

HER FACE WAS "A PERFECT SIGHT"

Eczema Sufferer's Frank Letter

Kruschen Cleared Away All the Spots

There is an unusual frankness about this letter from a woman who was once a victim of disfiguring eczema. Other sufferers who are looking for a remedy for this unpleasant complaint will be interested in what she writes:—

"I am forty-six years old, and I have suffered very badly from eczema. My face was a perfect sight. Now there is not a spot to be seen. I tried other remedies but they did me no good, so about a year ago I thought I would try Kruschen Salts, and I am more than pleased with the result. I continue to take the daily dose every morning in hot water. I cannot speak too highly of them. My husband suffers with lumbago in the back, and I have got him to take Kruschen every morning for this last six months. He is a lot better—thanks to Kruschen."—(Mrs.) S.

Eczema is frequently caused by impurities in the blood—irritant poisons which sluggish body organs are failing to expel from the system. Kruschen Salts is Nature's recipe for maintaining a condition of internal cleanliness. The six salts in Kruschen stimulate liver, kidney and bowels to function properly, so that all blood impurities are regularly and completely eliminated. When pure, refreshed blood goes coursing through the veins, the irritation of eczema is quickly relieved, and skin eruptions disappear, and the whole system is toned up and invigorated.

One of the secrets of the effectiveness of Kruschen is the exact proportion of the six different salts it contains. Every batch of Kruschen Salts is tested and standardised by a staff of qualified chemists before it is passed for bottling.

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MAINLY ABOUT FOOD



Studying the Culinary Problem.



I HAVE many new correspondents this week, and welcome them to our great circle of "Radio Record" home-cooks, and, in addition, requests for our Cookery Book which have had my attention. The book is now on sale throughout New Zealand. In the recipes received from week to week I am really proud of the way in which home-cooks study their family needs in the nutritious value of the ingredients used, and I only wish every woman would follow those pages and learn much that is needed, especially where young families are concerned. It gives me genuine pleasure to know that my correspondents study the culinary problem in addition to their other many household duties.

The prize this week goes to Mrs. J. H. Morley, 9 Sillary Street, Hamilton East, Waikato, for her recipe for afternoon tea rusks, which are delicious and keep indefinitely, and this reader has gained the three stars. Two stars each have been awarded to Mrs. R. Duxfield, jun., Kerepehi, Thames Valley, for her entire-wheat bread, and Miss K. E. Goulter, Starborough, Seddon, for her delicious pineapple-marshmallow shortcake. One star each goes to Mrs. F. Morris, Great North Road, Henderson; Mrs. J. Shanks, 40 Constitution Street, Port Chalmers; and Mrs. A. C. M. Parkinson, Crofton Road, Marton, for their recipes for a hot fruit trifle, Yorkshire steak and novel walnut pie, respectively.

Referring to my "Napier Subscriber's" request, my Kerepehi correspondent has very kindly forwarded quite a number of recipes, and a Wellington reader has sent in a suggestion for which I thank them, and will forward on to my enquirer immediately.

TRY-ME-BIRDS COMPETITION

CLOSING DATE EXTENDED

The closing date for this competition has been extended to June 10. Results will now be published in this paper June 19.

The ever-widening circle of "Radio Record" home cooks is becoming increasingly apparent as the weeks go by. There has been a very gratifying response to the new cookery book and numbers of appreciative letters come in regularly about the handiness and originality of this collection. "Chef" will be pleased to hear from any new contributors and may be found care of "Radio Record," Box 1680, Wellington.

The "Delicious Pudding" recipe published this week is a splendid one in case of emergency, making its own sauce and is really delicious, and in the "Entire-Wheat Bread" recipe, this contains about four or five times as much iron and two and one-fourth times as much lime and

phosphorous as white bread.

Miss V.Q. (Taihape): Kindly remit postage for cookery books.

Mrs. P.M. (Millerton): Thank you, books posted.

Afternoon Tea Rusks

FOUR breakfast cups of flour, $\frac{1}{2}$ breakfastcup of sugar, $\frac{1}{2}$ lb. of butter, 2 teaspoonfuls baking powder and a little milk. Add the sugar to the flour, rub in the butter, add the baking powder, well mix. Lastly add the 2 eggs, well beaten and sufficient milk to make into a soft paste. Do not make it too soft. Roll out to half inch thickness and cut into rounds with a pastry cutter. The baking is the difficult part. Whatever number of rounds your baking tin holds, put only half the number on. Bake in a moderate oven. When partly cooked (they must be a pale brown on top) cut them through the centre, and put them middles downward. Now bake until the part next to the tin is a golden brown. You will then have a delicious rusk, which will keep for weeks in an air-tight tin. Spread butter on when serving. —Mrs. J.H.M. (Waikato).

Mrs. J.M. (Carterton): The Pavlova Cake has long been a favourite recipe with this journal.

Miss L.G.K. (Raetihi): Sorry, but same recipe has appeared under the heading of Rolled Out Shortcake.

"Margot" (Carterton): Sorry, too, but that recipe appeared in May 15 issue.

Mrs. P.W. (Opehanga): Glad our cookery book is helping you out.

Mrs. R. (Kerepehi): Will be glad to know of your change of address and thank you very much.