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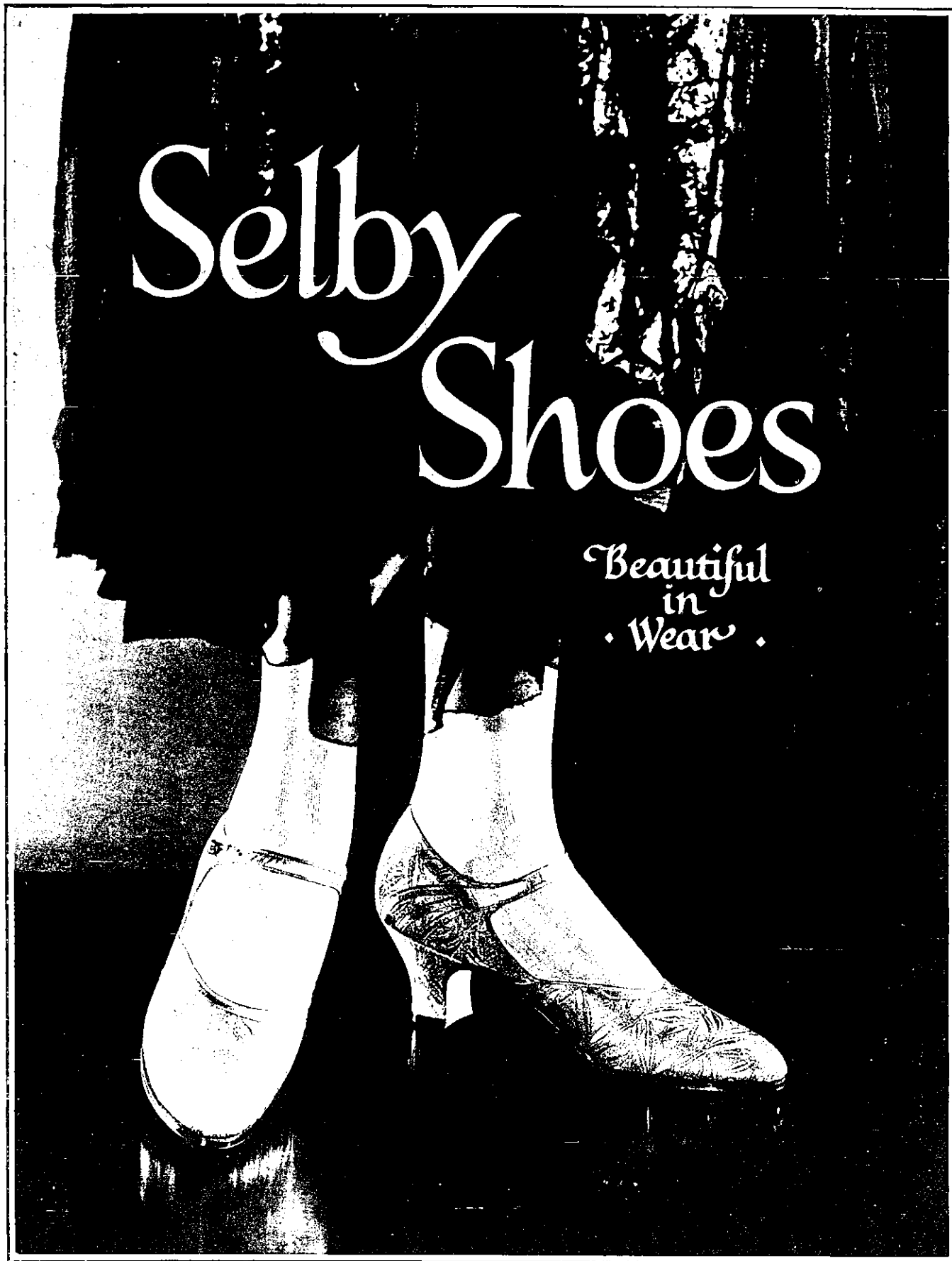
MIRROR

THE HOME JOURNAL OF NEW ZEALAND



THE SPIRIT OF SUMMER

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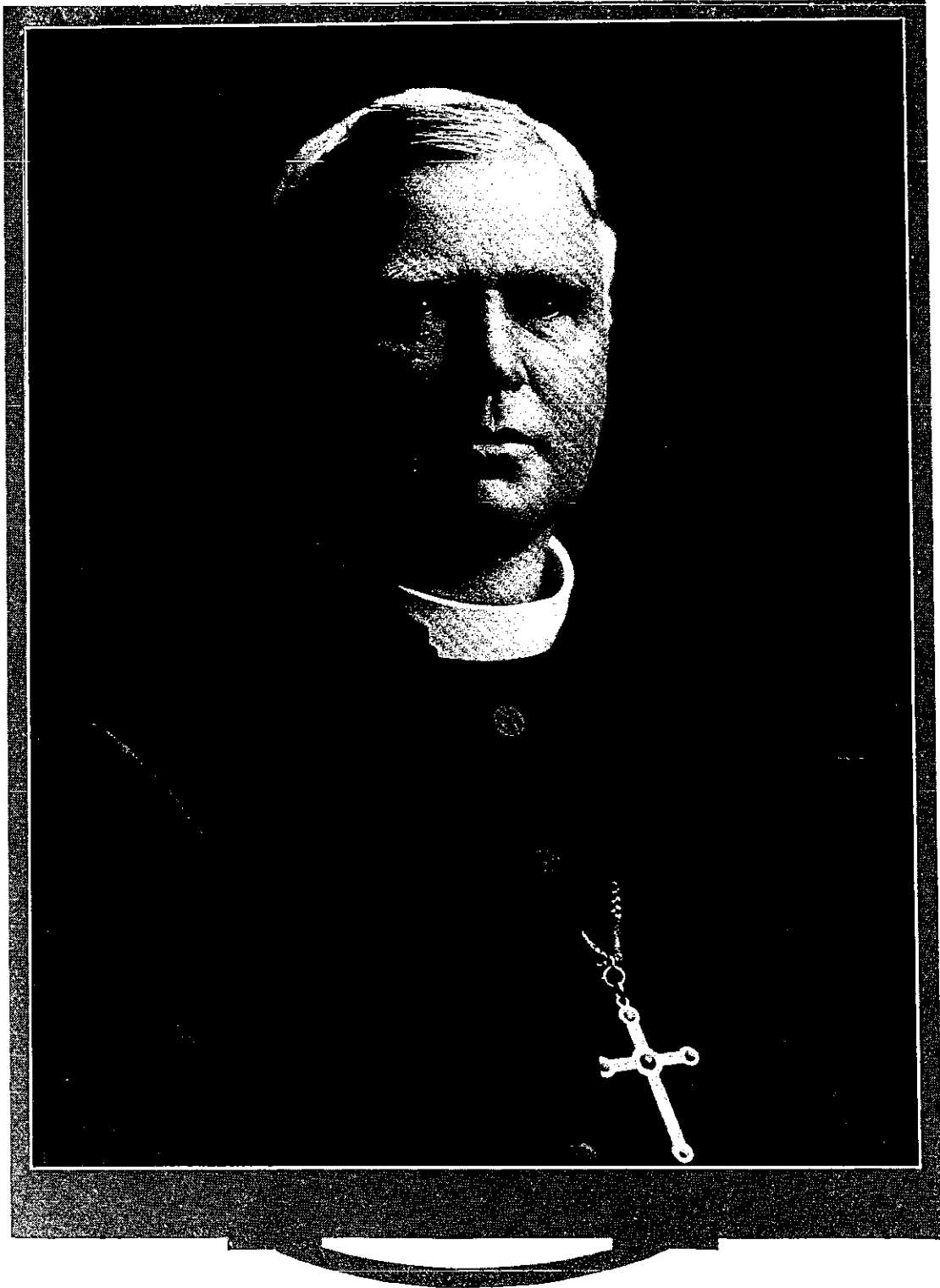
THE HOME JOURNAL OF NEW ZEALAND

IN WHICH IS INCORPORATED "THE LADIES' MIRROR" AND "THE WOMANS' MIRROR"

VOL. IV.—No. 8

1st FEBRUARY 1926

One Shilling



*The Anglican Archbishop of New Zealand
The Rt. Rev. A. W. Averill, D.D.*

Archbishop Averill, who is also Primate of New Zealand, was born at Stafford, England, in 1865, and after gaining scholastic distinctions at Oxford was ordained a deacon in 1888. He was a curate at Hanover Square, London, from 1888 to 1891. He came to New Zealand as Vicar of St. Michael's, Christchurch, in 1894, and was ordained Bishop of Waiapu in 1910. Three years later he became Bishop of Auckland, and last year became Archbishop of New Zealand, upon the retirement of Archbishop Julius.

A Pair of Pleasing Portrait Studies

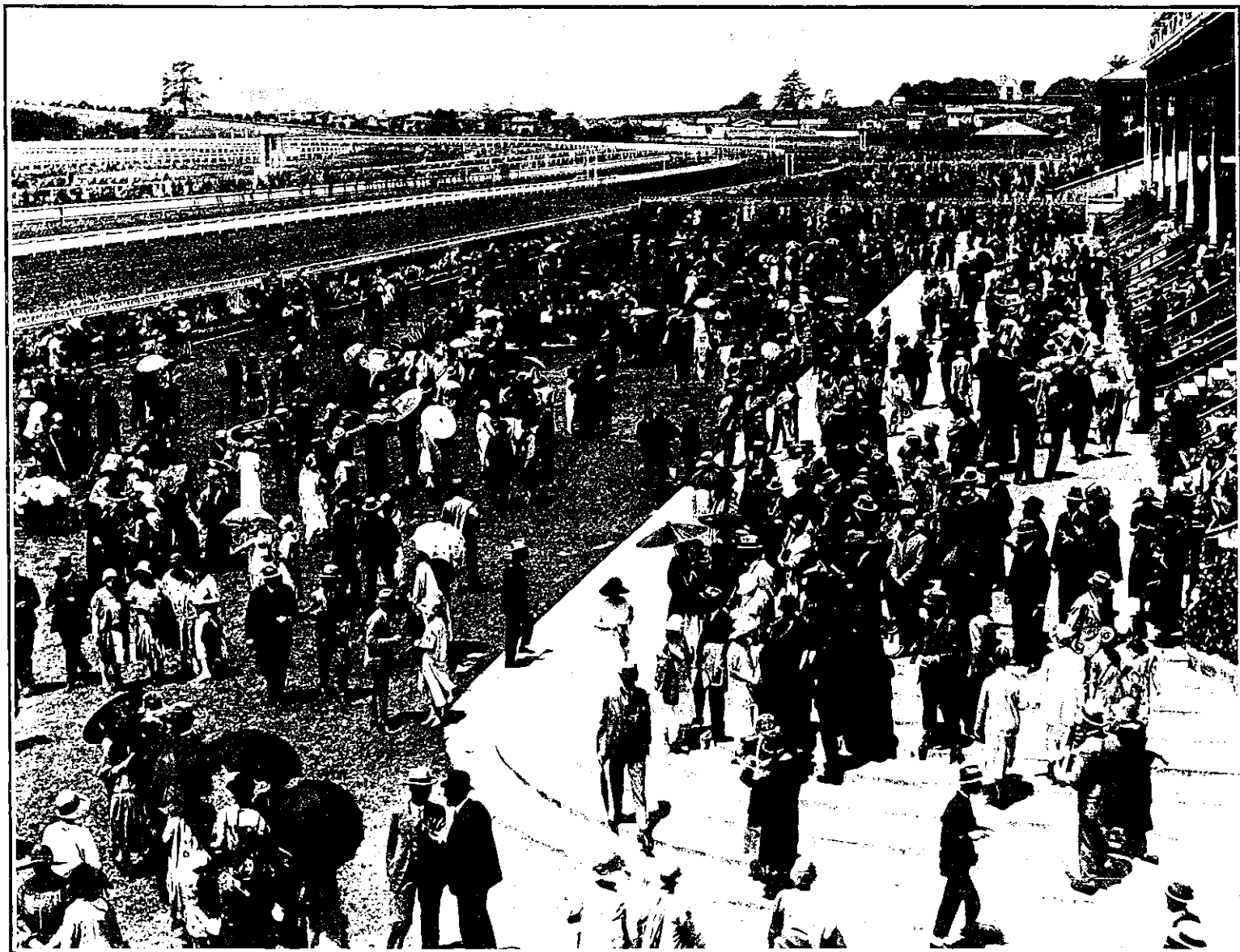


Lady Alexander F. Roberts, wife of the New Zealand Commissioner at Wembley Exhibition, who has recently returned to her home at Dunedin.

London Photo



Mrs. H. Cassey, of England, who is visiting the Dominion
S. P. Andrew Studio, Auckland



A gay throng of pleasure-seekers at Ellerslie on Cup Day

THE most prosaic observer who visited Ellerslie during the recent racing carnival, could not refrain from the cheerful reflection that horse-racing stands paramount as the favourite sport amongst all sections of our young nation.

As a sport, racing in New Zealand is admirably conducted. Those who are responsible for its management have set a very high standard for the sport, and have jealously guarded the good name that has been created, both in the matter of control of the racing, and the way in which the public is accommodated on the splendidly appointed metropolitan racecourses. Money has been lavishly spent to make the environments of racing pleasant and alluring.

Even the most captious critics of racing, who are often very ungenerously dubbed "wowsers," because their visions are warped, and they spurn gambling as a devilish sin inseparable from horse-racing. Of course, these critics are wrong in supposing totalisator betting—which is a very different thing from promiscuous gambling on the results of races—dominates the sport; and this is more particularly the case where womenkind are concerned.

Sports Loving People

CERTAINLY it is an inherent instinct with our sports-loving

people that they should desire to "back their fancy" when they go a-racing; but that by no means indicates that gambling predominates the sport. Indeed, the whole atmosphere of our leading courses radiate sociability and sportsmanship, inasmuch as most people wish to be associated themselves with one another in their particular fancies. There is no one more responsive to friendly advice about the prospects of the gee-gees, and more prone to accept a "tip" than the casual racegoer!

The "gambling mania" is the crux of most adverse criticism levelled at racing, because of the legalised betting that is an adjunct of the sport. It is not fair, however, that it should embrace a general condemnation, even from the most ardent anti-gambler. Admittedly half the excitement of racing would be

lost to many if no bets were made upon the results; and even to modest speculators a ticket on the tote adds an alluring charm to the sport for most devotees.

SO far as Ellerslie is concerned: It is an animated social rendezvous (as the accompanying illustration shows) and the finest fashion parade in the most pleasing setting to be found within the Dominion.

To the fair sex particularly, who crowd to Ellerslie, Trentham, Riccarton and many other leading metropolitan racecourses, the meetings provide delightful holidays, and afford pleasant relaxation from the stress and worry of everyday life. There the gay spirit of true sport and cheerful social intercourse holds sway. Few people are drawn to the courses from sordid motives, and if these could be excluded the racing

clubs would gladly refuse them entry. As it is, every means is taken to bar undesirables from our racecourses. For pure, unadulterated pleasure, a day at the races is the choice of the great majority of our sports-loving people, and social amenities become the order of the day.

Backing Your Fancy

WHATEVER moralists may have to say against the totalisator, and deplore the volume of money that flows through this mechanical betting device, this much must be conceded: the totalisator is strictly honest; it does not tout for patronage; it does not give credit or sell chances by deferred payments; while its management is beyond reproach. None can deny but that a popular race meeting is invested with an atmosphere of beauty and a sense of gaiety that reflect the admirable sporting proclivities and good fellowship amongst the happy participants in the Sport of Kings.

Knights of the Turf

NEW Zealand is the home of clean, honest racing. Its standard is the highest in the world. That standard has been built up and jealously fostered by the class of sportsmen who have controlled, and are happily still controlling, our national

Continued on page 6

In the Mirror



Graceful Types of Girlhood



*Below—
Miss Margaret
Somerville,
of Auckland
S. P. Andrew, Auckland*

*Miss Rosemary
Waller,
of Auckland
S. P. Andrew, Auckland*



*Miss Dorothea Vautier, of Hamilton
Gaze & Co., Hamilton*



Popular Rotorua Guides

Twin Guides Eilleen and Georgina, with Ruth, the daughter of Eilleen, in the centre



*Guide Susan and a Native graven Deity
G. Troughton Clark, Rotorua*



Sir George Clifford, Bt.

Lady Clifford

Sir Edwin Mitchelson, Kt.

sport. It is often said that the Racing Conference is an autocratic body presided over by an autocrat. But cheap sneers of this sort are promptly dissipated when the bright light is focussed upon the achievements of this august body. No country has the sport of horse-racing under more complete control, and what is still more to the point, it is conducted in the best interests of the patrons themselves. There are no proprietary interests drawing toll from the sport; while the ablest brains and most disinterested sportsmen from all walks in life guide its destinies.

Sir George Clifford's whole life and soul is wrapped up in the sport of racing, and New Zealand is fortunate indeed in having had a man of his outstanding administrative ability and keen judgment as the presiding genius of the Racing Conference for more than a generation.

Sir Edwin Mitchelson, as president of the Auckland Racing Club, has likewise been a great acquisition to the sport. The part he has taken in beautifying the Ellerslie Racecourse is a monument to his enthusiasm; while the manner in which he has shaped the destinies of the Dominion's premier club is evidenced by the marked progress it has made under his able direction.

A Wise Appointment to the Judiciary

OUR new Chief Justice, Mr. Charles Perrin Skerrett, is a man of many parts. He has been a prominent athlete, a keen huntsman, an enthusiastic sportsman, a popular clubman, and "a man of the world." He is an incisive speaker, a brilliant advocate, an austere prosecutor, and a sound lawyer. A field he has yet to explore is matrimony, but withal he is a worthy son of New Zealand.

In the Mirror

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and a great patriot. He should add prestige to his high office.

The Exhibition

THE Exhibition is proving a huge success so far as Dunedin is concerned, and the Cannie Scots who planned the enterprise are entitled to all credit for their foresight in organising the "big show" on lines that have made it a veritable magnet for drawing crowds. We are told that day by day and every day more than 20,000 people pass the Exhibition portal, on some days 20,000 twice over. Half the population of Dunedin must be there, with visitors from all round the compass to boot. "There are days on which weather counts against us," says the *Otago Daily Times*, "but it doesn't count for much. What though the spicy breezes proper to the season become petulant winds and dust-laden; or although, as an alternative, the clouds drop fatness; what is this to storm and tempest, hurricanes, floods, and earthquakes, the daily cables report elsewhere? In the arcaded promenades of the Exhibition, miles and miles of them, we laugh at weather. There we meet our friends from near and far—the Exhibition is a social exchange; we see a vast aggregate of wonderful things, we hear some of the best music in the world. This is to say that we are at the height of felicity and intend to keep it up. Perhaps we shall all be bankrupt in the end; but what matter? A detail that, remote and of slight consequence.

*Let come what come may,
We shall have had our day."*

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Chief Justice Skerrett

Photo by S. P. Andrew Studio,

Wellington

from a printing

An Auckland Musical Trio



Miss Audrey Dickinson, Auckland
Tornquist Studio, Auckland



Miss Dorothy Richardson, Auckland
S. P. Andrew, Auckland



Mrs. Humphrey-Steward, Takapuna

Connie Lloyd, Takapuna

Breezes from the Capital

FROM youth upwards, most of us have been given to understand that it's an ill wind which blows nobody any good. The dyed-in-the-wool-and-whiskers Wellingtonian may, for instance, find the hat-snatching tactics of our prevailing southerly busters just a little trying. But think of the pleasure that aforementioned southerly busters give to that useful individual, the tourist. Let us explain. In the days of our extreme immaturity, Kipling, in the throes of describing the Seven Seas, the Eight Continents, or similar geographic phenomena, stopped in his stride to address no less than four lines to our very own Wellington: Auckland has never quite recovered from the shock. The four lines were as follows:

*Broom behind the windy town,
Pollen of the pine,
Bellbirds in the leafy deep,
Where the ratas twine. . . .*

This, sandwiched neatly between a sonnet on Calgoolie and an ode to Kamchatka did the trick. From that time forth, the very first thing that a tourist looks for on arriving in Wellington is the Wellington wind. And he won't be happy till he gets it. He comes armed with hat guards and chest protectors, sits down and waits for things to happen to him. Visiting Wellington on a calm and windless day is to him as tame a proceeding as rounding the Horn without being violently seasick. He feels that he might just as well, if not better, have stayed at home. When, however, he successfully loses his hat, his dignity and his temper, he knows that Wellington has given him his money's worth. One wonders if old Aeolus, the presiding genius of windy Wellington, ever feels the strain of living down to his reputation.

WORKING along the same lines, the average tourist feels dreadfully hurt if the natives of any foreign land don't wear scarlet cummerbunds, sinister smiles, and very little else: generally he writes to the papers about it. He has come from one side of the world hoping to find the other side entirely different. Of late years, New Zealand has been sadly remiss in this respect. The good old days of bowie knives and cannibalism are gone, presumably for ever. Our tourist, as a reasonable man, recognises that this is inevitable, though sad. But a greater sin of omission is ours. Almost every visitor to these our shores, having discovered, much to his surprise, that New Zealand is not situated in the middle of the Great Australian Desert, comes here firmly convinced that he is going to find an earthquake under his bed. He generally makes his will before setting out, and occasionally goes to the extent of kissing his wife good-bye. En voyage, he says to his fellow passengers, with an air of splendid unconcern: "Im patting in a week at the Shivery Isles, you know," and said fellow passengers reply in remonstrative tones: "But look here, old chap; I say, don't

you know!" Or words to that effect. Generally they try to persuade him to take up something safe, like big-game hunting in Central Africa. When, on arrival here, he wakes up in the morning to find himself still alive, and when the Town Hall positively refuses to stand on its head for his entertainment his disgust and astonishment pass all bounds. Thereafter, in talking of New Zealand, he usually confines

frighten anyone—far from it—but just supposing that The Earthquake were to happen along to-morrow, what would the Mayor do about it? So far the Mayor has declined to answer so unorthodox a question. It is to be presumed that he has not yet decided whether he would, in such eventuality, "spring from his bed with unmayoral cries," or whether he would simply put his head under the blankets, wait and pray.

up our pennies for the return fare to the Exebish. (In case you don't understand, "Exebish" is just a pet name for "Dunedin and South Seas Exhibition," which sounds—don't you think?—so cold and formal.)

While we're on this little matter of the Exebish, I wonder just what is happening behind the dense veil of mystery which surrounds the Wellington Court? Have the painters ceased from troubling? Are the glaziers at rest? Personally, although, of course, I recognise that mere females mustn't attempt to fathom the workings of the mind of Authority, I can't see our difficulty in finding exhibits sufficient to furnish any court. For instance, why not secure, stuff, and mount a specimen of the Wellington straphanger? In Wellington, as you probably know, our tramcars take a deep breath, pause for an instant, and plunge down into abysses which would make a stunting aviator feel dizzy. Not infrequently, just by way of a change, the entire car loops the loop. And all this time the confirmed straphanger is successful not only in keeping his grip, but in reading the morning's paper, executing a superior form of haka upon the toes of his neighbours, eating a currant bun and carrying on an argument as to the relation of Lloyd George to the Darwinian theory. It is popularly supposed that the first thing the proud parents of a straphanging baby (the complaint is hereditary) do, after christening the child, is to take it out, introduce it by stealth into a tramcar, insert a strap between its fingers, and leave it alone for an hour, secure in the knowledge that on their return they will find it clinging to its strap as happy and contented as a young octopus adhering to a rock. From time to time, straps have been reported as missing from the Wellington cars. The popular explanation of this is that the relatives of some deceased straphanger have severed his favourite strap, finding it quite impossible to dislodge him from same. There may, of course, be some shadow of doubt about this theory. But in any case, to return to our original contention, why shouldn't Wellington's court be the proud possessor of at least one straphanger, labelled "Gemine—very old?" If captured living, he could perform feats of endurance which would upset the nerves of an Indian fakir.

*Boys and girls, come out to play,
The moon is shining bright and gay.*

MORE and more, the somewhat conservative and retrogressive citizens of Wellington are coming to realise that "the best of all ways to lengthen your days is to steal a few hours from the night, my dear." Other and more progressive cities have moonlight tennis, moonlight lathing, and—shall golf be anywhere but in the vanguard?—moonlight golf. Wellington has moonlight trips upon its harbour. Of course, everybody writes to the papers about it. The organizers of such expeditions retaliate that they

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Miss Byrrel Ward, of Wellington

Margaret Hardie-Shaw, Wellington

himself to remarking: "Shivery Isles! Hub!" and intimating that he has derived more genuine excitement from riding on a scenic railway. At last, however, the Tourist Department, or whoever looks after these little affairs, has awakened to a sense of its responsibilities. We have it on good seismological authority that if Wellington's last earthquake had been just a little more so, the entire town would have enjoyed a sudden and altogether unexpected bathe in the waters of our admirable harbour. This, surely, was near enough to please the most exacting tourist. But better is to come. Our Government seismologist has advocated the formation of a society "to take in hand the creation of a working basis from which the whole community could be organised in case of a disastrous earthquake." He declares, in tones of deepest insincerity, that he doesn't want to

LOOKING at the matter from a patriotic viewpoint, I can't help feeling that there's a lot to be said for this Society for the Prevention and Cure of Earthquakes. For instance, the leading hotels of Wellington might (mind you, I don't say they will) inaugurate a system of earthquake drill something like this: At 3 o'clock in the morning, all gentlemen to spring out of bed, put on costume composed of bedroom slippers and bath towels, descend fire escape hand over hand, pause at bottom, place hand on heart, and exclaim: "I knew I'd forgotten something! My poor wife!"

IN the meantime, however, we'll just have to make the best of such indoor and outdoor sports as Wellington can provide such innocent diversions as bargain saleing, sun and moon-bathing, and saving

Camera Studies of Sturdy Youth



Carol, youngest daughter of Mr. and Mrs. C. S. Jeffs, Feilding

Rona Studio, Feilding



The daughter of Mr. & Mrs. H. F. Halse, "Lansdowne," Masterton

Marie Dean



Peter and Anthony, sons of Mr. and Mrs. Eric White, Gisborne

R. J. Clark



Left—The Son of Mr. & Mrs. R. M. Morten, "Ahuriri," Tai Tapu, Canterbury

Milard's Crown Studios

In Circle—Christene, the youngest daughter of Mr. and Mrs. W. McLaren, Hawera,

Patillo, photo, Dunedin



Mr. and Mrs. R. A. Anderson, with Sir Truby King, Sir Joseph Ward, and the Hon. A. F. Hawke, at the opening of the new Plunket Home at Invercargill, presented by Mr. and Mrs. Anderson to the Society.
Left to Right—Hon. A. F. Hawke, Mrs. Anderson, Sir Joseph Ward, Sir Truby King, Mr. R. A. Anderson.

Inset photo, Invercargill

A Woman's Part

THE Pact of Peace, which was the felicitous culmination of discussions at Locarno, is of outstanding interest to womenkind throughout the Empire and Western Europe, inasmuch as a British woman, in Dame Ivy Chamberlain, the wife of the English Foreign Minister, played no small part in bringing about happy relations amongst the delegates from the Seven Great Powers of Europe.

It was during an outing spent on a motor yacht on Lake Locarno, at which Dame Chamberlain, whose birthday it was, presided as the hostess, that the goodwill of the peace delegates found such amiable expression in honouring this distinguished Englishwoman. On the morrow of that memorable day a complete understanding was reached amongst the representatives of the nations, and the Pact became an accomplished fact.

It was a happy inspiration of the King to mark the gratification of his subjects throughout the Empire, when he decided to confer signal honours on both Sir Austin Chamberlain and his wife as recognition for the part they took in bringing about cordial relationship amongst friends and foes in the Great War.

Upon his Foreign Minister the King conferred a Knighthood of the Garter, and thus Sir Austin is the only commoner amongst the twenty-five Companions of the Order, which includes seven Dukes, seven Marquises and Earls. It is the highest order of knighthood.

In the Mirror

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At the same time our Foreign Minister's wife was honoured by having the Grand Cross of the Order of the British Empire conferred upon her. When the representatives of the nations met at the London Foreign Office to sign the Pact, a special allusion was made by the German delegate, Dr. Stresemann, to the influence of Dame Ivy Chamberlain at Locarno.

All British Fashion House

ENGLISHWOMEN have for decades allowed the *couturiers* of Paris to assume the rôle of fashion dictators for feminine wear. Now, however, that England is "waking-up" and adopting the slogan of her manufacturers to "Buy British Goods," it is not surprising to learn that a British Model House has been opened in London. It is a six-storey building in Regent Street, and has been established with the object that only British materials shall be used to set the British fashions.

"Up to the present," says one of the organisers of the scheme, "England has possessed no fashion house

for women, and little or no encouragement to establish one, so consequently the English woman has been forced to depend directly or indirectly on foreign designs and compelled either to adapt herself to foreign creations or get some intelligent English dressmaker to Anglicise them for her.

"For some reason or other the beauty of the English women, at once the spontaneous delight of every foreigner, has failed to charm our dressmakers to sartorial enthusiasm. They have never founded a school of dress in which to extol her own 'unaided' beauty, or woven colours or embroideries to offset her radiant complexion.

The Post-War Woman

THAT was all very well thirty years ago, but with post-war woman it is different. It is perhaps not realised by the public to what an insidious extent foreign fashions have permeated our stores.

"In defence of the wholesaler and retailer I must state that this foreign importation has often been a policy forced on them in spite of their better judgment. So persistent-

ly have been the beliefs that the standards of merit of our own fashionable silks could not be counted on that one has been driven to believe this was reality.

