

FAT!



Banished by Kruschen

Cunning dressmakers can conceal the bulging lines of the fat woman—but no designer on earth can hide a woman's double chin from the world's critical gaze. Luckily, however, the "motor tyre" chin need no longer be carried around. Just read what Kruschen Salts did for this woman:—

"I weighed about 12 stone and tried every advertised remedy for superfluous flesh without losing any appreciable weight. Then in desperation I tried Kruschen Salts. My present weight is 9 stone 10lbs. I am now 40 years of age, when women find flesh forming around the thighs and hips, on the back of the neck, and under the chin; but I have got rid of all that, and feel so much more graceful and useful, and so fresh in the morning."—(Mrs.) C.O.

Kruschen Salts do not reduce you overnight. But taken regularly over a period of time—with a modified diet and gentle exercise, half a teaspoonful in a glass of hot water every morning before breakfast will take away unhealthy flesh and restore your figure to its normal weight.

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

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Your kidneys have nine million tiny tubes or filters which are endangered by neglect or drastic, irritating drugs. Beware! If Kidney trouble or Bladder weakness makes you suffer from Getting Up Nights, Leg Pains, Nervousness, Dizziness, Stiffness, Rheumatism, Lumbago, Neuralgia, Burning, Itching, Smarting, Acidity or Loss of Vigour, don't delay. Try the Doctor's new discovery called Cystex (Siss-tex). Soothes, tones, cleans, and heals sick kidneys. Starts work in 15 minutes. Brings new health, youth and vitality in 48 hours. Cystex costs little and is guaranteed to end your troubles in 3 days or money back. At all chemists.

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MAINLY ABOUT FOOD



Wholemeal Flour
Recipes



AS was to be expected, with the approach of August, the price of butter has risen, so that home-cooks will now have to watch this commodity as far as cooking is concerned, and a little camouflage with good dripping will have to be practised for those who are naturally economical. I have given the first prize this week for an original recipe for Snaps, which require no butter and only one egg, and as

a sample was submitted to me I am eager to pass this recipe on to my sister home-cooks, for I know that it will be appreciated by them. The Snaps do not crumble, are very light and crisp, the amount making quite a lot

As there are still five months to go before the end of the year and the close of the recipes competition in the "Radio Record," there is still plenty of time for new contributors to send in their favourite recipes and still be among the prize-winners. So far the stars have been evenly distributed and all contributors have an equal chance. Please address all contributions to "Chef," care of the "Radio Record," Box 1680, Wellington.

Recipes for Andermatt Cream, Vegetable Straws and Corn Omelette, respectively.

For my Wellington correspondent, the two recipes containing wholemeal flour which I promised her last week, appear in this issue, and I hope she will find these useful. A Kakanui correspondent has forwarded two which might also suit her, and these will appear next week, with a

special recipe I am going to pass on to you all for Chocolate Tartlets, which are delicious.

I have a request from Port Chevalier for a recipe for Scotch Marmalade; I have not one for this, so that if any reader can oblige, I will be grateful.

Mrs. A.E. (Linwood): Please address your entries to "Chef."

Mrs. A.O. (Kakanui): Next week—thank you.

Mrs. G.H.B. (Tahakopa) and Mrs. C.M.M. (Ohai): Thank you both.

Mrs. P.W. (Onehunga): Parcel received and appreciated very much.

Mrs. A.W. (Inglewood): Just write on one side of paper please.

Snaps

1 TEACUP syrup, 1 teacup sugar, 1 teaspoon soda, 1 teaspoon ginger, 1 teaspoon cinnamon, 1 tablespoon vinegar, 1 egg, a pinch of salt and flour. Method: Bring syrup and sugar to boiling point, pour over the soda and spices. Beat the egg and add to the warm mixture, then the vinegar, and enough flour to make a stiff dough, roll into balls and bake in moderate oven on a greased oven slide.—Mrs. E.A.S. (Oamaru).

of biscuits, and not only the children but grown-ups will think they are delicious.

The prize this week has gone to Mrs. E. A. Smith, 6 Tweed Street, Oamaru, for her original recipe for Snaps, which are really delicious, and this reader has gained the three stars. Two stars each have been awarded to Mrs. C. S. Lewin, 11 Warrington Street, St. Albans, for her original recipe for Pineapple Sally, and Mrs. Dyson, Seddon Street, Ravensbourne, for her recipe for Alexandra Cake. One star each goes to Mrs. A. C. M. Parkinson, Crofton Road, Marton. Mrs. P. Wright, 10 Cameron Street, Onehunga, and Miss L. Puttick, West Bell, Oamaru, for their re-

Whole Wheat Bread

TAKE five cups of sound wheat and wash well; put into a saucepan with more than enough water to cover. Boil gently for one hour, and when cool put through the fine grinder of the mincer. Now take three pressed cups of the minced wheat, four cups flour, 1 teaspoon salt and blend well in a basin. Make a well in the centre and put in one tablespoon treacle, half cup yeast and 1½ to 2 pints lukewarm water. Mix into soft dough and put in warm place to rise. When well risen, knead on floured board, cut into loaves and put into greased tins. When sufficiently risen again, put into good bread oven, and bake 1½ hours. This bread is delicious and has distinctive flavour.

Wheatmeal Honey Cake

ONE breakfast cup honey, two tablespoons melted butter, 2 eggs, half teaspoon bicarbonate soda, half teaspoon mixed spice, half teacup buttermilk (or milk), pinch salt, two breakfast cups wheatmeal flour. Mix butter with honey in basin, then add beaten yolks of eggs; dissolve soda in milk and add, then flour, spice, salt and whites of eggs beaten to froth. Mix well together, and pour mixture into