

Banana Cream

FOUR medium bananas, 1 cup milk or cream, 1 packet of raspberry jelly, 1 cup boiling water. Mash the bananas and beat with a fork. Stir in the milk. Dissolve the jelly in the boiling water and add. Turn into a wetted mould and allow to set. Serve with cream.—Mrs. M.W. (Oamaru).

Honey Icing

ONE cup sugar, 1 cup honey, 1 cup water, 1 egg white. Boil sugar and water and add honey, and cook until a little dropped into cold water will keep its shape. Pour the syrup into the stiffly-beaten egg white, beating well until firm.—Mrs. V.A. (Brooklyn).

Sausage Rolls

SAUSAGE meat, cooked, is well provided with mustard and Worcestershire sauce to taste, moistened with a beaten egg yolk and allowed to stand for half-hour or so. Prepared puff pastry is rolled and cut into squares about 2 inches square. Small portions of the sausage meat are put into the centre of this pastry, and little rolls made. Brush over with egg yolk and bake in a hot oven.—Mrs. A.W. (Parnell).

Spaghetti Cutlets

SIX oz. spaghetti, 1 small teaspoonful curry powder, 2 eggs, 1 cup white sauce, pepper and salt, breadcrumbs. Break spaghetti into very small pieces and put into boiling salted water. Boil for 12 minutes, then drain. Return to pan with the white sauce, the lightly beaten egg yolks and curry

bake till soft and nicely browned—about 20 minutes. Serve hot or cold with raisin sauce around them.

Sauce: 1 cup raisins soaked in 1½ cups water for 1 hour or more if possible. Boil with little lemon rind, juice 1 lemon, 1 tablespoon honey and little cinnamon for 10 minutes. Thicken with 1½ teaspoons cornflour or arrowroot.—M.C. (Mt. Eden).

Almond Sponge

FOUR eggs, teacup sugar, breakfast cup flour, 1 teaspoon baking powder, one tablespoon each

raisins, ½ lb. chopped mixed peel, 2oz. grated nutmeg, 2oz. ground almonds, 10oz. of flour. Mix in the order given and put into a round cake tin lined with several thicknesses of brown, greased paper. Put into oven at 400 degrees and turn the top element off and the bottom to low. Cook two hours 10 minutes.—Mrs. R.A.C. (Maungaturoto).

Trifle Cakes

ONE lb. flour, 5½ ozs. sugar, ½ lb. butter, 1 egg, 1 teaspoon cinnamon, 1 teaspoon baking soda, a little lemon essence.

Rub butter into flour and cinnamon. Add sugar and mix with egg to a stiff dough. Roll out and line patty tins, using a crust of bread to keep the shapes hollow. When cold, fill with sponge soaked in wine or fruit juice, a teaspoon of custard. Over custard, cover with cream and decorate.—Mrs. L.S. (Papakura).

Fairy Cakes

DELICIOUS mincemeat cakes which add considerably to the festive fare. Ingredients: 8oz. of self-raising flour, 4ozs. of butter, 4 ozs. of sugar, 2 eggs, 2 tablespoons of milk, 3 tablespoons of mincemeat (Christmas).

Cream butter, add sugar, and cream again. Drop in one egg with some of the flour, beat well, add the second egg, and more of the flour, beating well again, and then the mincemeat, milk and rest of the flour. Put into small greased tins and bake for ten to fifteen minutes in a moderate oven.—Mrs. J.H.M. (Hamilton East).

Fruit Cake

ONE lb. butter, 1lb. sugar, 10ozs. flour, 8 eggs, 1lb. each preserved ginger, ground almonds, cherries, ½ green, ½ red, 1 teaspoon

ORANGE CREAMS

This Week's Prize Recipe

THIS is my family's favourite summer sweet, and it is really delicious as well as nutritious. Take two oranges, 3 dessertspoons sugar, 1 gill cream, white of one egg, half a gill of water, 1 ounce of gelatine, angelica. Cut the oranges into halves, and remove pulp without splitting the rinds. Take out the pips and rub the pulp through a fine sieve, then mix with the castor sugar. Whip the cream until it thickens and add half of it to the orange pulp.

Whisk the egg white to a stiff froth and fold in lightly. Dissolve the gelatine in the water, but do not boil it. Strain into the other ingredients and mix thoroughly. Wipe the orange rinds, stand on a plate, and fill with the mixture. Leave until set and then decorate the top with the remainder of the cream, and a few strips of angelica.—Mrs. J. P. (Milton).

of butter and boiling water. Grated rind small orange.

Beat eggs and sugar until figure 8 can be formed on mixture, sift in flour and baking powder mixed together, grated rind and lastly butter melted in the boiling water, fairly hot oven. Ice this cake while warm with sufficient icing sugar mixed with the juice of the orange, adding 3 good tablespoons ground almonds. This cake is delicious.—"Janet" (Te Aroha).