"Personal penetration into the mills shows me what nonsense was being perpetrated. Another illuminating piece of intelligence such a visit divulged was that this discouragement dealt out to Bradford by her own people forced her to sell her own goods to Britain through foreign markets."

The Scout Spirit

ONE of the features last month at the Dunedin Exhibition was the Boy Scouts jamboree, which drew several troops from Overseas in addition to New Zealand scouts from all quarters of the Dominion. This was a spectacular affair compared with the unproclaimed training in straight, clean living to which the Scouts submit themselves week in and week out, and incidentally better fit themselves as citizens.

Sir Robert Baden Powell has never yet been sufficiently honoured for his part in conceiving and achieving this fine brotherhood, to say nothing of the sister movement—the Girl Guides—which is conceived on the same splendid spirit. Certainly no other single movement of our day has done so much for youth of both sexes. With its two million members throughout the world, the Boy Scouts constitute a League of Youth which may, ultimately, have even higher claims on our gratitude than the League of Nations itself.

Womanhood: Reflections by the Camera

Right—Mrs. D. Cameron, "Mocraiki,"
Hinakura, Featherston
S. P. Andrew Studio, Wellington



Below—
Mrs. L. Kellick, of Mangamahu,
near Wanganui
Tesla Studios, Wanganui



Mrs. P. Morley, wife of Professor
Morley, of Auckland
S. P. Andrew Studio, Auckland



In Circle—Mrs. James McDiarmid,
Mayoress of Oamaru
Mahan, photo

The New Art

Our Mistaken Notions

By W. PAGE ROWE

ART in Auckland is evidently in a very bad way, that is if Mr. Epstein and some others are producing the best kind of art up to date. The opinion that there are but four good pictures in our Art Gallery plainly errs on the side of leniency, for I cannot find one which approaches this new standard, unless, proaches this new standard, so it is evident that the sooner we clear out the whole lot the better. The gallery could then be renamed and re-furnished with enlarged photos of our local M.P.'s, and perhaps their "runners-up," not quite so large, and also of our successive mayors and councillors. A few photos of local beauty spots might be included, such as a selection of views of our waterfront, a study of overhead cables, the architecture of Queen Street, one of the tram refuges—so simple and yet so solid—the new workmen's dwellings, and that beautiful area which so engagingly leaves everything to the imagination in its name of "Civic Centre" which everybody gives to it.

THIS new phase of art is all very disturbing. Here have I been admiring sundry pictures in our Art Gallery—more than four—and condemning others, only to find the Mackelvie trustees and myself are in the same wrong box. I have often climbed the hill to look again and again at the statue by Lucchesi, in the Albert Park, representing "The Triumph of Peace," and reproduced on this page, and it seems that I have been misguided, for I have admired it hugely, and it is all wrong, and therefore I don't begin to know what good art is. It is just possible that the pedestal may be right according to the new canon, but there again I have always found it inexcusable, unless it is to be taken as the subtle cause for a certain air of dejection about the figure. The inscription also is just what it should not be, and omits both the title and the name of the sculptor. Similarly, I find that those remarkable statues at the Hospital, of Nurse Cavell, a sailor, and a soldier, took

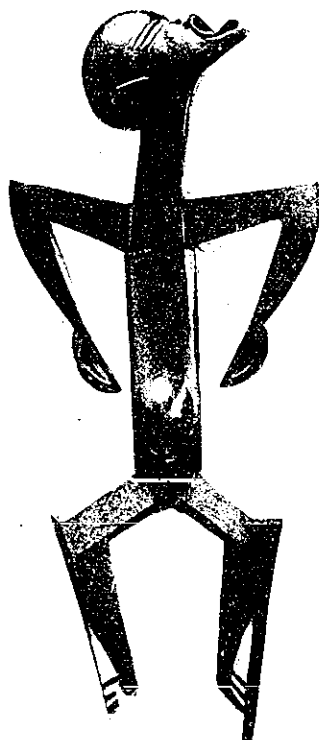


"The Triumph of Peace"



A Negro Masterpiece

my breath away for quite a wrong reason, for as far as I can grasp the meaning of this new kind of art, these express its intentions more nearly than anything I have yet seen in Auckland outside the Museum.



IT seems that we are all wrong in imagining that Greek sculpture, such as the Venus of Milo, epitomises the beauty of the human form. Not a bit of it! We should get our inspiration and our ideals from Negro sculpture, at least so says a host of high-browed authorities, and in quite unmistakable terms. You have only to look at the picture of one of these masterpieces to see how wrong we all are in our conception of beauty. What our women-folk are going to do about it, I don't know. Because if this sort of thing represents female beauty, they will have to find some other means of getting at it than hair-bobbing and lip-sticks.

Mr. Epstein evidently agrees also that the Negro idea is right, as

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"Curse the day," etc.

Fair Daughters of New Zealand



*Below—Audrey, daughter of Mr. and Mrs. A. Prentice, of Ashburton
Mita Studio, Ashburton*



*Margaret, Gwen and Ruth, the daughters of Mr. and Mrs. W. E. Hyslop, Hawke's Bay
Lovell Smith Studio, photo, Hastings*



*Marjorie and Joan, daughters of Mr. and Mrs. A. C. Cooper, of Waikato, grand-daughters of the late Sir Theo. Cooper
Gaze & Co., Hamilton*

*Neoline, daughter of Mrs. J. W. M. Bouchier, Mt. Eden, Auckland
Broadway Studio, Auckland*

Fashionable Double Wedding



Anderson's, Palmerston North

THE small parish church of St. Mary's, Takapau, Hawke's Bay, was the scene last month of a most interesting and picturesque double wedding, when two popular members of Hawke's Bay social set were married to two officers and mess-mates of the New Zealand Squadron of the Royal Navy.

The brides were Miss Violet Mary A'Deane and Miss Margaret Hamilton A'Deane, daughters of Mrs. A'Deane and the late Mr. J. B. A'Deane, of Ashcott Station, Takapau; who married respectively Lt.-Commander Lawrence Lyonel Tollemache, son of the Hon. M. C. Tollemache, of Hore, Sussex, England, and Lieutenant Walter Roger Marshall, son of Captain Richard Marshall, of Limewayte, Cumberland, England.

Needless to say, this double wedding was one of the most striking fashionable events in social circles that has been held in the Hawke's Bay province, and attracted widespread interest throughout the Dominion.

The pretty church was tastefully decorated with pale pink and blue hydrangeas and native ferns, surmounted by two huge floral bells. The ceremony, which was a full choral one, was conducted by the Rev. Canon Culwick, attended by the Rev. Mr. Blathwayt. The high esteem in which the contracting parties of this interesting event were held was evidenced by the crowded attendance and enthusiasm of those who witnessed it.

The two radiant brides proceeded up the aisle on the arms of their mother, who gave them away. They were followed by pages and bridesmaids, while the bridegrooms were attended by Lt.-Commander Barcroft and Pay-Lieutenant Proffit as best men, and Lt. Woodroffe and Lt.-Commander Vaughan as groomsmen, all in full naval uniform.

As the wedding party left the church, to the strains of the Wed-

ding March, and supported by a guard of honour formed of officers from the H.M.S. *Dunedin*, the New Zealand flagship, they met with a joyous ovation and wild excitement.

Miss Violet A'Deane's wedding frock was of ivory knife-pleated georgette, with ivory lace, worn over a slip of shell pink. The train was suspended from the shoulders, and was composed of georgette and Milan lace, and falling over the whole was a veil of palest pink tulle, with a coronet of orange blossom round her head. She carried a bouquet of beautiful flowers. Her bridesmaids were the Misses M. Lowry, Okawa, and Miss Marjorie Macfarlane, Auckland. They were

ried bouquets of flowers to match, interlaced with gold tissue ribbon. Master and Miss Hewatt, son and daughter of Mr. and Mrs. Ralph Hewatt, Palmerston North, were her pages. The boy wore a sailor suit and the girl a frock of hydrangea blue ninon, and wreath of silver leaves.

Miss Margaret A'Deane's wedding gown was of ecru silk, and fine gold lace, with an overdress of gold marerame lace. Her train had the same beautiful lace introduced. An ecru silk tulle veil and coronet of orange blossom completed the toilette. Her bridesmaids were the Misses Mary Macdonald, Timaru, and Helen Kinross White, Napier. They were frocked like the former

brides, was frocked in pavanche blue georgette, with an overskirt, embroidered with small parma violets. Her black hat was trimmed with paradise plumes, and she carried a bouquet of crimson carnations and ferns. After the ceremony the guests motored to Ashcott, the beautiful home of Mrs. A'Deane.

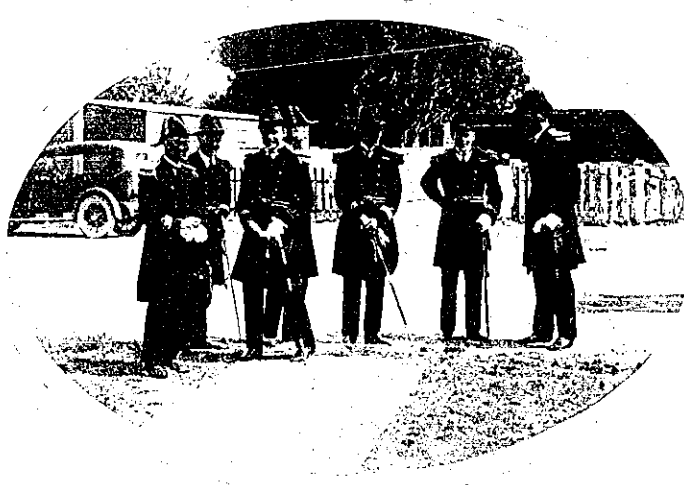
In connection with this happy union of the popular A'Deane sisters to two English naval officers has recalled an interesting chapter of the early settlement of the Hawke's Bay province. While we are not prepared to vouch for the authenticity of the accompanying paragraphs, culled from an exchange, they have their romantic interest, and will be read with the degree of reservation they deserve:

"A curious figure in the early history of Hawke's Bay bore such a high-sounding title as the Hon. Algernon Gray Tollemache.

"Tollemache, in his day, was the wealthiest man in New Zealand, but he was a bird of passage, and did not stay long. While he was here, however, he made the most of his time and opportunity. He was a Jew, and a lender of money to the hard-pressed graziers who founded the fortunes of Hawke's Bay's present squatterocracy. These pioneers would sign a mortgage under the eyes of the financier, whose pockets were bulging with notes. When the formalities were completed the Honourable Algie would pull the notes from his pocket, and solemnly count out the required sum.

"For long after he retired to England he continued to extract good marrow from Hawke's Bay.

"A big sheepman associated with Tollemache in the early days was John A'Deane, founder of the valuable Ashcott estate. Strange it is how human destinies are interwoven, for one of John A'Deane's granddaughters is now married to a naval great-nephew of the philanthropic Algernon G.



A group of Naval Officers who attended the fashionable double wedding at Takapau

Anderson's, Palmerston North

frocked alike in hydrangea blue ninon, made with double skirts, the top skirt being trimmed with huge roses of the same material. They wore rucked hats in the same colour, with roses at the side, and they car-

ried bridesmaids. The pages were Miss Cynthia Shields, Waiherewa, Hawke's Bay, and Master Ian Potts, Wanganui. They also were dressed like the former pages.

Mrs. J. B. A'Deane, mother of



Evening gown in white tulle with tiny pearls, also a rich design at the waist.—Lelong.

Robe in white ottoman silk with black pipings.—Bechoff.

Evening dress in purple velvet, trimmed with chinchilla and pearl motif with fringe.—Colette.

[Smart clothes at Beath's, Christchurch.

Rahma Studio, Paris

SUMMER fashions this season have been both dainty and smart with their trimming of frills, pleats and godets, which have added a charm the straight silhouette lacked. From a review of the latest fashion journals indicates that the autumn and winter modes are to follow these attractive styles in modified form in, of course, seasonable materials.

The popularity of the *ensemble* still holds sway, usually in contrasting colours, although many smart *ensembles* are shown in black; which, however, must have a touch of some very vivid colour or grouping of colourings for trimmings.

To the fashion of the *ensemble* costume belongs the credit for making women more conscious of colour now than they have been for many a day. When the coat and dress that matched each other were first put together and proclaimed as an "*ensemble*," colour harmony in clothes was dramatized.

Women were amazed to see how much better they looked in these *ensemble* costumes than when they chose their colours in a haphazard way. They looked more interesting than when they played safe and clung to black. They began to consider seriously this question of colour in the costume. Out of the first *ensemble* idea grew a more sophisticated sense of colour.

THE term "*ensemble*" now means not only a matching coat and dress, but any costume in which there is an underlying harmony between the two parts. One of the new discoveries that women have made is that too much meticulous matching is apt to be monotonous. They have begun to reach out for

other less obvious combinations than that in which the coat is an exact colour counterpart of the frock.

From now on, women will adventure more and more into colour and combinations of colour. It will take more thought, more time, to compose a costume now that intricate colour harmonies play so important a part. But no one who feels that clothes supply our first opportunity to express whatever discrimination we may have, will doubt, for a moment, that the effort is well worth while.

THE two-piece jumper frock is shown in all their smartness. It is practicable, it is youthful, and it is becoming. For these reasons it is well to know that the jumper frock is not to hold sway after the long days of summer have passed.

It seems as though capes are to have a revival. Short hip-length *crêpe* creations, with a bias treatment, is the latest novelty, and this gives them a very graceful and clinging effect. They are, of course, worn with sports clothes, and some are three-quarter length, and even longer.

Skirts do not seem to have any tendency to become longer. Fourteen inches from the ground seems

to be the prescribed length for smart walking skirts; but naturally skirts are relative. One's legs must be considered! However, skirts for sports wear are not likely to appear any longer, which will be very consoling to the more active and well-developed younger set.

Fashions for Sports Girls

MANY changes have taken place at the call of fashion—and in the name of commonsense—in connection with sports clothes. This is only as it should be, now women take so keen an interest in outdoor pastimes and active recreations.

It's not every girl who, if she plays golf or tennis, is keen on walking, boating, etc., can afford to invest in special kit. What she must do is to be sure that she includes among her clothes at least one frock that will give her freedom of movement for games, and that won't come to grief if it gets wet; bearing in mind that there's no reason in the world why she shouldn't have both a smart and becoming model.

There was never a year when she had a wider choice, and one of her greatest problems will probably be whether she shall have a "one" or "two-piece."

The one-piece frock is a prime

favourite, especially for the beach. Its success depends beyond all else on its cut and the neatness of its detail.

Tobralco is now woven in many charming patterns that will puzzle you for choice; also, there are the delightful new gingham, cretonnes, and sponge cloths that load the shelves of big shops so tantalisingly. Whatever we choose, we shall be right in our choice if the tone is one in which we look our best. That is the only and the safest rule.

Whether a "one" or "two-piece" frock is chosen, trimmings, etc., will be carried out on much the same lines. These must, needless to say, be exceedingly simple—buttons are much used, and buttons put to a practical use (that is to say, a frock or jumper will have the line broken by a row of buttons, from neck to hem, that actually fasten the garment, placed close together). So are pockets (a practical form of decoration, these!) of every conceivable shape and size.

Often a Batik handkerchief, peeping from one of them, will give the needed touch of colour. Then again, collars and cuffs, or collars alone, in linen, in holland, in piqué, in muslin, in cotton and silk crepe, give the freshest of touches.

Inverted pleats, knife pleats, box pleats, indeed, any sort of pleats, are the newest and most practical method of making skirts easy to move in, while at the same time, retaining the narrow effect, without which a costume is never smart these days.

THE wise woman won't choose for her little sports frock a fabric that is too fragile or crushes

Continued on page 16

Vanitas Vanitatum





Autumn Styles

Reflecting Fashion's Vogue

- 1.—Smart over-blouse in crepe-de-cine, with narrow tie of contrasting colour in ribbed silk.
- 2.—Lace evening frock in string-colour over pink satin slip.
- 3.—This frock illustrates the vogue of lace in which lace and crepe-de-chine are combined.
- 4.—Georgette is largely used for afternoon and evening frocks. The model shown is trimmed with metal lace.

- 5.—A frock in silk and wool marocain. Pleated ribbon forms a new and attractive trimming.
- 6.—Stockinette, trimmed with a lighter shade of the same material, makes a useful frock for cooler weather.
- 7.—An evening sleeveless jumper, with appliques of shaded poppies in floral tissue brocade.

[The smartest and latest at Beath's, Christchurch

easily, though she doesn't, of course, want anything heavy for summer wear.

Kasha, of course, is ideal, and there are luckily nowadays many materials on the market, carried out in practically every colouring that resemble it in all but the price.

Then, of course, wool stockinette, which looks quite summery in the lighter weights and colours, and is altogether serviceable.

Shantung and tussore are ideal materials for hard wear, also all members of the cotton crepe family; the various light-weight woollen fabrics can never come to any harm, and if they are carried out in a delicate colour look as "summery" as anyone could wish.

SCARVES are important features of the newest models—not the high-coloured Batik scarves—but scarves of the same fabric as the dress or, at least, the same as one of the fabrics: a "two-piece," for instance, that has a ratine skirt and a crepe top will have a ratine scarf, and so on. This leaves much to the individual taste.

WITH godets so much in favour, a hint for the home dress-maker may not be out of place.

Whether your godet is gathered or plain, pointed at the top, or squared, cut it on the cross if you want to get a really fluted flare.

Even if the godet is cut on circular lines, so that there is bound to be a certain amount of flare, whichever way it is laid on the material, that flare will look stiff and stodgy unless the godet is cut on the cross.

All this does not apply to pleated

godets. These must be cut on the straight, or your pleats will not lie flat.

If it is a delicate cobwebby lace as fine as gossamer, sew the seams by hand, but if it is a heavily patterned or open-meshed lace, machine it instead. It is hopeless trying to make a nice hand-sewn seam while half the time you are sewing holes and the other half knobby bumps. But when you machine the lace, have a loose stitch, and keep the foot of the machine raised, or it will catch in those self-same holes or bumps and ruin the lace.

When sewing on a collar the under layer must always be sewn on first. The top thickness must never be fixed to the neck of the dress until the collar has been permanently rolled over in the position it is to take. The reason is that, being uppermost of the two layers, it takes a slightly bigger roll and so needs to be larger than the underneath, and just how much can only be judged by having it rolled in its correct position.

Never turn up a velvet hem at the foot of your velvet frock; face it up with silk. The velvet clings round the ankles, making walking very uncomfortable.

Tucks that are fairly wide are usually stitched by machine, but pin tucks and other tiny ones are daintier if run by hand, especially if the fabric is fine or silken.

SOME of the more exaggerated creations that have been designed

as "advance styles" by leading Paris *couturiers* are rather startling, and although they are not likely to become the vogue without much modification in the Dominion, they are interesting as indicating the trend of fashion.

The silhouette is undoubtedly being transformed, while back is front and front is back.

Straight lines are threatened by lines that curve, defining waist and hip. The flare in certain instances rises to the shoulder. All this is very confusing and contradictory.

As for the new back movement, fancy if you can one of our leading French actresses at Longchamps with her apron on behind! For this is the new line, the front flat, the fullness whether of apron or other cut, all in the back, just the opposite of the full-front flat-back silhouette we have only now learned to wear artfully. Any method of arriving at back fullness is seemingly correct. The one necessity is that the front shall have none of it.

THE moulded line, that has overnight become the arch-enemy of the straight, nips in the waist a bit and by the same token rounds out the hip. This is all very, very slight. There are those who profess to see in it a tendency to return to wasp waists, but corsetiers and others are not warranted in becoming excited by such a limited departure.

Beginning with evening dress of the sheath type, the moulded silhouette has now proceeded as far as

afternoon frocks, and has made an impression upon coats. These are usually slightly fitted by the employment of side-front and side-back seams, with flare at the hem, the whole reminiscent of Russian lines.

The moulded effect, or what were once designated as *princesse* styles, semi-fitted, with wide flare especially marked at the sides, is a marked tendency in stylish models. Yet while we are giving this silhouette attention, we must remember that the straight line at the waist is quite as good as ever it was. Fashion is merely striving for variety.

THE shoulder flare is another innovation. This is for coats, and for very elaborate coats, too. Furred and embroidered velvet models in full length or shorter, may start flaring at the shoulder and continue to the hem, where the fullness is by this time considerable. This is rather a simple effect, not really new, but in disuse for such a long time that it has all the aspects of novelty.

One well-known Paris *couturier*, Philippe et Gaston, has the temerity to introduce the "barrel silhouette." This is exploited in coats and dresses, obtaining the contour by various means. In every instance the hem is cupped in somewhat in the manner of a hobble skirt, and the widest part of the "barrel" comes a little below the hip. Pleats and gathers contribute to the effect, but it is so much at variance with the flares that it is quite likely to take time to popularise it. Some of us may even then refuse to receive it.

Continued on page 19

That Elusive Hat



HATS! Women feed on them, someone once said. In any case we are always worrying about them. To want a new hat is a chronic feminine ailment, and pity is the feeling it should inspire, not blame, since it gnaws at our minds all the year long and intrudes mercilessly on our pleasures and our serious meditations. Nothing is more difficult to find than a becoming hat, because though it may become you on the day you choose it, on the following day it will let you down, by making you look plainer than you have ever looked in your life.

Oh! Don't you know that hat spirit? When you are dressing and reach the moment to put on your hat, quite pleased with your dress, your coat and your shoes, then it is that the hat spirit appears and deliberately destroys your content. He, or she, spoils everything. The hat

which yesterday suited you to perfection, to-day makes you look hideous. It scowls, or leers, or looks stupid, dull, common, everything, anything but charming. And that is the point at which I want to pause. A hat should be charming. A dress may, perhaps, be successful without charm, but a hat, never.

THE hard little felt hat which has been in fashion for so long is not often endowed with charm. It borrows a reflection from a charming face, but cannot lend one to a face which is without charm. The old-fashioned picture hat had it.

Fashion's Clues for Solving an Ever Present Problem

The marquis had it, too. The poke bonnet could claim to a demure version of it. But the tight little *cloche!* *Mon dieu!* It is quite devoid of it, or was until the other day, when it suddenly sprouted feathery trimmings and perky briens, rosettes tumbling rakishly over the ears, or pert ribbons darting from the sides. Desperately the little felt is pleading for its life. It wants to stay. It is ready to make endless concessions for the permission to live "another moon."

ITS rival is the toque, a smartly draped little hat with soft lines,

and the turban also draped, and a new form of marquis, and that quaint little Watteau turban. These are made in velvet, and in satin. They look amazingly well in the hand, but they all want wearing. They have charm, but the charm is Parisian, and that is why French hats are not easy for Colonial women to wear. English charm is not the same as French charm. It is less clear, crisp, and neat. A New Zealand girl likes a pretty hat, a French girl likes a trim one.

Coloured felts are the vogue now in Paris. They are very trim, very well worn, and demanding complexions tuned to a high key. Indeed, the complexion makes the hat look right or wrong, and if you happen not to have a natural colour, you must either get one or be content to look wrong.



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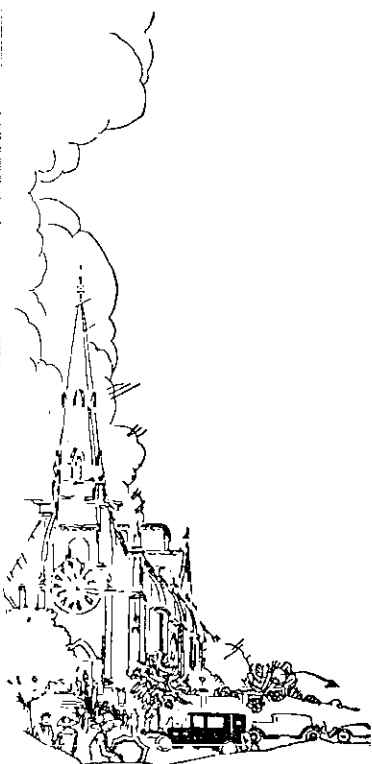
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Vanitas Vanitatum

Continued from page 16

What Paris Says—

LET your evening wear be as ornamental as you like," is how Paris foreshadows the coming vogue. While New Zealand is in the midst of its daytime and outdoor activities under a glowing sun, the relentless passing of the seasons will soon be engaging our readers in thoughts of evening frocks once again. As the mirror reflects, so THE LADIES' MIRROR gives the earliest reflections of what the couturiers of Paris are creating in new

made in these materials. It is usual to have the points or panels longer than the skirt itself, which gives a broken line to the bottom, always graceful for dancing. The flounces and godets can also be irregularly disposed, so as to obtain the new slanting lines and to indicate a higher waistline in the front, as is the custom at present. The fullness at the back, which changes us from the old silhouette, is often found in evening dresses.

Bodices are plain or trimmed with some embroidery with slight-



Softly fall the revers of this panne frock, reinforced with a becoming vest. This skirt is arranged with a band of fur and tiny tucks.

[From Paris couturiers to Beath's, Christchurch



This kinetic model is an admirable example of a "design in movement." The fabricating mediums are fulgurant and a fancy woollen fabric.

designs which in turn will doubtless influence the vogue here.

It is a long time since the mode has shown such richness of line and material, such beauty and choice of colour and trimming as to-day. For the evenings we see gay embroideries, rich trimmings, delicate or vivid colours and much gold and silver. The vogue is for rich materials, while at the same time ensembles are as much in fashion as ever.

Chiffon and crêpe georgette frocks, which had such a well-deserved success in the spring, are again presented by the couturier. Lace frocks are as popular as ever, and silk tulle has been added to all these filmy fabrics.

VERY full skirts with panels, points, petals, godets and flounces are best suited for models

ly rounded décolleté in front. There is often a low point at the back. Some croisé bodices are seen fastened with a small bow in front or with a jewelled buckle.

A big flower or bouquet at the shoulder or waist gives the necessary touch of colour. One of the shoulder straps—or both—can be tied in a bow with two long ends dangling from it.

EMBROIDERED frocks are as numerous as ever, and they are made in chiffon or in some heavier fabric such as velvet, satin or lamé. The embroideries are extremely rich and made with paillettes, beads, cabochons, and also with applications of velvet or ribbon. Velvet flowers, big or small, are often used to form a wide border on the skirt, and

Continued on page 22

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A Harok's Bay Wedding—Mr. and Mrs. Bernard Dinwoddie. The Bride was Miss Irene Mayne.

Deighton's Studio

The World's Greatest Power—Woman

By WALTER DARBY, Auckland

(Continued from our January Issue.)

HOLLAND, a small country, has a race of hardy women. It is necessary for them to be so. During the winter it often happens that all is frozen up, especially around and about the capital city of Amsterdam, where you find the whole population practically on skates. The women are fine types, and, like most of the northern people, fair in hair and skins that are not thin. To see them in their rare old national costumes is a very picturesque sight, but as time goes on the old costume is fast disappearing.

They escaped the scourge of the last great war, and such being the case they have enjoyed great prosperity. They are intensely industrious, and their climate for the greater part of the year necessitates their being very active.

Holland is a small flat country with plenty of windmills. Their women folk do not let the time idly glide by, but work while the daylight shines bright, full of strength and goodwill. Hence they are a strong nation of women.

NOW to give a short description of the women of Belgium. Their country is most interesting, and the most thickly populated country in Europe. It was during the war that the Queen of the Belgians became so well known and famous; also the thousands of women who passed over to England during the Great War, associating them closer with England than the women of any other European country, and thus you will find many of them speaking English, especially about Antwerp. The better class of women have fine characters. The middle class are most industrious, and they engage in all sorts of work. Their national tongue is French and Flemish. Perhaps their country is the most historic in the world. small



Topical Press, London

but world-wide known. Their achievements during the great war will ever be remembered. For the most part they are short in stature. They have lively dispositions and are excellent company. They are generous and very natural, intensely patriotic with a great desire to remain in their country. Their love of work is intense. Therefore, you find industries flourishing in spite of the set-back of the great war. It is a land for whom the whole world has great sympathy, and its women-folk richly deserve it. Their love for works of charity is much marked. Indeed, they are endowed with a fine Christian spirit.

Raymond concludes by saying: "Good luck to them, and they are worthy of a bright, prosperous and happy future."

"I FEEL," said Raymond, "that I have exhausted your patience, yet if time would permit, a thousand and one things could I unfold about your beautiful sex. To pass by La Belle France would be impossible. Here in lovely France you have women perhaps second to none in intelligence. All the women would stop to hear of the doings of these beautiful, artistic, intelligent women. They have just the art of making the best of themselves. The women of other nations may have the same qualities, but no other nation of women has the happy knack of making every inch of themselves stand out to the best advantage. Others might take a hat and place it upon their sweet heads and look nice, but the French girl will let it rest there as though it were made especially for her, and the trimmings with which she will adorn it will show up her every advantage. Then she will wear shoes or covering for the feet that will

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The World's Greatest Power—Woman

Continued from page 20

give her just that flippant finish to her walk that makes all the world gaze. She has the knack of making the two extremes or ends right and the rest is easy. On the average she is blessed with lovely eyes and nice teeth, and those eyes she has trained in all the arts to give expression to motion, feeling and sentiment that attract both men and her own sex. She is able to give a word description of incidents and converse with you in such a manner as to make you feel you are the only person worth while in the world. She is dainty, loveable and possesses characteristics of a very high order. She has a way of paying you compliments that makes you feel you are somebody of importance, and this is good for the virtues they extol, you possess, perhaps only in a mild way. You leave them with the impression that you have much good in you and lofty ideas enter your brain and often you commence to put into practice those virtues which you thought you had not possessed. Some might call this flattery, but it just as truly might be termed encouragement. They seem to understand that your bad qualities are well known to yourself, and it is not necessary to mention them, but your good qualities may be often hidden to yourself even.

