

Orange Peel Bread

TAKE the peel of one orange (pith and all), 1 cup sugar, 1 tablespoon butter, 1 egg, 1 cup milk, 2 cups flour, 1½ teaspoons baking powder, salt. Cut peel into thin strips, cover with 2 cups water and boil gently till tender, about ½ hour, then add half the given quantity of sugar and boil slowly till syrup is practically absorbed. Cream the remaining sugar, add egg, and beat well; stir in flour, baking powder, and milk. Lastly add peel while still hot, add 1 cup seedless raisins and mix all together thoroughly. Turn into a well-greased tin and stand 10 minutes before baking in moderate oven 40 minutes. The loaf is moist enough to use as a cake while fresh. After a day or two slice thinly and spread with butter.—Mrs. E.J. (Motueka).

Mutton and Pineapple

BONE a medium-sized leg of mutton and fill the cavity with the following mixture: Two tablespoons minced onion, 2 tablespoons melted butter, 2 cups breadcrumbs, salt and pepper, 1 tablespoon chopped parsley, 1 cup crushed drained pineapple, 1 teaspoon ground ginger, 1 tablespoon lemon juice, ½ cup stoned cooked prunes. Heat butter and add onions, and cook a little, then add crumbs and allow to brown. Remove from stove, add salt, pepper, parsley, prunes and pineapple. Skewer mutton together well, and rub all over outside with salt and pepper, ground ginger and some softened dripping. Bake half an hour in hot oven. Pour pineapple and lemon juice over mutton, reduce heat and finish baking. Allow 20 minutes for each pound. Make gravy and serve with vegetables.—Mrs. E.J. (Motueka).

Steamed Cake

FOR a plain, steamed cake mix about 3oz. of butter or good dripping with ½lb. flour. These ingredients should be mixed until they resemble fine breadcrumbs. Then add 1 teaspoon of carbonate of soda and mix again. Then ½lb. of brown sugar and the same of currants and sultanas. Pour in 2 tablespoons of golden syrup and mix well, and finally sufficient milk to form the whole into a creamy dough, but it must not be too wet. Place in a well-greased cake tin, tying greased paper over the top, and steam for two hours. When cooked, lay it on its side on a sieve and do not use until the following day. The success of this cake lies in mixing the ingredients in the order given. It can be made as rich as required with a larger quantity of fruit and the addition of peel, candied cherries, etc., and when iced, looks and tastes like a birthday cake, the absence of eggs in its composition being entirely unnoticed. Steamed cake lasts fresh a great deal longer than those which are baked, and is a real novelty.—Miss A.W. (Epsom).

Meat Loaf

TO make a nice tea or luncheon dish to use up scraps of cold meats in winter: Take 2lb. minced cold meat, 1 egg, 1 teaspoon salt, 1 tablespoon chopped parsley, 1 cup breadcrumbs, 2 large chopped onions, pepper to taste, 1 teaspoon mixed herbs. Add seasonings to minced meat, breadcrumbs and beaten egg, and enough water or gravy to make moist. Place in a greased pie-dish. Put strips of bacon on top. Baste (Continued on next page.)

**"IT'S
WONDERFUL
HOW QUICK
LISTERINE
STOPS THAT
AWFUL
SCALING,
ITCHING AND
BURNING"**



ARE you troubled with Dandruff? Itching, burning scalp? Lifeless or falling hair? If so, remember: instead of merely treating the SYMPTOMS of Dandruff, you can now attack the CAUSE with Listerine Antiseptic. Listerine kills the germs that cause dandruff, promotes scalp health and stimulates hair growth. Douse full strength Listerine on the scalp and massage vigorously... immediately your head feels cool, clean and stimulated. Shampoo regularly with Listerine.

**SHAMPOO
with
LISTERINE**

Buy a bottle of Listerine to-day. Three sizes:
1/6, 3/- and 5/6.

LISTERINE
Antiseptic **CORRECTS**
Kills 200,000,000 Germs in 15 Seconds **DANDRUFF**

DEAF : HEAR

Through the BONE of your HEAD.
Test it free in your own home.
10 days' FREE TRIAL, INGENIOUS,
MARVELLOUS, IMPOSSIBLE!

And yet—every day we are making
even the so-called stone-deaf hear.

CALL, WRITE OR PHONE.
ACOUSTICON AGENCY, 206 Prudential
Buildings, Lambton Quay,
WELLINGTON, and 14 Palmerston
Buildings, Queen Street, AUCKLAND.

Look To The Future !

Your best investment to ensure a successful business career is an I.C.S. Course of training. Thousands of men at the top of the tree owe their success to devoting a certain amount of their spare time to study. The I.C.S. can help YOU, too! These are some of the home-study Courses—what is YOUR subject?

Architecture,
Building,
Structural Eng.
Concrete Eng.
Diesel Eng.

Radio Engineer
Serviceman's Exam.
Short Story Writing.
Fashion Drawing.
Ticket Writing.

Send for Free Booklet stating your subject,
trade or profession. No obligation.

INTERNATIONAL CORRESPONDENCE
SCHOOLS,
182 Z Wakefield Street, Wellington.