

BACKACHE

caused by
Kidney Trouble

—now feels
"as fit as a fiddle"

Mr. J. C. tried every known remedy for backache and kidney trouble, but found no relief until he gave De Witt's Pills a fair trial. He writes:

"Being a sufferer for years from backache and kidney trouble and having tried every known remedy and failing to get relief, I decided to give De Witt's Pills a fair trial. After a small bottle I felt an improvement, so continued to take them. The shooting pain in the small of my back disappeared and I felt like a new man."

I am not young, but I must say I now feel as fit as the proverbial fiddle. Previously I could not stoop to do my work, and to straighten myself was impossible. I advise all sufferers from backache and kidney trouble to give De Witt's Pills a fair trial." Mr. J. C.

Backache is often a sign that kidneys have become weak or sluggish. Instead of filtering poisons out of the system, in a normal healthy way, they



are letting them accumulate. These poisons cause pain and weakness.

De Witt's Kidney and Bladder Pills act directly on the kidneys—cleansing them, toning them up, restoring them to healthy activity. You get visible proof of this within 24 hours after taking the first dose of De Witt's Pills.

So don't let backache get you down. Get to the root of the trouble with De Witt's Kidney and Bladder Pills. Then, like Mr. J. C., you'll soon be "feeling as fit as a fiddle."

DeWitt's KIDNEY AND BLADDER PILLS

Specialty for Rheumatism, Lumbago, Sciatica, Joint Pains and Kidney Troubles. Obtainable everywhere. Prices—3/6 and 6/6. Start to get well TO-DAY.

(Continued from previous page)

If kept till it is quite clear and dark, it will taste very similar to port wine. The beetroot should be just freshly dug to be used.

Parsnip Wine

Weigh out the required quantity of parsnips, wash them, and cut them into slices. Boil until tender. When cool enough, strain through a muslin bag, taking only a small portion at a time so as to get all the liquid out. When this is done, make up with water to the required amount (as some water boils away), add 3 lbs. of sugar to each gallon of liquid, and when lukewarm add a little compressed yeast dissolved in lukewarm water. Let it work for three weeks, stirring several times daily for the first week. At the end of the third week strain it, being careful not to disturb the sediment at the bottom. Let stand another 3 or 4 days—a day or two longer will make no difference at this stage. Strain again as before. If not possessing a keg to mature wine in, be sure to let it work out thoroughly before corking up the bottles, as wine matures through wood whereas if it is corked up tightly in bottles, it would be heady when opened. There is no need to use isinglass for clearing, as all wines clear as they mature.

Rhubarb Wine

Use 5 lbs. of rhubarb to each gallon of water, and 3½ to 4 lbs. of sugar. If liked, the juice and thinly pared rind of a lemon may be added. Put the rhubarb into a stone jar or earthenware or enamel bowl, leaving the skin on and cutting into short pieces. Crush it thoroughly (a heavy potato masher answers well, but some people prefer to use their hands) and pour the water over. Let it remain for 6 to 8 days, stirring and squeezing and crushing every day. Then strain the liquid off into another vessel, adding the sugar, lemon juice and rind, stirring occasionally until the sugar is well dissolved. Let it work for three weeks, according to the general directions, then strain again, and put into keg or bottles. Be sure it is absolutely finished working before corking the bottles tightly.

the jars. This is to save discolouration. Pack the fruit as closely as possible into the jars, and cover with syrup. The syrup made with 1 cup of sugar to 3 cups of water is quite nice for pears. Adjust the rubber and screw the lid on lightly. Place in steriliser and bring slowly up to 200 degrees, then allow the temperature to fall to 180 degrees and keep it as near to that as possible for 2½ hours. You can do them in the oven at 260 degrees for 1 to 1¼ hours.

Grass Stains

Dear Aunt Daisy,

I have heard you giving a few methods of taking out grass stains, I would like to tell you an easier way than any I have heard you give out—I have used this way for ages, and it never fails. With a knife smear treacle on the green marks, leave it on for half an hour, or longer if you can, and then wash it off in nice, hot soapy water. You will find there is not a mark left.

—“Kia Ora” (Christchurch).

Thanks for that good hint, Kia Ora. One sometimes is unfortunate enough to get a grass stain on tennis clothes when shops are shut, and one cannot get to a chemist to buy the usual glycerine or methylated spirits, both of which are good for soaking the stain in, for some hours, afterwards washing in soapy water. Kerosene is good, too, but treacle is the handiest.

Bottling Fruit

I should like to publish this letter in connection with our big drive this year, for preserving fruit. The dear old lady who sent it to me has now slipped through the “Little White Gate,” but her good advice given so freely to the Daisy Chain is still helping us.

Dear Aunt Daisy,

Here is my own old-fashioned method of bottling fruit. I have used it, without one failure, for 40 years, which is surely a good testimonial. What I like about it so much is that there is no handling of hot bottles. The sound fruit (not over-ripe) is packed in the bottles to within an inch of the top. Then pour in clean cold water until the fruit is covered and an air space of about half an inch left at the top. Adjust the rubber ring and lid, and screw down tightly, then place the bottles in boiler and cover them with cold water. Light the fire now and bring the water to nearly boiling point—about one and a-half hours, probably. Then remove from the fire and allow the whole thing to cool gradually. When cold remove and store in a cool dry place, standing the bottles upright. Fruit thus treated should keep indefinitely.

Be sure that there is sufficient cold water in the copper to cover the bottles well so that there is no danger of the tops becoming exposed to the air. Also, when you take out the cold bottles do not try to tighten the tops any more—just leave them as they are. Of course, they must be tightly screwed down in the first place.

Instead of pouring clean, cold water over the fruit in the bottles you may use syrup made by boiling ½ lb. sugar in a quart of water for about ten minutes. The syrup must be cold when put over the fruit.

A few clean rags in the bottom of the copper will prevent the bottles from touching and breaking—unless you have a rack or small platform of some other description. —Your friend “Grannie in the Bush” (Auckland).

FROM THE MAIL BAG

Preserving Pears

Will you kindly help me, through *The Listener*, on preserving pears? We have a great tree which is laden again this year, but the pears I preserve nearly all turn brown immediately, or within a few days. I put them in salt and water when cutting. I should perhaps say the pears are Bon Chretien, so the fault is not there.

I shall be so grateful if you can help me. —“A Country Woman.”

We cannot understand why the pears should have gone brown—were they completely covered by the salty water? That is certainly the usual method of preventing this brownness. Try it next time with a little vinegar in the water instead of the salt. In the meantime I will give you our method of preserving pears.

Peel the fruit with a sharp knife, cut out the hard cores, and cut in halves or quarters. Drop the peeled pears into slightly salted water until ready to fill

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