

KNOCKED TEN YEARS OFF HIS AGE

When He Got Rid of
35 lbs. of Fat

Did Not Diet—Just Took
Daily Dose of Kruschen

This man found he was carrying far too much weight. As is usually the case—with women as well as men—his overweight made him appear older than his years. When he eventually got rid of 2½ stone of fat, he looked ten years younger. His letter tells you how he achieved this result:—

"I am 33 years of age and weighed 14 stone 10lb., yet my height was only 5ft. 6in. I was looking older than my age. For about five months I kept up the 'daily dose' of Kruschen and I could see each week a gradual improvement all round. My friends, unaware of what I was doing, noticed this alteration of form, and in time it became quite a mystery that I should lose some 2½ stone so perfectly, and improve in appearance. It is common talk among my friends that I have reduced handsomely, and that reducing is mainly at the points I was worse affected. My appearance and body form have improved so much that I can say from the many friends who have discussed it with me that I look 10 years younger. I certainly feel it. I did not diet at all, nor did I do any special exercises to reduce my weight."—A.A.D.

Kruschen is based on scientific principles—it is an ideal blend of mineral salts found in the aperient waters of European Spas resorted to by the wealthy for the reduction of excess weight. These Salts help glands, nerves, blood and body organs to function properly and maintain a splendid degree of robust, rugged health—they build up remarkable strength and energy while you are training yourself down to a point of normal weight.

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

FOUND.

SOMETHING NEW? COULD
NEVER GROW OLD.

Something you never thought to know. Astounding, yet true. Mrs. Duncan has written a book about things we all ought to know. Colossal! Amazing! Extract from letter received to-day: "I want to thank you for your wonderful book. I have devoured the contents, and it has left me thrilled through and through."

Send 1/6 in Stamps to-day to
MRS. DUNCAN,
Box R., 1378, Auckland.

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MAINLY ABOUT FOOD



"My Favourite Recipe"
Contributions.



THIS could be
easily named

"My Favourite Recipe" page this week as most of my correspondents have so headed their contributions, and very good indeed they all are. We can now relax a little on the number of eggs used, as they are now cheaper, although the same cannot be said of butter, which it is to be expected, is on the rise and we should all really rejoice with the dairyfarmer in this respect. If one is careful, however, the quantity of butter used can be lessened a little, and where there are children, if bread is dipped quickly in smoking

The "Radio Record" cookery book, containing nearly five hundred chosen and proven recipes, is becoming very popular. It is easy to follow, is clearly printed, and, best of all, the recipes are, in the main, economical in ingredients and in cooking, thus providing an adequate all-the-year-round collection of dishes cheap to provide. "Chef," who personally selected these recipes, may be found care of "The Radio Record," Box 1680, Wellington.

this reader has gained the three stars. Two stars each have been awarded to Mrs. C. W. Nelson, 53 Mills Road, Brooklyn, Wellington, for her recipe for Meringues, and Mrs. W. Hobbs, 172 Bletsoe Avenue, Spreydon, Christchurch, for her delicious recipe for

Squares. One star each goes to Mrs. A. J. Diver, 29 Reid Road, Dunedin; Mrs. E. A. Smith, 6 Tweed Street, Oamaru; and Mrs. W. E. Cook, Schoolhouse, Orari, for their recipes for Apple Ginger (a preserve that is different), Queen Mary Sponge (original), and Bran Muffins.

With the Coffee and Rice Shape I expect all my correspondents know that when stewing pears, never remove the stalks, as most of the flavour is contained in these, and my Brooklyn home-cook has been good enough to give readers a very economical and easy method of cooking her favourite recipe for Meringues. The Golden Shower Marmalade will be found acceptable to many who cannot digest the skins in marmalade, and the Apple Ginger Preserve is a new one. The Bran Muffins will be found good, the well-known properties of bran being a great cure for those suffering from constipation.

Miss A.B. (Oamaru): Sorry, but I have that one.

Mrs. P.D. (Onehunga): Many thanks, parcel received; writing you.

Mrs. F.M. (Henderson): Thank you, but too many for one issue.

Meringues

PUT 1 egg white, pinch salt, ¼ B.C. Sugar, 2 tablespoons boiling water into a basin, stand basin in pan of boiling water on gas and beat with egg-beater until very stiff, 10 to 15 minutes. Put in small spoonfuls on well-warmed and buttered trays and cook in fairly cool oven about ½ hour. Meringues should feel very light when done. They are really delicious and very cheap to make.—Mrs. C. W. N. (Brooklyn).

Custard Squares

PASTRY: ¼lb. butter, 1 cup flour, pinch salt, water to mix; roll out ¼in. thick, prick all over, and bake in two pieces. Custard ingredients: 2½ cups milk, 6oz. icing sugar, 4oz. butter, 2 large tablespoons cornflour, yolk

Coffee And Rice Shape

TWO and one half cups boiling coffee, ½ cup castor sugar, ¾ cup cream, ¼ teaspoon salt, 2 tablespoonfuls gelatine, 1 cupful boiled rice, ¾ cup milk, ½ teaspoon vanilla ess., 6 stewed pears (cored) 12 crystalised cherries, whipped cream. Dissolve gelatine, mix coffee into milk, then stir one cupful coffee into gelatine, add sugar. When sugar is dissolved, cool a little, then stir in the rice, salt, remainder of coffee, milk and vanilla. When beginning to thicken add whipped cream. Turn into mould rinsed with cold water. When set, turn into glass dish. Have ready the stewed pears, place in halves around shape and fill each cavity where core has been removed with the glace cherry. Serve with whipped cream.—Mrs. E.A.B. (Dargaville).

good fat, the pan emptied and the bread fried in the dry pan, it is really delicious. For scrambled eggs, bacon and eggs and many other dishes requiring buttered toast, the bread lone this way is a wonderful saver on butter and is preferred by many.

The prize this week has gone to Mrs. E. A. Barrow, Dargaville, Northern Wairoa, for her Coffee and Rice Shape, which is garnished with stewed pears and cherries, and