Cream Cakes

BEAT to a cream 1½oz. butter and 3oz. castor sugar, then add 1oz coconut, and add alternately 4oz. flour, 1 small teaspoon baking powder and 2 tablespoons milk and lastly the stiffly-whipped white of 1 egg and ½ teaspoon vanilla essence. Bake 15 minutes in patty cases, in a moderate oven.

When cold split and fill with the following filling. Rub through a sieve 4oz. icing sugar, add 1oz. coconut and whipped cream to form a soft paste, fill, replace the lids, dust fine sugar over, place a ball of whipped cream on the top, and garnish with cherries.—Miss W. (Kamo).

Oui M'sieu

FOR Sunday teas or 5 o'clock parties, this French recipe is delicious.

Butter slices of bread about quarter of an inch thick. On a slice place a slice of cheese and a slice of ham and top with a slice of bread. Cut into shapes and fry in hot fat. For a tea dish, serve with celery, tomato or cheese sauce. Serve hot or cold.—M.S. (Kopuku).

Christmas Cake

HALF pound of butter (creamed) with ½ lb. of brown sugar; add 8 well-beaten eggs, the pulp and juice of 1 orange and 1 small lemon, 1 tablespoon of glycerine, 1 wineglass of coffee essence in a little water, 1lb. 6oz. currants, ½ lb.

baking powder (small). Flour fruit well. Cook 3½ hours. Nice and moist.—Mrs. G.G. (Rotorua).

French Pudding

THREE ounces of butter, 2oz. honey, 1 egg, 1 teaspoon soda in half a cup of milk, 1½ cups wholemeal, 1 cup grated carrot, 1 cup mixed fruit, lemon peel. Steam one hour and a half.—Mrs. G.G. (Rotorua).

Beef Galantine

THE following is a delicious dish for any meal, served with lettuce salad and garnished with tomatoes. Especially now the picnic season is coming on, it will be found a great boon.

Two lbs. beefsteak, 1lb. sausage-meat, ½ lb. breadcrumbs, 1½ cups stock or gravy, 3 mushrooms (if liked), 3 large eggs, salt, cayenne pepper, a little grated nutmeg.

Have ready a large pan of boiling water. Mince the meat and peeled mushrooms, then mix all the ingredients together very thoroughly, adding beaten eggs and stock last. Form into a roll (using a little flour), turn into a greased pudding cloth and tie firmly at each end. Boil for 1½ hours, then untie the cloth, roll it round again more tightly, and retie.

Place the galantine between two flat dishes and press with weights. When quite cold remove the cloth and brush with melted meat glaze. It is better to leave the roll in a cold place for 12 to 24 hours before glazing.—Miss E.D. (Wellington).

KNEES FELT AS IF IN CEMENT

Woman Who Had Rheumatism For 10 Years

Now Walks 4 Miles With Ease

"Since coming here from England 10 years ago," writes a married woman, "I have suffered terribly from rheumatism. I have been in hospital and spent money to no end. I have bought medicine, lotions, liniments, and taken advertised concoctions until I was weary. I heard of Kruschen Salts so often, that I thought one day I'd try that. By this time my knees had become locked, as if in cement. I was just desperate, for I felt that the day was not far off when I wouldn't be able to get about at all and it made me so down-hearted."

"Well, I bought a bottle of Kruschen, and took a teaspoonful every morning. When the bottle was finished I said, 'Oh, it's the same as everything else; I'm no better.' But my husband said, 'Persevere; try another! Give it a chance to act on your blood.' Well, I got another, and before it was finished my knees unlocked—honestly they did. I could hardly believe it myself when I could stoop down and get up again without help. I was so excited about it, I kept on, took another bottle, and, believe me, I am not like the same woman. I walked four miles the other day and felt fine, whereas before I could hardly walk across the floor."

"My husband has been out of employment all winter, but I'd get my Kruschen Salts before I'd buy a thing to eat. It means so much to be well and able to walk. I feel I should tell you all this, if it will benefit others."

—(Mrs.) E.A.

What more need be said to convince other sufferers? At any rate, they should give Kruschen a trial.

Kruschen Salts is obtainable at all Chemists and Stores at 2/3 per bottle.

RELIEF FROM PSORIASIS with THE ONE SPOT TEST

Why suffer the embarrassment of this scaly skin disease—PSORIASIS? Obtain the relief that thousands have already received by using DERMOL. DERMOL is applied externally and quickly remedies this stubborn complaint. Does not stain clothing and restores and makes the skin clear and healthy again. J.P.: "Suffered for nine years. Had spots on my scalp, forehead, arms, legs and finger nails. Nothing I ever used before has worked like Dermol. You cannot see the places where the scales were." Dermol is backed with a positive guarantee to give chronic psoriasis sufferers definite benefit in two weeks' time, or money is refunded. YOUR WORD IS FINAL! Send for Free Trial Sample to make our convincing "One Spot Test" booklet and proof of results FRILE. Don't delay! Write to-day! DOMINION HEALTH INSTITUTE, Dept. R Box 924 AUCKLAND, C.I.

