

## KNEE STIFF AS A POKER

**Middle-aged Man Who  
Could Hardly Walk**

**Takes Kruschen—and Does 14  
Miles a Day**

He thought he had injured his knee in some way and that it needed massage and treatment, but he got no relief. X-rays showed that nothing was out of place, and the truth was that he was suffering from uric acid in the joint. Now he tells how Kruschen Salts have made him walk as well as ever, although he is already middle-aged:—

"A few years ago I developed a very sore knee joint and it stiffened up. I had treatment for about 3 months. I could hardly walk, it was so sore and painful. I also had it X-rayed but there appeared to be nothing wrong with the knee. I heard of Kruschen Salts so I got a bottle. After I had taken a portion of the bottle the stiffness left me, so I now take Kruschen every morning and feel quite fit, and can walk 12 or 14 miles a day. I am middle-aged."

—A.M.  
Kruschen Salts clear your blood of the mischievous uric acid which settles in your joints and muscles, causing them to swell, grow stiff and unbearably painful. And when poisonous uric acid goes, there is no doubt about these old rheumatic aches going, too! The most stubborn cases of rheumatism have shown astonishingly quick improvement with this Kruschen treatment.

Kruschen Salts are a blend of six mineral salts, each of which has a direct or indirect action in the treatment of rheumatic complaints. A course of Kruschen Salts will convince you that rheumatism simply cannot exist in the system that gets its "little daily dose."

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

## Kidneys Must Clean Out Acids

The only way your body can clean out Acids and Poisonous wastes from your blood is through nine million tiny Kidney tubes or filters, but be careful! Don't use drastic, irritating drugs. If Kidney and Bladder troubles make you suffer from Getting Up Nights, Leg Pains, Nervousness, Stiffness, Burning, Smarting, Acidity, Neuralgia or Rheumatic Pains, Lumbago, or Loss of Energy, don't waste a minute. Try the Doctor's prescription CYSTEX (Siss-tex). Starts work in 15 minutes. Soothes and tones raw, irritated tissues. Guaranteed to cure or money back. At all Chemists

## A Real Friend to the Married

By AMICUS.

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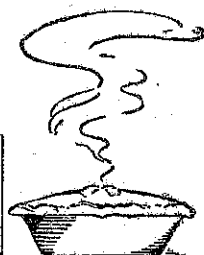
**MENDEL SPITZ**

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# MAINLY ABOUT FOOD



**An Attractive New Way  
With Spinach.**



SOME time ago I told you all how to make Cauliflower Fritters, and as some very favourable comments have been passed on these, let's now try making Italian Croquettes. The weather has been kind, so spinach is plentiful; next time you buy or pick some, boil it in salted water, then drain and mix with a beaten egg and a few spoonfuls of grated cheese. Roll this mixture into little sausage shapes. flour them, egg-and-breadcrumb, and fry them in deep fat. A touch of nutmeg is almost always an improvement. so far as spinach is concerned.

The prize this week has gone to Mrs. J. H. Stanley, "Mahoe," R.D. Feilding—Apiti—Feilding, for her original recipe for Gooseberry Fruitine, and this reader has gained the three stars. Two stars each have been awarded to Mrs. M. E. Grant, Karori, Wellington, for her original recipe for Orange and Coconut Crisps, and Mrs. J. H. Morley, Hamilton East, for her extra special recipe for Pineapple Puffs. One star each goes to Mrs. E. A. Barrow, Dargaville; Miss Whitelaw, Kamo, and Mrs. S. Walton, Tauranga, for their recipes for Cherry Merry-go-round, Savoury Cheese Biscuits, and Seasonal Tart respectively.

Regarding the prize Christmas Cake published in the November 13 issue, in case any reader is in doubt, do NOT dry the fruit after it has been soaking in the ginger ale. Many of my sister home-cooks ask how to soften icing for their cakes. The glycerine will do this. Another method is to add 1 teaspoon cream of tartar to every pound of icing sugar and mix in the usual way. I will not be publishing any recipes for shortbread during the Christmas season, for the prize shortbread recipe on page 83 of the "Radio Record" Cookery Book is really the nicest I have come across, and home-cooks will be well advised to follow this.

S.F.T. (Timaru): Glad to hear from you again—recipe later.  
Mrs. E.A.S. (Oamaru): They were delicious—many thanks.  
Mrs. J.A.F. (Mahana) and Mrs. M.C.T. (Invercargill): Thank you, using later.  
Miss L.P. (Oamaru): Your letter appreciated.  
Mrs P.W. (Onehunga): Received letters and samples—writing next week.

### Orange and Coconut Crisps

QUARTER-POUND butter,  $\frac{1}{2}$  cup sugar, 6-7oz. flour, 1 cup coconut, 1 cup chopped walnuts, 1 teaspoon baking powder, grated rind of 1 orange. Grate orange into butter and sugar and cream well. Add coconut, walnuts, and lastly

flour and baking powder. Roll into small balls and press flat. Bake in slow oven until a golden brown. Should be very crisp.—Mrs. M.F.G. (Karori).

### Pineapple Puffs

ONE small tin of pineapple, 1 cup of water, 2oz. sago, 2oz. sugar, juice of half of lemon. Cook the sago in the pineapple juice and water until clear. Remove from fire and add sugar, lemon juice, and chopped-up pineapple. Pour into fruit dish and make a custard with two egg yolks; flavour with vanilla and pour over the top. Put the two stiffly-beaten whites on top in rocky heaps.—Mrs. J.H.M. (Hamilton East).

### Cherry Merry-Go-Round

TWO cups cherries, remove stones and put a small piece of marshmallow in cavity. Soften the heaped tablespoonful

## Gooseberry Fruitine

TAKE any quantity of really young gooseberries, stew for a few minutes in a syrup of water and brown sugar, putting the fruit in when the liquid is boiling. Young gooseberries require very little cooking and not much sugar. Add to the hot fruit the necessary quantity of granulated gelatine. One level dessertspoon will set 1 cup (a good  $\frac{1}{2}$  pint) of the liquid. Stir well and place all in a suitable glass or china bowl. Slice in one or two bananas and add a handful of choice raisins. Leave to set and when required for serving pile whipped cream on the top (cream whipped with honey to sweeten) and sprinkle with chopped walnuts.—Mrs. J.H.S. (Apiti).

gelatine in cold water, then stir gelatine into  $1\frac{1}{2}$  cups boiling water, add  $\frac{1}{2}$  cup castor sugar and stir until dissolved. Allow to cool, then stir in 2 tablespoons lemon juice. When half set, divide cherries equally between eight individual moulds (small jelly glasses answer the purpose), which have been rinsed in cold water. Pour the half-set jelly over them, and set aside to chill. When serving, turn each mould on to a slice of pineapple, garnish the top with a cherry, and serve with whipped cream.—Mrs. E.A.B. (Dargaville).

### Savoury Cheese Biscuits

THREE-QUARTER cup grated cheese,  $\frac{1}{2}$  cup flour, salt and pepper, 1 teaspoon baking powder, 1 egg, 1 tablespoon milk. Mix dry ingredients and add beaten egg and milk to make a stiff dough. Cut into rounds and bake in a hot oven. When the biscuits are cold, spread with