



Daphne Law

Good Health is the secret of the happiness and beauty of little Daphne Law, a prize-winner in fifteen Beauty Competitions for children.

Every father and mother naturally desires to see their children bright, merry and happy. This is possible only if they are healthy. Daphne's mother writes: "I had 'Ovaltine' at night before Daphne was born and ever since, Daphne always has 'Ovaltine' for breakfast and supper."

Rich, creamy milk, ripe barley malt and fresh eggs are the constituents of "Ovaltine." The body-building and strength-giving elements of these incomparable food gifts of Nature ensure good health. Give your children this delicious beverage for breakfast and also with their principal meals.

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Now is Apple Time

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in the stiffly whipped white of egg.
Pour this on the apple *purée* and
bake half-an-hour in a moderate
oven.

Queen Apple Pudding

INGREDIENTS:—Puff pastry,
1lb. apples, 2ozs. caster-sugar,
2ozs. fresh butter, two heaped table-
spoonfuls of fine bread or cake
crumbs, grated rind of half a lemon,
two eggs, 2ozs. sugar.

Butter a piedish and line the
sides only with puff pastry; garnish
the edge with a plait of pastry.

Peel, core and cut up the apples,
stew them until soft with very little
water, beat to a pulp, and add the
sugar, lemon rind, butter, bread-
crumbs, and beaten yolks of the
eggs. Turn this mixture into the
lined dish and bake for half an hour
in a moderate oven. Then beat the
whites of the eggs until stiff and
dry. Fold in the caster-sugar, pile
or pipe this on the pudding and
set in a just warm oven.

Compote of Apples

INGREDIENTS:—Six cooking
apples, 1lb. red-currant jelly, a
few drops of carmine, 2ozs. almonds,
2ozs. granulated sugar.

Peel the apples and remove the
cores without breaking them.

Make a syrup with the sugar and
three-quarter pint of water, and
cook the apples until tender in this.
Then take out the apples and boil
the syrup rapidly until it is reduced
to a gill. Add the carmine and red-
currant jelly. Pour this over the ap-
ples and leave until quite cold.
Blanch the almonds, cut them in
strips, and stick them into the ap-
ples. Garnish with whipped cream.

Apple Flan

INGREDIENTS:—4ozs. flour, $\frac{1}{2}$
teaspoonful of baking powder,
the yolk of one egg, a pinch of salt,
2ozs. butter, a good tablespoonful
of water.

Mix together the flour, salt and
baking powder and sift them. Rub
in the butter. Beat the egg yolk;
then mix the water with it and stir
it into the flour. Mix well. Roll out
and use to line a flan tin that has
been well greased. Prick the paste
well, line it with grease-proof paper
and fill with rice or peas. Bake for
twenty minutes. Then remove rice
and paper.

Fill the pastry case with thin slices
of apples, arranging them in rows.
Pour in two tablespoonfuls of lemon
syrup and bake until the apples
are tender. Serve hot or cold.

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tled out of court?

Mulligan: That's what we were
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don't notice it till you start to
climb back.

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