They are charming company, great lovers, and, to a faithful husband, women with a spirit of sacrifice beyond compare. Liberal minded, not in the least narrow in their views, they are great judges of human nature and know its virtues, and vices too well. Whilst their intensive imagination may lead you to say many things, it is difficult to tell them a real lie, for they can read you like a book. They have the true art of enjoying themselves, and making others do likewise. Whilst their natures, at the first few meetings, may appear light to strangers, it is when you begin to know them you find that there is a depth of character which increases with every meeting. Few women of the world have done more for charity in the far-distant parts of this globe than the French women, and those associated with these great works are often Frances greatest, richest, loveliest and most intelligent daughters.

Clever industrious women, and even after marriage, if they enter into business life, they share the burdens and responsibilities of both in a fine and intelligent manner.

Their foods are daintily and beautifully cooked. There is no waste, for everything is properly prepared, and even the delicate appetite is tempted.

Intensely patriotic, when they leave their country it is always at a tremendous sacrifice, for they love La Belle France.

NOW, travel across the Atlantic Ocean, where the largest steamships in the world are to be found, wending their way to the New World, namely, America. You will probably travel in a steamer of over 50,000 tons, with a passenger list of close on two thousand, quite a little

township, with a great variety of people representing all nationalities, for the most part speaking the English language with a foreign accent. These are bound for New York. On this trip you will get some conception of the kind of people who go to make up the population of the United States.

The American women are entirely different from those of the rest of the world. They are very free in their speech, and in most cases it is not necessary to have an introduction before entering into conversation with them. They are fluent speakers, and express their opinion freely about most things, and especially about their United States. In their opinion all other countries merely exist, but America lives, and if you wish to be a success there it is best for you to join in the chorus and, if possible, raise your voice even above theirs in praise of America. This will make right your stay in America.

They are extremely generous, very fond of sensation, being always on the look-out for some fresh novelty. History and tradition may be good to read about; they are out to make new history, and to make and break records. Time counts for a great deal in their country, and they invariably crowd as much business or pleasure in the twenty-four hours as is possible. Everything must be done in record time. Hence they are always on the look-out for the latest invention or idea to accomplish their end. No country is more marked by the characteristic dominance of the women over the men than the States. They are clever women, and if a man has any particular genius lying dormant in him they will bring it to the surface as quickly as a dentist relieves a patient of his tooth.

With so many nationalities making up their population the characteristics of the women-folk are legion. It will be quite some time before they develop a uniform national spirit, and what that will be will be interesting to know. It must come when about seven-eighths of her people are born in America, of parents of American birth.

The women are, for the most part, well versed in politics and if they once make up their minds for a change it comes quick and lively. They make love quickly—no beating about the bush—and when the bargain is clinched, they expect the man to be what he really ought to be. If he is found to be twenty carat, he will be made happy and comfortable; otherwise, if he is found wanting in this respect, an account of his stewardship might be called into question.

Divorce is rampant amongst a certain class. On the other hand, with another class, the marriage tie is kept sacred until death. When will a certain class of American women see the calamity of the lax marriage ties? It will be one of the greatest discoveries they have made for themselves, and for the welfare of their nation.

The call on the American women—with such a huge country—is one

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Vanitas Vanitatum

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velvet ribbon ruches or other decorations, when cleverly treated, give a very good effect.

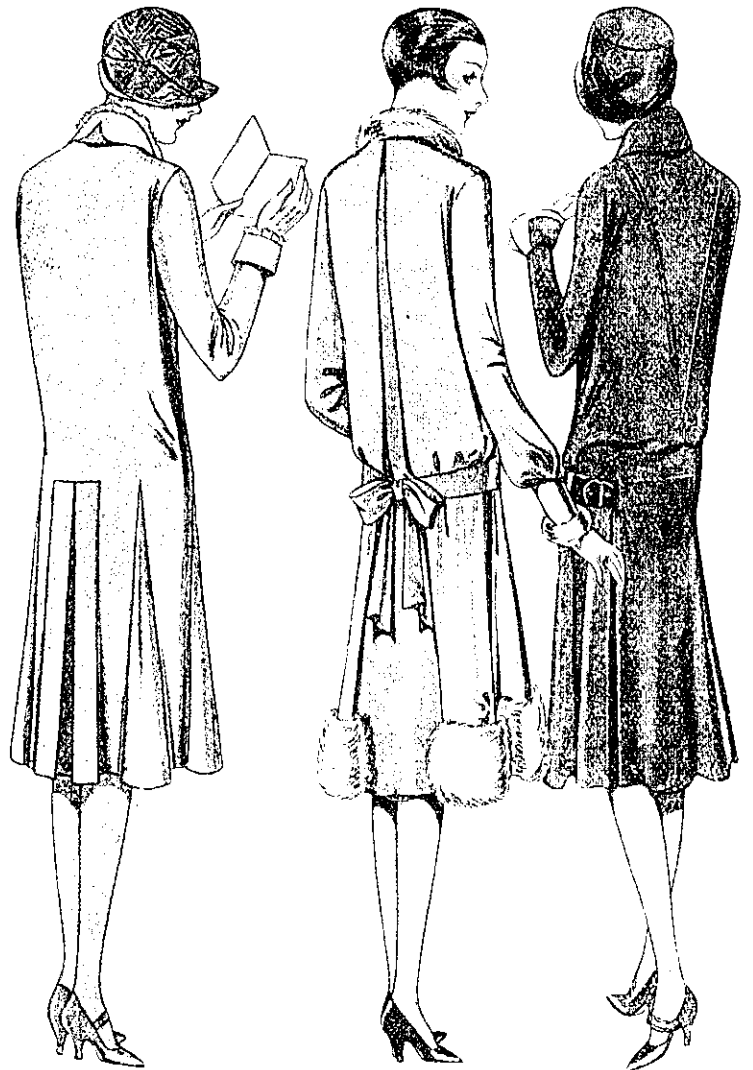
The embroideries are either *ton sur ton* (an entirely white or black-beaded or *perle* dress is particularly smart) or multi-coloured, and very often in two well-assorted shades, such as pink and mauve, pink and blue, violet and mauve.

or a velvet coat with a matching *crêpe* or chiffon dress. But it is even more effective to have the wrap and dress in contrasting colours, and for the evening bolder combinations are allowed. A violet velvet cloak on a green dress seems to be a daring plan, but in reality it does not strike one as such once one sees it. A white cloak lined with Absinthe green velvet and worn over a white dress is extremely smart.

Wealth of Choice in Colours

THE most popular colours for evening frocks are shades of pink, Absinthe, chartreuse, mauve,

Velvet linings for evening cloaks, whether in velvet, satin, *broché*, fur or *lamé*, are the smartest, and have



1. This smart overcoat is expressed in dull copper-coloured rep. Wide box pleats and godets under the skirt at the back—the front is almost plain. A long roll-collar extends right down the front and folds over to the side with its buttons. 2. An attractive afternoon dress of green *crêpe* satin trimmed with fur dyed to match, opens on to a *fourreau* at the back only. 3. This coat-frock is of navy blue rep. The front is a loose panel, caught under a *ciré* belt. Note the V-shaped insertion developing into the collar.

—Ladies' Field

[Advance models at Beaths', Christchurch

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cyclamen, and blue, while those who appreciate the more vivid colourings vivid shades of orange, red and violet predominate; while white retains its ever-appealing charm, particularly with the younger set.

Evening coats are often of the same shape as afternoon models, or else they take the form of a wrap or cloak richly trimmed with fur embroidery and metal. Fashionably

shaped Princess coats have most of the fullness at the back and sides. Fur cuffs to coats are very popular now. The *ensemble* scheme is found in evening models, as well as in all other costumes, and we see a coat and frock made of the same velvet been adopted by all *chic* houses; only in a few models are they replaced by satin ones.

Continued on page 23

Dress Accessories
Recent Hints from London

THE glove muff is the latest evening device. Determined efforts have been made to bring back evening gloves, but except at Court and on ceremonial occasions they are rare, and even then a new pale flesh tint to match flesh-coloured stockings is preferred to the lace shades and white tones. But something is needed on cold nights, and so the snug glove-muff has been evolved. It is about the diameter of a stove pipe, and is made of velvety deerskin, lined with white fur and edged with beaver coney. There is a pocket for a handkerchief and purse, and the idea is seasonable for chilly evening drives, states a London writer. Handbags show a never-ending succession of innovations, but pochettes remain first in favour, in spite of many attempts to introduce different bag shapes opening at the top and made square. The prettiest pochettes are of English design, in gold or jade kid embroidered in gold with a grape setting. Another new pochette is of red-bronze velvet studded with cornelians, and another is of silver kid with a bunch of violets made in bas-relief.

Vanitas Vanitatum

Continued from page 22

AMONG new leather bags are jazz-coloured pochettes: the flap part is pieced in like a patchwork quilt, with coloured leather in red, green, brown, fawn, and blue, so that they can be carried with any frock or suit. One new bag looks like a book, and is mounted in the colours of a small ledger. A good deal of artificial snake skin is made and also python and lizard, but the real reptile skins are more scaly, less shiny and more costly. The bigger shopping bags are again made like pouches with large tortoiseshell mounts. For the evening generally silver and gold leather flap-over pochettes, and jewelled Dorothy shapes, studded with paste or coloured stones, are customary, and for dances there are new little tulle bags to match frocks, with perhaps a few flowers on them; they are perishable, but cheap.

SOME of the newest shawls are made of velvet printed in Batik in rich designs and bordered with silk fringe in matching colours. These are worn in the theatre, after dinner, and at bridge parties. The lik-

ing for shawls is constant and is not discouraged by cheap copies of old Chinese and Spanish shawls. Some new shawls are made of *crêpe re-maine* or heavy *crêpe-de-chine* with rich-coloured centres embroidered in silk and metal thread and with a heavy silk fringe knotted closely to give a fuller border. Other shawls are more like broad scarves with some bordering of coloured georgette or fringe and made of tinsel or gold and silver metal fabrics; others are made of broche ninon with a silk fringe in the same tone. The square handkerchief scarf is found useful under a fur coat to keep the fur off the back of the neck.

Jabots, collars and cuffs, and various suggestions of lingerie are common, and are mostly tinted a little, since dead white is not always becoming. Similarly handkerchiefs are often of coloured ninon, georgette, or damase to match or to contrast with a frock. There are pockets on nearly all jumper suits, and from one or another a coloured handkerchief will peep out.

The newest idea is to have the collar and cuffs of an all crepe-de-chine jumper-suit worked in broderie Anglaise. It is very distinctive.

The flare is an accepted thing for frocks and coats. It may emerge from the sides, or each side of the front—the back being quite plain—or at intervals all round the skirt.

IN drawing our readers' attention to a business announcement in another column of this Journal, relative to *Maison Marie*, Expert Corsetieres, 14 Winstone Buildings, Queen Street, Auckland, it is interesting to note the increasing demand for the Treo Corset. The Treo Coy. specialise in the manufacture of high-grade girdles, brassieres, and corsets, and have no less than sixty models for clients to choose from. At *Maison's* ladies are assured of personal attention, expert advice, assistance, and privacy in their selection. Satisfaction is guaranteed, as fitting is attended to by a corset specialist, who understands the individual requirements of every figure. Treo creations are designed to give the maximum degree of comfort and service, and are moderately priced.

The Mirror

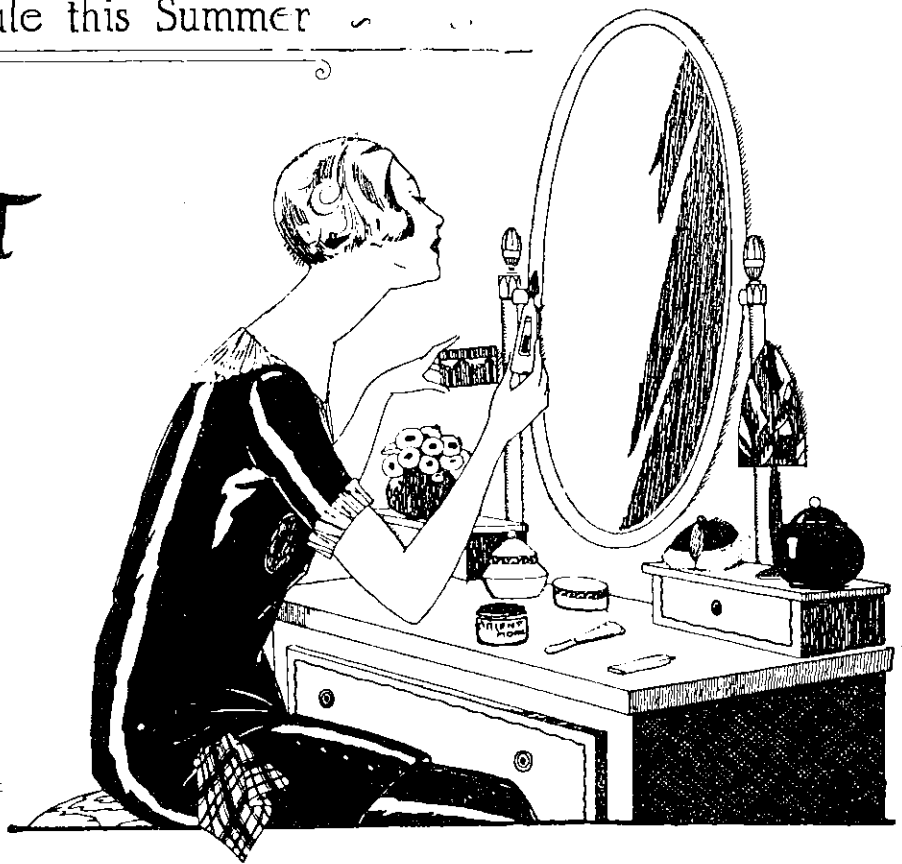
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of great seriousness and responsibility. All will depend on them. Such lovely creatures that they are, and with such generous hearts there must exist in them the goodwill to do the right thing, and the right thing is very old and not pleasant, and requires great strength of mind and sacrifice.

"Good-bye," said Raymond, thanking all the good, kind American women for their many good things.

THEN to introduce you to the women of another land, comparatively speaking, whose resources are beyond the estimate of man, and that will in time be a rival of the great United States. This is Canada. The difference between the two countries is much marked. Once you are in the land of Canada hustle and bustle cease to exist. The women-folk are not so rapid in expressing their views, and perhaps not so quick to relate the history of themselves and family. They are more reserved and take a longer time to become acquainted. The very nature and immensity of their country makes them self-reliant.

They are slow to change their customs and will soon revert back to the old one if the new one does not prove wise and beneficial. They are home-loving women, and the country being for the most part agri-

The World's Greatest Power—Woman

Continued from page 21

cultural, they are bound to make a strong, solid race. Many of them speak with a slight American accent, which is interesting. Many of them spring from good old British stock, and the traditions of their ancestors are well marked in them. They are women with abundance of character and as time goes on its fruit will be spread in this large, sparsely populated country. In other words, their destiny points to something great, perhaps of slow growth, but sure. They are charming, good entertainers, and most agreeable company, with the necessary amount of humour to make life worth while.

IT is a long journey that has no turning. Just as surely the longest voyage must end sooner or later, and even the description of this charming creature, woman, must come to an end.

Before doing so, Raymond said he would like to give his opinion of the women of one other country, whose charms and beauties are not to be out-classed by any other country on this great globe. Indeed, the fortunate discoverer of this land little

dreamt of its great possibilities. True, he found a native race, the most warlike and intelligent of all other native races. They were a race that even this hardy and experienced discoverer recognised as above the average, notwithstanding the fact that he is supposed to have met his death amongst them. A race even to this day, though diminished in number, is admired by the whole world. Whilst in other countries, the coloured races are looked down upon it is the rare exception and when it does happen it is usually a stranger concerned who does not know their true worth. The white children who followed in the wake of the native race have an esteem and true veneration for the latter that does not exist in a like manner in any other country, and to-day an insult offered to this lovely dark brown race would be resented by the whole white population.

It is perhaps the last but not the least land of importance that has been discovered. In climate, wealth, resources and beauty of scenery it is unequalled, and this same native race can boast of having raised one

of its own sons to the high exalted position of Acting Premier, and many of the same race hold positions of importance in the leading professions.

"Well," said Raymond, "I heard from the lips of a learned Italian that wherever you found the original native race occupying the country, blessed with marked intelligence, (which to his mind could be attributed to the effects of the climate and environments) the white children who are born in the same land possess also their many great qualities." This, from an eminent man who has made a study of the question and undoubtedly he is right and it has been proved so. He also made note that her women folk would be especially distinguished. "Well," says Raymond, "I must disclose the name of this wonderful country which nature had hidden so long from the view of the British Empire and foreign countries. This land is none other than New Zealand, which name is derived from its first discoverer, Tasman, a Dutchman. It was later explored by the celebrated Captain Cook, eventually becoming a British possession, and remaining to this day British in every sense of the word.

You have listened attentively to

Continued on page 25

What's in a name?

THERE is a simple English name of just three letters which has a currency as universal as gold and which represents true value as indisputably. That name is ENO, and the fame of ENO's "Fruit Salt" has no parallel the wide world over.

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The Slim Girl

SHOULD wear frocks that are draped or pleated, taking every advantage of the prevailing vogue for wearing scarves with every kind of frock. If her slimmness extends to her ankles she may revel in the fashionable short skirt, and bear in mind that horizontal lines will help to make her more important. Lace frocks, too, should specially suit her, for there is nothing like lace for the softening of angularities.

The Stout Girl

SHOULD wear dresses and suits with lines that have a downward movement; like the plague she must avoid those that run round the figure, and take every care, even if she has a belt, that her waist is non-fitting. She will find long neck openings and long revers becoming, and should rejoice that long sleeves are coming in again, for the sleeveless fashion is emphatically not suited to her type.

The Short Girl

SHOULD wear skirts that are not too short, for they will make her look shorter still. And if she fancies a tunic, this should be either very short or very long; the "in between" length is apt to "cut" the figure; nor should she indulge in wide hems, or an evening frock that is very low at the back.

The Tall Girl

SHOULD wear something that lends her dignity, no matter how young she is. Not for her the pretty little muslin frock that suits her best friend so well (!), though flounces will detract from her height so long as they are of the tailored kind, not fussy. Belts, pockets, embroidery, panels, draperies; these, which are at the moment fashionable, will all help to break the straight line from neck to hem, which is not becoming to height.

The World's Greatest Power—Woman

my long description of the various women of the different nationalities of the world. Then lend me your ear for a little while longer so that I may sing the praises of the glorious women of New Zealand." Here Raymond paused. "Well, it is difficult. The spirit is willing but no vocabulary is strong enough to give vent to my feelings towards them. Words just fail me, but if you can picture to yourself all the beauties,

high intellect, are ever able to conquer when mobs cannot. A conquest that brings religion peace and harmony to mankind, fostering a spirit of loyalty to their Sovereign, God and neighbour, the very foundation of lasting greatness and happiness.

To be born in a heavenly country like this brings a responsibility and duty. Have no fear of the women of New Zealand disappointing the world. Her lovely daughters will



A pair of Fair Swaggers on the tramp in the Waitakere Ranges
Snap-Shot Competitions

characteristics, charms energies, musical and artistic abilities that I have described in the women of all nationalities, and endow the New Zealand woman with all of these, with a richness that her fair land and climate makes possible, you will have some faint idea of my opinion of her. After searching the world for love that may light and blossom into marriage, no man could seek to find maidens more suitable for life partners and matrimony. Nature has not held back this lovely land, and does not produce such a fine race of women without a purpose.

True, New Zealand might be called small in area in comparison with great continents. Nevertheless, she is destined by the hand of nature to play a great part in the world's affairs. Not so much by military and naval strength, but by a much mightier power, which will over-rule all the mighty clash of war. That is, her well-balanced intellectual qualities. It is ever thus. Mobs might be formidable, but a party, though small in number, but including people of

produce in the sacred tie of matrimony children who will occupy responsible positions, and as time goes on they will stand out like lighthouses, whose comforting flashes make known to the weary mariner the dangers he is to avoid in the vast ocean he is traversing. So will their conduct be like unto these luminous light-houses, a guide, a spring, a road that leads to reason common-sense and a charity and tolerance for all mankind in their religion, politics, and the multiplicity of things that are to be tolerated in a true Christian spirit.

"Thus," says Raymond, "you have right here in this Garden of Eden called New Zealand, a race of women, a mighty power to make use of what nature has been so kind to lavish upon you abundantly. Be, women, salt of the earth, with that wonderful mind that man will never fathom. Ideals, that the sacredness of women alone can understand and appreciate. Thus, by such means, raising man to his high standard which he will faithfully fulfill.

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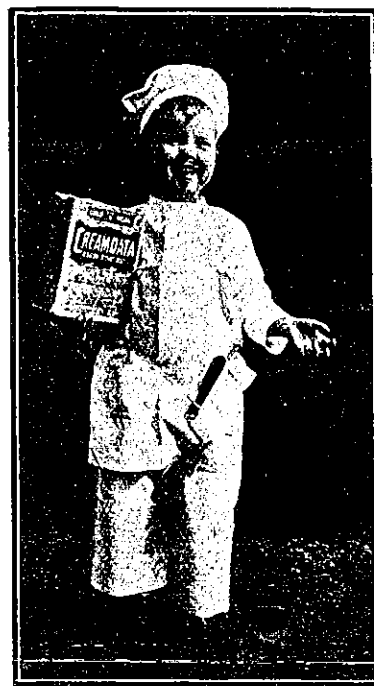
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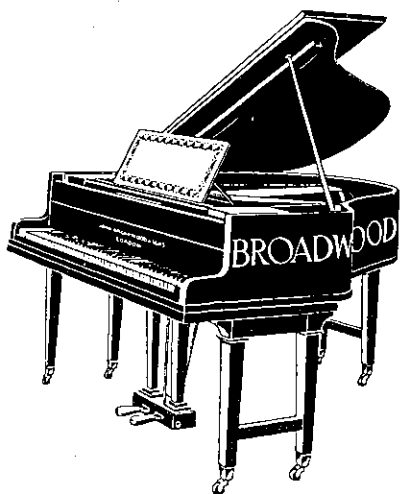
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The New Art

Continued from page 12

witness his "Curse the Day that I was Born." There is, however, one encouraging point about this piece of sculpture, for those who try to adjust their ideas to the new "art"—everybody will agree that the person represented had every reason to curse.

IT seems to my unregenerate mind that the Cubist performances were much more tolerable. When a Cubist covered his canvas with cubes and triangles, ingeniously discordant in arrangement and colour, and put an eye in one corner and a shoe in another, and assured us that it was a "Portrait of a Lady" he at least left something—a great deal, in fact—to the imagination, as good art should. How the lady in question liked it was his affair. But Cubism is already dead of a rapid decline, and this newer "art" leaves nothing to the imagination. It gives us very plain statements, in more than one sense of the word, and its perpetrators maintain that these statements are in accordance with the most essential facts, and that the results are beautiful. What we have yet to learn is that the essential facts are certainly not the visual facts; that the prime necessity is to distort those facts so as first of all to eliminate all qualities of what we wrongly suppose to be beauty. If we find the result ugly, then we are unregenerate and the truth is not in us. Ugliness is the new beauty. Speaking of another phase of this new "art" Mr. Konody says that it has set "a new standard of beauty which is now imitated in the world of fashion." Per-

haps those ladies are going to lead us to this new temple of beauty, who have shorn off their long hair, which we have so mistakenly thought to be one of their most beautiful features, and done their best, with wonderful success, to suppress all characteristic lines of the figure, and turn themselves into tubes on two stalks. But the "world of fashion" moves on an uncertain orbit, and the figure divine shows signs of filling out again, albeit not very much in accordance with natural contours.

SPEAKING seriously, there are two main causes for this freakish "art," one concerned with art itself, and the other with life. All these recent violent revolutions in art have received their first impetus from a revulsion from the "pretty-pretty" kind of "art" which had all but engulfed the Royal Academy and similar exhibiting institutions, and which was so largely patronised by people with more money than taste. Some kind of revolution was already overdue before the war, and these upheavals, though very mixed blessings in themselves, may prove to have been useful to the coming generation of artists, although not at all in the way that their protagonists imagined. The other cause is the War, which has destroyed old landmarks, raised new shoals, and unexpected barriers, and generally upset the whole course of life in every direction. The result has been a feverish longing for something different, anything, so long as it is different, and the more violent the better.



Breezes from the Capital

Continued from page 8

are giving our young people an unrivalled chance to study astronomy, and other highly interesting topics, the which their mothers never even dreamed about. And mother, as usual, has the last word by retorting, with becoming emphasis, "No, never!" When fugaces! Can't you remember the days when we were considered young and tremendously daring? Most of us, way down in the depths of our hearts, secretly cherish the idea that we could—if we liked—show Miss 1926—the minx!—something. On the whole, I think we got on fairly well—taking into consideration the length of our skirts. By the way, isn't it enough to make an old stager from the days of leg-of-mutton sleeves and buttons up the back perfectly green with envy to see the sweet simplicity of the dresses affected by that complex young person, the modern girl? As somebody said to me the other day, "once upon a time, girls used to wear their hearts upon their sleeves. Now they

haven't any hearts—and no sleeves to wear them on if they had!"

TALKING of leg of mutton sleeves (thank heaven I don't date back to the days of the hustle!) has brought back my mind to an ancient fête day which used, when the world was young, to cause such flutterings in the dove-cots. Saint Valentine's Day falls somewhere in February—but it's such a long time since I've received an illuminated card showing a pink church with purple spires, and a tall, bewhiskered gentleman in the foreground pointing the way to said church, with an exquisite lemon-gloved hand that really I can't remember the exact date. Perhaps, somewhere in the heart of old rural England, they still keep up the tradition, along with charming warts away and putting love philtres in the beer of unsuspecting young gentlemen. Quoin sabe? Anyhow, it's a far cry from rural England to windy Wellington.

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Miss Winifred M'Kendry, of Christchurch, to Mr. William Kaue, of Dunedin.

Miss Marjorie Morton, of Kel-burn, Wellington, to Mr. Eric Dum-bleton, of Nireaha, Eketahuna.

Miss Ivy Gregory, Remuera, Auckland, to Mr. Sydney Marler, of Ponsonby, Auckland.

Miss Hilda M. Clavis, of Nga-ruawahia, to Mr. Aubrey Leigh Middlemiss, of Pukekohe.

Miss Mabel Jollands, of Petone, to Mr. Charles H. M'Cormick, of Mount Eden, Auckland.

Miss T. Barnett, of Christchurch, to Mr. Alton Taylor, of Invercar-gill.

Miss Verna Olwyn Lewis, of Remuera, Auckland, to Mr. C. A. Carr, also of Remuera, Auckland.

Miss Nancy K. Rastick, of Christ- church, to Mr. Colin W. Postgate, of Sumner.

Miss Joan Tully, of Wellington, late of Wairarapa, to Mr. V. A. Arnold, of Walsingham, Durham, England.

Miss Phyllis D. Greaves, of Lin- coln, to Mr. Horace J. Hutchison, of Marshlands.

Miss Sadie Greenfield, of Hatai- tai, Wellington, to Mr. A. Cowan, formerly of Stamford Hill, London.

Miss Phyllis M. H. Hindmarsh, of Napier, to Mr. George Hunt, of London.

Miss Minnie E. Phillips, of Taka- puna, to Mr. William R. Steven- son, of Albany.

Miss Evelyn Brown, of Timaru, to Mr. Carlson E. Holmes, of Wel- lington.

Miss Mavis Vile, of Pukuma, Bulls, to Mr. Samuel Hutchison Armstrong, of Cambridge.

Miss Alice (Daisy) G. Berry, of Masterton, to Mr. Matthew J. Mar- shall, of Waikanae.

Miss Shirley Ogden, Highbury, Birkenhead, Auckland, to Mr. Wal- ter Bennett, of Hikutaia.

Miss True Galbraith, youngest daughter of Mr. R. S. Galbraith, Commissioner of Crown Lands, Dunedin, to Mr. H. R. Williams, of Gisborne.

Miss Flora MacIvor, of Feilding, to Mr. Baillie Walsh, of Wellington.

Miss Gwen Jollands, of Petone, to Mr. Ian Tringham, of Welling- ton.

Miss Alicia L. Kelso, of Brook- vale, Tamahere, to Mr. Cyril H. C. Erson, of Onehunga.

