

SHE WAS AFRAID TO SHAKE HANDS

Rheumatism in Joints
Caused Her Intense Pain

Restored to Normal by
Kruschen Salts

Rheumatism affects 1. victims in many curious and inconvenient ways. In the case of this woman she dared not shake hands with people because of the pain it caused her as a result of rheumatism in the joints. This condition lasted for several years, until she hit on the right remedy—Kruschen Salts. Read her letter:—

"For several years I suffered with rheumatism of the joints, especially in my hands, and this caused me intense pain. I was even afraid to shake hands with anyone, for it made me suffer terribly. I began taking Kruschen Salts regularly, and after a little while my pains disappeared completely. I am naturally delighted with Kruschen."—(Miss) K.

The pains and stiffness of rheumatism are caused by deposits of uric acid crystals in the muscles and joints. The six salts in Kruschen stimulate your liver and kidneys to healthy, regular action, and assist them to get rid of this excess uric acid which is the cause of all your suffering. When poisonous uric acid goes—with its deposits of needle-pointed crystals—there's no doubt about those aches and pains going too!

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 a chance to accumulate again.

Kruschen has a world-wide sale. It 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.

MAINLY ABOUT



FOOD



Rhubarb Season is
Now Open.

EVERY week now we are made to realise that spring is here—not by the weather, which has been most unkind—but rhubarb—that best of spring tonics is now in season, so this week an original recipe containing this is published, and a delicious rice and rhubarb concoction. A recipe in which

in turn tried out the Christchurch home-cook's "Economy Cake" and she would like her to know just what a great success the cake was.

Mrs. A.O.B. (Tauranga): Thank you, have passed on to my inquirer.

Mrs. J. B. (Frankton Junction): Kind regards, hope you are better.

Mrs. R.D. (Turua) and Mrs. P.W. (Onehunga): Writing and answering your queries next week.

Mrs. E.A.S. (Oamaru): Thank you for letter and answering correspondence.

Spring Is Here

DON'T take any notice of the weather. Spring must be here, for rhubarb is shooting up, and "Radio Record" readers have begun to send in seasonable recipes. What are your ideas about Spring dishes?

Send them into "Chef," c/o "N.Z. Radio Record," Box 1680, Wellington, and take part in our weekly competition for the half-guinea prize. The "star" awards are still made each week, too, giving you a chance of a handsome prize at the end of the year. See the special page in this issue announcing a new competition for our readers.

mint sauce appears is contained in a "Beef Vinaigrette" recipe for a good Monday luncheon dish, and next week I will pass on a reliable method for the preservation of eggs from a sister home-cook, who has been good enough to give readers her experience as to how this can be done most successfully.

The prize this week has gone to Miss M. McCulloch, Ngapara, Otago, for her original recipe for banana tea cakes, which my readers will find are very nourishing for children, and this reader has gained the three stars. Two stars each have been awarded to Mrs. R. Duxfield, Kopuarahi, Turua, for her original recipe for rhubarb shortcake, and Miss Whitelaw, Kamo, North Auckland, for her unusual recipe for pink pancakes. One star each goes to Miss Arthur, 7 Austin Terrace, Wellington; Mrs. E. A. Barrow, Dargaville, and Mrs. J. H. Morley, Hamilton East, Waikato, for their recipes for sponge apple filling, prune and orange cake and braised celery cakes, respectively.

For those who like bananas cooked, I have included some in this issue, and Mrs. O.S.L. (Christchurch) wishes to thank our Onehunga correspondent for her delicious recipe for chocolate turtlets, and a Frankton Junction reader

Rhubarb Shortcake

ORIGINAL recipe: Wash rhubarb (do not remove skin), cut into cubes and stew nicely with sugar to sweeten, and lemon rind to flavour. Then make a shortcake as follows:—Ingredients: Four level cups flour, 2 teaspoonsful cream of tartar, 1 teaspoonful bicarbonate soda, 1 small teaspoonful salt, $\frac{1}{2}$ cup butter; milk to mix. Method: Sift dry ingredients, rub in butter, and mix to rather stiff dough with milk. Roll out half an inch thick and bake nicely and split open; or bake in two thin cakes. Spread each piece or cake with butter, put the nicely-stewed rhubarb on one half, cover with the other half. Serve either hot or cold with sweetened cream or a nice boiled custard.—Mrs. R.D. (Turua).

Pink Pancakes

PREPARE and bruise a large beetroot. It must be well cooked, but a good colour. When it is smooth add 3oz.

Banana Tea Cakes

ORIGINAL RECIPE.

4 OZS. of butter, $\frac{1}{2}$ cup of sugar, 1 egg, 2 bananas, 1 cup of chopped dates, 1 cup of proteena, 1 cup of flour, 2 teaspoons of baking powder, 1 teaspoon of cinnamon. Cream butter and sugar, add egg, and beat well, then add mashed bananas, and beat again. Mix in dry ingredients and drop dessertspoons of mixture on tray and bake in a moderate oven.—M.M. (Otago).

flour, 1 gill of cream or rich milk, $\frac{1}{2}$ teaspoon grated nutmeg, 2oz. castor sugar, yolks of four eggs (well beaten), half wineglass brandy. Fry in little cakes, roll, and garnish with crystallised greenages, pineapple or other green.—Miss W. (Kamo).

Sponge Apple Filling

2 EGGS, 2oz. butter, 1lb. sugar, 1lb. apples, rind and juice of half lemon.

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