

**Camfosa**  
dispels odours  
1/3 & 3/- kills germs

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pints of water. Cut fruit very thinly, and put it straight into the pan. Soak it in the water for 24 hours, soak the pips separately in a little of the water. Boil gently until quite tender; then add the sugar, and the water from the pips; and add the tartaric acid last. Boil fast,

with the lid off, stirring constantly until it jellies when tried on a saucer, and tie down in the usual way. The tartaric acid is most important, as it gives that pleasantly acid flavour which is so much appreciated. —G.R. (Te Waitere).

We shall certainly try the marmalade, G.R. It is surprising how many different ways there are of making this economical and popular kind of jam.

**Cleaning a Carpet.**—For your carpet, try the old-fashioned way of dipping a cloth into a bucket of warm water and ammonia. Having wrung it out fairly dry, wash over the carpet with it, giving particular attention to any very dirty spots. Have the ammonia water fairly strong, and do only a small piece of carpet at a time, rinsing or changing the cloth very frequently. You will be surprised at the dirt which comes out, and at the new and fresh look of the carpet afterwards. There is no need to

## THE DOCTOR'S DIARY

To-day, although included among the more widespread maladies of modern times, High Blood Pressure quickly responds to treatment by medicine. This interesting diagnosis applies to you if you have High Blood Pressure or any of the symptoms which may denote its presence.



**Doctor:** (Examining Patient): "How long have you been having these throbbing headaches?"  
**Patient:** "Some months now, Doctor. Lately I get very tired, too. I used to be very energetic."  
**Doctor:** "Do you get dizzy turns — feel the blood surge to your head when you stoop down?"  
**Patient:** "Yes. When I stand up after bending down quickly I feel I want to catch hold of something for support."  
**Doctor:** "Do you find it necessary to 'get up' out of bed during the night?"  
**Patient:** "Yes, Doctor, that's becoming a habit lately, and, in fact, it worries me frequently during the daytime, too."  
**Doctor:** "Have you had that pain around your heart very long?"  
**Patient:** "Yes. It wasn't very much at first, but now I get palpitation pretty badly at times."  
**Doctor:** "Roll up your sleeve. I'll take your Blood Pressure."  
**Patient:** "But if it had to do with Blood Pressure wouldn't I get some indication of it?"  
**Doctor:** "Seems to me there are plenty of indications which are not obvious to you. Ordinary, everyday symptoms like yours, such as persistent headaches, palpitation, flushes, failing sight and bladder weakness all indicate High Blood Pressure."  
**Patient:** "But, Doctor, just what causes High Blood Pressure?"  
**Doctor:** "High Blood Pressure is caused by toxins in your blood stream. When you get run down for any reason, these toxins accumulate in your blood, causing congestion, so High Blood Pressure starts. One thing leads to another: when your blood pressure is too high this congestion causes Kidney trouble and the other symptoms I mentioned. These in turn lead to Rheumatism and similar troubles."  
**Patient:** "Then to be really well you must keep your Blood Pressure at normal?"  
**Doctor:** "Precisely. As the great physician, William Osler, has said, 'man's life depends on his arteries — on his Blood Pressure.' We doctors, to-day, learn more from the Blood Pressure of a patient than with our stethoscopes. However, don't fear High Blood Pressure, because simple High Blood Pressure can now be easily remedied by Dr. Mackenzie's Menthoids. Flusnes (or Surging of Blood to Head), Heart Pains, Dizziness, Depressing Headaches at top and back of Head, Palpitation, Bladder Weakness, Loss of Energy, Irritability and General Depression are often caused by High Blood Pressure. If you suffer in this way get a flask of Dr. Mackenzie's Menthoids from your nearest Chemist or Store and begin the Menthold treatment right away. A pure herbal remedy, Menthoids can only do you good. They may be taken with safety by even the most delicate patient.

**FREE**  
Diet Chart

Every flask of Menthoids contains the valuable diet chart which will help you. Be sure you get genuine Menthoids — refuse substitutes of this valuable herbal medicine.

| Month's Treatment. | 12 Day Treatment. |
|--------------------|-------------------|
| 6/6                | 3/6               |

FROM YOUR NEAREST CHEMIST OR STORE.

# MENTHOIDS

## Grantham Gingerbreads

1. One pound of flour; 1 lb. of castor sugar; ½ lb. butter; 1 oz. ginger; 1 teaspoon baking soda; and 1 egg. Cream the butter and sugar by hand, add the egg, sift the flour, the soda and the ginger, and combine all into a stiff mixture. Break off little pieces and roll them into little balls, flatten them, and place on greased tray. Cook till pale brown in a slow oven for 20 to 30 minutes. It is important not to open the door while they are cooking. They should look something like ginger-nuts, but have a little hollow inside.