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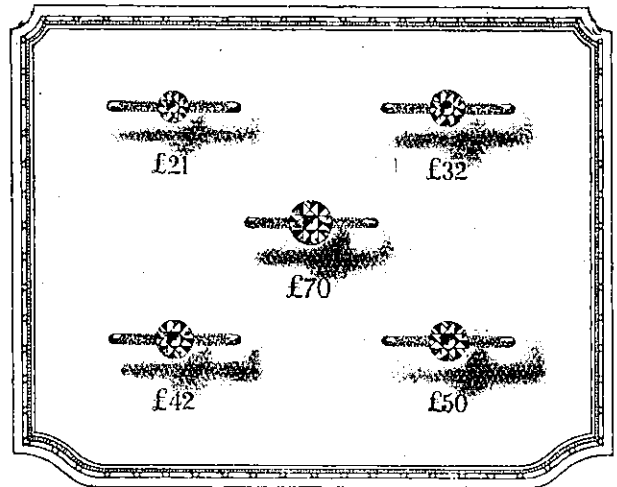


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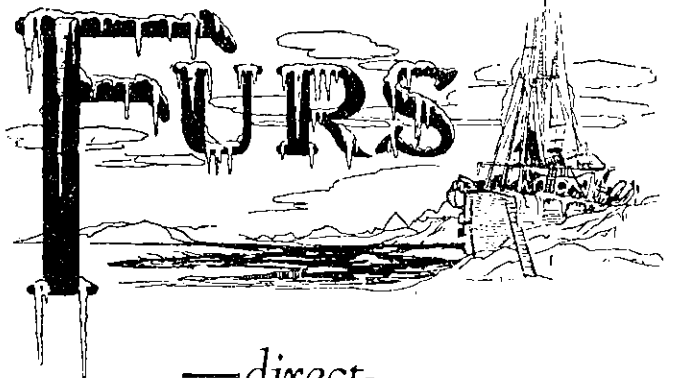
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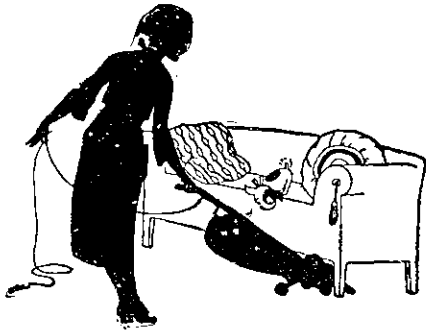
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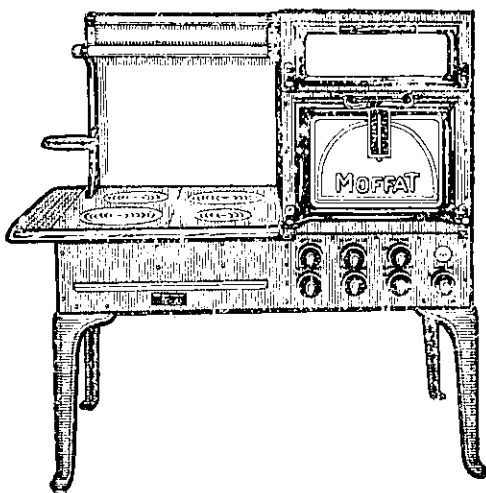
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Why not Cook at the Table

Cooking in the kitchen may be hard work, but cooking at the table becomes a delightful occupation if you possess the proper electrical equipment. This article puts you in touch with the very latest devices

PORTABILITY is an inherent advantage of electrically-heated appliances, and is a feature not possessed by any other agency to anything like the same extent. By merely connecting up an electric kettle or toaster by a length of flexible wire to the nearest lamp-holder or wall-socket, that device may be used with equal convenience on a bench or table, by the bedside or on the sideboard. To a certain extent gas-heated appliances may be portable, but as they operate with a flame, they introduce a serious risk of fire, while the length of flexible tube connecting up the device with the gas supply in itself constitutes a danger as well as a serious obstruction, while the products of combustion have to be led away through a flue.

Electrical apparatus, on the other hand, operating on the non-combustion process, need no flue and do not vitiate the air. They present a minimum of fire risk and the heating elements themselves being thermally insulated from the framework, do not transmit any perceptible heat to a tablecloth or sideboard, so that the utensils may be placed with safety upon polished woodwork or white linen. The flexible cord connecting them to the source of supply is neat and unobtrusive, and even if the insulation covering the flexible conductors becomes damaged and the wires exposed, the worst that can happen is that the local fuse will "blow." There is, in no circumstances, any risk of fire and little to fear in the way of accidental shock through touching conductors from which the insulating material has been removed by wear or abrasion.

Although it is proposed in this article to deal mainly with electrical devices for table use, the term "portable apparatus" covers a much wider field and applies equally to the kitchen, bathroom, boudoir, bedroom and workshop.

Cooking by Electricity

BEFORE describing some of the cooking apparatus which may be used satisfactorily on the table, we must just say a word about electric cooking.

It is generally felt that electricity is a luxury, and in so far as excellence of result in cooking is luxurious, it certainly is. The reason for this excellence is clearly understandable. Cooking is no haphazard business; it demands exactness and control. And in cooking by electricity we have purity of heat and quite perfect control. Thus we have no fumes, dust or dirt to contend with,

and we only have the exact amount of heat we require at any given time.

An extremely valuable point in connection with this is that electric cooking ensures the least possible shrinkage in meat and other foods, while conserving their rich natural juices and piquant flavour.

An Economical Method

EXPERIMENTS show that in cooking by means of electricity there is not nearly so much loss in weight. For instance, in cooking meats like the ribs and sirloin of beef, and the legs and shoulders of mutton it has been found that a joint weighing 8lb. 3oz. before cooking, weighs 7lb. 6oz. when cooked by electricity, and 5lb. 6oz. when cooked otherwise. Thus, by using electricity, we can do with smaller joints, cutlets, etc., and so effect considerable economy.

With the aid of portable electric devices it is possible to prepare a complete meal on the dining-table itself without risk of spoiling the table or its covering, and without the help of servants. This is of special value during the summer months, when housewives want to reduce the time spent in kitchen cookery. There is, for example, the electric grill under which chops, steaks, fish or sausages may be grilled to perfection and without a drop of grease escaping. Eaten piping hot, the food tastes so much nicer than when cooled by its passage from the kitchen. Some of the table grills are supplied with individual three-heat switches. Thus the heat may begin at high, be turned to medium, then to low, so that as the cooking progresses the quantity of current consumed is reduced.

Householders already supplied with electric light but not power, in their homes may use conveniently a small electric grill or oven and obtain excellent and economical results. The saving in food amply makes up for the cost of the electricity.

There are several forms of small electric ovens in which a chicken or duck can be roasted, puddings cooked, or delicious cakes and pastry baked. Another useful device is the plate warming oven, in which a dozen dinner plates may be heated at one time, and over which a couple of vegetable dishes may be kept warm.

Eggs Cooked to Perfection

ANOTHER convenience is the electric egg steamer in which any number from one to six eggs

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can be cooked in three or four minutes. The eggs are placed so that they do not touch the water, but are perfectly cooked in the steam. The advantage is obvious, for in the event of an egg being cracked or opened it may still be steamed for a little longer. Thus there is no excuse for under-done or hard-boiled eggs, for the results can be suited to individual taste.

A chafing dish in which delicious omelettes can be prepared in a few minutes, is an enormous boon, for certainly enjoyment of an omelette is increased enormously if it is eaten at the exact moment when it is ready.

In the toaster illustrated, bread may be toasted on both sides evenly. It is fitted with a reversible rack which enables the bread to be turned without touching it with the fingers; two pieces of crisp, delicious toast can be made without any bother in about a couple of minutes. It is possible to toast enough for a family of four for about 1d.

What Delicious Coffee!

FOR after-dinner coffee, the electric percolator is ideal. The coffee is prepared by the percolation through the coffee grounds of boiling water forced up into the container through a central tube, the liquid being clear, free from grounds and of a most delightful flavour.

At tea-time the electric tea-pot is indispensable. The tea is placed in a perforated basket held by a little chain within the domed lid, and is lowered into the water as soon as the latter boils; this is lifted up again after the infusion has been made, thus preventing the tea from stewing and enabling the beverage to be heated up again if necessary without its quality being impaired.

Then there is the electric urn, where large quantities of boiling water are required and the immersion heater for heating small quantities. The last-named device is sim-

ply placed in the liquid to be heated, the current switched on, and the boiling liquid is obtained in about three minutes, an enormous boon when time is an important consideration.

Most of these convenient little utensils consume current at the rate of six hundred watts, or three-fifths of a unit per hour; they are all of artistic design and of light weight, and with heating elements that can be replaced by the user in a few moments at small cost.

Electric table cookery is, of course, most suitable for the preparation of those dishes whose cooking involves little time and is consequently extremely useful when "snacks" are wanted. For breakfast or a late supper it is very suitable and will be enormously appreciated in the sick room.

Choose Simple Dishes

IN most cases it is desirable to choose dishes that require little preparation, but where this is impossible the ingredients should be put ready and weighed out, so that only the cooking process is carried out on the table.

Try cooking the following in the electric way:

1. Grilled sausages, bacon and tomatoes, kidneys, mushrooms, steaks.
2. Steamed custards.
3. Roasted meat, chicken, etc.
4. Fried potatoes.
5. Stewed fruit.
6. Welsh rarebit, savoury toast.
7. Sweet and savoury omelettes.

The task of entertaining is considerably lightened for the serviless woman if electric table appliances are available for cooking purposes. With their aid she can cook an appetising meal without the necessity of deserting her guests, and with the knowledge that they will probably find the little ceremony quite as attractive as she does.

Creamoata at the Exhibition

THE chief purpose of the Creamoata Stand, which will be situated in the Hall of Secondary Industries, is the instruction in the Culinary Art as applied to Oaten Foods.

Messrs. Fleming and Company, Limited, have engaged an expert in Home Cookery to demonstrate the preparation of innumerable dainty and nourishing dishes and confections from their various Oaten Products, and to lecture generally on food values and diet in relation to these particular cereals.

The object is to instruct all those visitors willing or anxious to learn of the economic use of Oaten Foods in the home, rather than merely to display a quantity of cans and packets.

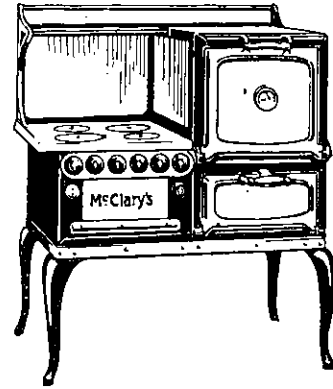
Some three hundred feet of space are occupied by a Model Kitchen under the direction of Miss F. N. Todhunter, of the Dunedin University Home Science School, who has had very wide experience of such

demonstrations. This kitchen, which is of severe, but of quite artistic design, will be fitted with an electric range and all modern fittings and utensils. Miss Todhunter is not only giving practical demonstrations of the preparation of a large number of Oaten confections, but is also lecturing on the dietetic value of these simple foods.

The number of the Creamoata Stand is H. 933, and the proprietors of Creamoata cordially invite the great army of users of Thistle Brand Oat Foods—Creamoata, Milk Oaties, Oatienuts, etc.—to visit their stand. Those who are already expert cooks as well as the amateurs and new-beginners will undoubtedly find Miss Todhunter's instructions of great value.

Thousands have already visited our Exhibit, and many have been loud in their praise of the demonstrations. The distribution of samples of cooked dainties and sample packets of the foods is also greatly appreciated.

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The Abolition of Home Slavery

WHAT'S wrong, little girl? Something, I know!" "Oh, nothing much! Only Annie again, Jack," said little Mrs. Forbes wearily. "She's gone—and thank goodness, too! . . . Smashed a whole trayful of crockery, this time!"

On his return from office that evening, Jack Forbes had found a worried, wistful, half-tearful little wife, who was soon pouring into his ears a sad little tale of domestic worry and woe, of over-tiring housework, and of eternal trouble with the maid. That day Annie, her fifth "help" within a year, had been horribly clumsy and impertinent, had had "words," and then left her young mistress without compunction.

Jack Forbes was angry, sympathetic, worried in turn. It hurt him to see his little woman beset by all these petty troubles of domestic management . . . or was it mismanagement, he thought gravely. Not on Grace's part, for a second, but just generally, inevitably.

The Forbes' had not realised that domestic happiness, to be entire, depends vitally on efficient home management. They did not realise that Society, civilisation itself, is really measured by woman's happiness in the home. Jack Forbes was just one of millions of men who hadn't stopped to think that husbands had other than bread-and-butter-earning duties: that one of them was to see that the household tasks of "the girls they leave behind

them" should, logically and justly, be made a pleasure, and not a hardship.

"It's an infernal nuisance, old girl," he said unsatisfactorily. "Especially as I simply must get to-morrow's boat for Sydney. 'It'll be over a fortnight before I can get back. I just hate the thought of you being alone here, with all the work. . . . Suffering Cupids! A brain wave! You must go and stay with the Maitlands! You know they've asked us for week-ends in their new home at Hamilton several times. I'll wire them you'll be there to-morrow. No excuses, now! And there you'll stay until my return, when we'll see about getting another girl."

Peggy Maitland welcomed her old friend with genuine pleasure. It was a year since they had met, since business changes had put distance between the two families. So it was that Grace Forbes knew only in a vague way that the Maitland household was run on "weird, scientific, new-

fashioned lines," as Grace mentally conceived them.

Less than five minutes in Peggy's delightful home—Grace sensed it as a real home and not merely a furnished structure—gave her her first clear idea of what the "weird, new-fashioned" elements were.

"I'm sure you must be parched for tea, dear," said Peggy. "It'll be ready in a tick," and with the words she put a plug in a wall socket, and pressed down a switch. A few minutes later Grace was sitting down to tea and toast beyond compare—hot, crunchy, golden brown toast, made under her very eyes on a perfectly sweet Hotpoint Electric Toaster, which turned the bread itself; delicious tea made by the simple use of a very handsome Hotpoint table percolator. It was then that she realised "something different" had occurred.

"Tell me, Peggy, is that really all you do to make such lovely tea and toast? But how marvellously easy and quick! Why, my kettle takes a good ten minutes on the gas stove, and to make toast under the griller simply *eats* gas!"

"Gas!" exclaimed her astonished hostess. "You don't mean to tell me you are still in the gas-age, living in Auckland! My! I suppose you'll be saying you use a wash-tub or a copper on wash-day, and clean your carpets with a hand-broom next!"

"Well, as a fact, I—I—" stammered Mrs. Forbes with reddening cheeks.

"You plead guilty, eh, you funny old stone-age relic! Well, I am surprised! I reckon you cook in the same old mid-Victorian way, and use gas-heated irons, and send your heavy curtains to the laundry and your carpets to the cleaner's! You poor thing—you don't look too fit, either, with so much household drudgery! Of course, with a

good servant to help—but even then. . . ."

And then the whole story came out, a story of a woman's perpetual struggle against the hard facts of "running a house," of housework naked and unadorned; a story of an unsolved servant problem, of mechanical, uncongenial, unvarying day-by-day routine that always "gets it's own back" on the woman.

Mrs. Maitland listened with mingled amusement and sympathy.

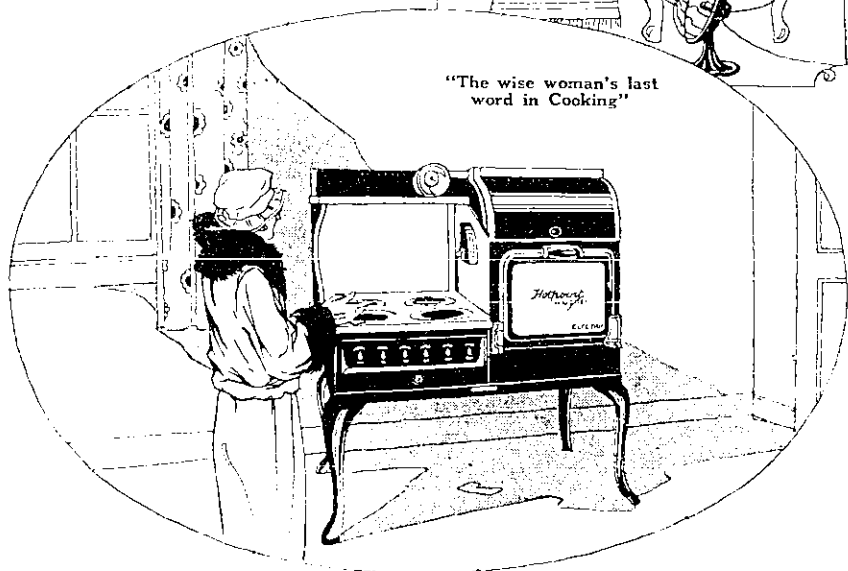
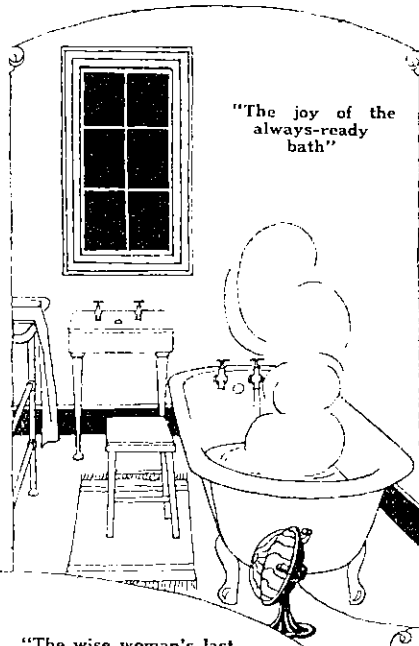
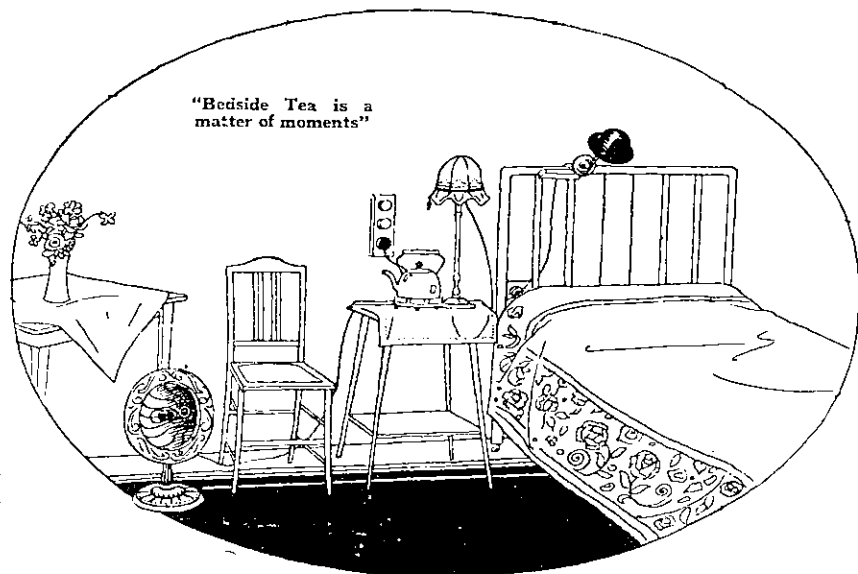
"Why, you poor little trouble-chaser! Don't you know that Noah's Ark methods are a real 'wash-out'? That the abolition of home-slavery is a fact, and not a theory? You needn't have one bit of all that nerve-racking, ageing worry and trouble! I don't! Housework's a genuine pleasure when it's brought to a fine art! Listen! I'm going to convert you right away, Grace. You musn't ever go back to your old conditions and customs. Now, to start with, this is my "vac" day. I just run my Hotpoint electric vacuum cleaner—truly a faithful friend—over the carpets and rugs two or three times a week, and every scrap of dust and dirt vanishes."

Before the wondering eyes of her guest, Mrs. Maitland demonstrated the joyous use of her untiring faithful Hotpoint electric servant; just a plug fitted into a socket and the magic machine did work in a few minutes that Grace knew would have taken her ten times as long with her brooms and carpet sweeper to do less effectively.

"And when I want to clean curtains, mattresses, upholstered furniture, stair carpets, the car curtains and seats, and so on, there's a complete set of accessories which only take a mere second to fit on. My word, fancy going back to the old-type broom after this! It has paid for itself over and over again."

"It is certainly a wonderful machine, Peggy, but does it

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really get all the dirt out, and not just take up the surface dirt?"

"That's just what it's made for—to get the dirt out from in! This was the first electric appliance Tom bought me, and it was then we realised that it is as easy and expedient as it is necessary to do as much as possible in the home by electricity. Why are people content to stop at electric lighting only, when in a hundred ways it can and does lighten labour,

by a certain time, I set this clock at, say, 4.30 to commence cooking, and at 6 to finish. My electric servant does the rest with absolute reliability! Tom is home by 6, and he loves dinner piping hot and fresh, straight from the oven."

"I control oven temperature just as simply, with this automatic temperature control, just by setting the control lever at the degree of heat I want. It is maintained at that with perfect uniformity. I call my range the wise woman's last word in cooking!"

"It is really wonderful, indeed!" exclaimed Mrs. Forbes.

"And as you see, the whole range, outside and in, is so easy to clean and keep clean. Just a wipe with a damp cloth—that's all! No pans

what this machine really does!" exclaimed Peggy enthusiastically.

"The labour and expense it saves, the beautiful work it can do in a fifth of the time hand-ironing takes. And there's no ironing the biggest laundry can do that my ironer cannot do as well. This open-end increases its field of usefulness enormously; it allows for ruffles and neckbands and shirt-collars and ruffs, which need infinite trouble with a hand iron. Of course, it does all 'flat' work beautifully, too, with an even pressure not possible with the hand iron. This, too, has saved its cost already, and considering that it has twenty times the heating surface of the electric hand-iron, it's marvellously economical to run!"

A converted Grace Forbes was entranced by other Hotpoint electric wonders before she had been long in the cheery Maitland home. She fell in love with the beautiful artistic ceiling bowl-lighting in the living rooms—lighting designed to give a soft radiance delightful to the eye and senses, and to convey an atmosphere of luxury and refinement.

"I love the beautiful decorative effects of art-lighting," said her hostess. "It is so restful, and even romantic, as contrasted with the ordinary bare light bulb. And here's a pedestal electric lamp that has a distinct charm as well as great utility."

The living rooms, Grace found, were evenly warmed by handsome Hotpoint electric fires. "Better, cheaper, safer and healthier than any gas fire made," was Mrs. Maitland's eulogy. "We have one in our own bedroom, and electric radiators in the spare rooms. . . Here's

the back of her mind to make her own home as beautiful and as up-to-date as Peggy's without delay.

Her morning tea she made herself by the aid of a handy Hotpoint electric kettle, and was delighted at the simplicity of the process. Then the joy of an easy-ready bath was hers—the speedy result of a touch of a magic switch. She found the gentle warmth and colourful glow of an electric radiator a delicious acquisition to a perfect toilet.

"You have beautiful hair, Grace," said Mrs. Maitland a little later. "It deserves all the care you can give it. Just use my electric curling iron. I'll connect up with this light socket—so! There, now you can wave and dry your hair as well as any hair-dresser could—and perhaps better!"

Over a perfect little breakfast, cooked with a speed and effortless simplicity that elicited glowing praise from Mrs. Forbes—she was fascinated by a beautiful electric Hotpoint percolator that was responsible for coffee of exquisite fragrance and taste—she put the one question uppermost in her mind.

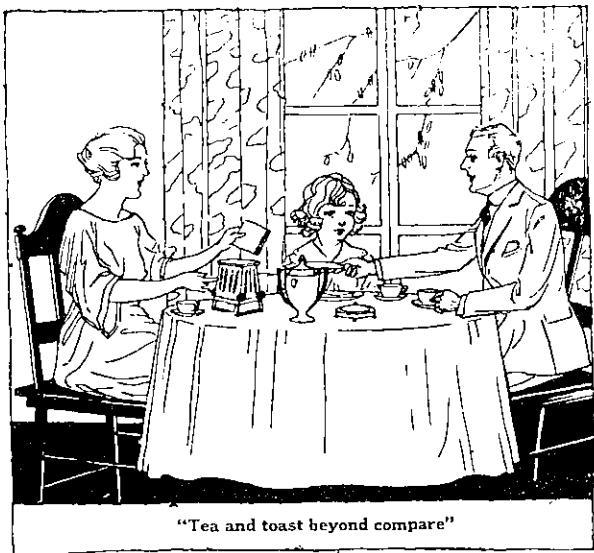
"Now do tell me, dear, where you purchased all these perfect things? I simply must go into the matter with Jack the moment he returns."

"I am so glad, dear. I knew you would fall in line with my anti-slavery methods. Now all my silent, ever-ready servants come from a firm famous the world over for their household electrical appliances—the National Electrical and Engineering Co. Their local branch supplied me after I had satisfied myself that the electric way was the efficient way. Their representative demonstrated and explained everything in detail, and they hold their Service at my disposal, to meet any call I like to make. They have offices in Auckland, of course, so you'll have no excuse in delaying the matter."

Grace Forbes had a brain wave of her own, while she watched her friend disposed of the soiled breakfast things by giving them over to the tender mercies of the electric dishwasher.

"I just have to put a heap of dirty plates in it, switch the 'juice' on, and the machine does the rest! Look—the soiled water is drained out—so, and clean rinsing water introduced. Break anything? My word, no! This saves breakages entirely, for the dishes or plates do not move in the machine, and there's no handling them with soapy, slippery hands."

In the happy days that followed Mrs. Forbes saw every one of her friend's electric appliances in practical use; saw how she had hot water "always on tap," day and night (Tom was particular about having his shaving water ready to the minute, and it was never late), and saw how one could switch on a cool-breeze-making fan at a touch when the days were sultry.



"Tea and toast beyond compare"

save time, money, health and worry?"

"Tom and I reasoned things out on these lines when we came here, and found it was sane and sensible to acquire a complete do-all-the-work-better electrical installation."

"But truly, dear, admitting all you say," said Grace, "the outlay must be enormous, and the cost of operating very high, too."

"Not a bit of it! All the appliances we have are quite reasonable to buy, and frightfully economical to operate. (Cheaper than keeping a maid, I assure you!) Besides, think of the work-saving they effect, the cleanliness, the hours of extra freedom I get!"

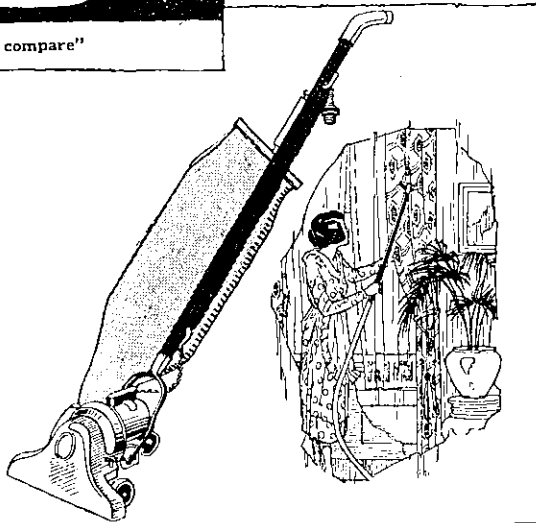
"And then?" urged Mrs. Forbes, with a note of curiosity.

"And then, freedom from household means freedom from mental strain and worry—and no servants to cope with! Electricity is my servant, just as it's going to be yours—an always-ready, always-dependable, always-efficient servant. I'm just proud of the ownership of these wonderful articles, and proud of being efficient through owning them! You'll see them all at work in good time."

The speaker's voice thrilled with the pride she honestly felt, and a sympathetic chord in her girl friend's nature answered to an undeniable appeal. Grace Forbes felt, and had visible proof, too, that Peggy Maitland's way was the right way, that to be efficient was much easier than not to be, that efficiency in the home was as essential to it as to the outside world of business.

An enthusiastic Mrs. Forbes was next fascinated almost beyond words at her friend's wonderful Hotpoint Automatic electric range, which now came in for attention, since dinner-time was within measurable distance.

"This," said Peggy with a serio-comic air, as she began preparations, "is an apparatus embodying all the latest principles and developments known to the science of cooking by electricity. It is, as you see, compact, beautiful in design, material and workmanship, and is simplicity itself to use. By means of this electric time clock I can start and stop cooking at will. If I wish to go out and yet have my dinner cooked and ready



"It gets the dirt OUT from IN!"

or shelves anywhere to 'house' dust, no corners to collect it."

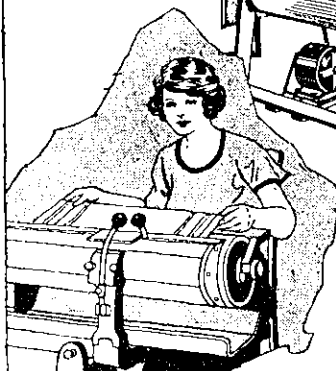
"It isn't only that we get perfect results," said genial Tom Maitland at dinner.

"A big feature to my mind is the difference this, and all our other electric gadgets, make for Peggy, the ease and comfort they mean to her. Why, when I go out to office and know it's her washing day, I go easy in mind, knowing that there's none of the old-time perspiring drudgery for her to face, for our electric washing machine does all the work by the turning of a switch."

"And the ironing, too," added Mrs. Maitland. "That's another rather dreary and certainly tiring job for the non-electric housewife. Our automatic electric ironer does my work while I sit and merely guide the clothes and control operations with a simple two-button dial. In fact, my washing and ironing are just what they should be—a fine art, and a pleasure to do. If the day is hot I just bring my electric fan in and work in the coolest of breezes!"

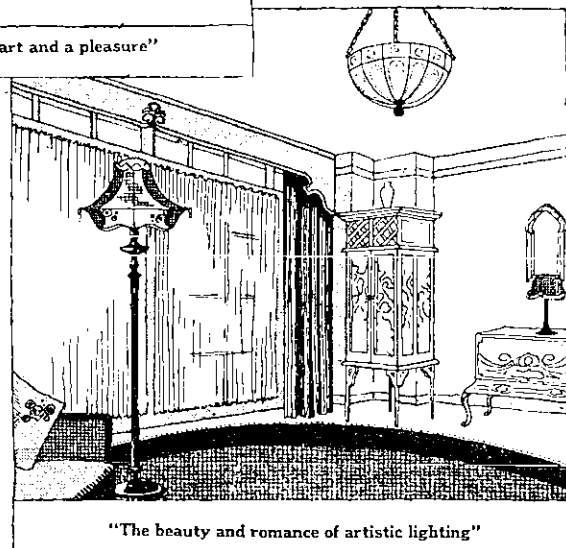
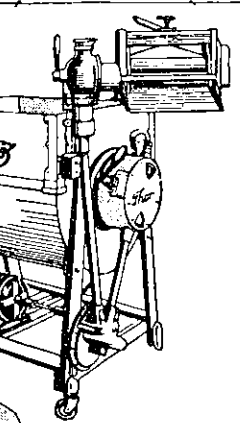
Mrs. Forbes' admiring attention was later focussed on her friend's "Thor" Electric Ironer, which was soon to be put into operation for her special benefit.

