

"I've never
been ill,"

says —

Margaret Jane



Winners of Gold Medal
Awards at International
Exhibitions.



THE
LITTLE
"MALTEXO"
MAID

"The apple of Daddy's eye, they say. Uncle Bob says my cheeks are peaches. Big Brother calls me Baby-face, because my skin is clear and clean and hasn't got one single little freckle. Daddy calls me Bright Eyes — and says they sparkle with life. Mummy says 'Thank goodness for Maltexto,' and I say it's goodness itself, because I'm a little Maltexto Maid. Wilson's Maltexto is the sort of tonic I like." You can

feel it doing good. It builds resistance to infectious ailments and is rich in nourishment and body-building food. It's a beauty tonic in itself. Wilson's Maltexto is the Great Strength Food. Good for young and old alike. That's why Hospitals and Sanatoriums throughout New Zealand insist on Wilson's Maltexto. Gold medal awards guarantee the quality. Keep the family fit on Wilson's Maltexto.

WILSON'S MALTEXO

"The Bodyguard that Builds Resistance"

● 3 VARIETIES: PLAIN ● WITH COD LIVER OIL ● WITH HALIBUT LIVER OIL AND ORANGE JUICE ●

the dish enough white stock to three-parts fill it, and cook in a moderate oven, with the lid on about 35 to 40 minutes. It should be cooked through and just enough seasoned liquid left to form a delicious sauce. Serve hot with braised celery and pickled walnuts.—Miss D.W. (Kumara).

Meatless Savoury

CUT up 1 large white onion finely, and also 2 large apples, stew till tender with a little water, butter, pepper and salt. Turn into pyrex dish, pour over 2 beaten eggs, 1 cup milk, 1 cup of breadcrumbs, 2oz. grated cheese; put a few pieces of butter on top, and bake in a good oven for 20 minutes.

This is a delicious change in place of meat, either for a lunch or tea dish.—Mrs. A.W. (Pine Valley).

Apple Charming

FILL a piedish three parts with sliced apples. Cover with bread and butter. Mix $\frac{1}{2}$ cup golden syrup with a cup of boiling water and pour over bread and butter and apples. Bake in oven till apples are cooked. If liked, any other fruit may be added.—Miss M.R. (Ross).

Winter Salad

TAKE 3 large clean-skinned apples, 1 head celery, 3 large bananas. Method: Wash apples and use with

skins, grating a coarse grater. Slice up celery and bananas and add to apples. Serve with a dressing composed of juice of half a lemon and cream to taste.—R.W. (Ashburton).

Honey Wholemeal Puffs

TAKE 1 cup wholemeal, 1 cup coconut, $\frac{1}{2}$ cup flour, 1 cup chopped walnuts, 2 tablespoons honey, 4oz. butter, 2 tablespoons boiling water, 1 teaspoon soda. Mix dry ingredients, melt butter in water, add honey and soda. Pour mixture into flour while still foaming. Put small teaspoons on greased tray and bake in moderate oven 15 minutes.—Mrs. E.J. (Motu-eka).