

and liquor from the asparagus. Stir till boils. Mix egg-yolk with a pinch of salt and sugar. Allow soup to cool a little, add egg, and return to the fire, but don't boil. Drop in asparagus heads, season carefully, and serve with thin toast.—Mrs. W.M. (Nelson).

Baked Sirloin Steak

REQUIRED: 3in.-thick sirloin steak, 1 tablespoon lemon juice, tomato sauce to taste, 2 onions, 1½ tablespoons butter.

Place the steak in a greased fire-proof dish. Spread thickly with butter. Sprinkle with salt and pepper to taste, and lemon juice. Parboil onions and slice on top. Sprinkle with tomato sauce. Place in a hot oven and bake, allowing 20 minutes to the pound. Baste frequently with liquid in dish. Serve with mashed potatoes. In season mushrooms are a delightful addition.—Mrs. W.M. (Nelson).

Wholemeal Pudding

I WONDER if any of our sister-home-cooks would care for this wholesome and nourishing wholemeal pudding; it is very popular with our growing family. Don't serve it as a second course, as it is almost a meal in itself, and one can have it for a main dish at lunch or tea. Here it is: Three ounces

of butter, 2oz. honey, 1 egg, 1 teaspoon carb. soda in ½ cup milk, 1½ cups wholemeal, 1 cup grated carrot, 1 cup of dates or raisins, a little lemon peel cut fine (or grate a little lemon rind). Mix all together, and steam 2½ hours. Serve with cream or custard.—Mrs. A.W. (Pine Valley).

Honey Cornflakes

TAKE 2 tablespoons butter, ½ cup honey, 2 eggs, grated rind of ½ lemon, ½ teaspoon ground ginger, ½ cup milk, 3 cups cornflakes. Cream butter and honey, add egg-yolks, lemon rind and ginger. Moisten cornflakes with milk, and add to the mixture. Beat egg-whites, and stir in lightly to other ingredients. Pour into a buttered mould, cover with buttered paper, and steam 2 hours. Serve with cream or custard.—Mrs. E.J. (Motueka).

Orange Biscuits

CREAM together 6oz. butter, 3oz. icing sugar, half teaspoon Hansell's cloudy orange food flavouring. Work in 9oz. flour. Keep well warmed; roll out thinly and cut with little fancy cutter. Bake very delicately on stored heat only, near top of oven. Put an orange icing through forcet to decorate prettily. Keep well.



**"EVERY
FLAVOURING
I can possibly need!"**

Made by Hansell Laboratories Ltd., the Essence specialists of New Zealand. 29 different Hansell's Cloudy Food Flavourings. So easy and economical for best results in cakes, custards, puddings, savouries, etc. Keep a range of Hansell's Flavours for immediate use.

**HANSELL'S
CLOUDY FOOD
FLAVOURINGS**

FREE RECIPES. Don't write a letter—just address an envelope to yourself and enclose it in another envelope addressed to DEPT. 1, Hansell Laboratories Ltd., P.O. Box 199, Masterton, with 3d. in stamps (do not stick down), for postage and packing and we will send you several leaflets of recipes by noted cookery demonstrators.

HEALTH!

FROM PURE FRUIT AND VEGETABLE JUICES

Discover for yourself the secret of Vegetable and Fruit Juice Therapy—through the use of these juices **PROVIDING EXTRA MINERALS AND VITAMINS** needed to correct stomach ulcers, diabetes, goitre, anaemia, arthritis, kidney trouble, constipation, rheumatism, high blood pressure, colds, nervousness. The easiest way to obtain mineral and vitamin-bearing raw vegetable juice is with the **HEALTH MINE**—an extractor especially designed for use at home for making delicious drinks for the tired and toxic body. Literature and complete instruction Vegetable and Fruit Juice Cocktail Book supplied free with each machine. It contains innumerable recipes and directions for use in connection with deficiency diseases.

THE FOLLOWING VEGETABLES AND FRUITS PUT THROUGH THE HEALTH MINE WILL PRODUCE IN JUICE—

½lb. Granny Smith Apples6½oz. juice
½lb. Pineapple6½oz. juice
½lb. Carrots4 oz. juice
½lb. Celery5½oz. juice

SPECIAL OFFER

Don't forget the special 5% discount offer to all "Radio Record" readers terminates on July 31.

COME AND HAVE A HEALTH COCKTAIL AND SEE THE HEALTH MINE WORKING.

MODERN DIET PRODUCTS SUPPLY CO.,

BOX 1574, WELLINGTON. 'PHONE 43-371.

SECOND FLOOR, KELVIN CHAMBERS, THE TERRACE.

Sole exponents of Raw Juice Therapy in N.Z. as advocated in Europe and America.



**MODERN DIET PRODUCTS SUPPLY CO.,
P.O. BOX 1574, Wellington.**

Please send me free literature and illustrations on the Health Mine.

NAME

ADDRESS