

Give children Marmite ---it's all food

It isn't natural for even the sturdiest out-of-door kiddies to be always hungry. Yet, sometimes it seems as though sometimes it seems as though they were. Is it because you don't give them food, but merely something to eat? Think a minute. What do you pack into the little lunch bag? Fruit, of course; so far so good. And then— what? It should be vege-table food.

armite

The tastiest way to give them vegetable food is to spread biscuits or wholemeal bread with Marmite—the pure vegetable extract. It's very economical; very, very

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BEAUTIFUL NEW ZEALAND HOMES

"PLAS MAWR"

(Continued from page 13.)

As with the Houseplace, so with all the other rooms. Their special purpose and requirements were studied, for though every house must be something of a compromise, still, by careful planning and co-operation between client and architect, much can be achieved.

Ten years after this house was built I stepped within its walls again. I saw that Nature and the owners had completed it, and I felt that it was a real Home. Creepers clothed its walls and covered the pergola. The flagged paths were moss-grown at the joints. The materials we had so carefully chosen showed that they were of the sort that Nature treats kindly, and so were more beautiful than when new. Here was no struggle with the irresistible forces of Nature to stave off destruction. No futile film of paint is expected to preserve this house. It will last, I believe, for centuries.

A DELIGHTFUL PRESENT

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Whether a friend's birthday is looming ahead or whether you think it is time you gave yourself a treat, handkerchiefs are always welcome. Messrs. Falkner, of Auckland, specialise in handkerchiefs, and their designs are really charming. If you mention The Ladies' Mirror when ordering, you will receive an extra handkerchief free.

A QUESTION OF ECONOMY

Some stoves seem to possess an insatiable appetite for coal, and even when this is gratified, the results are of a very erratic nature. Yet housewives continue to regard such stoves as a necessary evil, and toil to keep them clean, and, while grumbling at the coal bills, pay them, and look as pleasant as can reasonably be expected.

The wise housewife, however, has long ago decided that an age of progress should have produced something less archaic than the back-breaking, fuel-consuming monsters that are found in so many kitchens—and has discovered the "Thermostove." This indeed is the solution of many household problems. It burns coke, wood, or rubbish, has all sorts of eleverlydesigned labour-saving devices, and only costs about half the amount for fuel that the old-fashioned stove required. Our readers who are considering building should certainly investigate this very real kitchen-aid, whilst those who possess kitchens equipped with the unsatisfactory stoves would do well to consider the advantages of installing the "Thermostove," which would soon repay its original cost by economy of operation.

AN AID TO "BRIGHTER AUCKLAND"

Visitors to Auckland from either Europe or America sometimes complain that they find us dull; that there is nothing to do in the evenings except "the Pictures." This, however, is before they find Dixieland, for here there is never any complaint of dullness-light and laughter, the excellent band and the splendid floor all combine to create a spirit of gaiety and joie de rirre that is quite irresistible. Certainly a "big" night at Dixieland is an occasion not to be missed, and as they occur every Saturday there is no excuse for doing so.

The management are to be congratulated on the success of their efforts to provide Auckland with real enjoyment under ideal conditions at small cost, and, judging from recent attendances, their enterprise is well appreciated.

Amongst those present at a recent very enjoyable "big" night was a happy party from Government House.



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THE BEAUTY EXPERTS.

WHAT THE BEST OF THEM HAVE TO SAY ON VARIOUS SUBJECTS.—HOME RECIPES.

THE MAGNETISM OF BEAUTIFUL HAIR.

Beautiful hair adds immensely to the personal magnetism of both men and women. Actresses and smart women are ever on the lookout 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 4-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.

TO HAVE SMOOTH, WHITE SKIN, FREE FROM BLEMISH.

Does your skin enap or roughen easily, or become unduly red or blotchy? Let me tell you a quick and easy way to overcome the trouble and keep your complexion beautifully white, smooth, and soft. Just get some ordinary mercolised wax at the chemist's and use a little before retiring, as you would use cold cream. The wax, through some peculiar action, flecks off the rough, discoloured, or blemished skin. The worn-out cuticle comes off just like dandruff on a diseased scalp, only in almost invisible particles. Mercolised wax simply hastens Nature's work, which is the rational and proper way to attain a perfect complexion, so much sought after, but very seldom seen. The process is perfectly simple and quite harmless.

PERMANENTLY REMOVING SUPERFLUOUS HAIR.

How to permanently, not merely temporarily, remove a downy growth of disfiguring superfluous hair, is what many women wish to know. It is a pity that it is not more generally known that pure powdered pheminol, obtainable from the chemist's, may be used for this purpose. It is applied directly to the objectionable hair. The recommended treatment not only instantly removes the hair, leaving no trace, but is designed also to kill the roots completely.

Become a Subscriber. See page 64.