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for Croup and Bronchitis!

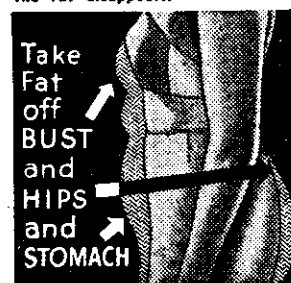
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**3 inches off HIPS
WAIST and BUST
in 10 days or you pay nothing**

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Reduce the way Doctors recommend

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WONDERFUL FREE OFFER

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Those able to call are invited
to do so.

Delightful to wear

The Slimform is delightful to wear. The perforations allow skin to "breathe" in the normal way. Once your surplus flesh has disappeared the Girdle can be worn as an ordinary foundation garment. For sagging muscles, also after operations, it's unsurpassed.

READ WHAT OTHERS SAY

"I feel years younger, thanks to Slimform."
—Mrs. G.F.

"Ugly fat disappeared like magic."
—Mrs. J.B.

"Take my tip—wear a Slimform Girdle and brassiere."
—Miss M.K.

"The Slimform Girdle has reduced my weight by 18 lbs."
—Mrs. S.W.



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Please send me without obligation, full details of your
10 Day Free Trial Offer and your illustrated literature. I
enclose 2d in stamps to cover postage.

NAME.....
ADDRESS.....
L.A.

(Continued from previous page)

Baked Beef Soup

One pound of lean, soup beef, 1 cup of split peas which have been soaking for two hours, 4 tablespoons of rice, 1 sliced onion, ¼ cup sliced white or yellow turnips, 1 sliced carrot, 1 cup tinned tomatoes, if fresh are not available, ½ cup diced celery, 2 quarts of cold water, about 2 teaspoons of salt, and some pepper. Place the meat in a large, heavy casserole. Add the peas, rice, and other ingredients. Cover the dish closely; bring to the boil, and cook in a rather slow oven for about four hours. Skim, turn into a soup tureen, or into individual soup bowls. Serve with toast.

Mussel Soup

Scrub about 6 mussels, put them into a saucepan and just cover with water. Bring to the boil. You will then notice that the shells have opened and the water is a milky colour. Strain this liquid into another saucepan. Remove

the root and tongue from the mussels, and put them through the mincer. Then add this to the strained liquid with a knob of butter, pepper and salt to taste, and as much milk as you like, thickening with cornflour, or arrowroot, or even wheatmeal.

Rabbit Soup

In spite of the fact that thousands of people at the moment are cheerfully singing "Run, Rabbit, Run, Don't Give the Farmer His Fun," yet there is no doubt that many a little bunny will not be able to run fast enough. So here is a recipe for rabbit soup. Very nourishing and very tasty. Boil a rabbit with a carrot and onion, or spring onions and a turnip, if liked, till the meat leaves the bones. Then strain through muslin into a pan. Bring to the boil, add a pint of milk thickened with a spoonful of flour, a little salt and pepper, and bring this slowly to the boil, stirring all the time. Then serve. The meat of the rabbit should be cut into small pieces and put into the soup.

FROM THE MAIL BAG

An Apple For The Rat

Dear Aunt Daisy,

I am sending you a man's "Apple Recipe." You might think it of sufficient interest (to your country listeners in particular), to make use of. At this time of the year rats sometimes become troublesome about the house, and prove hard to catch. With this method I cleaned up a family of five in a week, with one trap. Here is the recipe.

Take an apple, cut it in slices, and put them in any kind of apple pie, reserving a cube of the core with the pips just showing. Fasten it on to the tongue of a "Break-back Rat Trap" so that the rat cannot pick it off and carry it away; and set the trap. It is the pips of an apple that the rat goes for, and this bait will rarely fail to attract, provided the smell is removed after every kill, and this is really essential to further success. It can be satisfactorily done by washing the trap with soap and water, and then scalding it.—"Just A Man," (Upper Moultre).

What a good idea! Thanks for letting us know. We should like to hear from anyone who has success with this method.

Curing Goat Skins

Dear Aunt Daisy,

I heard you asking over the air for a cure for goat skins. Here is a method I have often used for deer skins; and I have used it for calf skins, too. Tack the skin out on a floor, or on boards, and put kerosene on it till it is really wet. Then put baking soda on top until it looks like a coat of nice paste—I should say about 1lb. or 1½lb. of baking soda. Leave it for two or three days; and then get a piece of pumice with a flat side, and rub it till the rough skin or fleshy bits come off, and the skin comes nice and smooth.

I enclose a piece of calf skin which was done four years ago by this method.—"Bunnythorpe."

Thank you very much. The sample you sent speaks for itself—the skin is white and the hair very soft and bright

—a very good cure. Here is another reply to my request.

Dear Aunt Daisy,

My wife tells me that you put over a request for a way of curing goat skins. I am sending a very successful, as well as a cheap way, also one which does not take up a lot of time.

See that the skin is as clean as possible (that is, the side to be cured)—free from the little pieces of flesh and fat which often get left when skinning. Stretch and tack out the skin on a flat surface—for instance, on the floor of an old shed—and as evenly as possible lightly rub on one pound of baking soda.

That is all that is necessary, and the skin should be ready to lift in about a week's time. The cured surface will be of a nice white colour, and very pliable. If necessary, a rubbing over with a piece of pumice will be to advantage.

I have used this method; and skins which have had use on the floor for the past seven and a-half years are as good as the day they were first done. As baking soda is only about fourpence per pound, one could not get a cheaper cure.—"The Husband of a Listener," (New Plymouth).

We are very much obliged. What an easy method!

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From Face and Limbs**

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