"Oh, if every woman only knew



"Washing: Ironing—a fine art and a pleasure"

your own—the Hedlite heater. There! That gives a cheerful concentrated heat which takes the chill out of a room almost instantly. It's just like a little portable sunshine maker, isn't it?" With a charmingly designed electric table lamp by her bedside, Grace Forbes read herself to sleep that night—with a happy determination at



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Electricity as a Labour Saver

Electrical Appliances, always helpful, are particularly so in Spring and Summer

MANY old-fashioned people are, unfortunately, possessed with the idea that "electricity" is so expensive." With New Zealand's wonderful resources in water-power, electrical power is exceedingly cheap, particularly when it is supplied for cooking, heating, and similar services in the home.

Electric fires and heaters are invaluable for airing rooms, for taking off the chill in spring and autumn, when there are no fires in the house, and for the many purposes for which heat may be required for a short period only. Electric cookers for the kitchen are clean and economical. Electric washing machines will, for the woman who does all or most of her washing at home, save in a year their initial cost.

which the water is first boiled electrically, and the tea, contained within a perforated basket suspended inside the lid by a short chain, lowered into the boiling water and raised again as soon as the infusion has been made. Then there is the coffee percolator, in which the coffee is placed in a glass container at the top, which is perforated at the bottom. When the water in the vessel boils, part is forced upwards through a central tube with coned top, from which it is sprayed over the coffee, percolating through into the water vessel below. In this way the most delightful coffee may be prepared on the dinner-table and poured direct into the cups. Another useful table device is the electric toaster, with which two pieces of crisp hot toast can be prepared in a couple of minutes. A dozen slices of bread can be toasted at a cost of 1d.

BUT it is perhaps with the smaller electrical gadgets that the average woman will like to make a beginning. Particularly practical and also inexpensive, costing a penny and three-halfpence an hour to run, are the little portable stoves, that can be bought for about three pounds, and give, for instance, much needed warmth to a person seated at writing-table, dressing-table, or sewing machine. There are electric irons, which are always ready for use, retain their working temperature continuously for as long as they may be needed and do not stain, iron mould, or scorch clothes. They can be used in any room and connected either to the nearest lamp-holder or to a wall socket, their power consumption being very small. In many households, and particularly where there are children, there is a good deal of sewing to be done, and the work is tiring; this is where an electrically-driven sewing machine helps considerably.

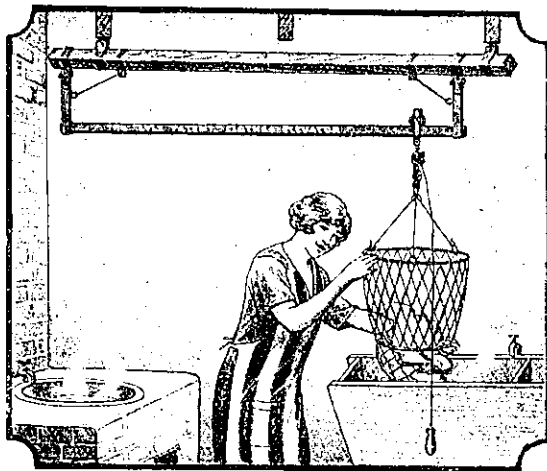
There is the electric grill also, made in several forms. With this, toast may be made, eggs poached, bacon fried, chops or steaks or fish cooked; shallow cooking vessels supplied with the outfit may be placed above or below the glowing elements, and many simple dishes may be cooked quickly and well.

AN electric egg-steamer is so useful that it will always be employed once it has been tried.

Then there is the electric chafing dish, in which appetising omelettes and other dishes can be prepared quickly on the table, the electric disc stove for keeping food hot, the oven for warming plates and vegetable dishes, the electric milk boiler, the electric hot-water jug, and the electric double saucepan for porridge. Most of these appliances cost just over 1d. an hour to operate. They are seldom needed, however, for more than fifteen minutes, so that the running cost is trifling, while their convenience is beyond price. Few of these devices cost more than a couple of pounds—some of them can be bought for a few shillings—and most of them have elements that can be renewed easily at small cost.

A GREAT variety of useful and ornamental table appliances are now available for Dominion housewives. There is, first of all, that invaluable possession, the electric kettle. There is the electric teapot in

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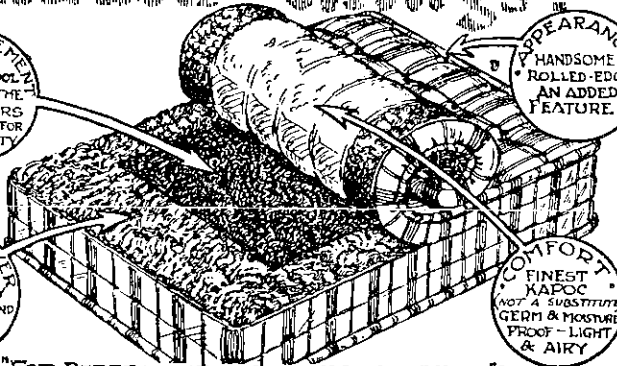
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DURODOWN
THE GUARANTEED MATTRESS

GOLDBERG & SONS

The Abolition of Home Slavery

Continued from page 31

She ate the most delicious of just-made waffles, turned out by Peggy's shining Hotpoint electric waffle iron, and she enjoyed to the full the results of the use of her hostess's Hotpoint Radiant grill—a complete kitchen range in miniature.

"Seems to me I haven't been alive all this time, Peggy, with such wonderful happy-home-makers to pick and choose from; muddling through for so long as if I were still in the

Dark Ages! But I know better now, and I'll get busy before Jack returns!"

On the eve of his departure from Sydney Jack Forbes received this wire, that made him wonder if the "home-made" strain of domestic worries, so long borne by his wife, had not sent her just a wee bit "off the rails": "Have engaged a whole staff of wonderful servants for life. Love, Grace."

The Ladies' Mirror Motor Section



Government Publicity Department, photo

Buller Gorge, Westland

From "N.Z. in Picture," Whitcombe & Tombs Ltd.

The King's Highway

A Motoring Causerie—By Sancho

MOTOR camping is increasing at a rapid rate, but, alas, a lot of untidy people are numbered among the campers, and a trail of empty tins, rubbish, and litter is stretching out over the countryside in their wake. In the old days, when camps and campers were few and far between this untidiness was a negligible factor, but with everybody doing it, it is becoming a matter of very considerable moment. This is particularly the case at much-frequented spots. A recent tourist tells me, for instance, that the amount of litter in the neighbourhood of the Aratiatia Rapids and the Huka Falls is most noticeable, and the same applies at many other much-visited beauty places.

If this sort of thing goes on, motor campers must become increasingly unpopular, and the untidy camper will spoil the going for all who follow. The moral is that every motor camper and picnicker should make a scrupulous point of cleaning up before departure, burning all rubbish that can be burnt, and burying what cannot. In fact, on day runs that best rule is to carry home all empties and put them in the family rubbish bin.

WITH motorists so numerous a family, the time is arriving also to stay the hands of those who break down vegetation at beauty spots. With one-pole tents on the market that pack up compactly with the pole in two handy sections, there is no need to be cutting tent-poles at every halt, and the handy kerosene stove in its up-to-date forms does away with the hunt for firewood. In many parts of the country there is still abundance of scrub to meet the campers' requirements in these respects, but on the main routes there will be less and less as time goes on, and the really considerate and public-spirited motorist is he whose outfit is self-contained—whose line of travel is marked neither by a wake of litter, nor by destroyed vegetation.

ANOTHER matter the cause of a much well-justified complaint by county councils all over the land is the habit of throwing benzine tins on the side of the road and over bridges into streams. These tins are

being continually removed by the roadmen from drains, ditches, and culverts which they have blocked. The motorist who so disposes of his empty tins is thus acting against his own interests, for blocked drainage as a rule means road deterioration, and in any case the time of the roadmen can be much more profitably spent in looking after the surface of the road than in poking jammed benzine tins out of culverts and so forth.

IT is pleasant to note on one's holiday-time travels about the country that the roads really are getting better, and that the annual motor tax is not a mere mulching of car-owners, but an investment paying a good dividend. The Highways Board has a huge task with its six thousand miles of declared main highways, and its modest revenue, but it deserves hearty congratulations on what it has achieved in its first eighteen months. Better things are coming also, for recent travellers over many routes with whom

I have talked have commented freely on the amount of work in progress on the roads all over the country.

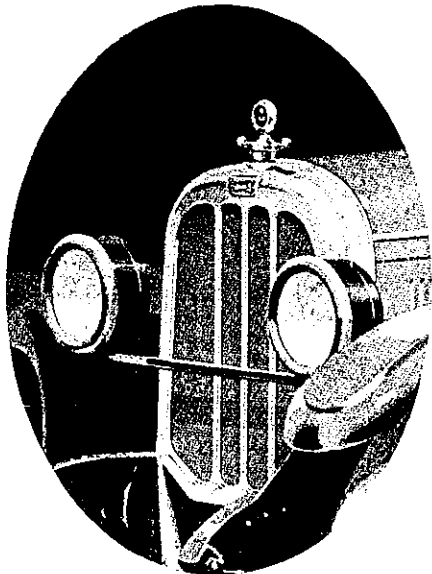
One marked improvement for which the Highways Board and the Public Works Department deserve a bouquet is in the new maintenance of the pumice road from Taupo out to Rangataiki on the way to Napier. This twenty-mile stretch used to be very rough, rutted, and water worn, but now a tractor and grader run rapidly over long stretches, smoothing out the pumice and leaving a surface providing pleasant travel at thirty miles an hour. One motorist who was over the road last summer and again during the late holidays, has specially asked me to pay a tribute to those in charge for the transformation effected during the twelve months.

THERE is no doubt that better maintenance, much more than the laying of expensive bitumen or concrete surfaces is the key to our roading problem, as a whole. The great trouble in the past with our macadam and gravel roads has been

Continued on page 36

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FLINT SIX

Slow Starters

By STEPHEN LEACOCK



IN the days before the motor-car, when a man said good-bye, he shook hands and was gone. If he was to ride on horseback, he made a brief farewell to each person present, shook hands, leaped upon his horse and was off.

Now that the motor-car has come into use as the general instrument of visiting, this no longer happens. The people say good-bye, get into their motor-car, and are *not* gone. They make an affectionate farewell and then sit looking out of their glass windows, while the car goes "Phut, Phut—bang," and sticks there. The more dramatic the good-bye, the more touching the farewell, the more determined the car always is to say, "Phut, Phut—bang," and refuse to move.

Witness the familiar scene of the good-bye of the Joneses to the Smiths at 6 p.m. on any Sunday evening at any rural place near any big city. The Joneses have motored over in their own car—a real peach, tin all over—and have spent Sunday afternoon with the Smiths, who have a cottage which they call *OPEN HOUSE* (and where they take care that nobody gets in at meal times).

When the time has come for the Joneses to go they all mingle up in a group with the Smiths, and everybody says good-bye to everybody else, and shakes hands with each one, and they all say, "Well, we've had a *simply lovely time*." Then they all climb into the car, with Mr. Jones himself at the wheel, and they say, "Well, good-bye, good-bye!" and wave their hands.

And then the car goes—
Whr-r-r-r-r-r-r-r-r-r — phut — bang.

A wisp of thin blue smoke rolls away and when it has gone, the Joneses are seen sitting there absolutely still, and their car hasn't moved an inch.

JONES, at the wheel, sticks his head down among the gadgets and clutches and says, "I suppose she is a little cold," and the Smiths say, "Yes, it often takes a little time to start them." Then there's a pause and nothing seems to be happening, and then, very suddenly and cheerfully, the engine of the car starts making a loud—

Pur-r-r-r-r-r-r-r-r-r-r-r-r-r-r-r-r.
On this, all the Joneses and all the Smiths exclaim, "There she goes," and they break out into good-byes again all talking together:—

"Well, come back soon— We certainly will— We've had a great time— Remember us all to Jim— We certainly will.— You've a simply too sweet cottage here— We have enjoyed ourselves—well—good-bye, good-bye, good-bye!"

And then the car goes—
Whir-r-r-r-r-r-r-r-r-r-r-r — phut — bang!

And there is another puff of blue smoke, and when it clears away, what is behind it? Why, the Joneses, still there in their car.

When the machine goes "bang!" all the Joneses in the car and all the Smiths standing beside the road are knocked into silence for a few seconds. Then Jones mutters, "Seems to be something wrong with the ignition," and somebody else says, "She doesn't seem to be feeding right," and there's a little chorus of, "Oh, she is just a little cold." "They take a little warming up." "She'll start in a minute," and then the engine begins again, this time at a terrific speed, about a million revolutions to the minute—

Whir-r-r-r-r-r-r-r-r-r-r-r-R-R.

AT this happy sound, the good-byes break out all over again in a chorus—"Good-bye— Look after yourselves— Tell Winnie we'll see her Friday— Good-bye— We certainly had a—"

Bang!

All stopped again.

This time Jones is determined that when the engine starts he'll keep it started.

There shall be no false alarms this time. "Let her get going well," some of them advise him, and so when the engine next starts, Jones doesn't throw in his clutch, but just lets her go on humming and roaring till everybody feels assured that this time the start is actually going to happen, and the good-byes break out all over again.

The noise gets louder and louder, the conversation rises into shouts mixed with the "phut, phut, phut" of the machine, and then all of a sudden there's a tremendous "bang!" and a volume of blue smoke, and when it clears away, where are the Joneses? Gone—clean gone; they seem to have vanished off the earth! At last you catch a glimpse of their car already two hundred yards away, disappearing in a cloud of smoke.

"They're off!" murmur the Smiths, and the painful scene is over. . . .

THINKING over this scene I cannot but reflect how fortunate it has been for mankind that the motor-car was not invented earlier in our history. So many of the great dramas of history have turned upon farewells and departures that some of the most romantic pages of the past would have been spoiled if there had been any petrol in them.

Take, for example, the familiar case of Napoleon saying good-bye to his officers and soldiers at Fontainebleau before going into exile. The fallen emperor stood beside the steed he was about to mount, turned a moment and addressed to his devoted comrades words that still echo in

Continued on page 35

Economy in Fuel

PETROL economy is practically a closed book to the average owner-driver, for while driving for economy may effect a marked difference in the consumption, it is quite evident that this must first be reduced to the minimum by careful tuning, so that the method of driving is rather resorted to in order to improve an already good consumption than merely to lessen one which is frankly bad.

Nothing runs away with more petrol than a binding brake. All the time friction is occurring, and all the time the throttle has to be open a little wider in order to overcome the retarding effect. To a lesser extent lack of lubricant, whether engine or chassis, will cause friction where there should be none, and up consumption will go. Therefore the first essential is to examine the wheel brakes to see that they are absolutely free, and to grease the wheel bearings in order that there may be no drag at these points. The car should be capable of running free for some distance with the gear in neutral, and should be quite easy, if it is a fairly light vehicle, to push by hand on a smooth, level surface.

THE gearbox and back axle should be drained of old oil, washed out with paraffin, and refilled with fresh lubricant of as light a grade as is possible without risking oil leakage. This is in order to avoid the waste of power which results when gear wheels in the gearbox and back axle have to churn their way through stiff, heavy lubricant.

As regards the engine, this should be clean internally and free from carbon. If it has not been decarbonised for a long time the work should be carried out before attempts are made to get a very small fuel consumption. When the engine is decarbonised the valves should be ground in very carefully, especially if they are badly pitted. The inlet-valve stems should be inspected to see if they or the guides in which they work are worn, for if they are air will leak in round the stems, and in order to overcome its effects a richer

mixture would have to be given, with poor consumption as a result. Some good grinding paste should be used, a very fine grade being employed to finish off with; while a final polish can be given with effect by smearing crocus powder or metal polish on the seats and giving the valves a few turns. The mirror-like surface of new valves is the ideal to be aimed at, but much patient work is necessary before it can be attained.

IF the valve stems or guides are worn they will have to be replaced, but a temporary method which often gives excellent results is to fit air-leak preventers, such as are sold in a variety of patterns, round the base of the valve guides. These air-leak preventers consist of small thimbles containing pads of felt soaked in graphite and oil, held against the guide by a light spring. Fitted to a new engine, they tend to prevent the wear which inevitably occurs on the stems.

Smaller jets in the carburettor should be experimented with. It will be found that the engine takes longer to warm up, and that the acceleration is not all that it might be, the same being applicable to hill-climbing. It is for the driver to decide whether extreme economy is worth the sacrifice of acceleration and power which it demands. Sometimes changing of the jets means changing of the choke also.

Good carburation may be cancelled out, as it were, by poor ignition. The contact-breaker points should be clean and separated to the correct distances on the break. The distributor should be cleaned and the contact-breaker rocker looked at to see if it is free on its spindle. The sparking plugs should be taken out and cleaned thoroughly. If they have given symptoms, or show signs when dismantled, of internal sparking, they should be replaced. Finally, valve caps, if they are fitted, should be screwed down tightly, and all chances of air or compression leaks occurring eliminated.

Slow Starters

Continued from page 34

the ears of France. But suppose that he had said the same thing while seated in a little car with his head stuck out of the window. How inadequate it would have sounded—

"Farewell, my brave comrades—phut, phut—together we shared the labours and the burden of a hundred campaigns—phut, bang, phut—we must forget that we have conquered Europe—whir-r-r, phut—that our eagles have flown over every capital—bang—I leave you now for exile, but my heart forever will remain—whir-r-r, phut—buried in the soil of France—bang!"

OR take as a similar case in point the famous *Farewell to the Nation*, spoken by George Washington as his last service to the republic that

he had created. Washington, supposing there had been petrol in those days, would have been reported as leaning out from the window of his sedan-car and speaking as follows—

"Let America cultivate and preserve the friendship of the world—phut, phut—let us have peace and friendship with all—whir-r-r—and entangling alliances with none—bang! I have grown old in the service of this country and there is something wrong with my ignition. To each and all of you, I bid now a last farewell—"

Whir-r-r-r.

"Farewell!"

Phut, phut, phut, phut.

"Farewell!"

Bang!

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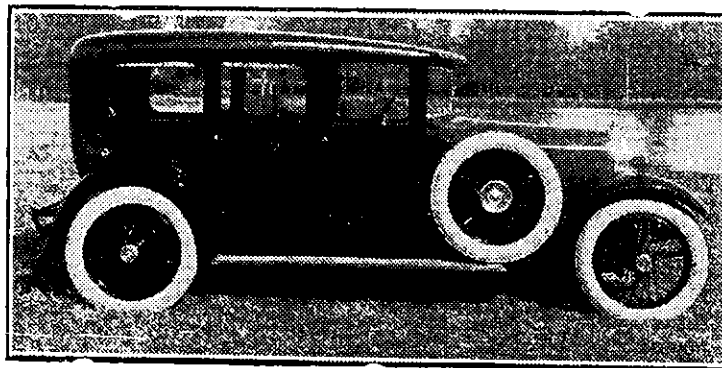
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221 GREAT NORTH ROAD

that the stones used have been too large, and that once stone has been dumped little attention has been given to the road. Some counties are resisting the demand for smaller stone, but those that are trying it will never want to go back to the bad old methods. On a previous occasion I referred to the most excellent gravel roads which Oroua County, in the vicinity of Feilding, is maintaining at the relatively small cost of £75 per mile per annum for an average daily traffic of about four hundred vehicles a day—which is a very considerable traffic for New Zealand rural roads. I was over a good many miles of these roads at Christmas time, and they were a real pleasure to ride on. Pahiatua County is working on similar lines, and its main road also is a treat to motor over. It is quite clear that we can get first-rate roads over all the gravel country without any big bills to pay for them.

HERE is a tip for motorists making round trips between Auckland and Wellington. The most favoured routes are the West Coast *via* Te Kuiti and New Plymouth, and the Napier-Taupo route. My tip is thus: Travel south by the West Coast route and north by the Napier-Taupo road, and not *vice*

versa. One reason for this is that in going south the Mokau River ferry is much easier to get on to, as the approach on the north side of the river is over hard ground, whereas on the other bank one flounders into soft sand—decidedly soft at some states of the tide and after much traffic—and it is often a real bumping match to climb on to the ferry. Another reason is that in going south one runs mostly downhill over the hilly road between Piopio and Mahoenui, which is not at present in the best of condition. On the Napier-Taupo road the ascents over the big hills are much more gradual when proceeding north to Taupo than when coming from it. The matter is not of great moment, but when it is a toss up which way to take the run, don't toss, but do it the way I suggest. This tip is useful mostly to persons whose vehicles

are past their first pristine vigour, and those unfamiliar with the roads may be reminded that the West Coast route is, of course, infinitely easier travelling, either north or south, than that *via* Napier and Taupo.

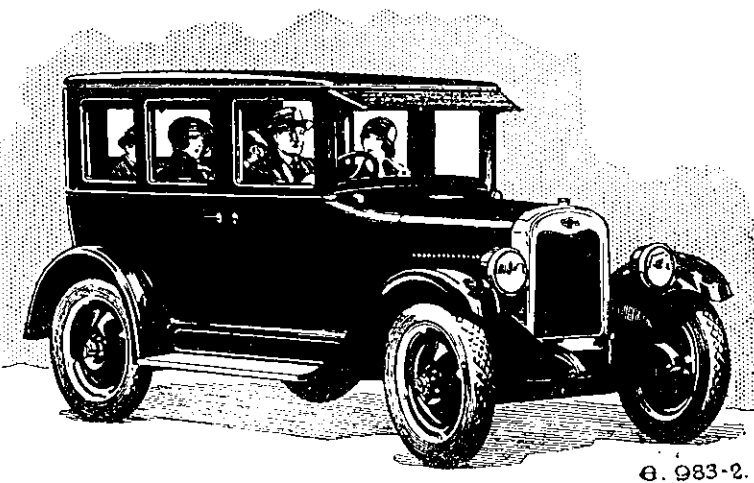
A MOTORING publication of more than usual interest, a copy of which has reached me, is the year book and road guide of the Wellington Automobile Club. This handy little volume of 220 pages, is distributed gratis by the club to its two thousand or so members, and copies are on sale to the public at half-a-crown apiece. The legal section is very complete, with some exceptionally useful information as to motorist's obligations in case of accident. About twenty concisely packed pages deal with the good roads movement. A road guide section of

ninety pages covers adequately all the various main and the principal branch roads between Wellington and Auckland, with information as to telegraph hours, race days, day of weekly half-holiday, show dates, etc., at each town. There is a motor-camping section, with hints and tips and lists of attractive camping places on the main routes. Anglers and sportsmen are supplied with sporting information covering the Wellington district, as are trampers and climbers, and there is information as to rail and sea freights for motors, motor vehicle statistics and comprehensive distance tables.

The enterprise of the Wellington Automobile Club in issuing so comprehensive an annual is to be commended—I have forgotten to mention that there is in the book a sectional map of the North Island covering a score of sheets, with metalled and unmetalled road clearly shown but the point of my reference to it is this: Isn't there room for the North Island Motor Union to issue a general North Island volume for the convenience of the fifty thousand private car owners in the North Island? There is not the least doubt that there are thousands of car owners who would welcome an official motor annual covering the whole Island in a comprehensive manner.



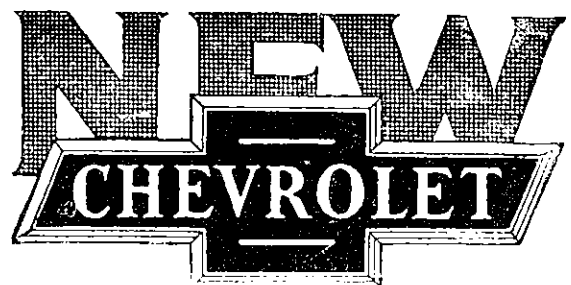
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BEFORE leaving home make sure that your car is thoroughly lubricated from end to end. Do not over-lubricate the main units, or you may flood your brakes with oil or cause yourself clutch trouble, but at the same time make sure that every greaser has had attention, that the belts—if any—are properly adjusted; and that your tyres—especially if of the low-pressure type—are correctly inflated. Start right, and you will not go far wrong; start wrong and you are not likely to finish right.

As regards the minor failures, the carburation is the most usual culprit.

With a new car the tank may not have been properly cleaned out before the car left the works, with the result that a curious assortment of foreign matter duly works into the carburettor or stops up the filter. Find out where the filter is and clean it before starting; also take out the float, clean the "slush" from the bottom of the chamber and remove and clean the plug (or plugs) under the jets.

The symptoms of a defective petrol flow are usually spitting back and periodical pulling up. An air-lock—apt to occur if the petrol pipe is a curly one, especially after the tank has been run empty—is identical in effect; and it can be permanently cured by bending the pipe by hand, so that it continues at a constant down grade from the tank to the carburettor, and thus any high point at which air might lock is

eliminated. An air-lock usually takes effect when the engine is running fast, whereas dirt and water generally affect the pilot jet first, and the engine stops immediately one takes one's foot from the accelerator pedal.

IN these days ignition troubles are rare, and rarely indeed is the magneto to blame for such as occur. In case of the engine failing, either lack of fuel or the absence of a spark must be the cause. If the carburettor floods freely, you can be

fairly sure that ignition is the fault. Remove one plug, and lodge it on the top of the engine with wire attached as usual, taking care that the top of the plug is clear of any metal part, and with it lodging there, get your passenger to depress the starter button, thus giving the engine a few sharp turns. You will instantly see the spark if there is any—if not, then there you are!

In case of no spark, uncover the contact breaker of the magneto to make sure that the points have not worked loose, and that the arm is not stuck. If the magneto is remote borrow a mirror from a lady passenger, who will have one in her vanity bag, and examine the contact breaker by reflection. If everything seems correct restore the cover and forget the contact breaker.

Should there be no spark at any of the cylinders, the magneto is assuredly to blame—probably it is moist, and will have to be dried out—but occasional misfiring in one or two cylinders is rarely the magneto. Ten to one, a plug is to blame, and should one or two plugs oil up, do not be misled into thinking that the oil is necessarily the cause. Probably the oil is there because, since the plug is defective, no explosion has been occurring in that cylinder, so the oil has accumulated. This can always be proved or disproved by changing the plugs over or by fitting a spare one in the idle cylinder.

Motor Wisdom on Holiday



PEPPERY GOLFER (after argument with lady member, who had held up his play):—"And the next club I join will be for gentlemen only!"
FAIR MEMBER: "Go on! How do you propose to—er—wangle it?"

—London Opinion

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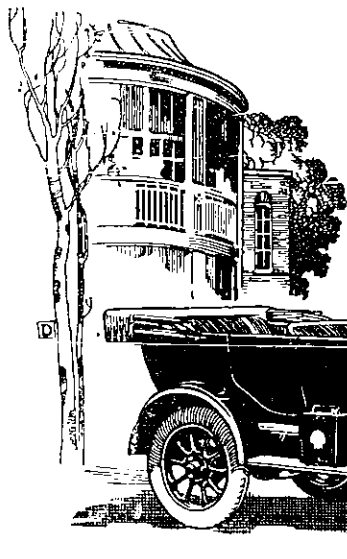
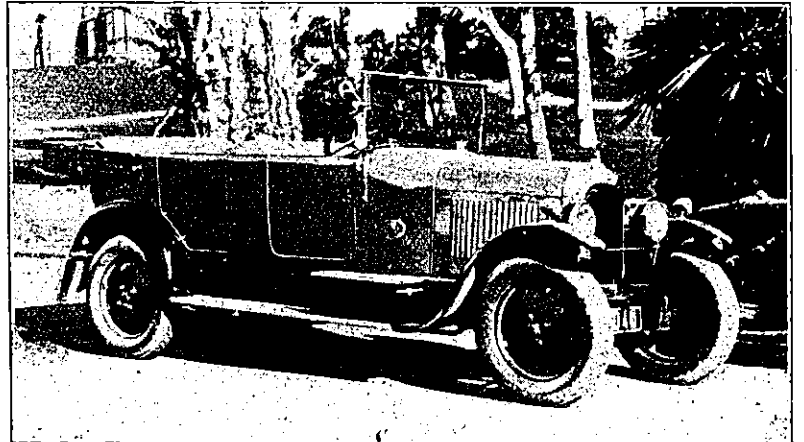
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Motoring in New Zealand

JUST twelve months ago during the last week of January, to be exact, I made a very enjoyable tour of the eastern cape of the North Island, starting from Napier and travelling via Taupo, Rotorua, Opotiki, and Gisborne back to Napier.

