

SHE DREADED GOING UPSTAIRS

Woman's Fear of Rheumatic Pains

Kruschen Brought Relief

One of the many troubles that afflict rheumatic sufferers is the difficulty of getting up and down stairs. It is sometimes such a painful business that the unfortunate sufferer really dreads having to use the stairs at all. Such was the case with this woman, before she started taking Kruschen, but now she finds it no trouble. Read what she says:—

"I have been taking Kruschen now for over 12 months, a half-teaspoonful in hot water first thing in the morning, and I feel a new woman. I had very painful rheumatism in my knees and back and also my head was getting very bad. I used to dread walking upstairs, now I am very thankful to say it is no trouble at all and I scarcely have any pains. I don't diet at all except to eat more fruit than I used to, and yet my weight is decreasing slowly, which is all I want. I was 14 stone 4 lbs. last year, now I am 13 stone 6 lbs., and I feel better in health than I have done for years. Only those who have suffered as I have can know the relief it is to be free from pain."—(Mrs.) G.M.

Two of the ingredients of Kruschen Salts are the most effectual solvents of uric acid known to medical science. They swiftly dull the sharp edges of the painful crystals, then convert them into a harmless solution. Other ingredients of these Salts have a stimulating effect upon the kidneys, and assist them to expel the dissolved uratic needles through the natural channel. Combined with these solvents and eliminants of uric acid are still other salts which prevent food fermentation taking place in the intestine and thereby check the further formation of mischievous uric acid.

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

PLAYS ON LOAN

SERVICE TO REPERTORY AND DRAMATIC CLUBS.

Dramatic clubs will be interested to know that there is in Wellington an organisation under title of "The Modern Playreaders' Library," which provides a hiring service from which play-reading groups may secure sets of the very latest and best of modern plays at a fee which is within reach of all societies. Groups interested may arrange for the hiring of one set of plays fortnightly for 12 months, or one set of plays monthly for 12 months, with alternative fees for six-monthly periods. Individual sets of plays may also be hired occasionally as and when required, at a set price per volume.

This service is calculated to save groups the heavy initial cost of purchasing volumes, while providing the widest possible range of selection. Full details are available from the Secretary, G.P.O. Box 1680, Wellington.

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and Views**

MAINLY ABOUT



FOOD

Result of an
Experiment



I AM pleased to

let my readers know how popular the "Radio Record" Cookery Book is right throughout the Dominion, and every week I receive such appreciative letters, one of my correspondents stating that it is a treasure and, in her opinion, very cheap. It IS a wonderful shilling's worth considering the cost of its compilation, but would my readers kindly remit the money for postage with their requests? I have quite half a dozen this week where, although the shilling has been enclosed either in postal note or stamps, the small amount for postage has been overlooked.

The prize this week has gone to Mrs. R. Duxfield, jun., Kopuarahi, Turua, Thames Valley, for her original recipe for Orange Macaroons, and this reader has gained the three stars. Two stars each have been awarded to Mrs. Eric Etz, Main Street, Pahiatua, for her recipe for Butterscotch Cookies, and Miss L. Puttick, West Belt, Oamaru, for an unusual recipe for Pickled Figs. One star each goes to Mrs. J. H. Morley, 9 Sillary Street, Hamilton East, Wai-kato; Mrs. C. S. Lewin, 11 Warrington Street, St. Albans, Christchurch, and Miss K. E. Goulter, Starboro', Seddon, for their recipes for Fish Roes in Cheese Sauce, Hay Stocks, and Airman's Cake respectively.

The first prize this week is the result of an experiment after tasting some orange-flavoured manufactured biscuits, and the result was that my sister home-cook's "Orange Macaroons" proved very much lighter and tastier than the bought ones. Here is a recipe for Pumpkin Jam (for my enquirer from Shannon) which has been forwarded by a reliable home-cook from Auckland, for which I thank her. Have any of my readers attempted the Guava Jelly published some little time ago, for I can really recommend it? When glancing through this page for a nice tea dish for the cold winter evenings, you will find a nice savoury in the Vernicelli Rissoles.

"Anonymous" (Dunedin): Thank you very much for your letter of June 19.

Mrs. V. (Wellington): Next week—only too pleased to help you if I can.

Mrs. R.D., jun. (Turua), and Mrs. E.S. (Dunedin): Glad to hear from you both again.

This week "Chef" mentions that several home-cooks have sent in just sufficient to cover the price of the "Radio Record" Cookery Book and would appreciate future correspondents (who wish to have this popular collection of recipes) sending in enough to cover postage. "Chef," who personally selected the five hundred recipes in the Cookery Book, may be found care of the "Radio Record," Box 1680, Wellington.

Mrs. R.M.M. (Waitahuna): Please address to "Chef."

Mrs. B.T.R. (Taumaranui): Your letter appreciated.

Miss M.B. (Kelso): Forward 1/2; will post by return.

Airman's Cake

WHITES of 3 eggs, 1½ cups

castor sugar, 1 cup desiccated coconut, 2 tablespoons of arrowroot, essence of lemon and little milk. Beat whites till very light, add castor sugar and beat again a little. Then add arrowroot made into a paste with a little milk, coconut, essence of lemon and pinch of salt. To obtain a good, light cake, beat all this for 10 minutes. Pour into a greased shallow tin and bake in a

Orange Macaroons

INGREDIENTS.—½ lb. butter, ½ lb. sugar, 1 lb. flour, 1 teaspoon baking powder, 1 egg, 3 tablespoons orange-flavoured concentrated fruit extract (for preparing fruit cordials). Method: Cream butter and sugar, add egg and beat well, then add fruit extract, and lastly mix in flour and baking powder. Place teaspoonsfuls on cold slide. Put a strip of candied orange peel in centre of each and bake in moderate oven for about ten minutes.—Mrs. R. Duxfield, Turua.

very slow oven. When cold cut in two pieces and join together with the following filling. Filling.—Two egg yolks, 1 large tablespoon butter, 2 tablespoons of sugar, grated rind and juice of 1 large lemon. Stir in a double boiler till thick, let cool, then join cake together with it. Ice top of cake with icing made from 1 cup icing sugar, 1 egg yolk and enough boiling water to make it fairly thin. Sprinkle with white or coloured coconut.—Miss K.E.G. (Seddon).

Farmer's Loaf Cake

ONE pound apples, 1 teacup golden syrup, 1 lb. flour, 1 lb. butter, 2oz. currants, 1 teacupful brown sugar, ½ teacup sour milk, 1 egg, 2 teaspoons of