

HAD TO BE CARRIED DOWNSTAIRS

Could Not Dress Herself

Now She Milks Eight Cows

She is a farmer's wife—and she couldn't put her feet to the ground. What a terrible handicap, both for her and her husband! It was all due to rheumatism; she was helpless with it.

It is easy to imagine her joy at being so fit again now as to be able to go out and milk the cows—especially as she is 67 years old. She writes of her experiences in the following letter:—

"I am taking Kruschen Salts for rheumatism. I was so bad I could not dress myself or put my feet to the floor. My husband had to carry me downstairs. A lady wrote to me, telling me about Kruschen Salts, so I thought I would try them. Already I can go upstairs and downstairs, too. I can go to the barn and milk eight cows. I got another bottle of Kruschen to-day, and my husband says they are the cheapest medicine he ever bought. I am 67 years of age and feeling just fine, and I thank Kruschen Salts for helping me. They have made me feel like a new woman, and I intend to keep on taking them."—(Mrs.) P.B.M.

Rheumatic conditions are the result of an excess of uric acid in the body. Two of the ingredients of Kruschen Salts have the power of dissolving uric acid crystals. Other ingredients of these salts assist Nature to expel these dissolved crystals through the natural channel. In addition, there are still other salts in Kruschen which prevent food fermentation in the intestines and thereby check the further accumulation, not only of uric acid, but of other body poisons which undermine the health.

Kruschen Salts is obtainable at all Chemists and Stores at 2/6 per bottle.



15
Trim
Designs
for
7
D. **KNIT**
for Boys & Girls

Patons and Baldwins' new Specialty Knitting Book No. 16 contains patterns of 15 attractive knitted garments for girls and Boys. Jumpers, Cardigans, Boys' Suits, etc. Each garment illustrated. Full knitting instructions. Send 7d. stamps to

PATONS & BALDWIN LTD.,
G.P.O. Box 1441 S. Wellington.

Autumn Vegetables

How to Make Them Appetising

Autumn is here, with the "fall of the leaf," and a pleasant "tang" in the air to make one feel that foods a little more solid will be appreciated. Silver beet, cabbage, kohlrabi, turnips and carrots offer a world of possibility to the housewife in search of new dishes to tempt the family palate with their pungent flavours.

ALL these vegetables possess certain qualities which should make them very acceptable, writes Margaret Shepherd, Sydney. Not only do they supply bulk in the diet; they are also rich in minerals, while some of the essential growth-promoting and disease-resisting Vitamin A is found in cabbage, silver beet, and carrots.

It was a kindly thought of nature's to provide colourful carrots during the winter months, which supply brightness to many uninspiring-looking, though wholesome dishes. Cabbage, with its crisp freshness and low selling-price, is a great winter standby, adapting itself well to other foods.

There are a few precautions which must be observed. Long cooking develops a dark colour and strong flavour. Cook only until tender. Finely shredded, and cooked in sufficient water to cover, it will take only 10 minutes. Boil always without a lid, allowing the odour to escape and prevent reabsorption. Drain well.

To prepare for cooking, remove the coarse, outer leaves from the cabbage. Cut in quarters and soak in cold salted water for one hour to freshen the leaves and remove any small insects. If all the cabbage is not required, wrap in waxed paper, then in a wrapping paper or a bag, and keep in a cool place.

CABBAGE WITH SOUR SAUCE

FOUR tablespoons bacon fat, $\frac{1}{2}$ cup vinegar, 4 pints finely shredded cabbage, 1 thinly sliced onion, 1 teaspoon sugar, 1 dessertspoon salt, $\frac{1}{2}$ teaspoon pepper.

Method: Heat the bacon fat. Add the vinegar, then add the finely shredded cabbage and onion. Sprinkle with salt, pepper and sugar. Cook until tender with a lid on the saucepan, allowing an outlet for the steam. When serving, lift out from the saucepan with two forks.

CASSEROLE OF CARROTS AND ONIONS

FOUR white onions, 5 medium-size carrots, salt, pepper, paprika, crumbs, butter, flour, milk.

Method: Wash and scrape the carrots. Peel the onions. Slice finely and arrange in layers in a buttered casserole dish, sprinkling each layer with salt, pepper, and paprika, buttered crumbs and a little flour. Fill the dish with milk, then cover the top with buttered crumbs. Set in a moderate oven, and bake 45 minutes. Ten minutes before serving arrange thinly-sliced bacon on top. Return to the oven and cook until lightly browned.

CARROTS AND CELERY

ONE cup celery (cut into $\frac{1}{2}$ -inch lengths), 2 cups carrot, 1 cup creamed sauce.

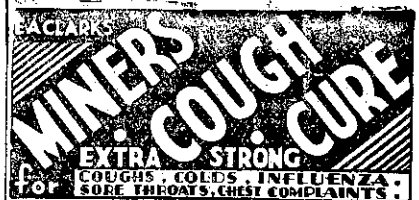
Method: Wash the outer stalks of celery, and cut into half-inch lengths. Stand in cold water, to which 1 dessertspoon lemon juice has been added for one hour. In the meantime, put the carrots into boiling salted water. Cook with the celery until tender. Drain well. Use half the water for the sauce, with $\frac{1}{2}$ cup milk or cream.

Melt 1 dessertspoon butter in a saucepan. Add 1 heaped dessertspoon flour. Add the milk and carrot stock. Stir until it boils, and continue boiling four minutes. Pour over the vegetables.

CORN AND CARROT PUDDING

ONE and a half cups grated carrot, $\frac{1}{2}$ cups of tinned or fresh corn, 2 eggs, 2 tablespoons butter, $\frac{1}{2}$ green pepper, 1 tablespoon sugar, 1 teaspoon salt, 2 tablespoons flour, 1 cup milk, salt, pepper, paprika to taste.

Scrape and grate your carrot, shred the green pepper, beat the eggs well. Melt the butter in a saucepan, add the flour, salt, pepper and paprika; when frothy stir in the milk. Cook until thick, stirring all the time; then add the beaten eggs and vegetables. Turn all into a well greased dish and bake slowly in the oven until firm in the centre (about one hour).



HYGIENIC TOWEL SUPPLY LTD.

Launderers and Dry Cleaners

For Prompt Service

always ring
25-275

**We Supply Hand Towels,
Tea Towels and Dusters**