

**Warms
you
up**

A man who comes home cold needs food that will warm him up. What will do that so well as Symington's Soups? *Get them for your man.*

Symington's Soups

Varieties:

Oxtail, Tomato, Lentil, Pea, Celery, Green Pea, Mulligatawny, Kidney, Mock Turtle, Onion, Hare, Scotch Broth, and White Vegetable.

In blue packets. Of all Grocers.

W. Symington & Co., Ltd., Market Harborough, Eng



Guard the rosy glow of youth

To preserve the freshness of your complexion, to shield it from the marring touch of wind and weather, use *Icilma Cream* regularly.

Just a little—ever so little—rubbed gently in with the finger tips night and morning will keep your skin in *perfect* condition.

Icilma Cream, fragrant and non-greasy, is in a class by itself. Because it is a *natural* skin tonic, *Icilma Cream* leaves the skin fresh and healthy, and a healthy skin is a beautiful skin.

Icilma Cream

Price - 2/6 per pot

Manufactured by International Icilma Trading Co., Ltd., London, England. Agents for New Zealand: Salmon & Sprag on, Baker's Buildings, Featherston Street, Wellington.

Use it daily and look your best

N.Z.C. 124

NEUROL

For Headache 1/6 Box Chemists & Stores

Become a Subscriber
Fill up a Form TO-DAY

When Writing to Advertisers Please Mention the "Mirror"

Please pass this
Copy on to your Friends

MR. AND MRS. ARCHITECT

Continued from page 37

out—"I stopped. Dave was looking at me with his mouth open.

"The what?" he said. "Say it again."

"The food-preparation groups and the clearing groups," I said. "See here, Dave, that's been all worked out scientifically. Our kitchen has it."

"Well, feed me first and then lead me to it," he directed. "Maybe it isn't as complicated as it seems."

SO we had dinner, and then I introduced my husband to his own kitchen.

"You begin here," I said. "The food comes from the pantry in two ways. The cold food goes direct to the dining-room. That to be cooked goes direct by this door to the kitchen. Then you prepare your food by the kitchen cabinet here, set it on the stove right next; those make the food-preparation group. If you have a lot of food, you have the table in the centre of the floor so handy to the cabinet you can reach it without taking an extra step. Then you take your dishes from the stove and put them on the drain-board or in the sink next, where they are washed. You rinse them on the second drain-board, put them on the wheel-tray and roll them to the dish-closet. You see, Dave, you don't have to cross the room a hundred times to do the work."

"But—but how did we happen on such an ideal place?" asked Dave.

"We didn't," I said. "The larder was a wash-house, and there wasn't any pantry. Don't you remember I made the landlord move the tubs into the kitchen along that wall where there was nothing? It didn't cost much, as the water was on that same wall, and I had to have a pantry sink. The kitchen-cabinet can be moved, you know, and the table. I made the landlord raise the sink last year. No woman could work at that before without getting a crick in her neck and a backache."

"Couldn't she?" asked Dave. "How high should a sink be?" "For the average woman thirty-two inches," I said promptly. Dave got out a notebook.

"If you'll say all that again, and slow—no, I'll never get it. Say, dear, come down to the office to-morrow and dictate it to Miss McBride, will you? It sounds great to me, but I'll never remember it all. And where, may I ask, is the outside door?"

"Into the larder, so the cool air of the cellar will keep the larder cool in summer by just leaving the door open. Of course, the icebox goes into the pantry."

"Where on earth did you learn all this?" said Dave.

"Well, every good housekeeper ought to know it," I said, "but a lot don't. Some of it I learned from reading, and some of it I just learned through housekeeping—and being sensible," I added.

Continued on page 39

It looks and tastes
like rich red wine
—and does you
much more good



POUR yourself out a glass of WINCARNIS, hold it up to the light and see what a beautiful clear ruby colour it has. Then taste it. What a delicious taste. Just like a rich, full bodied wine. And what a pleasing glow of health and well-being it soon produces. It is good, isn't it? WINCARNIS is choice red wine blended with extracts of meat and malt. It is a splendid building-up tonic for men or women of all ages—for those who are run down through illness or over-work—for those who are anæmic, a tonic that has been used for 40 years, and recommended by ten thousand doctors. Try it and see for yourself how good and nourishing it is. Take a wineglassful two or three times a day—after meals—it will do you ever so much good. Go to your Wine merchant, licensed chemist or grocer and get a bottle to-day.

WINCARNIS

"The Wine of Life."

is sold
in Two Sizes

SMALL
SIZE 5/6

LARGE (double
quantity) 9/-

N.Z. Distributors: Fassett & Johnson, Ltd., Wellington, N.Z.