

Vitamin C for Sound Health

FOUR POINTERS

(1) Everyone needs a regular intake of vitamin C. Human daily requirements range from 75 milligrams for the average adult to 150 mgs. for pregnant and nursing mothers.

(2) Vitamin C keeps the body resistant to bacterial toxins, colds and flu. Shortage of this vitamin can cause many troubles to health's foundations.

(3) The amount of vitamin C available in fruits and vegetables varies greatly—storage, cutting and cooking cause loss of the vitamin.

(4) The only sure way of getting the correct quantity of vitamin C is to take it in tablet form. In this way a normal daily dose costs less than 1½d. Vitamin C tablets, in various sizes, are available from all chemists.

CHEESE AND NUT PUFF

8 ½ in slices day-old bread, 2 cups grated tasty cheese, 1 small grated onion, ½ cup ground nuts, ½ tspn. salt, pinch dry mustard, ½ tspn. paprika, 2 eggs, 2 cups milk.

Remove crusts from bread. Cut slices in halves diagonally. Line an ovenproof dish with half the bread. Cover the bread with half the cheese, the grated onion and ½ cup of the nuts. Cover with second layer of bread and remaining cheese. Add seasonings to eggs, beat until blended. Stir in milk and pour over the bread and cheese. Sprinkle remaining nuts over the top. Bake in a moderately slow oven, 325 deg. F gas, 375 deg. F electric, 50-60 minutes. Serve at once.



TESTED RECIPES

A hot luncheon dish that's both tasty and nutritious has a crisp bread topping.

Just squeeze it on!



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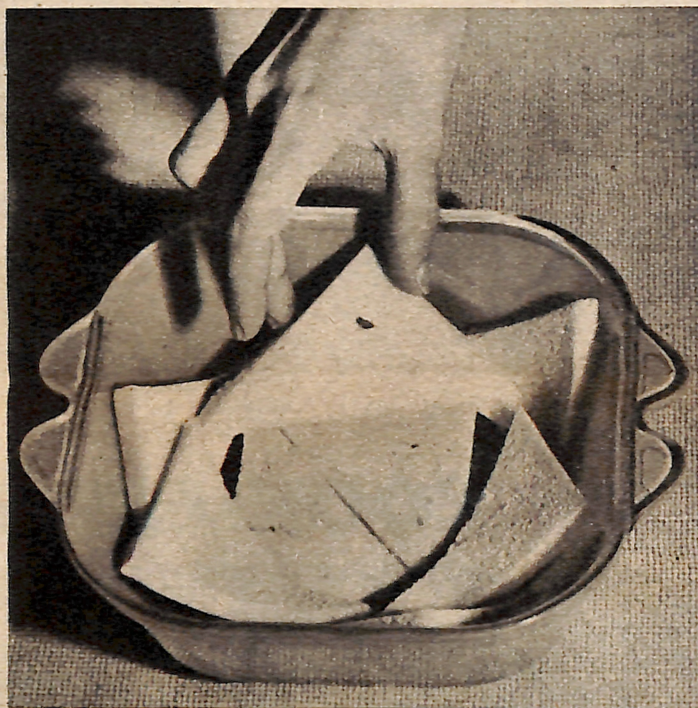
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1. Line an ovenproof dish using half the bread slices.



2. Sprinkle half the cheese on the bread slices, then the grated onion and ½ cup of the ground nuts.

*****PRIZE RECIPES*****

A TWO-EGG cake with the delicious flavour of passionfruit wins first prize for Mrs I. Gaut, of Lambton, N.S.W. Second prize goes to Mrs G. R. Schmid, of Renmark, S.A., for spicy cookies.

Passionfruit sponge

4oz butter, 2 eggs, ¼ cup strained passionfruit juice, 4oz sugar, 8oz S.R. flour, 1 extra tblspn. sugar, 2 or 3 tblspns. milk.

Scoop the pulp and juice from 8 passionfruit into a small bowl. Add 1 tblspn. sugar and mix together. Let stand for a few minutes, then strain juice into measuring cup. Return seeds and any remaining pulp to bowl. Cream butter and sugar, beat in eggs one at a time, add passionfruit juice and the flour and then milk to bring batter to a thick creamy consistency. Beat with a fork then

transfer mixture to a well-greased 7in cake tin about 2in deep. Cook for 45 minutes to 1 hour in moderate oven 350 deg. F gas, 400 deg. F electric. When cool ice top with sieved icing sugar mixed well with passionfruit seeds and a little hot water.

Apple brandies

1 cup grated apple, 1 cup chopped dates, 2 cups bran, 1 cup brown sugar, 1 cup S.R. flour, 1 egg, ½lb butter, 1 tspn. cinnamon, ½ tspn. mixed spice, 1 tspn. brandy.

Cream butter and sugar, beat in egg and add brandy. Fold in flour, cinnamon, spice, bran, apple and dates. Mix well then roll teaspoonfuls of the mixture in extra bran and place on greased oven tray. Bake 20-25 minutes in moderate oven 350 deg. F gas, 400 deg. F electric.

Each week £5/5/ and £2/2/ are awarded for the best recipes. Address letters to "Woman's Day" Home Service, Box 4000, G.P.O., Sydney. Spoon measurements rounded.



3. Repeat layers of bread and cheese. Pour in beaten egg and milk mixture and top with nuts.