

of chopped parsley. Season with salt and pepper. Nearly fill dish with milk and water, and put a layer of bread-crumbs on top. Cover with greased brown paper, and bake in moderate oven two hours.—Mrs. J.B. (Hawera).

Golden Nut Pudding

PLACE into a saucepan 1 cup water, 1 tablespoon sugar (brown), 1 tablespoon butter, 2 tablespoons golden syrup, 1 teaspoon Hansell's cloudy orange food flavouring; stir over a gentle heat until just all melted. Now sift into mixing bowl 2 cups flour, pinch salt, 2 tablespoons sugar, 2 teaspoons baking powder, add 3 tablespoons Shreddo, mix to a soft scone dough with warm milk with 1 teaspoon Hansell's cloudy lemon flavouring stirred into it. Shape into a ball and roll in $\frac{1}{2}$ cup of finely chopped walnuts (minced is very nice). Grease a basin with a little butter and pour half the mixture from the saucepan into the basin, then place the pudding in the basin and pour the remaining mixture over the top; do not cover the basin. Put the lid on the saucepan and steam for $1\frac{1}{2}$ hours. Be careful when turning the pudding out into a dish, as the sauce is already in the basin with pudding. Sometimes I add $\frac{1}{2}$ cup raisins to the pudding; it makes a nice change. — Mrs. P.W. (Onehunga).

Pineapple Sponge Pudding

TAKE $\frac{1}{2}$ pint milk, 2oz. butter, $\frac{1}{2}$ lb. flour, 3oz. stale sponge cake, 3 eggs, 3oz. sugar, tin preserved pineapple.

Boil in saucepan 1 large cup milk, and add butter, then stir in flour and crumbled sponge cake. When cooled slightly, add sugar and 3 egg-yolks well beaten. Then add the pineapple syrup and mix well. Beat the whites of eggs stiffly and mix these in gradually. Butter a mould, putting in half the mixture then a layer of the pineapple—repeat this until all is used up. Steam for $1\frac{1}{2}$ hours, and serve with sauce or cream—very delicious.—Mrs. P.S. (Te Puke).

A New Cake

WITHOUT eggs, butter or milk. Take 2 cups or brown sugar, 2 cups of hot water, 2 tablespoonfuls of dripping, 1 cup raisins, 1 cup of sultanas, $\frac{1}{2}$ teaspoonful of ground spice, 1 teaspoonful of cinnamon. Method: Boil all the above ingredients together for five minutes. Take off and cool. When cold add 3 cups flour and 1 teaspoonful of soda previously dissolved in a tablespoonful of hot water. Bake in a meat dish for $\frac{1}{2}$ hour in a moderate oven. This cake keeps well, and is excellent for cut lunches.—Mrs. F.F. (Papanui).

Steak With Rice

THIS is a new and original economical dish, and is stuffed steak with rice. One round steak, 6 tablespoons cooked rice, small minced onion, pepper and salt, 2 tablespoons chopped parsley. Spread out steak, mix other ingredients, and spread on steak thickly. Roll up and tie into shape; put in a deep saucepan and add enough water to keep from burning. Cover tightly and allow to simmer gently for $1\frac{1}{2}$ hours. Lift meat from pot, thicken liquid with flour, add a little browning, and serve hot.—Miss A.W. (Epsom).

Honey Dale Loaves

MIX well 2 cups flour, 1 cup bran flakes, 2 large teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, rub in 1 large tablespoon butter, add 1 cup chopped dates. Melt 1 tablespoon honey and add with 1 egg well beaten and milk to make a soft dough. Bake in greased tins about $\frac{1}{2}$ hour. Mixture may be varied by using raisins or nuts.—Miss W. (Kamo).

Ginger Nuts

TAKE $\frac{1}{2}$ cup of melted butter, $\frac{1}{2}$ cup sugar, 2 tablespoons golden syrup, 2 teaspoons ground ginger, 1 teaspoon baking powder, 2 cups of flour. Warm butter and sugar and syrup in pan, then add all dry ingredients. Cook in moderate oven on cold shelf. These are beautiful and crisp and make two trays.—Mrs. M.W. (Geraldine).



**"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.

"NU-WAVER"

THE WORLD'S BEST

FULL HEAD WAYER



Waves top, sides and back all in one operation. **NO HEAT—NO BAKING.** Charming natural waves at home with only a minimum of time, trouble and expense.



NU-WAVER,
Full Head Wayer
Post Free 4/6

NU-WAVERS,
Box 1428R, Auckland.



I shan't be without it again!



FRESH! Mixed fresh every day, Mustard, taken with meat, adds to the enjoyment of all the food. Its keen, fresh tang makes the mouth water, starts the salivary action necessary to complete digestion.

FREE: Write to Colman-Keen (N.Z.) Ltd. (Dept. 8), Box 422, Wellington, for a copy (free and post-free) of the amusingly-written and illustrated book "Mustard Uses Mustard." It contains a wealth of valuable information on many subjects—household management, health hints, cookery recipes, etc.

MEAT needs MUSTARD