

## CHANGED HER SHOES FIVE TIMES A DAY

Suffered Agony With  
Rheumatism For 20 Years

Now Wears Same Shoes All Day  
Without Pain

Try and picture the life this woman led for twenty years—changing her shoes several times a day in a vain endeavour to attain some relief from the rheumatic pains that were constantly torturing her. Then imagine her joy when she found that Kruschen was driving away the rheumatism, after so many years of suffering. This is what she writes:—

"I have been using Kruschen Salts for four years. For twenty years previously I had suffered agony with my feet, sometimes changing my shoes five times a day, and frequently sitting without any as the pain was so great. Now I can wear the same pair of shoes all day with comfort.

"Two years ago I had the rheumatism so badly in my neck I could not turn it—had to turn altogether. After regular use

Kruschen Salts, I can now turn my neck without trouble or pain. I cannot speak too highly of Kruschen Salts. Only those who had been in constant pain with their feet for years can realise what it is to be free."—(Mrs.) E.A.

It is the needle-pointed crystals of uric acid, lodging between the joints, which are responsible for the agony of rheumatism. Kruschen Salts dissolve these torturing crystals and promptly expel them from the system. That is why Kruschen brings such quick and comforting relief from the pains of rheumatism and other uric acid complaints.

Nor is that all. Kruschen keeps your inside so regular, so free from stagnating waste matter, that no such body poisons as uric acid ever get the chance to accumulate again.

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

## JUSTICE OF PEACE IN AGONY

"I was suffering such agony with Rheumatism that my knees used to give way, and I could get about only with the aid of two walking sticks," writes Mr J. Gallier, J.P., Coff's Harbour. "Just one packet of R-U-R completely cured me, and I confidently recommend it to anyone suffering from the same complaint. While it cured me at the age of 81, I think there are few who need despair." R-U-R is sold with a written money-back guarantee certificate in every packet. R-U-R is obtainable from Chemists throughout New Zealand and from Hutchinson Bros., and Invincible Cash and Carry Stores, Auckland. Free Booklet from R-U-R Proprietary, 19, Regent Street, Christchurch.

## MARRIED PEOPLE AND ENGAGED COUPLES! CONSIDER THIS QUESTION—

Can 5000 happily-married people be wrong? Sister Janet Doull's book—"Life Adjustment for Married People" has received the endorsement of thousands of married people. The method of "Sex-determination in your Child" enunciated therein has not, over a period of seven years, ever failed in any instance.

It is claimed to be without parallel in the world to-day, and the whole book is an invaluable guide to the path of true married happiness.

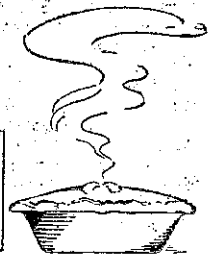
Enclose 6d in stamps for testimonials and introductory booklet to—

P.O. BOX 1496,  
AUCKLAND.

# MAINLY ABOUT FOOD



New Ways With the  
Familiar Beetroot.



MY thanks to all my sister home-cooks for the manner in which they rally round when I broadcast for any special recipe. Quite a number of recipes for Scotch marmalade came to hand, which I have copied and forwarded to my Port Chevalier reader. I am only sorry that I cannot reply to each one personally. My Wellington reader must now have some good wholemeal recipes, and here's another this week which is for chocolate health cake, no white flour being used, and

table charlotte, lemon cheese pudding and Irish treacle loaf, respectively.

Beetroot is another good winter vegetable, and in addition to the baked beet recipe appearing this week, try some nice young beetroots served this way. Boil them whole, and when they are done put them through a potato masher, after skinning them, of course. Add about an ounce of butter, a teaspoonful or more of lemon-juice, salt, pepper and a tablespoonful or so of cream. This is a delicious puree that is surprisingly little known and one that my sister home-cooks could try just now whilst beetroot is so plentiful.

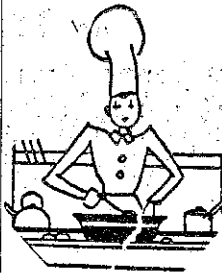
A Shannon sister home-cook has written to say that she had tried out the sago plum pudding published in the July 17 issue, and sends thanks to Mrs. W.J.P. (Te Kuiti) for a delicious and successful pudding, and one which she can thoroughly recommend. The Hawthorn jelly recipe published will be found a delicious recipe, and one that can be made very cheaply, as the

## 10/6 to be Won Every Week

### Chances for Home Cooks

AS the year progresses interest in the "star" system adopted on these pages grows keener and keener. And Chef's mail-bag, too, continues to grow week by week. Remember, there's a 10/6 prize to be won each week.

Address your recipe contributions to "Chef," care "N.Z. Radio Record," G.P.O. Box 1680, Wellington.



I hope these wholemeal recipes will prove of wide interest to many who are on special diet. Wholemeal used in the same proportion as white flour makes many delicious dishes—short-bread, and so on.

The prize this week has gone to Mrs. A. C. M. Parkinson, Crofton Road, Marton, for her "merry-go-round" cake, which can also be served as a delicious sweet with cream. This reader has also gained the three stars. Two stars each have been awarded to Mrs. R. Duxfield, Turua, Thames Valley, for her seasonal recipe for baked beets, and Mrs. C. S. Lewin, 11 Warrington Street, St. Albans, Christchurch, for a recipe for chocolate health cake, a cake very much appreciated by the men-folk. One star each goes to Miss E. Brown, 75 London Street, Dunedin; Miss May Adams, 7 Austin Terrace, Wellington; and Mrs. A. Paddison, Port Fitzroy, Great Barrier, for their recipes for vege-

## Merry-go-Round Cake

CHOPPED walnuts, candied cherries, 1 large tin pineapple slices,  $\frac{1}{2}$ -cup butter,  $\frac{1}{2}$ -teaspoon baking powder, 2 eggs, cream (flavoured vanilla essence), 1 cup light brown sugar,  $\frac{1}{2}$ -cup castor sugar,  $\frac{1}{2}$ -cup flour.

Melt butter in the bottom of a large, deep, strong sandwich tin eight inches in diameter. Spread the brown sugar evenly on top. Place one slice of pineapple in centre, cut remainder of slices in quarters crosswise. Arrange in circle round centre slice, seeing that rounded edges all face in one direction. Fill hollows in centre of quarter slices with chopped walnuts and candied cherries. Sift flour with baking powder. Beat white sugar and eggs together till very light and fluffy, then fold in flour. Pour over the pineapple. Bake in a moderate oven till firm. Let cake shrink from sides before turning out carefully.—Mrs. A. C. M. P. (Marton).

berries can be gathered for nothing from any hawthorn hedge.

"Hail Caledonia". (Oamaru): Many thanks, have forwarded recipe and sample to inquirer.