

Mincemeat

THIS recipe makes a delicious filling for tarts, etc. Put 2lb. blackberries into a saucepan with the juice of two lemons and half cup hot water. Simmer until tender, then press through a sieve. Peel, core and cut up two large cooking apples, and add grated rind of one lemon, 4oz. stoned raisins, 2oz. each of currants, sultanas, candied peel and blanched almonds, add 1lb. brown sugar, half teaspoon ground ginger, ground cloves and ground cinnamon. Chop all well together, and add the blackberry pulp, 3lb. chopped suet and half cup brandy. Put in a jar and tie down. Use the same as mincemeat.

"FINE IDEA"

Dorothy On All ZB Stations

ZB Listener (Wanganui), writes: I was very interested to read in this week's issue of the "Radio Record," the letter from Constant Listener, New Plymouth, who suggests that Dorothy's session should be broadcast over all the ZB stations instead of being confined to 12B as it is at present. I recently had the pleasure of meeting Dorothy while in Auckland, and was amazed at the wonderful work she is doing—also her immense popularity.

Like many others, we are unable to get 12B during the day, and also very rarely at night, I would welcome the chance of hearing Dorothy's voice over the network. I am positive that hundreds of women in New Zealand, both young and old, would feel the day to be brighter for the fact of spending a few minutes regularly with Dorothy and her "Happiness Club." May she have all the best in life. With best wishes and wishing the "Record" continued success—it's the best weekly paper in New Zealand.

Rice And Fruit

BAKE an ordinary (rather stiff) rice pudding, then remove the skin. Place the creamy rice in a glass dish—a fairly deep one—and pour over it a tin of fruit (or stewed fruit if you have it). Then add a layer of powder custard and sprinkle with desiccated coconut. This can easily be made the day before using it.—Miss A.W. (Parnell).

Oatmeal Cakes

ONE large cup of cold porridge, one and a half teaspoons baking powder, one large egg, 2oz. butter, half teacup sugar and enough sifted flour to make a stiff batter. There must be the usual amount of salt in the porridge. Melt the butter, mix into the porridge, add flour and baking powder together, then mix lightly with beaten egg. Beat all together well. Place in small pieces on a cold floured tray. Bake as for scones. While hot split open and spread with butter.—Miss L.P. (Oamaru).

Banana Jam

NOW that we can procure plenty of rhubarb, this jam is really excellent, and the kiddies do love it. Take 6lb. rhubarb, 5lb. sugar, two cups water, 2lb. bananas. Cut rhubarb finely and boil half-hour with two cups water, add sugar and boil half-hour. Slice bananas and add and boil all for quarter-hour. Put in heated jars and seal.—Mrs. R.P. (Morrinsville).

For best results use

HANSELL'S
CLOUDY FOOD
FLAVOURINGS

HOLLYWOOD BEAUTY SECRETS

By MAX FACTOR, Jun.

Brushes and brushing are becoming more and more important as accessories to the modern art of accentuating feminine beauty.

Small complexion brushes work marvels in cleansing the sometimes roughened skin surfaces of the elbows, the knees, and the knuckles.

The eyelash brush, quite aside from its value in applying mascara, serves to help stimulate the growth of the lashes and to keep them in place.

FINGERNAIL brushes are invaluable aids in removing the last fragments of dead and unattractive cuticle from the borders of the nails.

Long-handled bath brushes serve to condition the skin surfaces of the back, which can be reached by no other means.

And the powder brush, a comparatively new arrival in the brush ensemble, effectively acts to prevent face powder from caking, and enables it to be spread so smoothly that this make-up material will cling to the face much longer than it would ordinarily.

Of course, the hairbrush, one of the most thoroughly time-tested of all feminine grooming aids, should be first and foremost in our brush considerations.

Regrettably, however, ever since the time bobbed coiffures became the general feminine preference, the use of the hairbrush has become a greatly-neglected procedure—with this neglect often evidencing itself in a noticeable lack of hair lustre and pliability.

Bobbed hair should be brushed just as thoroughly as were the longer locks of yesteryear, even though this lengthy brushing procedure is no longer an every-morning necessity for snarl-removing purposes.

Dorothy Lamour

THE beneficial results of very thorough hairbrushings are repeatedly demonstrated by the lustrous tresses of the ladies I know here in Hollywood.

Dorothy Lamour, one of the very few long-haired screen stars, naturally must brush her luxuriant hair regularly and thoroughly to keep it from matting, with a result that the value of this treatment as a hair-conditioner shows in the sheen and softness of her lovely locks.



Paramount's beautiful Dorothy Lamour is one of the very few long-haired screen stars known to Hollywood, reports make-up creator Max Factor, Jun.



