



'Allenburys'

Progressive System of Infant Feeding

HAPPY, healthy childhood depends very largely upon the choice of proper nourishment, both during the critical early stages of baby's development and after. Generations of thoughtful mothers have found in the 'Allenburys' system a series of foods which makes ample provision for sturdy growth, steady progress and development. The 'Allenburys' Foods are perfectly suited to baby's needs, being scientifically graduated to supply the nourishment required in a form which is best suited to baby's age.

Milk Food No. 1
Birth to 3 months.

Milk Food No. 2
3 to 6 months.

Malted Food No. 3
6 months and onwards.

Write for a free copy of the
'Allenburys' booklet "Infant
Feeding by the 'Allenburys'
Foods."

SHARLAND & Co.
Limited,

Lorne Street, AUCKLAND
Dixon Street, WELLINGTON

In the Kitchen

Apple Scones

TAKE two cups of flour half teaspoon of bicarbonate of soda, one teaspoon of cream of tartar, pinch of salt, half cup of sugar. Mix all together and rub in two ozs. of butter; beat one egg well and mix all to a dough. Roll out square and cut in halves. Have some apple minced and sprinkled with sugar and cinnamon; spread it on one half of the dough, cover with other half, and cut into scones. Bake in a moderate oven for about half-an-hour.

Excellent Seed Cake

TAKE one cup of sugar and 1/2 lb. of butter; beat to cream; then add juice and rind of an orange or lemon, four eggs (beat well after each egg), half cup of water, and a little peel (finely shredded) and caraway seeds; lastly two large cups of flour to which two teaspoons of baking powder have been added.

Steak Fool—A Savoury Luncheon Dish

TAKE 1 lb. of steak, quarter cup of flour, one dessertspoon of sugar. Cut up steak and roll in flour and sugar. Put in pie-dish or casserole, and add one dessertspoon of tomato sauce, one dessertspoon of Worcester sauce, one dessertspoon of vinegar, and one and a-half cups of warm water. Cut up one large onion and add. Cook gently for two hours. Cover with a lid in warm oven. One lb. of sausages may be used instead of steak.

Spinach Souffle

BOIL and drain the spinach, chop fine, stir in two tablespoons of butter, salt and pepper to taste. Beat the yolks of two eggs and the whites separately, then add to the spinach and stir up well. Bake in a hot buttered dish in a quick oven until well browned. Serve with fingers of toast.

Six Kinds of Lemonade

Sunset Lemonade

THIS is a sharp, cool drink that will be relished on a hot day. Two cupfuls of sugar, the juice of four lemons and the grated rind of two oranges are boiled with one quart of water for five minutes and

set aside to cool. The lemonade is then served in tall glasses, with cracked ice and half slices of orange, and a candied cherry floating on top of each glass.

Lemon Frost

SQUEEZE the juice of half a lemon over three teaspoonfuls of sugar, and add cracked ice and water to fill the glass. Beat the white of one egg until stiff and light, and "frost" the top of each glass with a heaping spoonful slightly sweetened and flavoured with lemon juice.

Spiced Lemonade

MAKE a lemon syrup as follows: Squeeze the juice from four lemons and chip the rind from one. Add one cupful of sugar, one cupful and a half of water, three whole cloves and half a teaspoonful of cinnamon. Cook until the sugar is well dissolved and the spices mixed, adding more water if necessary to keep the syrup thin. Cool and use one quarter of a glassful for each one, filling the glasses with chopped ice.

Lemon Crystal

TO two teaspoonfuls of sugar add the juice of half a lemon and two tablespoonfuls of pineapple juice. Fill up the glass with cracked ice. Over the top of each glass grate crystallised ginger and serve a generous piece on the edge of the glass itself.

Apple Lemonade

COOK until tender, diced apples, including the skin and core, in enough water to cover. Strain through muslin, add a cupful of sugar to each cupful of juice, bring to a boil; then cool. For each glassful of apple lemonade use half a cupful of the apple syrup, the juice of half a lemon, and water and ice to fill the glass. Serve with a candied cherry floating on top.

Pink of Perfection

COOK together one cupful of sugar and one quart of red currants until the berries are soft. Add one cupful of water to the juice, and cool. Into each glass squeeze half a lemon, and add half a cupful of cool juice. Ice, and serve with thin sweet crackers.

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