There were eight of us in the party, and we had two cars, a seven-seater Buick and a three-seater Dodge. We left Napier at eleven o'clock one Wednesday morning, with Taupo as our destination for the day. For the first thirteen miles the road is very good, and is mostly level. It passes through a splendid farming area, which is closely settled. The village of Askdale is passed, and after a few more miles the road becomes hilly, and some sharp corners on down grades call for careful driving. A further sixteen miles brought us to Te Pohue, the last village to be passed till Tarawera is reached, twenty-five miles farther on. A few miles from Te Pohue is the Titeokura Hill, where we climbed for two miles and reached a height of 2550 feet. Then comes a descent of some five miles, where the utmost caution is needed. There are many sharp corners, and both brake and horn are needed constantly. The Mohaka River is crossed at the foot of the hill, and then comes another short climb. Two miles of fairly level going bring one to Te

By H. R. PEARSON, *Hawke's Bay*

THIS TOUR, TAKEN IN THE MONTH OF JANUARY LAST, IS ONE THAT HAS MANY AND VARIED ATTRACTIONS, AND CAN BE MADE A MOST ENJOYABLE HOLIDAY. NAPIER IS THE STARTING POINT, BUT SECTIONS OF THE ROUTE MAY COME IN TOURS FROM OTHER CENTRES, AND SHOULD, THEREFORE, BE OF INTEREST TO MANY MOTORISTS,

Haroto, a small native settlement with a school and post office. Here a second large hill is found, Taurangakumu, which is even worse than Titeokura. For several miles we climbed, till at last the highest point between Napier and Taupo is reached, 2770 feet above sea level. The view from this point is very fine, and the rugged grandeur of the mountains of New Zealand can be fully appreciated. The land is very poor, of course, and wild horses seem to be the chief inhabitants of the locality. Here comes another sharp descent, three miles long, in which we fall 1350 feet.

BY this time it was almost one o'clock, so we stopped for lunch. Splendid water was found in a stream at the foot of the hill, so we boiled our "billy" and lunched by the roadside.

A few more miles brought us to Tarawera, and our journey was half completed. A mile or two past Tarawera is the boundary between Hawke's Bay and Auckland provinces and very shortly after crossing this we began to climb again. For nearly ten miles we passed through beautiful bush, climbing steadily, then descending, and climbing again. At last the Runanga creek is crossed and the barren Kaingaroa Plains are reached. For nearly twenty miles the road is almost level, and fair speeds can be attained. The surface is pumicy, though and very dusty. Deep ruts are often found on slight up-grades, where heavy cars with chains have been ploughing along through the winter mud. As Taupo is approached the road becomes very bad, as the heavy traffic is in no way catered for. Spring leaves are threatened at every

yard, and slow speeds are necessary for some miles before reaching Taupo.

We stayed at "The Terraces" Hotel, which is found two miles before Taupo village. This is a very fine hotel, and excellent accommodation is provided.

The hotel is situated near the edge of an awesome valley, from which rise dense clouds of steam. Hot water runs down this valley, and care is necessary when visiting the bath-houses. Well defined paths are laid down, however, and if these are followed one can have a splendid bath in the commodious houses provided by the hotel. The boiling water is cooled by running along troughs, and is then turned into the bath buildings, which are sheds about fifteen feet by twelve. The water is kept at a depth of about four feet, and a most refreshing bath can be had at all times.

ON the following day, Thursday, we travelled some fifty miles along the main North Road, which goes right through to Cambridge and Hamilton, and on to Auckland.

At first the surface was little better than that of the preceding day, and the country was still a desolate manuka-covered waste. Wairakei was passed six miles from Taupo, and Atiamuri at twenty miles. Here the

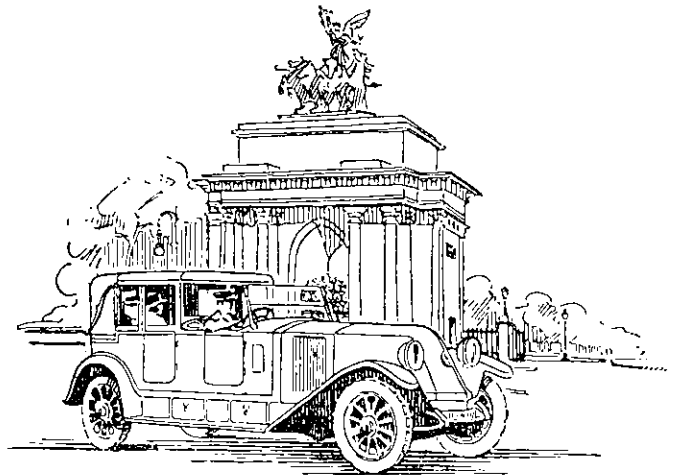
Continued on page 39

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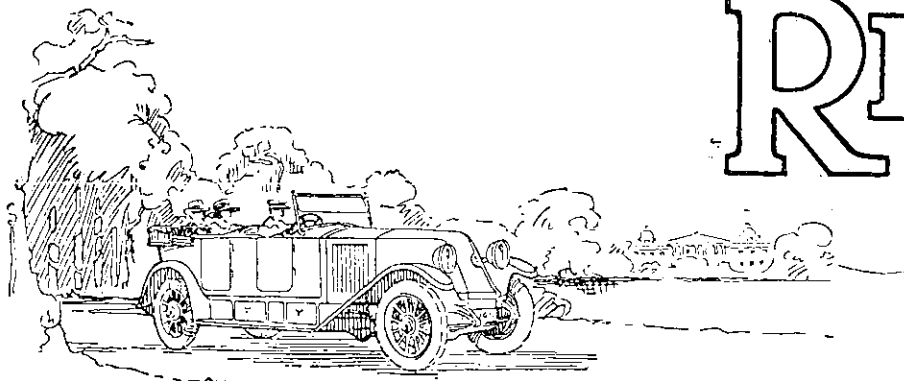
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Continued from page 38

Waikato River is crossed, and a splendid view of King Dick is obtained. From here, the road becomes more interesting, and occasional patches of pretty bush are passed. Two miles from Atiamuri a road to Rotorua branches off to the right; but we kept on to the left, and after a further twenty miles, arrived at Tokoroa.

Some years ago the Matarawa Land Company bought a large acreage of this land, and by careful management transformed it from a useless wilderness to a highly fertile and productive area. This is now divided up into small farms, and dairy-farming is being carried on profitably in the district. Here we spent a pleasant afternoon, returning to Taupo in the evening.

ser, and smaller geysers, and boiling mud pools too numerous to mention.

Another mile brought us to the Arateatea Cataracts, the largest and most beautiful in the Southern Hemisphere. The mighty Waikato River passes through a fissure cut through solid rock, so narrow that one could almost leap across. For some chains it roars along, over mighty rocks, under rocks, and between rocks, till in a mass of foam it escapes into the wide riverbed below.

From here to Rotorua is about fifty miles. The road is bad; bumpy, dusty, and uneven, and thus the journey is necessarily tedious. We hunched in the shade of a large plantation, and rested awhile before continuing on our journey. Before

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A SUNSHINE SNAPSHOT

Miss Margaret Duncan, daughter of Dr. and Mrs. Campbell Duncan, of Rotorua, whose engagement has been announced to Dr. Kenneth MacCormick, D.S.O., of Auckland.

ON our third day, we set out for Rotorua, fifty-six miles away. On this day we explored the wonders of the thermal regions, and the beauties of the Waikato River.

The first pretty spot is found just past Taupo, where the Waikato flows under the traffic bridge. On looking up-stream, towards Lake Taupo, a very pretty view is obtained. Then, after a mile of dusty road, one sees the Karapiti Blowhole, which is recognised as the greatest and most wonderful steam blow-hole in the world. This is some distance from the road, and as "Trespassers will be Prosecuted," we viewed it from a distance. Three miles bring us to the Huka Falls, which really pass description. The Waikato River rushes down a deep passage hewn from solid rock, and roars over a magnificent fall, in a mass of foam. Above the fall is a series of rapids, ending in the mighty, roaring cataract of the Huka Falls. The swing bridge which spans the rapids, above the falls is very interesting because of the multitude of names that are carved or written on its railings.

WAIRAKEI is reached in three miles, and here is the Geyser Valley, perhaps the most wonderful place in the world. There are over thirty distinct sights, including the world-famed Champagne Cauldron, the Prince of Wales Feathers Gey-

ser, and smaller geysers, and boiling mud pools too numerous to mention. reaching Rotorua the State Forests are passed, where a provident Government has planted thousands of acres of pines of various kinds.

Two miles before reaching Rotorua is Whakarewarewa, which is Rotorua's Wonderland. We did not stop, however, as most of the party had visited the town before.

Rotorua and its wonders need no description here. Its attractions must be seen before passing on. That may take whatever time can be spared on the tour.

ON our fourth day we went from Rotorua to Opotiki, a distance of ninety-eight miles. The first twenty-five miles are along the shores of Lakes Rotorua, Roto-iti, Rotochu, and Roto-ma. The road is quite hilly in places, and chains are necessary in wet weather. The scenery is very beautiful, and the pretty lakes set among bush-clad hills form a very pleasing sight. About twenty-six miles out Roto-ma Hill is reached, and the climb is very pretty, through beautiful virgin bush. The descent is some three miles long, and the bush scenery with the plains below very fine. The Te Teko plains are then reached, and Te Teko township is found about forty-two miles from Rotorua. Fourteen miles from Te Teko is Whakatane, a small farm-

Continued on page 40

ON EASY TERMS

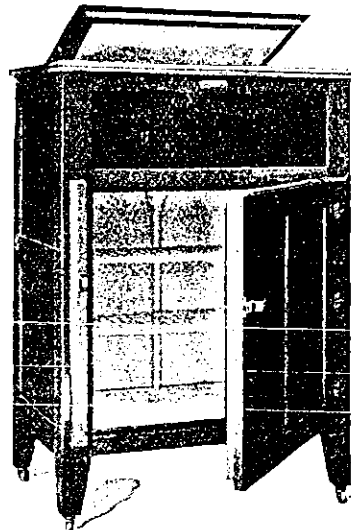
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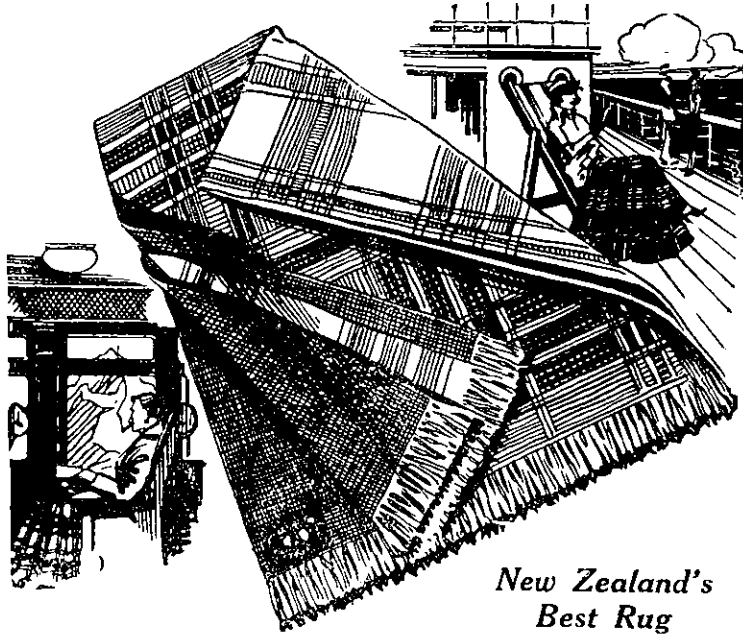
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GOOD NEWS for STOUT PEOPLE



If you have been putting on flesh, and your figure has become lost in rolls of annoying, useless fat; if you are short-winded, puff when you walk, and puff when you talk; if you feel heavy and cumbersome; if your skin is sallow and pasty through inactivity, or red and flushed after any exertion; if you have any symptoms of indigestion, flatulence, and constipation; **don't despair!** You can treat this condition by a simple home remedy, without drugs, and endorsed by doctors. You need not be fat any longer. You can reduce right from the start, restore your figure, & regain your former health & activity.



EVERY STOUT LADY should send six stamps for booklet "Good News for Stout People" to

THE HARRISON O.B. CURE, 56-L Manners St., Wellington

Continued from page 39

ing town. Near here we lunched by the roadside, and after an hour or so continued our journey. The road to Opotiki is undulating and passes through splendid farming country. The semi-barren thermal area was left before we reached Rotorua, and the change from pumice roads and clouds of dust was very welcome. The roads round the Opotiki district were very good, and except for the Waimana Gorge, fairly fast time could be made. The Waimana Gorge was reached a few miles after leaving Whakatane, and was very pretty. A keen look-out for approaching traffic is necessary, as the corners are often very sharp, and passing places few. The last few miles of road leading into Opotiki are very pretty, as the road follows the coastline, and passes through beautiful bush. The keen sea breeze was very refreshing after so many miles of travel inland.

OUR fifth day dawned wet. It rained heavily during the night, and all through the morning it was showery, with fog in the valleys. The road was level for the first twelve miles, but then we reached the famous Motu Bush, and began to climb. Hallam's cutting, nearly two miles long, was passed, and then began the five-mile climb of Mercere Hill. The road is very narrow, and the corners are sharp. The utmost caution is necessary, as a precipice of hundreds of feet in height marks the near side of the road. The descent to Toa Toa is five miles long, and brakes need to be in excellent condition. The road is so narrow that if a mistake is made an accident can only be averted by prompt and efficient application of the brakes. More heavy climbing is then met with, and Papamoa is reached thirty miles from Opotiki. A steep descent to Motu is then made, and, after a few more miles of travel to Matawai, the bush is left for the day. We lunched just past Motu, but the weather was still inclined to be showery, and we did not delay over the meal. For nearly thirty miles from here the road was hilly, with a clay surface, which is almost impassable in wet weather. The rain had kept to the mountains, however, and we got through without trouble. The road

from Waikohu, where the clay ends, to Gisborne is very good, and the twenty-five miles were covered in about an hour. We were nearing the East Coast, and the land was very good, all being extensively farmed. Gisborne was reached about 4 p.m., and we had a little time to see the town.

Gisborne is a very fine town of 14,000 inhabitants, and is well built, with very wide streets.

UNFORTUNATELY the rain followed us, and we completed our tour with a 150-mile run to Napier in the rain. Eighteen miles from Gisborne we commenced climbing the Wharerata Hill, which is a fairly heavy climb, of considerable length. The road is excellent, as the Public Works Department has taken it over and thoroughly metalled and tar-sealed all the road passing over the hill. Then after many minor hills, we descended to Morere, forty-two miles from Gisborne. Here are hot springs and Government baths, which are well worth visiting. We did not stop, however, as it was raining, and we thought it wiser to push on as fast as possible. From Morere to Wairoa the road was mostly level, and a high speed could be maintained. We had dinner at a Wairoa hotel as it was too wet to picnic, and then continued on the last stage of our journey to Napier.

The road was level for a few miles, but became more hilly as Mohaka was approached. Mohaka village is not visited, as a new deviation has been made, which offers a better grade, and is several miles shorter.

There are several miles of well-graded hill road after leaving Mohaka, and considerable care is necessary, as the traffic on this road is very heavy. Waikare is then reached, forty-two miles from Wairoa. A further twenty miles of undulating road brought us to the Tangoio Valley, which is very pretty. The road travels down this for a few miles and at last the sea is reached. The road travels along the beach for some distance, and at last joins the Napier-Taupo road. A further ten miles brought us to Napier, and at last our tour was over. We had covered 660 miles, and had been away six days. The Dodge suffered one puncture—that was our only mishap.



Hard on the Ospreys

A SOCIETY woman who had bought two tickets for a charity matinee, found herself unable to go, and sent her small maid along to occupy the seats. The maid took a friend with her, and they found themselves behind a woman whose high-crowned hat was decorated with two large ospreys. A muttering of disapproval behind caused the woman to turn round and remark: "I'll inform you right away that I have no intention of taking off my hat, so you needn't ask me to do so."

There were no further objections from behind, and in the first pause in the performance the owner of the ospreys, apparently repenting of her churlishness, turned again and inquired, "Is my hat very much in your way? If so, I don't mind removing it now. I know my ospreys are rather large."

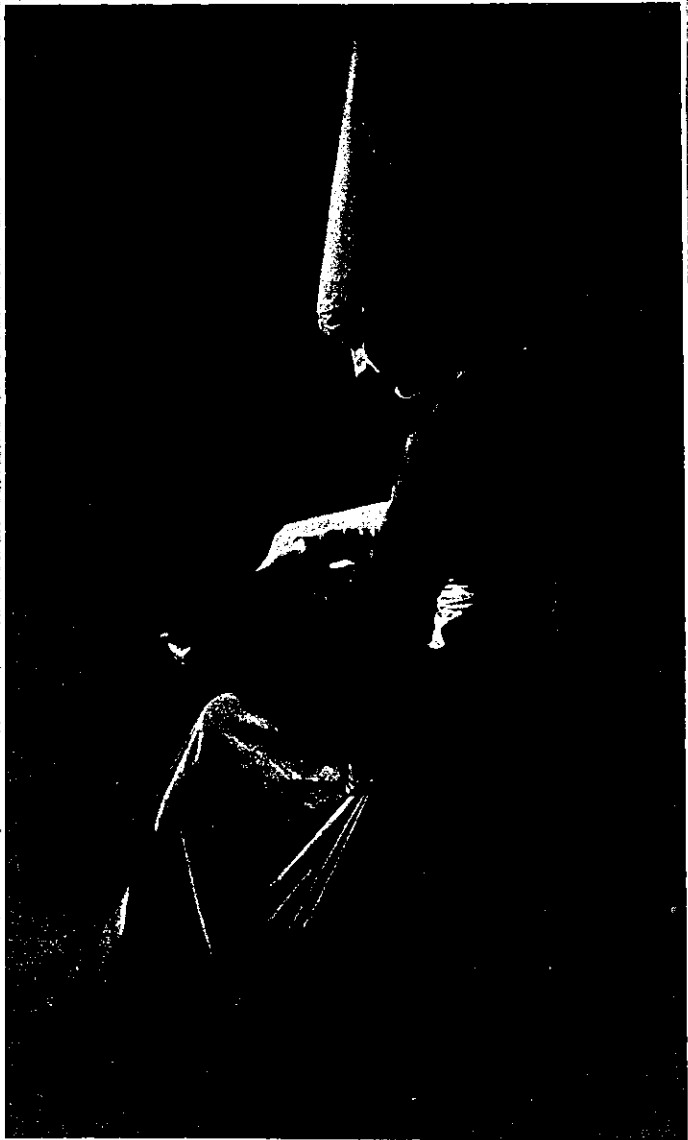
"Oh, yer needn't bother," said the small maid brightly "them feathers ain't worryin' us now. I bent 'em all back!"

In Council with the Looking Glass

IN spite of all good resolutions made when summer comes, there are few of us who have been strong-minded enough to forego the kisses of the sun and wind, and the end of the holiday season finds us, if not as swarthy as an Ethiop, still in the condition to which Julia reduced

somewhat chastening experience, set to work to repair the ravages as best we may.

Fortunately the state of health after the holidays are over is usually good, so that care and time will in a great measure remedy matters, though if the neglect is long stand-



Mrs. E. T. Rogers, wife of Dr. Rogers, of Hamilton,
in "A Tale of Normanby"

Gaze & Co., Hamilton

herself when she did "neglect her looking glass and throw her sun expelling mask" away, allowing "the air to starve the roses in her cheeks and pinch the lily tincture of her face," and with our complexions in a parlous condition, our hair rough and bleached or lamentably greasy, our eyes bloodshot, with an etching of unwelcome lines "in and out and round about."

WHILE leading an open air life this state of things was not so obvious, but when we settle down to indoor amusements once again, it behoves us to take council with our looking glasses, and after that

ing it will be more difficult to cure, indeed, in so many such cases, mitigation is all that is possible.

To take the skin first of all; in the majority of cases, women will find the face, neck, chest, arms and hands are harsh, dry and discoloured; in a few cases the face and chest are greasy and burnt as well.

The quickest way to make it velvety clear and supple once more is to mask the face at night with a suitable preparation, and to poultice the neck, chest and arms as the French do.

Proceed as follows: Wash the face very thoroughly with warm

Continued on page 45

NERVES and DEPRESSION

Depression, irritability, loss of tone and pleasure in life, are the results of the failure of the body to get rid of its waste products, which poison the blood and may carry illness and disorder to any portion of the body. This condition is not remedied by aperients that act by irritating the intestine. Virolax cleanses the system of this wastage, and by nourishing and lubricating the intestine brings about a healthy normal condition.

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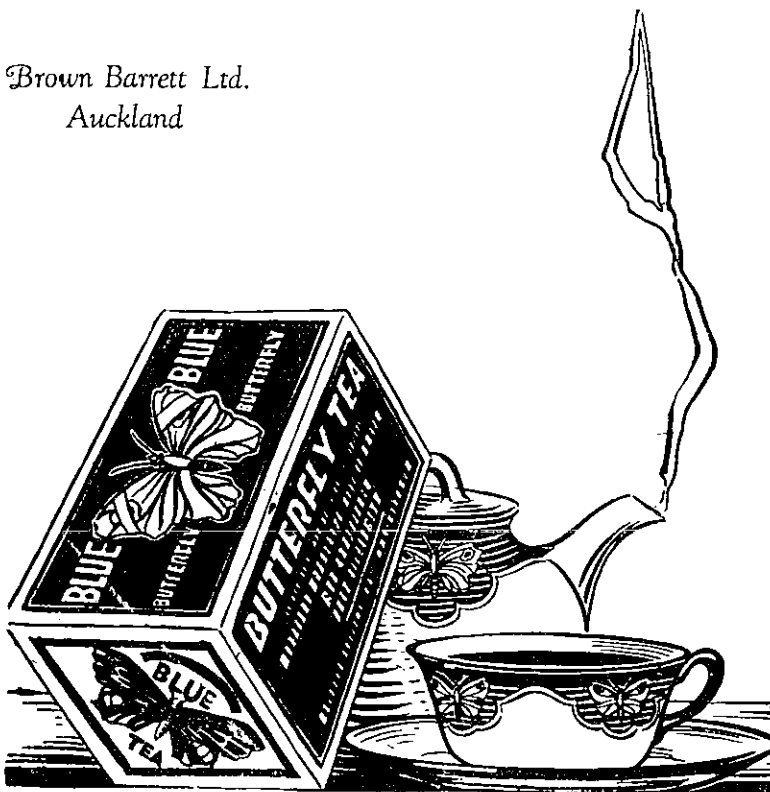
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The Hands and Arms

HANDS were made to be useful—runs one of Dr. Watt's famous hymns, and although "usefulness" may mean that they are neither so small nor ivory white as the hands of the last generation—they can still be well shaped and well kept. To keep the hands from getting hard and discoloured, and to obviate the necessity for frequent washing, gloves should be worn when any dirty work has to be done—rubber ones—if it's a case of keeping them immersed in water for a considerable time. A thorough drying after washing is essential, and if glycerine and honey jelly (which can be bought in a tube and carried about) is rubbed well into the hands when they are moist, it will prevent them from becoming rough and red in winter. A slice of lemon, rubbed well into the skin after washing, will remove stains and make the skin fine and white; and the following lotion, applied when the hands are partially dried and not rinsed off will keep them soft and smooth.

Take equal parts of strained lemon juice, eau de Cologne, rosewater and glycerine, and mix them thoroughly. Keep it in a bottle with a sprinkler top.

If the hands should get grimed with dirt, they should be rubbed well with vaseline, the vaseline wiped off and then the hands soaked in warm soft water and well lathered with pure soap.

The care of the nails should be a daily business, not a matter of over-manicuring on special occasions, and the good work should be started by an expert manicurist.

The shape of the finger tips may be greatly improved by pinching them

between the finger and thumb frequently.

Brittle nails may be made much more serviceable and shapely by rubbing them briskly, as though polishing, with the fleshy part of the thumb.

If the hands are long and thin the nails should be kept on the short side and filed a round instead of pointed shape, the latter make the hands look like birds' claws or witches' talons.

A WOMAN'S arm should be strong and supple, without being too muscular, and above all the skin should be soft and smooth and white, not as is so often the case nowadays, when short sleeves and sport go arm in arm, so to speak, coarsened and discoloured by exposure to the weather. When the skin at the back of the upper arm is rough and red, nightly scrubbing with a well-soaped loofah, preceded and followed by bathing with hot water, will effect a great improvement in both the colour and texture of the skin. Dry the skin and then anoint with the following lotion, which should be left to dry on:

Elderflower water 2oz., glycerine 2oz., eau de Cologne 1oz., and the strained juice of a large lemon.

Frequent applications of the same lotion will also help to remove traces of sunburn and freckles. Quite a strong growth of hair sometimes appears on the surface of the arms of the woman who leads an outdoor life. The application of peroxide of hydrogen will help to make this less noticeable, or it can be temporarily removed by one of the excellent depilatories now on the market.



Can't About Clothes

THE last ten years have taught women many things -- among them the truth that "no woman is ugly if she is well dressed."

People with dull, kill-joy minds may prate, but walk along the streets to-day and what do you see? Not (for the most part) dowdily dressed women in frocks of ugly contour and gloomy colours. Not awkward hats that would fit no head or face on earth, trimmed incongruously with birds' feathers. Not the once familiar black or brown woollen stockings; nor clumsy and shapeless shoes; nor those unhygienic long skirts that collected the dirt like a broom.

In their place struts a bewitching figure—the so-called boyish girl. Her costume is severely simple; its shape hanging naturally from the shoulders, its colour refreshingly bright. She is not trussed up like a fowl. Her so-called "pneumonia" blouse, survivor of a million libels,

has freed its wearer from the endless coughs and colds that lurked beneath its high-necked Victorian predecessor.

Her cloche hat sits neatly on a cool, tidy and hairpin-less shingled head. Her short skirts are healthy and display the daintiest of silk stockings in charmingly light hues that "go with" frocks of almost any colour. And the old-fashioned boot, hot and usually unsightly, that was supposed to provide "support" for the instep (as if the bones of the foot are not natural support enough), is replaced by the shapeliest and airiest of shoes.

Is the girl of 1925 more uniform than the girl of 1914?

Yes, but is it not a uniformity to be proud of? And I, for one, hope she will not let her greatest friend and enemy, the dress designer persuade her to change in order to create a profitable demand for "the very latest."



Magnolia perfumed cream is packed in green carton. Get a jar to-day; it will be a charming addition to your dressing table.



This new jar is the latest achievement in Toilet Cream presentation. Bouquet perfumed cream is packed in blue carton.



Britain's leading Face Cream

now in new and Beautiful Jar,
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ICILMA CREAM

The woman of to-day demands the most up-to-date style in her clothes, her amusements—her toilet articles. So Icilma Cream has shed its dress of 1900, and now appears in an artistic frosted green glass jar—a modern jar worthy of the cream.

Icilma has a record of 25 years as the world's leading toilet cream. To-day it is *better than ever*. Non-greasy Icilma alone contains the skin-stimulating water from the Icilma Springs.

Used regularly, this delicate cream cleanses, beautifies and protects. Vanishes perfectly. The best possible powder base. Guaranteed not to grow hair.

CHOICE OF PERFUMES

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MAGNOLIA

This new perfume was produced after countless experiments to find an alternative perfume worthy of Icilma Cream. MAGNOLIA has that quality which is characteristic of all the best perfumery.

FREE Samples.

You can test this wonderful cream—and choose which perfume you prefer—quite free. On receipt of your name and address and two penny stamps to cover postage and packing, we will send you trial tubes of Icilma Cream—one perfumed with Bouquet and the other with Magnolia. Please write clearly (CAPITAL LETTERS).

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Use it daily and look your best

Your chemist has stocks of Icilma Cream in New Jar and both perfumes

In Council with the Looking Glass

Continued from page 41

rain water and soap and apply the selected preparation.

The following, which is adapted from a recipe given by Madame de Gené is very good for occasional use:—

Take sweet almond oil, 3 ozs.; white wax, 2 ozs. Place these ingredients in a jar which stands in a small saucepan half full of boiling water. When these are melted, add half dram of simple tincture of Benzoin drop by drop, and the same quantity of tincture of myrrh in the same way, finally stir in half dram of powdered alum. Mix the whole very thoroughly till it is of the consistency of firm butter.

SPREAD it over the face thickly, and then paint the surface with a paint brush dipped in flexible colloidion. This forms a coating over the grease, and the whole thing will peel off in the morning, leaving the skin soft, smooth and clear, and comparatively free from lines if they are temporary ones only. *One word of warning, however:* the colloidion has a good deal of ether in it, and is apt to affect some people unpleasantly for a minute or two if it is breathed in. So do not put it under the nose, and be careful not to inhale it when painting the chin. White of egg may be used instead, with much the same result. Or if preferred the cream itself may be applied and covered with a piece of soft clean rag, with slits cut for eyes, nose, and mouth, and the colloidion not used at all.

THE next preparation was used by the beautiful Empress Fulvia to preserve her exquisite complexion when she found Marc Antony's affections wandering Cleopatra-wards, and though it did not attain the end she had in view as regards her husband, there is no doubt that its effect on her skin was highly successful.

Wash half-a-dozen water-lily leaves, which are astringent and healing. Boil them in rainwater till they are in a pulp; strain off the water and put it on one side. Melt two tablespoonfuls of white wax, take a tablespoonful of honey, and as mare's milk is not easy to get, two tablespoonfuls of ordinary milk, and mix all together.

Bathe the face, neck and arms well with the water in which the leaves have been boiled, then spread the mixture over the affected surface and cover the face with gauze or old linen, and bandage the neck and arms in order to hold it in place. Keep it on for twenty minutes and wash off with rainwater.

A MIXTURE of fine oatmeal, honey and lemon juice may also be used, mixed to the consistency of a poultice with milk, bound on and worn all night, washed off in the morning, cold cream well worked in and wiped off and the skin lightly powdered.

