

THE QUEST AFTER BEAUTY



Hands of Silky Softness

Washing, ironing, scrubbing and pot-scouring soon spoil the appearance of the hands. *But not if you will but use Sydal!* Sydal banishes redness, roughness, and all the ill-effects of heavy housework. Until you try this wonderful hand-emollient, you can have no idea how quickly it works. Get a jar. Rub a little into the hands at night. Put on a pair of old gloves and *leave the Sydal to work.* In the morning you will be delighted with the result. If you continue this simple treatment twice a week, you will find that though you do housework, *you can have soft, white, supple hands.*

Sydal is splendid value—a 2/- jar lasts for months. Though materials and jars have become dearer since 1916 the price of Sydal has not been increased.

Sydal is pure and embodies the very best ingredients. *Get it from your Chemist or Store.*

Made by The SYDAL PROPRIETARY  
75 Kent Terrace, Wellington

**Sydal**

(WILTON'S HAND EMOLLIENT)



**Cremoderma Beauty Cream**  
(non-greasy)

from all Chemists and Stores  
per 2/6 jar

or from

**Domestic & Chemical Supplies Ltd.**  
Manukau Road Newmarket

**Community Service to Girls and Women**

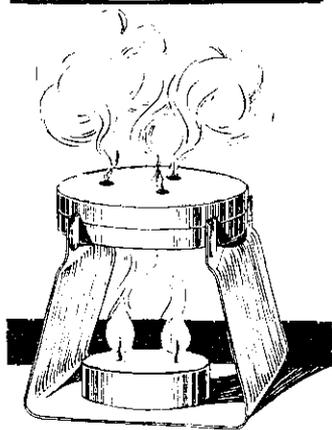
Cafeteria . Hostel . Rest Room  
Travellers' Aid, Housing Bureau

Free to All, 9 a.m. to 9.30 p.m.  
**Y.W.C.A. UPPER QUEEN STREET**

**A Simple Fumigator for Disinfecting after Illness**

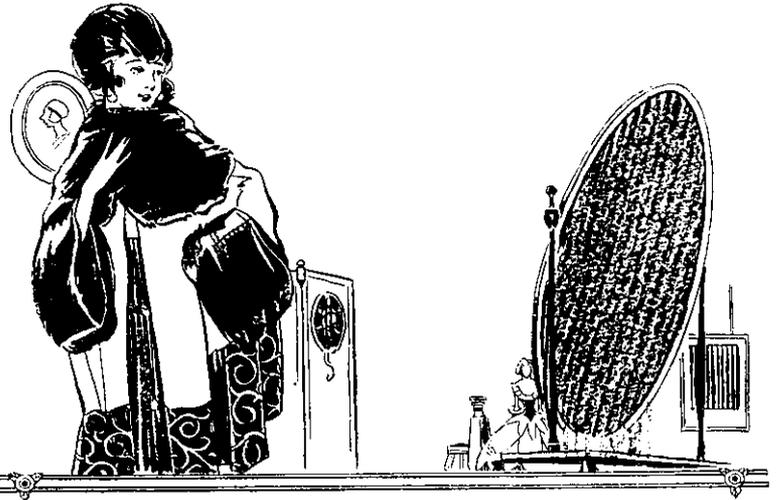
Sickness leaves behind many germs that float in the atmosphere and can only be destroyed by effective fumigation. Wilton's L.B. (Leave Behind) Fumigator is very simple and wonderfully effective for this purpose. Costs so little that you can leave it behind after fumigating any doubtful room and thus guard against infection.

**WILTON'S (Leave L.B. Behind) FUMIGATOR**



Recommended by Health Officers and used in many hospitals, theatres, and public places throughout New Zealand.