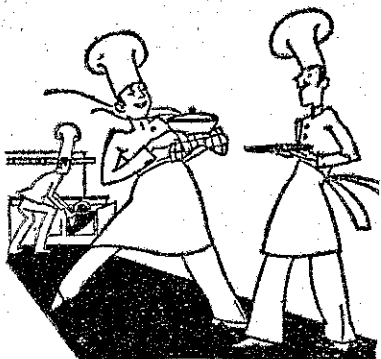


During the forties, Nature takes a greater toll of a woman's reserves of health. The system during these years needs to be toned up to meet the extra demands.

The medical profession has found that "J.D.K.Z." Gin, with hot water and lemon, taken regularly, is a distinct aid in promoting fitness in middle age. "J.D.K.Z." relieves the kidneys, purifies the blood, stimulates the system, allays irritation and despondency. An excellent tonic at any time, "J.D.K.Z." is doubly valuable to every man and woman throughout the forties.



Look for the White Heart label in flasks, pint and quart bottles at all Bottle Stores throughout the Dominion. "Good whichever way you look at it."



powder mixed smoothly with a little milk. Season with salt and pepper. Stir over slow heat until very hot, but do not allow it to boil.

Turn on to dish, smooth evenly and mark into equal sized divisions. Shape each into neat cutlets, brush over with white of egg, coat with bread crumbs, and fry golden brown. Pile green peas in centre of dish and place cutlets around.—Mrs. E.A.B. (Dargaville).

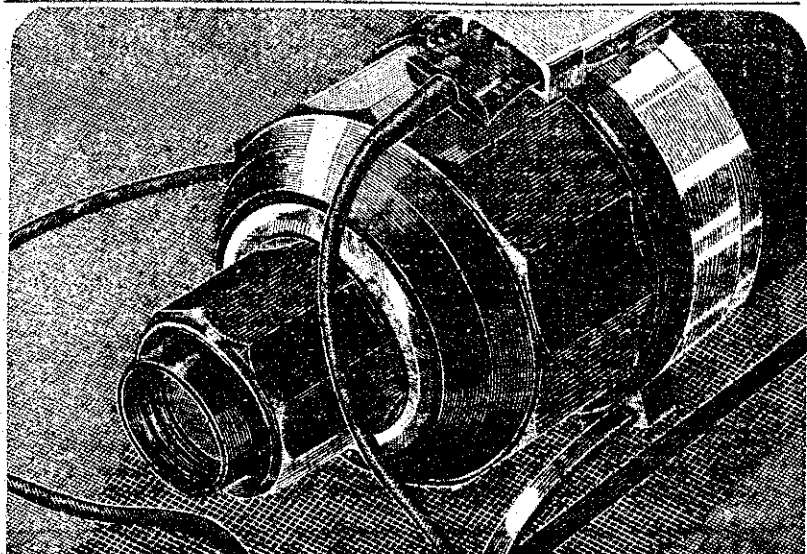
Macaroni Ham

LINE a heavily greased basin with cold cooked macaroni or vermicelli (this adheres readily). Mince 1lb. ham, 1 onion, 1 tablespoon parsley, add 2 cups breadcrumbs, salt and pepper, and bind with beaten egg and milk until very moist. Turn carefully into the basin, tie down and steam two hours.

When cold remove on to dish and garnish with parsley. Serve with tomatoes or salad, and bread and butter rolls. Is also very nice hot with greens, and the steaming makes it very light and digestible.—C.P. (Wanganui).

Baked Bananas

THIS is served with raisin sauce. Peel 6 bananas, and split lengthwise. Spread with raspberry jam and put together again. Mix 2oz. ground almonds with 3oz. cake crumbs. Beat 1 egg white very stiff and coat the bananas with it. Roll lightly in crumb mixture. Place in well-buttered deep plate or dish and



WITH this Insector, another easily attached exclusive Electrolux feature, it is the simplest thing to exterminate dreaded moth grubs and silverfish from your home. It is also ideal for fumigating. Ask the demonstrator to explain. The Electrolux used in conjunction with the Spray Gun (supplied as standard equipment) is just what you need for spraying insecticides, ducos, enamels and lacquers. Another reason why there is no substitute for the genuine Electrolux Complete Home Cleaning System.

ELECTROLUX

Head Office: 405 Customhouse Quay, Wellington.

Branches in all main centres.

Representatives in all districts.