If the skin is greasy and discoloured, a *purée* of potatoes spread on and left on for twenty minutes will do good, a French authority says.

When remedies of this description are used it is advisable to protect

the hair with a dunce's cap made of tissue paper, the ingredients being of a distinctly messy description, ruin houbair caps.

Those who, like myself, do not care to take the time and trouble to use these remedies, good though they undoubtedly are, can fall back on calamine lotion applied thickly at night for ten days with thorough applications of cold cream in the morning, both to remove the lotion and to prevent its obvious drying effect, if the skin is dry itself.

OIL alone should never be used by fair-skinned women, as it darkens the skin rather. It is not wise to use bleaching agents in too drastic a manner, as they dry and shrivel the skin if used in excess. It is wiser to use them in small doses and take time over the process. It is obviously foolish to expect to repair the damage of weeks in an hour or two. Help nature, and work slowly and surely.

There are, of course, many excellent preparations on the market, and if purchased from well-known firms which have a reputation to keep up, will do what they profess to do.

If the eyes are bloodshot, as they often are, especially after yachting, they should be bathed night and morning with either hot water that has been boiled, or weak camomile tea. There are also some excellent drops that clear the eyes as if by magic; these, however, must be prescribed by an oculist.

THE hair invariably needs attention after the holidays, and a herbal wash should be used; or, if it is dry and lifeless-looking, there is nothing better than a lotion composed of bay rum, 2ozs.; oil ricini, half dram. This should be well rubbed into the roots twice a week after the hair has been well brushed and combed.

The palms are apt to be hard from the after-effects of blisters caused by sport. Soak these in hot oatmeal water for five minutes and then work in a little vaseline for another five. Repeat the treatment every other day till the hands are soft again.

Sometimes midge or mosquito bites leave ugly scars which are very disfiguring. These should be shown to a doctor, who can usually mitigate them.

TEETH require the greatest care from the time they are cut, and the wise woman will pay periodical visits to her dentist, if she would have them last as long as possible. They should be cleaned at least twice a day, always at night and after each meal if they are to be kept immaculate.

It is best, with a view to keeping the teeth both clean and *white*, to use a good dental cream alternately with a tooth powder; this latter should not be too gritty or it may scratch the enamel of the teeth.

In addition to this, a piece of floss silk should be passed between the front teeth at bedtime, in order to clean the cracks and crannies where the bristles of the brush cannot penetrate.



By Appointment to His Excellency The Governor-General

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*In France One Seriously Views the
Complexion*

Continued from page 43

constantly rubbing powder over it. If it is too dry we are likely to do nothing, except boast about it a little. "I have a very dry skin," someone says, as if this were a virtue or a sign of aristocratic blood. And yet did you know that it is more susceptible to wrinkles at an early age than one which is too greasy?

I should always keep the skin under the eyes and round the chin well lubricated. Olive oil is good

first, and then by a slight moistening with the rose water and glycerine.

I used to have a horror of vanishing cream. I thought it made the face just sticky enough to catch and hold all of the dust of Fifth Avenue or Paris. As for make-up—if you are so worldly as to use any—I thought that it stood out as if it had been rubbed over marble if the face had first been treated with vanishing cream. At length the beauty



PLAYFUL YOUTH
Snapshot Competition

for the purpose when rubbed in well. In general, vegetable fats are better than those of animals. Sometimes it is difficult to coax the dry pores to accept grease. They throw it off in the form of pimples. At night, after completing the toilet for the face, if it still seems dry and little rays of wrinkles radiate from the eyes I should give them an application of one lotion more. I should rub my hands with their nightly application of rose water and glycerine, dedicating a liberal amount for the purpose, and while it was still wet on the palms I should rub them over the face.

In doing so one lubricates the skin without running the risk of giving it something which it cannot absorb. This application, sparingly applied, will not produce pimples. There is no better lubricant than glycerine. If eruptions come when they cannot be accounted for in the record of the health, examine the skin food you are using, and the cleansing cream. Sometimes it is wise to omit them both for days at a time, depending only on the daily toilet of soap and water, followed by the witch-hazel

experts persuaded me that you could not have small pores if you let even the purest, finest of powder come directly against the face. I then invented a system for rubbing the skin first with vanishing cream and after this had dried—or vanished—wiped it with a smooth cloth. I then went over the ground again with a piece of cotton moistened in witch-hazel. By this simple process the pores are still protected from the enlarging influence of the powder because the cream is by no means all removed, and yet it is nullified to the extent that make-up does not have a starey effect when put on over it.

The Question of Massage

MANY people ask if I believe in massage. I am afraid that I do not—any too enthusiastically. And I rather think that the French do not—at least, not indiscriminately. You must choose your masseuse, examine your skin, and altogether proceed most scientifically. Then I think that prac-

Continued on page 47

In France one Seriously Views the Complexion

Continued from page 46

tically the greatest praise you can accord it is that it does no harm, rests the muscles and the body while it is going on, gives one, so to speak, a train of thought that is constructive. Of course if the massage is not performed exactly as it should be for the skin operated on, not all of the suggestion in the world can counteract the ill that comes from the scientific imperfection of the treatment.

The great danger is that massage will be too frequent, rather than that it will be neglected.

One of the controversies among beauty experts is over the degree of friction that is good for the face and the neck. Some of the high French authorities recommend rubbing—"frictioning," as they call it—with a rough bath towel. Others, principally beauty experts without medical diplomas, advocate the gentlest, softest of wiping with a downy piece of cloth. I suppose the answer to this disagreement is, as usual, that both are right, and the skin itself must determine the question of what sort of drying cloth is best for it.

If it is more or less toughened with the suns and winds of many years it can probably hold its own against the rougher treatment, will perhaps be stimulated by it and respond to it healthfully.

The only way to discover is to try out the experiment. You get your answer, of course, in the reaction. Do not look for your final response, however, in the exultant glow of the moment following the treatment, but in the condition of the skin the morning after it has taken place.

If the epidermis seems to be in a torpor that even a dash of cold water will not awaken, if the muscles are more relaxed instead of less so and the lower part of the face seems to droop instead of to lift, then a lively rubbing down has not been good for it.

For my skin I prefer the three-minute frictioning that one can give with an ordinary face towel before it has been worn to an even smoothness, but after its new harshness is laundered away.

Warm Weather Wear

CHIFFON frocks in the flower tints, those with an all-over printed border are the fashion of the moment.

The suppleness of the fabric makes possible the elaboration of ruffles, flounces, tiers, godets, jabots and capes—all the fine details of the new and intricate mode.

The smart coats of sheer crepes or of chiffon deserve special attention. Some have wide scarf collars, cleverly applied summer furs, fringes and tassels, novel hem effects and odd cuff treatments for their ornamentation. They add comparatively little weight to one's apparel, yet give the finished appearance that is so very desirable.

AND now for the mandate that is international and knows no frontiers. All of the races acknowledge it; all bow to it and abide by it who would have a long youth as well as a serene one. I refer to the gospel of rest and repose.

Even the men of France observe it to an extent and do not indulge in the nervous frenzy which we call business enterprise. In our country we deliberately invite people to call us up at the luncheon hour to hold business conversations. In France they for the most part decline to be summoned to the telephone through the luncheon two hours.

Please accept my assurance that it has a marked effect on the national appearance. To state one phase of it on its positive side, the people of our country, taken as a whole, look far more strained and restless and older for their years than these French people that I live among.

But it is the women with whom we are concerned, and the feminine part of the French population rests even more assiduously than the men. A French lady went over to America after the war to visit with her husband, who is a very rich and influential man in his country. The two were entertained in some of the most elegant and extravagantly conducted of our homes. When the couple came back they were all admiration for us in every particular except one, and for this the lady, in describing it, took on a complaining attitude, as if it were my fault entirely.

"I aged ten years," she lamented. "I will never get back what I lost. My youth, my youth—where is it? I left it in America. They made me get up for breakfast! And come downstairs! And converse! They made me meet the gentlemen. One cannot converse with the gentlemen in the morning and preserve any of the mystery or the romance for them. We went to bed always past midnight—at one, at two, at three! And always we ate the last thing. Then again in the morning, a heavy breakfast. My complexion—oh, my complexion!"

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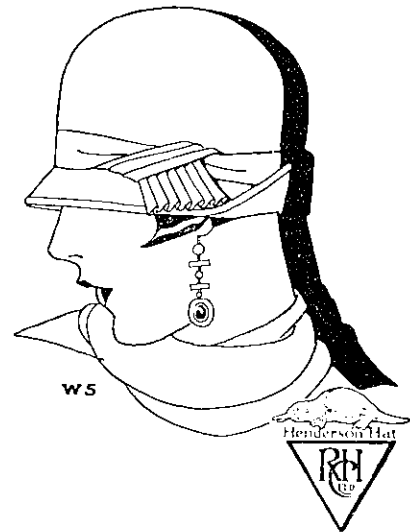
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Love Marriage & the Modern Girl

ALTHOUGH the modern girl continually shrugs her shoulders when the question of love and marriage is mooted, she has yet devised no armour strong enough to make her immune from Cupid's darts, whenever the mischievous little fellow decides to go after her in real earnest.

But, even though she succumbs to love, she yet remains an enigma to mere man, for in spite of the fact that on a December evening the moon may be shining as romantically as it did in the days of Lord Byron's "Childe Harold," and the girl may be trembling in your arms in an ecstasy of newly-awakened passion, yet she will suddenly turn as businesslike as a calculating machine at the first mention of the word marriage. With a twinkle in her eye she will tell you not to talk "rot," as she wants to have a good time while she is young before she "settles down." You don't know exactly what she means by having a good time, and you begin to wonder how long she'll consider herself young. Young? When is a bundle of femininity young? At fifteen you almost believe her to be a woman—yet at thirty she is still a girl—and when eighty-four years, "When does a woman admit that she's old and unattractive to the opposite sex. Grannie?" "Eh, laddie," she answered, "I canna tell ye; ye'll have to ask a much older woman than I am." Yet that same old Scotswoman was married at the age of seventeen and proudly confesses to-day that she is still "in love" with the silver-haired old gentleman whom she calls "Ma'am."

IF a girl of to-day wants her marriage to be a permanent and stable thing, she will wait until she is old enough to recognise and appreciate a real man when he comes her way, and she will realise that there is more in the institution of marriage than a mere babbling about sex.

The modern girl seems to think it is the one and only pivot on which the world turns round. She pats herself on the back in the proud belief that her emancipation and advancement have given her the necessary courage to call a spade a spade, and to frankly discuss *spades* on all possible occasions; but, really, when the whole burning question is put under the spectroscope and analysed, woman doesn't seem to have advanced so very far after all. Man, poor devil, still hankers after her in the same determined old way, and she still regards him as her legitimate prey. Whether she calls his attraction for her by the term of *sex*, or whether she uses the old-fashioned word of her grandmother—love—it all comes to the same in the end, and leads the same old way to the altar.

— "Woman."

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For Luncheon, Afternoon Tea or Picnic

THE success of one's afternoon tea or garden picnic is often due largely to the delectables which are served. That is why there is no subject which is more vital, especially in the summer-time, than that of sandwiches. To make appetizing sandwiches is a real art, and one well worth acquiring. The way a sandwich is made, and the filling which is used in putting it together should be adapted to the occasion for which it is intended. The wholemeal sandwich should be substantial, so for this, fairly fresh bread, cut a quarter of an inch thick, should be used and the filling should be hearty and generously applied. For afternoon-tea service, sandwiches must be dainty and attractive, so use rather stale bread which can be cut very thin. Spread them with equal daintiness, remove the crusts and cut in fancy shapes.

Always spread the bread for any variety of sandwiches with a coating of butter first, for this will keep the filling, especially if it has a tendency to be moist, from seeping into the bread and making it soggy. Never melt the butter for this purpose, but manipulate it with a wooden spoon until it is soft and creamy. Most sandwiches may be made ahead of the time required, and kept in the refrigerator until needed. Wrap substantial sandwiches separately in wax paper. Pile the dainty variety on a plate and wrap the whole in a damp napkin. When serving sandwiches on a tray or platter, garnish them here and there with fresh sprigs of parsley or watercress, or with nasturtium blossoms or violets. Such touches will make them very attractive and appetizing.

SPANISH Sandwiches.—Chop together the contents of one small can of Spanish olives, two hard-cooked eggs, one-quarter pound of any mild cheese, and one and a-quarter cupfuls of walnut meats. Make a binding sauce by creaming one tablespoonful of butter and adding one egg, well beaten, one tablespoonful of sugar, three tablespoonfuls of vinegar, one teaspoonful of salt, and a speck of paprika. Cook over hot water until thick, then set away to cool. When thoroughly chilled add this sauce to the first mixture to moisten and use as a filling for either white or whole-wheat bread. A crisp lettuce leaf in each sandwich will add a succulent touch.

TROASTED Cheese and Green Pepper Sandwiches.—Remove the seeds, the white pith and the stems from three large green peppers. Put them through the food chopper together with half-a-pound of mild cheese. Season with half a teaspoonful of salt and one-eighth teaspoonful of pepper, and mix thoroughly. The juice from the peppers should moisten the cheese sufficiently to make it spread well. Cut slices of bread rather thicker than is usual for sandwiches. Spread one slice with a layer of the paste, cover with another slice, press firmly together, and toast. Serve hot. These quanti-

ties will yield two cupfuls of the filling mixture.

MEATLESS Sandwiches. Spread slices of brown bread with a mixture of butter and cream cheese blended together in desired proportions. Then spread an equal number of slices of white bread with softened butter. Spread the white slices also with chopped cucumber, well drained and mixed with a piquant French dressing. Put a brown and a white slice together to form a sandwich.


CELERY Sandwiches.—Mix together one cupful of shredded crisp celery, two tablespoonfuls of chopped nuts, and two tablespoonfuls of chopped green olives. Moistener with stiff mayonnaise and spread between slices of buttered bread.

HAM and Egg Sandwiches. Beat two eggs slightly, add half a cupful of chopped cooked ham, one teaspoonful of grated onion and one eighth teaspoonful of pepper. Drop by spoonfuls into a hot frying pan in which a tablespoonful of butter has been melted. Spread to make flat cakes, brown on both sides, and place each cake between slices of fresh bread, or toast and serve hot.

NUT Sandwiches.—Put some walnuts through the food chopper moisten well with stiff mayonnaise and with shredded hearts of lettuce endive or romaine. The following proportions make a good filling: To each half cupful of the ground nut, allow one lettuce heart shredded and one-quarter cupful of the mayonnaise. Butter thin slices of white bread and spread them with the filling. Cut each sandwich in halves or triangular shape and serve at once before the salad material begins to wilt.

LAYER Sandwiches.—These sandwiches may be made with any kind of filling, but must consist of five slices of thinly cut bread—three white slices and two whole-wheat—arranged so that there is a white slice top and bottom. Butter each slice generously. A good filling for these sandwiches consists of one three-ounce cream cheese, softened by creaming and mixed with four large stuffed olives chopped, one-quarter cupful of minced ham or other meat, and two tablespoonfuls of mayonnaise. Spread four of the slices with this filling and place them together in alternate order as suggested above. Press together firmly, trim off crusts and cut in lengthwise slices about one-quarter inch thick. Make as many of these blocks as required.

SARDINE Sandwiches.—Mince a small tin of sardines and mix with one tablespoonful of melted butter, two hard-cooked eggs chopped fine, one tablespoonful of lemon juice and a speck of cayenne pepper. Use this filling between slices of buttered white bread.



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In the Kitchen

Apple Scones

TAKE two cups of flour half teaspoon of bicarbonate of soda, one teaspoon of cream of tartar, pinch of salt, half cup of sugar. Mix all together and rub in two ozs. of butter; beat one egg well and mix all to a dough. Roll out square and cut in halves. Have some apple minced and sprinkled with sugar and cinnamon; spread it on one half of the dough, cover with other half, and cut into scones. Bake in a moderate oven for about half-an-hour.

Excellent Seed Cake

TAKE one cup of sugar and 1/2 lb. of butter; beat to cream; then add juice and rind of an orange or lemon, four eggs (beat well after each egg), half cup of water, and a little peel (finely shredded) and caraway seeds; lastly two large cups of flour to which two teaspoons of baking powder have been added.

Steak Fool—A Savoury Luncheon Dish

TAKE 1 lb. of steak, quarter cup of flour, one dessertspoon of sugar. Cut up steak and roll in flour and sugar. Put in pie-dish or casserole, and add one dessertspoon of tomato sauce, one dessertspoon of Worcester sauce, one dessertspoon of vinegar, and one and a-half cups of warm water. Cut up one large onion and add. Cook gently for two hours. Cover with a lid in warm oven. One lb. of sausages may be used instead of steak.

Spinach Souffle

BOIL and drain the spinach, chop fine, stir in two tablespoons of butter, salt and pepper to taste. Beat the yolks of two eggs and the whites separately, then add to the spinach and stir up well. Bake in a hot buttered dish in a quick oven until well browned. Serve with fingers of toast.

Six Kinds of Lemonade

Sunset Lemonade

THIS is a sharp, cool drink that will be relished on a hot day. Two cupfuls of sugar, the juice of four lemons and the grated rind of two oranges are boiled with one quart of water for five minutes and

set aside to cool. The lemonade is then served in tall glasses, with cracked ice and half slices of orange, and a candied cherry floating on top of each glass.

Lemon Frost

SQUEEZE the juice of half a lemon over three teaspoonfuls of sugar, and add cracked ice and water to fill the glass. Beat the white of one egg until stiff and light, and "frost" the top of each glass with a heaping spoonful slightly sweetened and flavoured with lemon juice.

Spiced Lemonade

MAKE a lemon syrup as follows: Squeeze the juice from four lemons and chip the rind from one. Add one cupful of sugar, one cupful and a half of water, three whole cloves and half a teaspoonful of cinnamon. Cook until the sugar is well dissolved and the spices mixed, adding more water if necessary to keep the syrup thin. Cool and use one quarter of a glassful for each one, filling the glasses with chopped ice.

Lemon Crystal

TO two teaspoonfuls of sugar add the juice of half a lemon and two tablespoonfuls of pineapple juice. Fill up the glass with cracked ice. Over the top of each glass grate crystallised ginger and serve a generous piece on the edge of the glass itself.

Apple Lemonade

COOK until tender, diced apples, including the skin and core, in enough water to cover. Strain through muslin, add a cupful of sugar to each cupful of juice, bring to a boil; then cool. For each glassful of apple lemonade use half a cupful of the apple syrup, the juice of half a lemon, and water and ice to fill the glass. Serve with a candied cherry floating on top.

Pink of Perfection

COOK together one cupful of sugar and one quart of red currants until the berries are soft. Add one cupful of water to the juice, and cool. Into each glass squeeze half a lemon, and add half a cupful of cool juice. Ice, and serve with thin sweet crackers.

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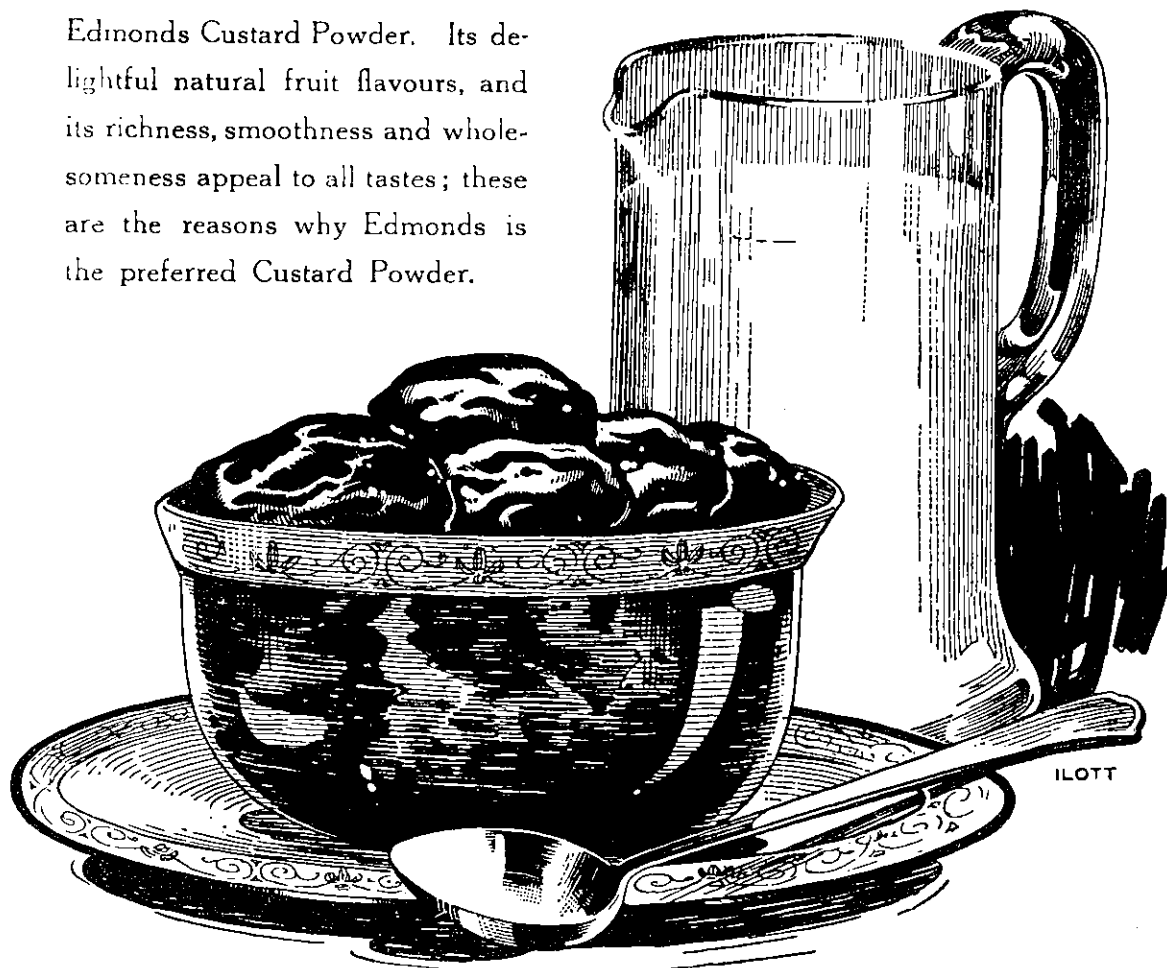
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Variety with Eggs

Specially Written for "The Ladies' Mirror"

By E. N. TODHUNTER

A Graduate in Home Science in the University of Otago

EGGS are among the most valuable foods we have, yet too often the busy housewife confines herself to the use of eggs in cakes, or, perhaps, a fried egg at breakfast. The wise cook knows that eggs are an excellent substitute for meat, that they are a good building food for the invalid, and that an egg every day for the two or three-year-old child goes far toward supplying him with the right kind of food for his body needs.

What is it, then, that makes eggs so important? They are rich in muscle and flesh-building material which the scientist calls protein. They are among the very best sources of iron which is necessary for the blood, and which protects against anaemia. They contain vitamin A, which is necessary, particularly to help stimulate growth in the young child, and to build up resistance to disease.

EGGS are a concentrated form of food and should be combined with vegetables, cereals (as bread), or some food to give bulk. They are similar in food value to meat and fish, and can very well replace them in the day's menu. One pound of eggs, or nine medium-sized ones, are equal to one pound of meat. They are more suitable for children than meat, as they contain a better type of food material for growth.

Used as suggested in the following recipes, eggs make nourishing and attractive luncheon or tea dishes. They are simple and easy to prepare, and do not take long to cook.

The flavour of eggs is such that it goes well with vegetables, and the woman who knows the value of eggs, milk and vegetable combinations knows where to look for her tonics. She knows that the vitamins, iron and cellulose supplied by these foods are the valuable body regulators and are worth far more to her than medicine from the chemist.

EGGS should be bought when cheap and plentiful, and preserved so that they can be used all the year round, even when the market price is high. They may be preserved by coating them with fat or some prepared mixture, or by placing them in water glass. Such eggs may be used in all the familiar ways. If boiled, the end should be pricked, as the pores have been sealed up by the preservative, and unless there is some outlet the shell will burst when cooking.

The method of cooking eggs, though it seems so simple, is very important, and is so often wrongly done. The muscle building, or protein material in the egg, coagulates and hardens with heat, as is seen in ed at a high temperature, as at the the "setting of the white." If cook-

ing boiling point of water, this protein becomes hard, tough and indigestible, but if cooked at a low temperature for a longer time, it sets to a tender jelly-like consistency, which is readily digested.

SOFT Cooked Eggs.—Three eggs, one pint of water.—Bring the water to the boil, place the eggs in the water, and immediately remove the saucepan to the side of the fire. Let the eggs cook in the hot water for eight minutes. This is much better than letting the water boil, as the eggs are more digestible. If more eggs are cooked, increase the water in the proportion of one cup to each egg.

HARD-Cooked Eggs.—Prepare as above, but allow to remain in the water at side of stove, and with the water kept just below the boiling point for thirty minutes.

POACHED Eggs.—Use a shallow pan. Have enough boiling salted water in it to cover the eggs when dropped in. Crack the eggs and drop the contents gently into the simmering water. Cover the pan with a lid of some kind and draw to the side of the fire. Let stand five to seven minutes, and then remove with a skimmer and serve on buttered toast. A muffin ring or plain round pastry cutter placed in the pan and the egg dropped into it keeps it a nice round shape. A little chopped parsley or dash of red pepper on the top of the egg gives colour, and makes a more tempting service.

EGGS Poached in Milk.—Proceed as above, but have hot milk in the pan instead of boiling water. Serve on toast and pour the milk over the eggs. This is a nice dish for the invalid or for children.

BAKED Eggs.—Two cups milk, two tablespoonfuls flour, two tablespoonfuls butter, half teaspoon salt. Make into a sauce. Pour into a shallow buttered pie dish. Crack four eggs and drop their contents into the sauce. Bake in a moderate oven until the eggs are set. Use for a tea dish.

STUFFED Eggs.—Cut four hard-cooked eggs in halves crosswise. Remove yolks, mash and add two tablespoonfuls grated cheese, one teaspoonful vinegar, quarter teaspoonful mustard, salt and pepper. Add melted butter to mixture. Refill the whites. Place on a serving dish, pour over them one cup white sauce, cover and reheat or place on chopped lettuce leaves and serve cold with salad dressing. Or put the halves together again and wrap in grease proof, wax

Continued on page 53



PYNETHA in this neat flat bottle.

should find a place in every man's vest pocket and every lady's purse.

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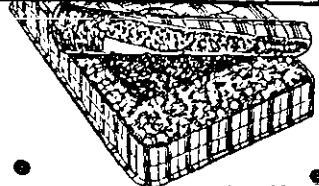
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Variety with Eggs

Continued from page 52

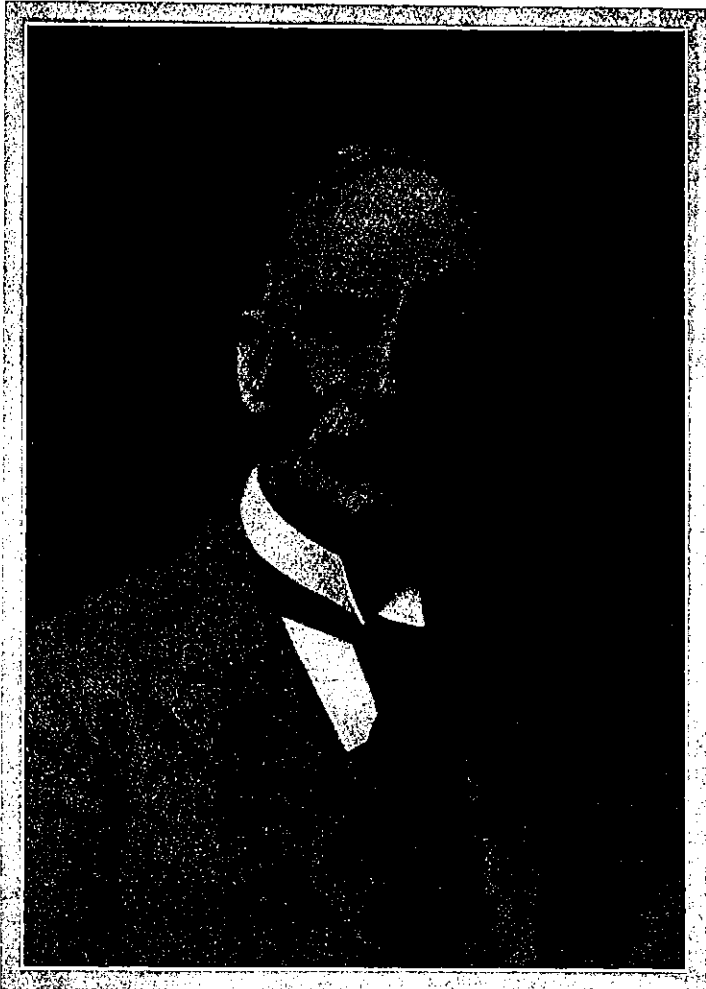
paper and put in the schoolboys' lunch box or the picnic basket.

Note.—If the eggs are to be used cold, plunge them into cold water immediately after removing from the stove, and the shell will be more easily removed.

EGGs and Spinach on Toast (best iron tonic).—Butter six slices of brown bread toasted. Cover each slice of toast with hot cooked and seasoned spinach. Make a hollow in

nest break an egg, being careful to keep the yolk whole. Dot with butter and season. Put in a moderate oven ten minutes, or until the egg is firm. Serve at once.

