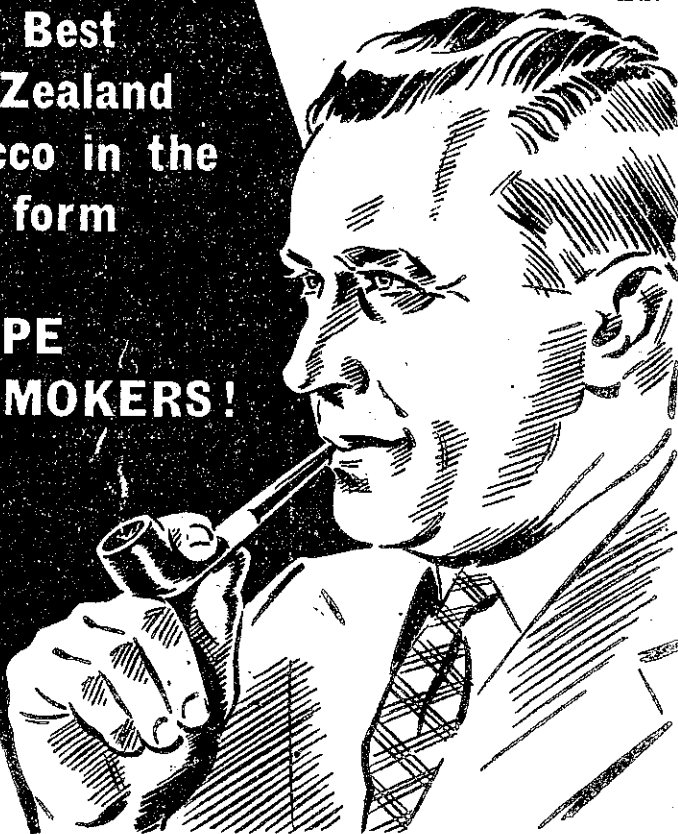


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ASTHMA, BRONCHITIS, WHOOPING COUGH.

occasionally with 1 tablespoon butter in $\frac{1}{2}$ cup water. Serve with mashed potatoes.—Mrs. J.A.R. (Lawrence).

Apple Wholemeal Pudding

CREAM 1 tablespoon butter with 2 tablespoons brown sugar and spread rather thickly in pudding basin. Now line the basin with a good wholemeal suet crust. Slice 4 bananas, put a layer in the bottom of basin, then a layer of partly-cooked apples, lemon juice, and sugar. Continue until basin is full; then put on a cover of the paste. Cover with greased paper and steam one and a half hours. Turn out on hot dish and serve. The butter and sugar will form a caramel sauce. A really delicious pudding and very nutritious.—Mrs. R.C. (Maungaturoto).

Pineapple Marshmallow

TAKE 1 tin sliced pineapple, 1 tablespoon gelatine, 1 cup boiling water, pinch salt, 1 teaspoon vanilla, half a cup sugar, 2 or 3 egg-whites. Soak gelatine in half a cup of pineapple juice for 10 minutes. Add the cup of boiling water, salt, and vanilla. Leave to cool, then add the unbeaten whites of eggs and the sugar and beat for 20 minutes. Then cut up the pineapple and add. Leave to set. Make a custard with the yolks of eggs and serve cold.—Mrs. R.H. (Hamilton).

WHEN EGGS ARE DEAR TRY THESE EGGLESS RECIPES

RICE CAKES

1 cup flour, $\frac{1}{2}$ cup ground rice, 4oz sugar, 4oz butter, $\frac{1}{2}$ cup milk (good measure), 1 heaped teaspoon Edmonds Cake Baking Powder, pinch of salt. Cream butter and sugar, sift and mix dry ingredients into same, mix all thoroughly with the milk, add flavouring, and bake in patty pans in moderate oven from 10 to 12 minutes. (NO baking powder to be used with this recipe.)

ROCK CAKES

1 breakfast cup flour, 2 dessertspoons sugar, 2oz currants, 4oz butter (or lard), $\frac{1}{2}$ oz or 1 round candied peel, 2 teaspoons Edmonds Cake Baking Powder, milk to mix. Rub butter (or lard) into flour, add the other dry ingredients, then sufficient milk to make a stiff dough, place on cold greased oven shelf in rocky shapes. Bake in hot oven. (NO baking powder to be used with this recipe.)

SMALL CAKES

3oz butter (or dripping), 3oz sugar, $\frac{1}{2}$ lb flour, 1 teaspoon ground ginger, 1 teaspoon Edmonds Cake Baking Powder, milk to mix (about $\frac{1}{2}$ cup), pinch of salt. Soften butter or dripping, add sugar and beat to a cream. Slightly warm the milk, and beat it in by degrees. Stir in lightly the flour previously sifted with the cake powder, ground ginger, and salt. The mixture should be firm. Drop in spoonfuls on a cold baking tray, sprinkle a little sugar over, and bake in hot oven for about 10 minutes. (NO baking powder to be used with this recipe.)

If you haven't yet tried Edmonds Cake Powder get a 6d tin from your grocer to-day.