

HER HANDS WERE ALL OUT OF SHAPE

**in Grip of Rheumatism
For 15 Years**

**Persevered With Kruschen—
Now Feels Fine**

No matter how long you have suffered with rheumatism, there is always hope for you if you persevere with Kruschen. Here is a woman who had it for fifteen years, but by taking Kruschen regularly she was able to banish the pain and is now practically normal again. It's never too late to start taking the daily dose, as the following letter proves:—

"For about two years I hardly went out, it was such a painful effort to walk owing to rheumatism. My hands and feet were the worst affected. I was unable to walk without a stick. I tried everything I saw advertised, but I got no better. I said I would not bother again, but I read so much about Kruschen I decided to try it. I was three months before I felt any better, but I kept on, and since then I have been fine and never used the stick. My hands were all out of shape, but they are almost normal now. Of course, I could not expect to get rid of the complaint all at once, as I had suffered for 15 years before I started on Kruschen."—(Miss) A.L.

Rheumatism cannot resist the action of Kruschen Salts, which dissolve the painful crystals of uric acid—the cause of those aches and pains—and assist the kidneys to eliminate this poison through the natural channels. The cause being removed, the pain goes too, and your sufferings are at an end. Henceforward all you need to protect you from further attacks is the little dose of Kruschen every morning.

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

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MARRIED PEOPLE

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.

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MAINLY ABOUT FOOD



**Wholemeal Recipes
Popular**



I HAVE had some very appreciative letters for the publishing of wholemeal recipes for those on special diet, and I pass on their thanks to my sister home cooks. The wholemeal Chocolate Cake published in the August 7 issue, seems to have proved a favourite, the Raisin Cracker recipe this week should also prove a popular one, my correspondent mentioning that no way brings out the flavour of walnuts so much as crushing them, and I thought

Chocolate Meringues. One star each goes to Mrs. G. Stevens, Puketapu, Napier; Mrs. P. Wright, 10 Cameron Street, Onehunga, and Mrs. E. A. Barrow, Dargaville, Northern Wairoa for their recipes for Russian Spring Cabbage, Banana Pickle, and Daisy Gateau respectively.

Although butter prices have dropped a little, a good shortening recipe is always useful. This can be made by rendering equal parts of lard and beef dripping, and when partly cold, beat well and leave to set. This makes a white creamy shortening for pastry and biscuits.

Linseed lemonade is the name of the other cure for hacking coughs and colds which I promised you last week, and as all sister home-cooks know of the healing and soothing properties of linseed, it should prove valuable just now. Put three tablespoonfuls of linseed and the juice of two good-sized lemons with about three tablespoonfuls of sugar into a dish which can be covered, and pour on a quart of boiling water. Cover and let steep until the mucilage has been drawn out of the seed. Take a tablespoonful every hour to relieve a hacking cough, but sipping a little often is better than larger doses.

Mrs. P.W. (Onehunga): Parcel received in good order, wrote you last week—many thanks.

Mrs. M. (Napier): Sorry, but I have that one.

Variety

IN this week's recipe exchange, "Chef" passes on to New Zealand home cooks an unusually varied collection of ideas for the kitchen. These recipes have all been sent in by "Radio Record" readers for the benefit of others.

Each recipe submitted stands a chance of winning either a cash prize now or, by the star award system, at the end of the year. Address your cooking or baking fancies to "Chef," c/o "N.Z. Radio Record," Box 1680, Wellington.

Mrs. J.H. (Waikato): Glad to get your appreciative letter.

Miss W. (Kamo): Thank you.

Mrs. W. (Timaru): Thank you, recipe published.

Mrs. J.H. (Blenheim): Next week, thank you.

Miss D.W. (Blenheim): Fruit out of season just now.

Mystic Roll

CREAM together 2ozs. butter,

½ cup sugar, 1 egg, 2 table-spoons milk, 1 teaspoon baking powder, and 1 teacup flour. Put half of this mixture in one side of a cake tin, colour the remainder pink, and put it in also. Bake about 20 minutes. Roll out a piece of "mock paste" to ¼-inch thickness, using icing sugar instead of flour. Cut the cake into 2-inch strips, put a pink strip and a yellow strip side by side on the paste, spread raspberry jam on the cake, and put a pink piece over the yellow and yellow over the pink. Wrap the paste carefully round, forming a roll, dip it in very thin chocolate icing and then roll in coconut. If possible leave overnight before cutting.

Mock Paste: Beat 1 egg, 2 table-spoons milk together, add 1 cup coconut, 1½ cups icing sugar, and 1 teaspoon almond essence. Stir over a very slow heat, until quite hot. Put icing on a board and work into dough.—Mrs. C.S.L. (Christchurch).

this hint worth passing on. This week's Plum Sauce recipe is for my Masterton correspondent—the Fruit Chutney one also, and many others may perhaps be glad of these valuable hints for using last year's jam or preserves.

The prize this week has gone to Mrs. C. S. Lewin, 11 Warrington Street, St. Albans, Christchurch, for her original recipe for "Mystic Roll," both the cake and paste being her own composition. The latter is impossible to tell from the real almond paste and much more economical. This reader has gained the three stars. Two stars each have been awarded to Mrs. J. Stanley, Mahoe, Feilding, for her original recipe for San Bran Fruit, containing high food value, and quickly made; and Miss Whitelaw, Kamo, for her delicious