

HAD AGONISING PAINS IN HER BACK

Could Not Turn In Bed

Free From Pain Since Taking
Kruschen

Like many other sufferers from back-ache and rheumatic ailments, this woman decided to try Kruschen Salts in a last attempt to obtain relief from pain. To her surprise the pains did grow less, and in a few months the backache had disappeared. Having made sure of the results, she now writes the following letter:—

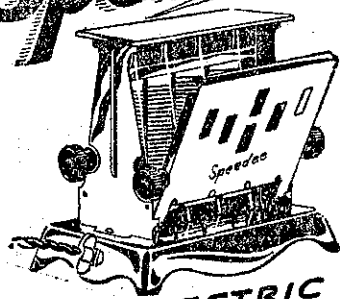
"For about four months I had agonising pains in my back, and could not turn in bed. During that time I tried various remedies, but obtained no relief, and was seriously considering going into hospital. However, seeing a case similar to mine described in an advertisement for Kruschen, I thought I would try it, and was more than surprised to find the pain getting less. I have been taking Kruschen for four months, and would not be without it for anything. I must say I am free from those dreadful pains."—(Mrs.) B.C.

Pains in the back are usually due to poisons in the blood—poisonous waste products which tired kidneys are failing to filter from the system. When these poisons settle in the regions around the kidneys they inflame the tissues and cause those excruciating pains. The six salts in Kruschen coax your kidneys back to healthy, normal action, so that not a particle of poisonous waste matter remains unexpelled. Your inside is thus kept clean and serene. You experience joyous relief from those old dragging kidney pains.

The remarkable effectiveness of Kruschen in cases of rheumatism, and similar complaints, has created for it a world-wide sale. Kruschen is taken by the people of 119 different countries. In none of those countries is there anything else quite like it—nothing else that gives the same results.

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

Makes Better Toast
Speedee



**ELECTRIC
Toaster**

Two slice turnover
type—nickel plated
—bakelite turning
knobs and scratch-
less stand. Flex
included. Avail-
able all Dealers.

17/6

MAINLY ABOUT FOOD



Traditional English
Recipe.



WE are probably all rejoicing now that milder weather is here and spring is "more than two days old" and we can begin to think of lighter fare. This week's recipes predominate with cake mixtures. I have a traditional English recipe which is dated 1824, and felt I would like to pass it on to my sister home-cooks. This recipe is called "Poor Man's Pudding," for which you

an egg is required for each, for the egg-yolk left over from the former can be utilised for the latter. Both cakes are delicious. For those on special diet a Kakanui reader has sent in two Wheatmeal recipes, a Queen Cake mixture to the proportion of quarter pound each of butter and sugar and a teaspoon baking-powder, one breakfast wheatmeal instead of flour, and using bran and wheatmeal for pikelets, one heaped breakfast cup bran and quarter cup wheatmeal to the ordinary pikelet mixture.

Orange Crisps

CREAM together 4ozs. butter, 1 packet orange jelly crystals, 2ozs. sugar. Add 1 egg, 2ozs. coconut, 2ozs. ground rice and 4ozs. flour, pinch of salt and 1 teaspoon baking powder. Grease a cold tray and place in teaspoonfuls of mixture. Press flat with a fork. Bake in moderate oven.—Miss M. F. (Otago).

take some stale bread, cutting off the crust. Pour some boiling water over the crumbs and when well soaked, press out all the water and mash the bread; add some powdered ginger, grated nutmeg and a little salt, then some rose-water, sugar and currants. Mix all together and lay in a pan well-buttered on the sides. When it is well "flattened" with a spoon, lay some pieces of butter on the top, baking in a gentle oven and serving hot. It can be eaten cold in which case turn it out of the pan when cold and it will eat like cheese cake.

The prize this week has gone to Miss M. W. Fleming, Crookston, Otago, for her easily made recipe for Orange Crisps, which should prove a favourite among home-cooks. This reader has gained the three stars. Two stars each have been awarded to Miss L. Puttick, West Belt, Oamaru, for her original recipe for Sweet Orange Chutney; and Mrs. P. Wright, 10 Cameron Street, Onehunga, for an original recipe also for Dessert Gems, which I can vouch are delicious. One star each goes to Mrs. J. Marsh, 17 Raffles Street, Napier, Mrs. J. H. Morley, 9 Sillary Street, Hamilton East, and Mrs. R. Duxfield, Turua, Thames Valley, for their recipes for Flourless and Butterless Orange Cake, Steak and Yorkshire Puddings, Coconut and Fairy Cakes respectively.

The Baked Mince Roll appearing in the August 14 issue is a really delicious recipe, and in the recipes for Coconut and Fairy Cakes this week only half

Dessert Gems

MELT 1½oz. butter and add 2 table-spoons sugar, cream together, and add 1 well-beaten egg. Mix well with ¼-cup milk, sift in 1 cup of flour, 2 teaspoons baking powder, and pinch salt. Now take 12 good dates, take out the stones, and fill up with desiccated coconut. Have the gem irons hot, place a little of the mixture in the gem irons, place a date filled with coconut in each one, then cover over the date with more of the mixture. Bake in a very hot oven until brown (about 10 minutes). When cool, ice with white icing, flavoured with a little lemon juice, and place half a date on top of each one. This makes one dozen nice gems for afternoon tea.—Mrs. P.W. (Auckland).

Spring Is Here

THIS week "Chef" warns her thousands of readers that Spring is upon us. With the change of seasons there will be a change of diet for many of our readers, and lots of New Zealand home-cooks have their own ideas about seasonal dishes.

Send them in to "Chef," c/o "N.Z. Radio Record," Box 680, Wellington, and you have a chance not only of reaping the weekly half-guinea prize for the best choice in each batch of recipes forwarded, but of challenging the leaders in the star award competition.

Sweet Orange Chutney

THREE large, sweet oranges, 2lb. cooking apples, 1lb. onions, 1lb. raisins, 1 stick celery, 1½ pints vinegar, 1 teaspoon salt, 1 small teaspoon cayenne pepper, 1 tablespoon minced garlic, 2lb. brown sugar. Slice the oranges, peeled apples, onions and celery, very finely mince the raisins. Place all ingredients into a saucepan and let it stand on cool side of stove