2. One pound of flour. 1 lb. of sugar; 2 eggs; 5 oz. of butter; 1 oz. of ground ginger; and 12 drops of essence of lemon. Mix the sugar and the flour, rub in the butter. Beat the eggs and mix lemon essence with them, and mix all together. Put in rough lumps on a buttered slide, and cook about half an hour in a moderate oven. This recipe is slightly different from the first one, as it has no rising, and the butter is rubbed in.

make the carpet very wet. This is not exactly "dry cleaning," but it is a very satisfactory method.

There are also carpet soaps to be bought nowadays, as well as at least one shampoo for carpets, in which the cleaning agents are carefully proportioned and worked out, and which make a very good job of it indeed. Now that carpets are difficult to obtain, as well as very expensive, we must do our best to renovate our old ones.

If you wish, you could also try sprinkling the carpet well all over with bicarbonate of soda. Leave it on for about an hour, then brush off with a good stiff brush. That is a dry-cleaning method which many people like, but I always think the "washing" method is better. You may need more than one bucketful, for such a lot of dirt always comes out of the carpet; and do not have the cloth too wet.

Send me a stamped and addressed envelope if you would like the name of a carpet shampoo.



## RADIO REVIEW

Contributed by N.Z. DX R.A. Inc.

Address all Communications  
c/o DX Editor, 20 Marion St. Wgtn.

Here are more details of foreign language shortwave stations, contributed by the New Zealand DX Association. Frequencies and operating times will be found in the association's Call Book, "All the Radio Calls of the World."

### Spanish Speaking Stations

HERE is a further list of Central and South American cities, and how they are pronounced over the air by announcers at radio stations located in these cities:

Pereira (Pey-ree-ra).  
Cali (Cal-lee).  
Manizales (Man-ee-zal-ays).  
Moca City (Moe-cah City).  
Sanitago de los Caballeros (San-tee-ah-go Day Low-ss Coball-ey-ros).  
Valera (Val-ey-rah).  
La Ceiba (La Th-ee-ah-bah).  
Trujillo (Tru-heel-yo).  
Maracay (Marr-ah-cah-ee).  
Bolivar (Bo-lee-var).  
San Pedro Sula (San Pay-dro Sue-la).  
Rio Bamba (Rio Bomb-ah).  
La Romana (Lah-Roe-man-ah).  
Guadalajara (Gwa-da-la-harr-ah).  
Camaguey (Cam-ah-way).  
Rio de Janeiro (Rio day Shan-ay-ro).  
Beunadventura (Bway-nah-ven-too-rah).  
Armenia (Are-may-knee-ah).  
Bucaramanga (Bu-car-a-man-gah).  
Buenos Aires (Bway-nos Ire-ey-ss).  
Heredia (Huh-rey-dee-ah).  
Belize (Bell-eeze).  
Villa Hermosa (Vee-ah Hair-mos-sa).  
Matanzas (Man-tan-zas).  
Hermosilla (Her-moe-see-ya).  
Aguadulca (Ah-gwa-duel-say).  
Valdivia (Val-div-ee-ah).

### Reception Notes

HVJ, Vatican City, is heard in English most mornings about 7 a.m. on a frequency of 5970 kc. Reception is fair to good. This station has also been heard at 7 p.m., giving details of Australian and New Zealand prisoners of war in Italy. Frequency, 11740 kc.

MTCY, Hsinking, Manchukuo, on 15320 kc. provides a very interesting programme every morning between 9 and 10 a.m. Reception good.

CR7BD, Lourenco Marques, Mozambique, is heard daily, except Sunday, on 15250 kc. between 5 p.m. and 6 p.m. Programme good, but reception unreliable at present.

VLQ3, Sydney, Australia, provides a half-hour programme to members of the A.I.F. abroad, between 5 and 5.30 p.m. daily. Reception excellent at present. On 15320 kc.

CBFY, Montreal, Canada, comes in quite well when opening at 11.30 p.m. on 11705 kc.

### GUADELOUPE

FG8AA, Point au Pitre, Guadeloupe.—200 watts. "Radio Guadeloupe." QRA wanted.

### HAITI

HHBM, Port-au-Prince.—Details lacking.

HH2S, Port-au-Prince.—100 watts. Closes with selection "The Swan." QRA: Boite Postale 146-B, Port-au-Prince, Haiti.

HH3W, Port-au-Prince.—150 watts. Relays HHW. QRA: P.O. Box A-117, Port-au-Prince, Haiti.