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Wave  
should  
Look

So alike to the  
Natural that  
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Distinguished

THE MEDIUM  
WAVE  
For Bobbed Hair

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THE LARGE WAVE  
See how the Hair softens the  
face, taking years off the appear-  
ance

## HEALTH AND BEAUTY

Do You Make the Best of Your Hands!

The old masters in painting gave prominence to the hands in their portraits; they studied them carefully, regarding them as being indicative of character. They were right; for what is more beautiful or more betraying than a hand? A woman with beautiful hands is one of Nature's favoured children, and if she knows how to use them, and how to take care of them, they become one of her greatest assets. But beautiful hands are rare, and still rarer is it to find a woman who knows how to use her hands. So many hands are dumb, lifeless things. Some are full of meaning; by unconscious gestures, by the way they are folded when motionless, can they express the thoughts. The language of the hands is usually a natural gift of expression, but it can be acquired.

Before learning to use the hands gracefully it is necessary to keep them in good order. The next step is to practise carrying them properly when sitting or walking. Too much movement is as bad as too little. Some women make pretty gestures with their hands when talking; others over-emphasise their conversation by movements which are exaggerated.

### Paste-lined Gloves

Many women who were famous in the days of our grandmothers for their lovely hands believed in wearing gloves on every possible occasion, especially when the gloves were lined with a paste for softening and whitening the skin.

Take a pair of loose-fitting wash-leather gloves, smear the inside thickly with cream, and slip them on. Wear these every night for a week, and there will be a most marvellous improvement in the hands.

### For Day and Night Wear

The more often these paste-lined gloves are worn the softer and whiter the hands will become, and so, if possible, they should be slipped on during moments of leisure in the daytime as well as at night-time. When the gloves are removed the hands should be gently massaged for a short while, then washed in warm water, a small quantity of oatmeal being used in place of soap.

### Take Care of Your Eyes

It is wise to take great care of the eyes, especially during the months of cold winds.

An excellent practice is to use an eyebath night and morning, containing a dessertspoonful of quite fresh milk, rendered tepid by adding a few drops of warm water. The process only occupies a minute or two, but its soothing effects are great, as well as brightening the eyes and improving the eyelashes.

When motoring in winter time always tie a close-meshed silk veil over your face as a protection for your eyes from the rush of wind, if you do not want to wear goggles. A pad of cotton wool soaked in warm milk and laid across eyes inflamed and irritated by the cold will relieve the worst of the trouble.

GREY HAIR, especially in the "piebald" stage, is most unbecoming to any woman, no matter how beautiful she may otherwise be. Be with the majority and use

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procurable in all shades from

P. H. DEWAR

5 Strand Arcade - - Auckland

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Postage 1/- extra

## Clever Beauty Secrets

Revealed by a  
London Chemist



This series of articles by E. W. Smith, M.P.S., a qualified registered London chemist and pharmacist, is particularly interesting because of its authoritativeness. Considering the bewildering mass

of toilet requisites now offered to the public, Mr. Smith's simple and homely suggestions should come as a great relief to the puzzled beauty seeker. The dispensing chemist, above all others, is in a position to judge results from long experience with thousands of cases. Mr. Smith has made a special study of the chemistry of beauty culture for many years, and the time is ripe for some such expert's clear statements, backed by the authority of experience and knowledge.

### Renewing Complexions

It is foolish to attempt to cover up or hide a sallow complexion, when you can so easily remove the sallowness itself. Rouge and the like on a brownish skin only emphasise the defect. The better way is to apply pure mercolized wax—the same as you would cold cream—putting it on at night, removing it in the morning with warm water and soap, following with a dash of cold water. The effect of a few applications is simply marvellous. The half-dead cuticle is absorbed by the wax—painlessly, gradually, in tiny imperceptible particles—revealing the beautiful velvety white new skin beneath. No woman need have a sallow, blotchy, pimply or freckled complexion if she will just get some good mercolized wax and use as suggested.

### Feminine Moustaches

To women who are annoyed by disfiguring downy hair growth, a method of permanently eradicating the same will come as a piece of good news. For this purpose pure powdered pheninol may be used. Almost any chemist should be able to supply an ounce of this drug. The recommended treatment is designed not only to remove the disfiguring growth instantly, leaving no trace, but also to actually kill the hair roots without irritating the skin.

### The Kiss Curl

I cannot too strongly condemn the use of the hot curling-iron. It means death to the hair eventually. Moreover, it is entirely unnecessary. The hair can be made beautifully wavy and curly to any extent and in any form desired, merely by using such a simple ingredient as pure silmerine. This perfectly harmless liquid should be applied to the hair with a clean toothbrush at night. In the morning you will find that a very beautiful natural wave and curliness has resulted, and the effect will last many days. The liquid silmerine is very beneficial, and is not sticky or greasy. A couple of ounces should last a very long time.

### The

### Magnetism of Beautiful Hair

Beautiful hair adds immensely to the personal magnetism of both man and woman. Actresses and smart women are ever on the look-out for any harmless thing that will increase the natural beauty of their hair. The latest method is to use pure stallax as a shampoo, on account of the peculiarly glossy, fluffy and wavy effect which it leaves. As stallax has never been used much for this purpose, it comes to the chemist only in 1 lb. sealed original packages, enough for twenty-five or thirty shampoos. A teaspoonful of the fragrant stallax granules, dissolved in a cup of hot water, is more than sufficient for each shampoo. It is very beneficial and stimulating to the hair, apart from its beautifying effect.

### What Women Hate

Every woman hates a shiny nose and a dull or greasy complexion. Few know that there is an instantaneous remedy at hand in the home, one that is absolutely harmless, and that defies detection even under the closest scrutiny. If you have no clemite in the house, get about an ounce, and add just sufficient water to dissolve it. A little of this lotion applied to the face will instantly cause the greasiness to disappear, and the skin will have a perfectly natural, velvety, youthful bloom that any woman might envy. The effect will last for many hours, and no powder is required, even under the most trying conditions, indoors or out. To prepare the face, neck and arms for a long evening in a hot ballroom, nothing can compare with this simple home-made lotion.

*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.

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