

In the Kitchen

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Ham Toast

Take ½ lb. boiled ham, chop it finely and mix it with the yolks of two eggs well beaten, one tablespoon butter, and rich milk to make it soft. Add a dash of pepper. Stir over the fire until it thickens. Spread the toast with melted butter, and spread with the ham mixture. Serve at once.

Meat Croquettes

Mince some cold meat and flavour it with parsley, thyme, grated lemon rind, or a little grated onions, or tomato sauce; in fact any seasoning can be used. Mix with half the quantity of bread crumbs, and sprinkle in some pep-

Appetising Breakfasts

Breakfast is not an easy meal to cater for. We want to send the breadwinner off, feeling the meal he has had is a good start for the day. But time is invariably scarce in the early morning, so dishes must either be of the kind that can be prepared beforehand and just re-heated or finished off in the morning, or those that can be prepared in a few minutes.

Thanks to the modern gas griller, there are a great variety of the latter. Start with some kind of cereal, for these contain so much nourishment, but vary them as you would your other courses. Variety is the secret of success in all catering.



Dr. Muriel Bell, who received the degree of Doctor of Medicine at the recent capping ceremony of the Otago University. Dr. Bell is the only woman to receive this degree in New Zealand since 1903.

C. W. Pattillo, Studio.

per and salt; and also a tablespoon of flour, to one cup minced meat. Moisten with a little milk, and keep the mixture as dry as possible. Shape into small pieces. Have ready some cold, well-mashed potatoes, and mix in the beaten egg. Turn on to a floured board, and cover each piece of meat with potatoes, and roll in plain flour. Fry gently in a pan or saucepan with plenty of boiling clean mutton dripping. Put the croquettes in the boiling fat, and then moderate the heat somewhat, and cook until golden brown.

There are so many excellent foods on the market now that there is no need for endless oatmeal porridge in these days. Many modern cereals can be served without cooking—a great help when time is scarce.

Always finish with fruit in some form, either fresh or cooked. Baked apples one morning, another a compote of oranges, stewed prunes or fruit salad made with dried fruit. Vary the bread also, with scones, etc., sometimes brown and sometimes white. With a nourishing

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Watch Your Skin!

IT is well to remember that all the more stubborn and disfiguring skin affections start off in simple pimples, rashes and eruptions. Any cut, abrasion, burn, etc., is liable to become infected with the germs of ulceration or blood-poison.

Guard your skin against disease by resorting to Zam-Buk at the least sign of trouble. Owing to its perfect refinement and herbal character, Zam-Buk quickly penetrates to the root of skin trouble. Sinking naturally into the pores, it has a soothing, purifying and curative influence on the whole of the underlying tissue.

If disease has already taken root in the tissues, there is no surer or quicker way of dislodging it than by persistent applications of Zam-Buk. This swiftly overcomes all sore, eruptive, and inflamed conditions of the skin. It kills the germs of eczema, boils, abscesses, ringworm, etc., and completely rids the tissues of poison and disease.

Be sure and keep a box of this famous skin remedy always handy. Chemists and stores everywhere sell Zam-Buk at 1/6 & 5/6, and Zam-Buk Medicinal Soap 1/- per tablet.

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Mothers say the same—we have hundreds of their letters in our records. For seventy years Woodward's has maintained its great reputation as a safe and certain cure.

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The most famous of all correctives for:—

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and all the hundred-and-one ills to which baby is heir.

