

USES BOTH HANDS TO WRITE

Letter From a Man Of 90

Tells How He Keeps Fit

He asks us to excuse his writing. We do more than that—we congratulate him on being able to write at all at his age, especially as he has been suffering from rheumatism. This is what he says in his letter:—

"Three years ago I was in bed for six weeks with inflammatory rheumatism. Since that time I have been taking Kruschen Salts, and have not had another attack. But the complaint left me with bad feet, and it hurts me to walk. My hands are also somewhat stiff. I take Kruschen every morning before breakfast, and shall continue to do so, because I am sure they have kept me in good shape for three years. Excuse this writing, as I am ninety years old, and use both hands to write."—J.R.G.

Rheumatism, like gout and lumbago, has its origin in intestinal stasis (delay)—a condition of which the sufferer is seldom aware. It means the unsuspected accumulation of waste matter and the consequent formation of excess uric acid. If you could see the knife-edged crystals of uric acid under the microscope, you would readily understand why they cause those cutting pains. And if you could see how Kruschen dulls the sharp edges of those crystals, then dissolves them away altogether, you would agree that this scientific treatment must bring relief from rheumatic agony.

Moreover, Kruschen so stimulates the organs of elimination that every trace of uric acid-forming waste material is regularly and completely expelled. Kruschen keeps your inside clean and serene. Mischievous uric acid never gets the chance to accumulate again.

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steak, 1 chopped kidney, 2 sliced onions, a teaspoon dried herbs, 2oz. chopped fat bacon, $\frac{1}{2}$ cup peas (well soaked dried peas), pepper and salt to taste. Seal up roll. Wrap in greaseproof paper and then tie up in cloth. Boil three hours and serve with brown gravy. Really delicious. (Original.)—Mrs. C.S.L. (St. Albans).

Sweet Mystery Cake

THIS cake has a delicious flavour. Take 1 cup minced fresh pears and 1 cup minced pineapple, mix together. Cream 1 cup sugar and 6oz. butter, add 2 eggs unbeaten, and beat well. Add 2 cups flour, 2 teaspoons baking powder, alternately with $\frac{1}{2}$ cup milk in which $\frac{1}{2}$ teaspoon soda has been dissolved. Add 1 cup sultanas, 1 cup chopped walnuts and the pear-pineapple mixture, 1 teaspoon mixed spice and 1 tablespoon orange juice. Bake in greased floured tin, moderate oven, 1 hour. When cold, ice with orange butter icing and decorate as desired.—Mrs. E.J. (Motueka).

Mandarin Marmalade

TAKE 2lb. mandarines, 1lb. lemons, 3 pints water. Cut up and peel in usual way and soak overnight in water. Add 1 cup sugar to every cup of fruit and juice. Boil till it jellies. Makes a lovely rich marmalade as there is more oil in mandarines. It is not bitter.—Mrs. G.A.R. (St. Leonards).

Wholewheat Hotcakes

TAKE 2 cups wholemeal, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ cups milk, 2 eggs, 1 teaspoon treacle, 1 tablespoon melted butter. Sift together dry ingredients, add milk, treacle and butter to beaten eggs, and add to dry ingredients; mix well. Bake on hot, slightly greased girdle, turning only once.—Mrs. G.A.R. (St. Leonards).

Canadian Date Cake

DISSOLVE 1 teaspoon carbonate soda in 1 cup of hot water (breakfast), pour over $\frac{1}{2}$ lb. stoned dates, let stand until cold. Now cream 6oz. butter with 1 cup brown sugar and 2 tablespoons (level) cocoa, add 2 well-beaten eggs, beat again, add the cooled dates, mix well through 1 cup chopped walnuts. Sift in 2 large cups flour 1 level teaspoon baking powder, good pinch salt, mix well and put into a well-greased shallow tin and bake in moderate oven about $1\frac{1}{2}$ hours. When cold cover with chocolate ice and sprinkle with chopped walnuts.—Mrs. P.W. (Onehunga).

Bacon and Oyster Squares

HALF a cup of minced bacon, and half a cup of chopped oysters—timed oysters will do nicely—a small piece of butter, a dash of cayenne and about one tablespoon of grated cheese. Mix all these ingredients with sufficient good white sauce to make a filling, and simmer for five minutes. Put on one side until cold. Roll out some puff pastry, and use half of it to line a shallow dish. Place the mixture smoothly on top. Cover with the other half of pastry, mark lightly into squares, and bake about 15 minutes, until the pastry is done, cut up when cold. These are really delicious.—Mrs. A.W. (Pine Valley).

WOODS' GREAT PEPPERMINT CURE
For Children's Hacking Cough.

Variety Roll

MAKE a dough with $1\frac{1}{2}$ cups flour, 1 cup suet, 1 teaspoon baking powder, $\frac{1}{2}$ -teaspoon salt. Mix to a dough. Roll out thinly and spread on as follows: First spread marmalade, and then one cup currants, 1lb. peeled and sliced apples, 1 teaspoon cinnamon, 1 cup sugar and $\frac{1}{2}$ -cup raisins. Roll up and wrap in greaseproof paper and then in cloth. Boil for 2 $\frac{1}{2}$ hours and serve with custard sauce.—Mrs. C.S.L. (St. Albans).

Brazil Butterscotch Cookies

THIS recipe makes ten dozen cookies. Melt $\frac{1}{2}$ -cup butter, stir in 1lb. brown sugar, and mix well. Stir in two well-beaten eggs, and sift $1\frac{1}{2}$ cups flour with two teaspoons baking powder and half-teaspoon salt. Sprinkle with one teaspoon ratafia essence. Then add $1\frac{1}{2}$ cups chopped brazil nuts. Mix well, and place in teaspoon lots on greased tray. They must be baked in a slow oven and allowed to cool a little on tray before removing.—Mrs. F.Y. (Kaitia).

Prune Rainbow Cake

TAKE 6 cooked prunes, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 4 eggs, 1 cup milk, 2 cups self-raising flour. Cream butter and sugar, add eggs one at a time and beat well. Add milk, then flour and a few drops of vanilla essence and divide into three. Leave one plain, colour second with cochineal, and to the third add the prunes rolled in flour and chopped. Bake each layer in a flat square baking dish, join with raspberry jam and cover top with chocolate icing and a few chopped nuts on top.—Mrs. A.E. (Christchurch).



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