On the other hand, we have such personages as Barbara Stanwyck and Katharine Hepburn, with their comparatively abbreviated tresses. Neither of these ladies is forced, primarily, to brush her hair daily in order to keep it free from entanglement.

And yet both Miss Stanwyck and Miss Hepburn spend just as much time brushing their shorter hair as Miss Lamour does her more-than-twice-as-long locks.

Beauty

I MENTION these two stars, not because they are Hollywood's sole appreciators of the merits of thorough hairbrushings, but because the hair of both Miss Hepburn and Miss Stanwyck is so exceptionally beautiful that their names spring into my thoughts at the mere mention of coiffures. As a matter of fact, I don't know even one star here in the film capital who is not such an appreciator.

The choice of the brush used for the hair is of utmost importance. The bristles should be firm, but resilient.

Medium-length bristles are generally to be preferred to extra-long or very short ones. But the bristles should not be thin and sharp at their ends, because needle-like bristles can be very injurious to the scalp.

For those of my readers who are not yet acquainted with the use of the powder brush, let me suggest that the powder should be dusted over the face in a liberal quantity, and the brush should then be lightly drawn across the skin to remove any powder surplus, and to clear the minute lines around the eyes, mouth, and nose.

Regularly employed as a finishing touch every time you apply your make-up, this most modern of brushing practices will result in the same type of satin-smooth complexion surface that is so gloriously apparent on the lovely faces of Hollywood's most alluring screen stars.

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A WOMAN IN TROUBLE

Muddy Complexion—Rheumatism—Overweight—Too Tired To Work

If this woman had taken a different remedy for each of her complaints, she would have been kept very busy! Imagine too the length of time that would have been required to effect an all-round cure!

In actual fact, she took only one medicine. And she took the medicine for but six weeks before she saw every one of her complaints fading away. The simple explanation is that all her troubles arose from one common cause.

In a letter she says:—"Since I started taking Kruschen six weeks ago, my health has greatly improved. My complexion, which had a muddy appearance, is changed to a clear and healthy look. My rheumatism has almost gone. My weight two months ago was 11st. 6lb., and yesterday, when I was weighed by the same scales I weighed 10st. 8lb. This decrease has helped me wonderfully, for I don't feel half so tired, and am able to work better than I have done for months. I shall never be without Kruschen after this."—(Miss) A.L.R.

Half the complaints that afflict humanity—from simply feeling "off colour" to acute rheumatism—can all be traced back to one root cause—internal sluggishness.

There is one sure, safe way to keep yourself regular inside—the "little daily dose" of Kruschen Salts. Kruschen is a scientific combination of six mineral salts which keep your eliminating organs in proper tune and so clear away the waste matter that clogs your system and poisons the blood.

And Kruschen has a direct tonic influence upon the blood-stream, too, purifying it and invigorating it so that it floods every fibre of you with tingling energy.

Kruschen Salts is obtainable at all Chemists and Stores at 2/6 per bottle.



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in six luscious flavours: Green-gage, raspberry, passion fruit, vanilla, orange and lemon. 10d. bottle.

Sardine Fritters

SIFT one large cup of flour, one teaspoon baking powder, one teaspoon icing sugar, good pinch salt, a pinch of cayenne, add one cup grated cheese. Mix to a nice soft consistency with one well-beaten egg and a little milk. Place a little of the mixture into a tablespoon, place a sardine in the centre, cover with little more of the mixture, roll in crushed cornflakes, drop into a pan of boiling fat, brown nicely all over, when cooked drain on white paper. Serve with chip potatoes.—Mrs. P.W. (Onehunga).

Mock Fowl

TAKE a young rabbit, cut up in small pieces, roll in flour, sprinkle with salt and pepper and put into boiling fat in frying pan until nicely brown all over. Take it out and put in casserole. Slice two medium size onions, four strips bacon, four tomatoes and put in layers on top of rabbit. Add two tablespoons grated cheese and fill dish three-quarter full of fresh milk. Bake four hours in medium oven. Can be eaten hot or cold.—Mrs. R.P. (Morrinsville).

Brownies

TWO cups self-raising flour, half cup butter, one dessertspoon cinnamon, milk, half cup brown sugar, one dessertspoon spice, two cups raisins. Sift flour and spices, and rub in butter. Add sugar and mix well. Add fruit. Make into consistency of a cake mixture with the milk. Place in a greased tin. Sprinkle brown sugar over the top. Bake in a moderate oven about one hour, according to the thickness. When cooked turn on to a sieve to cool. Cut into slices and butter.—Miss A.W. (Parnell).