Obtainable from Chemists or post free on receipt of 2/6 per dozen from  
**GEO. W. WILTON & Co. Ltd.**  
Shortland St., Auckland Willis St., Wellington



**For the Nervy Woman. —How to Recuperate**

NO woman wishes to be cold and phlegmatic, for the possessor of such a temperament loses much of the pleasure of life. But it cannot be denied that in one way at least she gains considerably—she invariably manages to preserve a smooth, unwrinkled skin and a youthful appearance long after her more nervy sister has bidden farewell to all semblance of youth, for "nerves" are the greatest destroyer of both youth and beauty.

**To Preserve Beauty**

The nervy, highly strung woman who wishes to preserve her beauty must remember that rest is most essential to her, and besides the hours devoted to sleep every night she should take, if possible, a full hour's rest during the afternoon. When this is not practicable—and for the very busy woman it often is not—she should make a rule of resting for five minutes two or three times a day. She should close her eyes, relax all muscles, and endeavour to make her mind a blank for this short time, and she will be astonished to find what a restful effect it will have on her, both physically and mentally.

Really restful sleep is of paramount importance to the nervy woman, and a warm bath at bedtime will be soothing to the nerves and be of great help in inducing sound sleep.

A glass of warm milk should be slowly sipped the last thing at night, for this not only induces sleep, but will be beneficial in another way. The woman who suffers with her nerves is usually a trifle too thin, and the milk taken regularly every night will help her to put on the little extra weight she needs.

**What She should Eat**

Oils and fats are excellent for the nerves, and should form a considerable part of the nervy woman's diet. Eggs, sour milk, and cream cheese are also good. Tea should not be taken more than once a day, and should be made with boiling milk instead of water, allowed to stand for three minutes, and then poured out. Cocoa is perhaps the most desirable drink for anyone who suffers with nerves, for it contains gluten, much fat, a certain amount of starch, and is a food as well as a drink.

**Attractive Eyes. — How to Retain them**

A PUFFY condition of the eyes, whether it be merely a slight puffiness of the lids or bagginess of the skin beneath the eyes, adds years to a woman's appearance, and completely spoils the attractiveness of her eyes, however large and bright they may be.

The cause of this puffiness is either

eye-strain, insufficient rest, or possibly excess of uric acid in the blood, and before any local treatment is attempted, the cause must be discovered and removed—or at least reduced.

For outward application an astringent lotion applied to the skin beneath the eyes every night will be of great assistance, and a simple, harmless one may be made at home by dissolving two drachms of powdered tannin in one ounce of eau de Cologne, together with an ounce of pure glycerine. This should be painted on the skin beneath the eyes with a fine camel's hair brush, and allowed to dry in. In the morning the skin round the eyes should be sponged with very cold water, which will improve the relaxed skin and assist in bracing up the muscles near the eyes.

A course of mildly aperient salts taken regularly every morning, and a lithia tablet dissolved in a little water and taken about fifteen minutes before dinner, will be most beneficial. The amount of sugar taken should be reduced to the minimum, and very acid fruits avoided. Oranges, however, may be taken with advantage.

**Careful Dieting**

The right kind of diet is of extreme importance, and red meat should be avoided as much as possible, also alcohol in any form, and the majority of fizzy drinks.

**Scented Baths**

A MOST refreshing tonic for tired nerves is a warm bath, to which eau de Cologne has been added.

A scented bath, whether made with ordinary bath salts or perfume, is both soothing and exhilarating after a long day's exercise, or after prolonged mental strain.

**Care of the Complexion**

Bath salts and scent should not be added to the water that is to be used for washing the face, as they are apt to have a drying effect on a delicate skin. It would be better to use pure salt water, which should be dabbed freely over the face with a little lint or cotton wool, the face afterwards being washed with pure distilled water and the best unscented palm olive oil soap, which must be thoroughly rinsed off with a fine sponge. Tepid water should be used.

**Keeping Fit**

Middle age is a bogey of the past, few modern women will admit to there being such a disaster. She strives in every way, mental and physical, to cheat old age, and to put off the time when sitting with her back to the light is a necessity. A doctor's advice to a patient who told him of her fear and dread of middle age was this: "Take exercise, play games."

There is nothing like a good game of tennis or golf to bring back the tingle of youth into your veins.