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Prune Dainties

ONE cup flour, $\frac{1}{2}$ cup sugar, 2 table-
spoons butter, 1 egg, one-third cup
milk, $\frac{1}{2}$ teaspoon carbonate soda, 1 tea-
spoon cream of tartar, pinch salt, a
little boiling water, 18 to 20 stoned

HEALTH**Dr. Ulric Williams
To Write Series.**

WITH audiences of thousands
gathering on his every
appearance in Auckland and Wel-
lington and full houses at pro-
vincial centres, convincing testi-
mony is given of the intense
interest created by Dr. Ulric
Williams, of Wanganui, in his
sincere advocacy of health by diet
and, if necessary, fasting to cor-
rect human ills and avoid those
surgical operations dear to the
orthodox surgeons. Steadily for
the past three years Dr. Williams
has been winning recognition and
fame by seemingly miraculous
cures of ills that would normally
involve the knife. He, himself,
wielded a skilful blade in many
operations in Wanganui till he
had cause to challenge orthodoxy
and reason out for himself the
principles of health and diet.

Dr. Williams is a man of proven
courage and faith in his principles.
The results he quotes endorse the
efficacy of his treatments. His
successes add conviction to his
theories.

Convinced of the intense inter-
est in his subject and the desire
of the people as a whole to
fuller knowledge of the principles
of health and diet, we have in-
vited Dr. Williams to contribute a
series of articles to the "Radio
Record," expounding the views
and principles he is applying in
his teachings and practice. This
series will begin next week. We
are sure they will command re-
spect and attention.

In the prime of life, fully
qualified with British and
New Zealand experience, Dr.
Williams commands respect
because of his qualifications and
sincerity. While he challenges
some of the orthodox teachings
of the profession, he seeks the co-
operation of the medical man in
increasing recognition of the wis-
dom of giving nature a chance by
the adoption of simple practices
and rules of health.

Watch for these articles.

prunes. Pour 1 tablespoonful boiling
water on to the butter and sugar and
beat to a cream, break in egg and beat
again, add milk, flour, soda, etc., put
one teaspoonful of mixture into small
patty-tins or cake cups and then on
each one stoned prune; put a little mix-
ture on top of each and bake in mod-
erate oven. A few chopped walnuts
may be sprinkled on if liked.—Mrs.
J.M. (Henderson).



THE Goddess who fell flat

THE Auckland papers called her one of New Zealand's pretti-
est girls. At college they nicknamed her "The Goddess."

Everybody predicted great things for her. Popularity. A
career. Successful marriage. But she didn't live up to a single
prediction. As the saying is, she "fell flat."

Of course she did! So would any girl with the same trouble she
had.

DO YOU OFFEND? PROBABLY

The only one who doesn't realise that he or she has halitosis
(unpleasant breath) is the victim. Social ostracism follows.
Surveys show 1 person out of 3 is a victim—due to the fact that
the mouth is the constant scene of germ activities, many of which
result in bad breath.

DON'T TAKE A CHANCE

Keep yourself ever free of halitosis by the systematic and fre-
quent use of full strength Listerine as a mouth wash. Though safe
and pleasant, Listerine is an active
germicide which immediately at-
tacks the cause of odours. Then
being a powerful deodorant, it
destroys the odours themselves.

In bottles from chemists
1/6 3/- 5/6

Keep Listerine handy
and gargle it before
any engagement.

End Halitosis (unpleasant breath) with

LISTERINE

The safe ANTISEPTIC