CURRIED EGGS.—Three hard-cooked eggs, two tablespoons butter, two tablespoons flour, one-quarter teaspoon salt, one-quarter teaspoon curry powder, one cup milk, pepper, one cup cooked rice. Melt the butter, add flour and seasonings,



HON. W. PEMBER REEVES
Chairman of Directors of the National Bank of New Zealand

the centre of the spinach. Place a hot poached egg on each piece of toast in the spinach nest. Dot with butter, season and serve at once. Especially good for children.

AU Gratin Eggs on Toast (a good luncheon or tea dish).—Six slices toast, six tablespoonfuls grated cheese, six hard-cooked eggs, one cup white sauce (seasoned).—Slice cooked eggs into quarter-inch slices lengthwise. Butter the toast. Place sliced egg on each piece of toast, pour white sauce over each, sprinkle with cheese. Set in oven to melt the cheese. Serve at once.

PPOTATO Nests and Baked Eggs (a luncheon dish).—On a buttered dish or pyrex pie plate make nests of hot potatoes. This is a good way to use left-over potatoes. In each

and slowly stir the milk into it, cook three minutes. Slice the eggs and heat them in the white sauce. Serve hot with a border of cooked rice around it.

EGG Cutlets.—Three hard-cooked eggs, one oz. butter, one oz. flour, one-half cup milk, salt and pepper to season, a little lemon juice, half a teaspoon curry powder. Melt the butter, add flour and all seasonings, add milk gradually, stirring all the time, cook three minutes. Chop the eggs and add to the sauce. When cold turn on to a floured board and shape into cutlets. Dip into beaten egg and then into fine bread crumbs, and fry in deep fat to a golden brown. Serve hot. A good breakfast or luncheon dish.

Note: All measurements are level.

SOME DAY TOMMY WILL LOSE THOSE MILK TEETH

and what will grow in their places?

The care bestowed on the first set of teeth governs the degree of perfection of those which come after. The milk teeth need Kolynos just as much as those which follow, and Kolynos used on a child's first teeth is the best guarantee of the perfection of the permanent ones. The Kolynos habit can't be commenced too soon.

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MERGOLIZED WAX absorbs the old dry and discoloured scarf-skin, leaving exposed the fresh new complexion underneath. Use it for a few nights and see how your wrinkles and skin blemishes will disappear. The fame of this remarkable wax is world wide. Can be obtained from all Chemists and high-class Stores.

The Princess of Pless writes:

DEAR SIR,

"It gives me very much pleasure in writing you in order that every woman may know the benefits to be derived from Mergolized Wax. So much depends on good looks that without a clear complexion and an unwrinkled face a woman does not get very far in this world. I can tell you here, Sirs, with full truth, that people think I am younger than I am, and for this I have to thank your marvellous Mergolized Wax, which I have used since 1921, when I got back to my dear old England and those friends who were left. Anyone like me who has used cold creams and skin foods will see how vastly superior to them Mergolized Wax is for skin treatment.

"My maid here stands next to me whilst I am writing this letter and says that since I have used it I look years younger. I always use it after washing every morning and before going to bed at night, and my skin has become much smoother, and whiter, and my wrinkles have gradually disappeared.

"I write this letter in order to help the poor ladies who really want to know how to treat their skins, and to keep young-looking for a very moderate outlay instead of indulging in expensive beauty and massage treatments. This wax they can use themselves, and in a very short time they will be surprised at the difference it will make in their complexion. It whitens sunburnt skin, and for use on the hands it is most excellent.

Yours truly, "(Signed) MARIE THERESE, PRINCESS OF PLESS."

Household Hints

AN excellent and easily made ointment, which has good drawing, soothing and healing properties, can be made in this way: Melt slowly together two parts of resin and one of vaseline. When melted add one-half part of eucalyptus oil, and bring the whole nearly to boiling point. Put away in a pot or bottle to cool. We have used this ointment in our family for many years, and found it superior to most other kinds which cost ten times as much. Should it be found that the ointment draws too much for tender cuts or sores, it can be toned down by adding more vaseline. But for most purposes the ointment as made as first will be found excellent.

WHEN applying polish to the floor by hand it is a good plan to work from left to right, using the wax-applying pad in the right hand and in the left hand a polishing duster. Both these should be used at once—or, if it is easier, alternately. The floor will be done much more rapidly than by a single-handed method. For, however feebly the left hand rubs the portion of the floor that has just been waxed by the right it will, by removing much of the surplus wax, make the final process of polishing much easier. Never wax on those parts of the floor where mats are afterwards placed. It is not only a waste of wax, but it renders the mat liable to slip when trodden on. A nasty accident may be the result of such waxing enthusiasm.

How to Pack Dresses

NEVER hang up chiffon, net, or tulle dresses, as they are liable to sag and their folds stretch, so that all their flimsy freshness disappears. Lay them in long dress-boxes or in an ottoman or trunk in which they can be at full length, each fold protected and kept in shape by tissue paper. Delicate-hued gowns require to be kept in linen bags made specially for this purpose, the bodices laid in drawers and carefully wrapped in folds of paper—thin tissue, as it does not crush or spoil delicate chiffons or trimmings. Steel and jewelled buttons should be protected by wisps of paper to prevent them getting rusty or losing their brightness. Clothes that show signs of soil should be sent to the cleaners with as little delay as possible.

Dressmaking Hints

TO make the hem of a skirt even: Finish off the waist, then put the skirt on and fasten. Get someone to mark at intervals, with a piece of chalk, the exact place where the skirt touches the floor standing erect meanwhile. Remove the skirt; measure from the chalk-mark the length required, and turn up the hem. When a skirt is worn a little the parts on the bias are apt to sag. To obviate this, when making, finish off the waist and hang up for a day or two to "drop." Secure small weights at the parts most needed to hasten the stretching.

Before beginning buttonholes in a coat, always wax the threads, a linen thread being used to run along the edge of the buttonhole, and a silk thread with which to work over it.

When finishing a tuck or seam, instead of tying the threads, simply turn the garment and stitch back a short distance.

Many amateur dressmakers find a difficulty in fitting themselves. Unpick an old well-fitting bodice-lining, and place each piece on some stiff buckram and cut two pieces of each without any turning. Sew each piece together until it forms the complete bodice. Sew tapes on the front, and tie firmly together. Stuff with rags.

You will find the buckram being firm, the dummy bodice can be placed on the table and used for fitting. Do sleeves in same manner, and cuff, making firm to fit on sleeve. Thus you will secure a good dummy figure of yourself at the cost of a few pence.

When making a magyar, if the

back is put to the straight and fronts joined the blouse will set much better, without the ugly gaping which comes when the back is on the cross, and the seam in front can easily be embroidered over or braided.

To Silver Glass

MIRRORS from which the silver has become worn in patches can be repaired as follows: Mix 3oz. tin, 3oz. bismuth, and 6oz. mer-

Continued on page 55

Marmite

Marmite is a pure vegetable extract, rich in organic salts and in vitamin-B. In appearance it resembles a beef extract, but Marmite is entirely without the dietetic disadvantages of meat. It is of high nutrient value, and possesses a delicious flavour, piquant and savoury. In addition to its own positive food value Marmite has a beneficial effect upon other foods it meets in process of digestion; it helps in their assimilation, helps them to deliver all their goodness to the system.

Everyone likes Marmite, and Marmite is good for everyone. There are very many ways of using it. It is particularly valuable in the kitchen. Every savoury dish, every stew, all soups, sauces and gravies you make should be enriched by Marmite. This vegetable extract, this vitamin concentrate, immensely improves their flavour and increases their nourishing power. Marmite is highly concentrated, and therefore should be used sparingly. Too much spoils the flavour.



*Buy large jars
— Why? —*

Prices have been reduced and the larger the jar, the greater the reduction, hence increased economy. Obtainable from all grocers throughout New Zealand and The Sanitarium Health Food Co's., Shops: 174 Queen Street, Auckland. 83 Willis Street, Wellington. 708 Colombo Street, Christchurch. 93 Princes Street, Dunedin.

Marmite is extremely popular with athletes. And no wonder. It is a delicious food-drink that is at the same time restorative and sustaining. And it's very quickly made. A teaspoonful of Marmite in a cup of boiling water is the best drink of all at the end of a gruelling day on tennis court or links. With it, serve Marmite sandwiches.



M.7 30.

SANITARIUM HEALTH FOOD CO.

Household Hints

Continued from page 54

cure together and warm in a small, clean, iron vessel or a large iron ladle. Paste the edge of the glass to be silvered with a narrow strip of paper to prevent the mixture running off during the process of silvering. Thoroughly clean and warm the glass and pour a small quantity of the hot mixture upon it, tilting it first one way and then the other, until the spot is well covered. Remove the paper and apply a coat of paint when quite hard.

Cleaning Saucepans, Baking-tins, etc.

A MIXTURE made by warming 1lb. soft soap, 1lb. powdered whiting, 1lb. of sand, and 2 quarts of water is excellent for cleaning saucepans and baking pans. It can also be used for aluminium provided it is quickly applied and thoroughly rinsed off. When fat has burnt on the bottom of a saucepan, fill it with water, and leave for an hour or so; then empty out the water, and dip a soft saucepan brush into the cleaning mixture and well scrub the pan. The outside should also be polished by rubbing with some of the mixture. If this method of cleaning pans is adopted it will be found that food does not readily stick or burn in them.

To Lengthen the Life of a Tablecloth

WHEN a tablecloth shows signs of wear a narrow strip should be torn off each of the four sides, and the edges of the cloth re-hemmed. This will alter the "fold" of the cloth, and so lengthen its period of usefulness. When it again shows wear the best portions may be cut into squares and hemmed for use as nursery table napkins, or made into small tray cloths by the addition of a suitable edging.

A Novel Table Decoration

AN attractive and unusual bowl of greenery and flowers can be made at the cost of a little trouble as follows: Into the wire mesh of a rose bowl pack closely small pieces of sponge until it is quite covered. Thoroughly wet the sponge and scatter into the crevices mustard seed, or bird seed, and a few dwarf nasturtium and tropaeolum seeds.

Fill the bowl itself half full of water, and put it in a dark place until the seeds begin to germinate, then bring out to the light, and do not forget to keep the sponge always sufficiently moist.

To Keep a Pantry Dry

IT is quite as necessary to keep food in a dry pantry as it is to

keep it in a cool one. Humid weather acts very quickly on food, and care is necessary to prevent waste. By placing a two-pound jar of lime in a small pantry or larder the air can be kept sweet and dry.

Jam is particularly affected by damp, and this treatment will be found useful if a large pot has been opened and has to be kept for any length of time, as it is impossible to render it airtight by re-tying down.

Removing Soot from Carpets

SOOT marks are frequently found on carpets near the fireplace. These can be removed by rubbing the place with a rag dipped in carbon tetrachloride (a few ounces can be purchased from any chemist, and will last a considerable time). The mark should be rubbed vigorously, using a circular motion, and as soon as the rag becomes soiled a clean one should be taken. Care should be taken not to inhale this chemical, as it has slight anæsthetic properties.

Repairing the Cover of a Black Umbrella

AN amateur never finds patching with silk a very satisfactory method of repairing an umbrella. The damage can be rendered practically inconspicuous if a piece of black court plaster somewhat bigger than the size of the hole is attached to the inner surface of the covering.

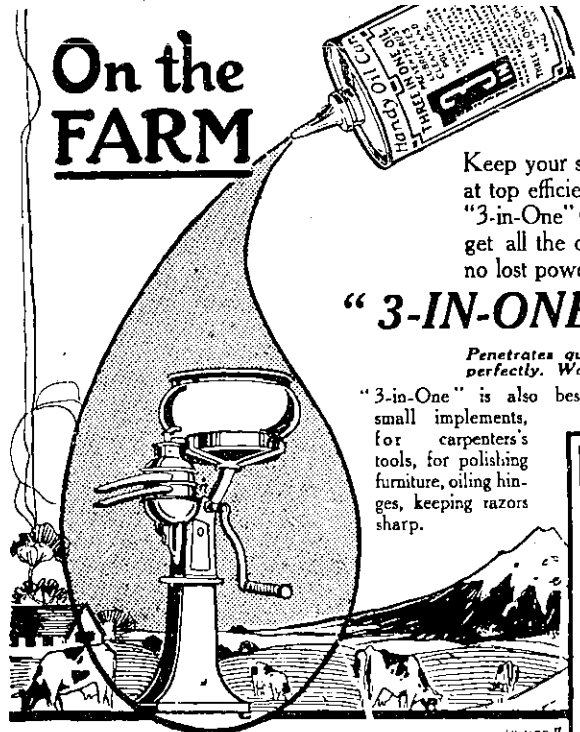
A rent in a rubber mackintosh can be repaired on a similar principle if some rubber solution is applied to a piece of the material, which is then placed over the rent. A little French chalk should be rubbed over the patch to complete the process and remove all trace of stickiness.

When Needing Starch Quickly

IF starch is required and boiling water is not obtainable, cold water starch diluted to about the same extent as hot water starch will be found perfectly satisfactory for all purposes for which the latter is usually used. Garments starched in this way should be made damper than usual before ironing, and the iron must be very hot.

Home Made Polish

ONE gill turpentine, one gill linseed oil, half gill methylated spirit, half gill vinegar, mixed together and shaken well before use, make a most efficient polish for furniture and all kinds of leather work, papier mâché, and leather trunks. This mixture should be applied sparingly with a soft rag, and the furniture then polished with an old silk duster.



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Cooking by Steaming

OF the various methods of cooking food, steaming is one of the best and certainly one of the most economical, both as regards the amount of heat required, and the loss of weight of the food cooked. Meat, fish, vegetables, and puddings that can be boiled, may also be steamed with the best results. Success is more assured with steaming than with any other method of cooking, but it is necessary to remember that steaming is a comparatively slow, gradual process, and therefore more time must be allowed.

To obtain the best results, the three following simple rules must be observed:—

1. When steaming puddings, the mould or basin should only be three parts filled, for steaming produces extremely light mixtures, no part of which is lost as in boiling. Therefore, sufficient space must be allowed for the pudding to rise.

2. The top of the utensil in which food is steamed should be covered with well-greased kitchen paper. This prevents condensed steam getting into the mixture and thus making it sodden. The mould itself must also be well greased. (Pudding-cloths are quite unnecessary; steaming thus eliminates the unpleasant duty of washing greasy pudding-cloths.)

3. When steaming is carried out in an ordinary saucepan or boiler, the water should only reach one-third of the way up the basin, so that even if the water boils hard it will not get into the pudding. Consequently, it is necessary to add boiling water from time to time to prevent the pan boiling dry. If basins are placed on an upturned saucer more water may be put into the saucepan with safety.

STEAMERS of all kinds and sizes can now be bought from simple round ones with perforated bases to fit an ordinary saucepan, to complete steaming outfits of four tiers.

The steaming of fish, meat, and vegetables presents no difficulty. The food is placed in the steamer and the only attention necessary is to see that sufficient water is kept in the bottom compartment to produce the required steam.

It should be the aim of every cook to be able to produce at short notice a variety of plain or rich steamed puddings. There is no need to serve a dull, uninteresting sweet because you do not want to heat up the oven. Numberless recipes may be evolved for steamed puddings from simple foundations.

Let us consider first the most homely of all—the suet pudding. Essential ingredients are flour, salt, suet, baking powder, sugar, and milk or water. An economical recipe uses 8oz. flour, 4oz. suet, 4oz. sugar, half teaspoonful baking powder, milk and water to mix. If the suet is fresh, of good quality, and chopped finely, a light plain pudding may be produced, which is delicious if served with

butter and sugar, golden syrup, jam, or marmalade sauce.

TREMENDOUS variety in suet puddings is possible by the addition of one different ingredient to the recipe above, e.g., apricot, fig date, raisin, cherry, currant, ginger, lemon. A popular proportion of fruit is half the quantity of flour. Thus a recipe for Plain Fig Pudding is 8oz. flour, 4oz. chopped suet; 4oz. figs, 4oz. sugar, half teaspoonful baking powder, a pinch of salt.

Figs dates, and preserved ginger require to be chopped finely before they are added to the dry ingredients. Lemon pudding demands the addition of the grated rind and juice of two lemons and a few drops of lemon essence. Ginger pudding is delicious if 4oz. of crystallised ginger is included as well as one teaspoonful of ground ginger.

SUET puddings in all stages of richness and lightness are possible by increasing the quantity of suet, by the addition of eggs, and by the substitution of breadcrumbs for some of the flour.

A richer Fig Pudding recipe requires 4oz. breadcrumbs, 2oz. chopped mixed almonds, 4oz. suet, 1oz. cherries, 4oz. sugar, half gill cream, 5oz. figs, 2 eggs, 1oz. flour, grated rind and juice of half a lemon, 1 glass sherry.

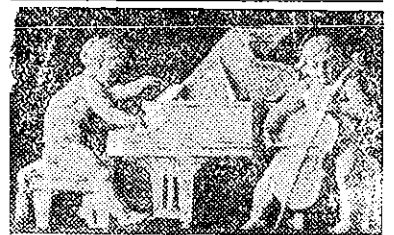
The method of making is the same as for the plainer puddings. The dry ingredients are all mixed together, and the eggs, cream, and sherry stirred in. The richer the pudding the longer it requires to be cooked. Thus, a Christmas plum pudding, which is only a very rich suet pudding, should be steamed for at least six to seven hours. The exact time must be governed by the size of the pudding.

PRACTICALLY everything that has been said about suet puddings also refers to another type of pudding foundation, except that the suet is replaced by shortenings in the form of either lard, margarine, dripping, or butter, which is rubbed into the flour. Needless to say, butter makes the most delicious pudding of all, but is considered unduly extravagant by most housewives.

A third foundation, which gives a spongy mixture, requires similar shortening, but it is introduced by creaming it with the sugar, as in cake-making.

For Raspberry Sponge Pudding the following ingredients are required: 6oz. flour, 2 eggs, 4oz. margarine, 2 tablespoonfuls raspberry jam, a pinch of salt, 1 grated rind and the juice of 1 lemon, half teaspoonful baking powder; a few drops of carmine, 4oz. sugar, milk.

Mix the flour, salt, baking powder, and grated lemon-rind together. Cream the butter and sugar, heat in the eggs one at a time, add the dry ingredients, then stir in the jam, lemon-juice, and carmine, adding a little milk if necessary. Three parts fill some small moulds with the mixture; steam for one and a-half hours.



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CHRISTCHURCH

In the Bookman's Corner

Maori Folk Tales

NEW Zealanders owe James Cowan an everlasting debt of gratitude for his researches and writings on things Maori, for he has preserved from utter oblivion much of great historical and ethnological value. His latest book, "Fairy Folk Tales of the Maori," is an undoubted acquisition to our national literature. Maori tradition is rich in fairy folk lore, every tribe having its collection of stories of the supernatural doings of the *Patu-Paiarehe* (Fairy Woodsmen), and of the fiercer and more terrible *Maero*, beings something akin to the ogres in the tales of our childhood. To the sensitive and superstitious native mind the dark depths of the mysterious forest were peopled with strange beings, and in particular the mist-wreathed mountain tops were the homes of fairy folk. All natural phenomena became the work of good or bad fairies, just in proportion as it was beneficial or the reverse to man. The *tohunga*, the wisest of all men, could invoke the aid of these unseen forces; he could raise demons to wreak his displeasure or good fairies and influences to aid and abet. It is interesting to note in this connection that the Maoris firmly believe that the great eruption of Mount Tarawera was due to the influence of the *tohunga Tuhoto*, who, displeased with his people resident in the vicinity of the mountain, raised a demon imprisoned in Tarawera, who destroyed the land. Most of the stories were told to Mr. Cowan by the older generation of Maori tale tellers. He thus describes the *Wharepuni*, a typical native house, in which most of these tales were told: "A sightly house this, within as well as without; its panels and rafters are brightly painted and scrolled, and the foot of the central pillar, the *Putoko-manawa*, is wrought into a carved and tattooed head, the effigy of the tribal founder; his pawa-shell eyes glare belligerently at us over the fire. On the walls hang weapons of the past and present—*taiaha* and *mere* and a long-handled tomahawk, deadly weapons all in skilled Maori hands, and a dozen or so of rifles and shot guns.

Now come the stories, for night after night in the warm and social meeting house the tales of the times of old are repeated, until every member of the tribe, to the youngest, is familiar with the unwritten history of the clan and the folk-lore of the land."

Maori folk lore offers a wide field for further investigation, and we sincerely hope that Mr. Cowan will not stop with this one volume.

The book makes fascinating reading. In style and sense it is not a collection of stories for young folk, but will appeal strongly to the student and general reader. Our copy from the publishers, Whitcombe and Tombs, Limited.

New Zealand Pastorals in Prose and Verse

A DAIN'TILY produced book is that entitled "A Pleasant Land" from the pen of Mrs. Carr Rollett,

perhaps better known to many readers under the pseudonym of Hilda Keane. Mrs. Rollett possesses a lively fancy, and in these essays and verses gives full play to her undoubted gift of musical expression. She turns for inspiration to the heights and valleys, the lowlands, the coasts and islands. Her themes are of our own land, a land as she so

is an interesting story from beginning to end—an end that will take the reader by surprise.—Our copy through Whitcombe and Tombs Limited.

A BOOK of Joseph C. Lincoln is always something to be looked forward to. His latest character is Queer Judson, who gives the book

impertinent humour, and he is looked upon askance by many good Americans. But he is particularly refreshing, and in the candour of his expression, and his method of handling any subject which takes his fancy he stands on no precedent, nor shows any respect whether his butt is on the one side of the Atlantic or the other.

It might be said that he is not out to win the approval of his readers, but to make them think for themselves. Just such a book would appeal to one of either sex tired of the super-sentimental effusions so much the vogue. It is bold without being gross, witty without being strained, and opened at random there is food for thought in every page.

A book for a present, for a holiday companion, and for a bedside. With the recent visit of the American Fleet fresh in our minds it is worth reading for his remarks on that alone. Through Whitcombe and Tombs Limited.



STURDY PINES

Reuell Reynolds

Illustration from "A Pleasant Land" by Mrs. Carr Rollett

well describes it. "of grove and park, of tranquil hollows, and swelling knolls; of serpentine waterways and gem-like islands; of broad spaces and forested mountains."

We cannot imagine a more delightful souvenir for sending overseas than this book.

In addition to the beautiful printing, a feature we must comment on is the excellent illustrations delightfully printed on sepia paper.

The publishers are Messrs. Whitcombe and Tombs, Ltd., to whom we extend our felicitations on producing such an excellent specimen of the typographers' art.

New Novels

ETHEL M. Dell's book, "A Man Under Authority," will be welcomed by her many admirers. The plot centres round the Rev. Bill Quentin, the man under authority, who, though a man under authority, is brimful of humour and commonsense. Early in the narrative he loves Mrs. Rivers, a widow with a past. The time comes when, for the love of her, he acts, and acts quickly. It

is an interesting story from beginning to end—an end that will take the reader by surprise.—Our copy through Whitcombe and Tombs Limited.

is a delightful manner Mr. Lincoln shows what happened to Judson, who, penniless and dependent upon the charity of his brother is looked upon with dislike by the people about him. Yet by sheer force of character he wins through like a hero. The story has an admirable plot, well handled, and in characters is just as richly laden as any book that has been done by this talented author. It is full of delightful humour, and delightfully human people. You will enjoy every line of it. Our copy through Whitcombe and Tombs Limited.

"Prejudices"

THAT satirical jester, H. L. Mencken, has produced yet another volume, "Prejudices," fourth series (Jonathan Cape), which is, in our opinion, as fresh and diverting as any of his previous volumes.

Mr. Mencken has an impish and

Recommended Book List

GENERAL

- Rollett, Mrs. F. Carr - - - *A Pleasant Land* - - - 3/6
 Hedges, F. A. Mitchell—*Battles with Giant Fish* - 10/6
 Morton, H. B.—*Recollections of Early New Zealand* 10/6
 Bailey, Hiram P.—*Shanghaied out of 'Frisco in the Nineties* - - - - - 9/6
 Smith, C. Harold—*Rahvevia* (a true romance of the South Seas) - - - - - 9/6
 Masefield, John — *Collected Poems* - - - - - 11/-
Child Verses from Punch 3/6
 Selections from Kipling - 6/-
 Moreland, Arthur—*Humours of History* - - - - - 3/-
Pepys' Diary, complete India paper edition, 3 vols. - 52/6
 Marriott, J. W. — *One Act Plays of To-day*, 2nd series - - - - - 4/6
 Yeats, W. B.—*Early Poems and Stories* - - - - - 14/-

FICTION

- Birmingham, George A.—*The Gun Runners* - - - - - 6/-
 Dyer, Mrs. Maud—*Coombe St. Mary's* - - - - - 6/-
 Gibbs, Sir P.—*Unchanging Quest* - - - - - 6/-
 Gibbs, A. Hamilton—*Soundings* - - - - - 6/-
 Grayson, David—*Adventures in Understanding* - - - 6/-
 Locke, William J.—*The Great Pandolfo* - - - - - 6/-
 Pedler, Margaret — *To-morrow's Tangle* - - - - - 6/-
 Raymond, Ernest — *Daphne Bruno* - - - - - 6/-
 Rees, Rosemary — *Lake of Enchantment* - - - - - 6/-
 Rinehart, M. Roberts—*The Mystery Lamp* - - - - - 6/-
 Roberts Cecil — *The Love Rack* - - - - - 6/-
 Wodehouse, P. G. *Sam the Sudden* - - - - - 6/-

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Bathing for Beauty's Sake

By A WOMAN PHYSICIAN

AMONG all the health-giving pastimes that summer has to offer, open-air bathing is perhaps the most pleasurable and the most popular. In fact, as evidence of the esteem in which it is held, it may be mentioned that tens of thousands of people bathe in the lakes and ponds of the public parks in London in summer, some starting as early as four in the morning.

There are some, of course, who take their daily dip in all weathers and all the year round; but surely they are few who can find any real pleasure in breaking the ice in order to plunge into bitterly cold water, or in turning out on a grey winter morning to bathe in the sea from a desolate beach.

For most of us, summer is the time for bathing; and it is therefore to bathing in summer that my few words will refer.

It may be said at the outset that probably no exercise can compare with swimming in giving scope for the use of the different groups of muscles in the body; and the fresh air and stimulating effects of cool water all make for health. Nothing more delightful can be imagined than a holiday by the sea, each day's programme including one or two dips into the water, sufficient vigour and energy being still reserved to make the remainder of the day a source of interest and enjoyment.

Why Swimming is Good

SWIMMING, like all active exercise, diverts a large quantity of blood to the limbs, and for this reason it is unwise to bathe too soon after a meal, when the blood required to aid in the absorption of food would thus be taken away to nourish the muscles. About two hours after a meal is a good time to bathe. If you have been very long without food, as in the morning before breakfast, you will be less able to resist the tendency to take a chill. Some people, however, find that the pre-breakfast dip is both enjoyable and stimulating, and in this case it can be nothing but beneficial.

Bathers should choose the earlier half of the day in which to enjoy the water, before tiring themselves with other occupations.

We must remember that the body is always losing heat by conduction, and especially when in the water. This wonderful machine produces heat partly through the contraction of its muscles. If, therefore, we remain in the water without keeping on the move, more heat is being lost than produced, and we begin to feel cold. Obviously, then, activity is necessary while bathing. Even for those who cannot swim, a great deal of exercise and pleasure can be derived in other ways.

Do not Stay in too Long

THIS admonition holds good with every kind of bathing, and in some swimming baths wisdom has been shown by the displaying of notices to the effect that to remain in long is injurious to the health.

There is an inducement to linger too long inactive both in calm seas and in swimming baths. To yield to the temptation may bring about serious results. Never stay in the water until you feel cold. Fifteen minutes, or at most half an hour, is long enough for anyone. Sometimes we have the choice of bathing in the open air or in a covered bath. In the latter, the water is still and often artificially heated, and the air is warm. On cool or cloudy days these baths are frequently crowded, and it is a mistake to prefer them to the fresh air and to the constantly moving water of the open sea. Swimming baths are, of course, useful to those who have no other opportunity of bathing. But some of the beneficial effects of a bathe, and surely the greater part of its pleasure, are lost by its being taken under cover.

Sea-Water Better than Fresh-Water

SEA-WATER is better than fresh-water for bathing, partly on account of its movement, and partly on account of the tonic effect of the brine.

Swimmers should wear a bathing dress which is light and simple in design and which does not impede their movements. If a more elaborate garment is preferred, voluminous folds should be avoided, for they are cumbersome when wet, and hamper the limbs. Soft material should be chosen, for a coarse one will chafe the skin of the limbs as they engage in vigorous movements.

In all kinds of bathing there is a slight danger of infection of the nose, ears, and throat. If you have already any trouble with these organs, as little water as possible should be allowed to enter the nose and ears.

Having had a good rub down with a rough towel on leaving the water, you should feel distinctly warmer than when you went in. If you do not, either you have stayed in too long, or you have chosen a time to bathe when your vitality is low.

If by any chance you find bathing does not agree with you on a hot day, a good sun bath, with the delightful sensation it produces, is ideal, and you can obtain most of the beautifying benefits of the seaside on dry land.

THE BIG GAME

(“There is a distinct note of the Jungle about the new season's dresses.”)

I'm used to her shoes made from
skins of snakes,
And the fox fur round her throat,
But now fresh raids on the Zoo she
makes,
And on leopard and mountain goat
And tiger-cat her cash she'll spend,
And on antelope and gazelle.
But I like to feel that our humble
friend
Brer Rabbit is there as well!

For Sunday Teas or Suppers

TOMATO Mousse forms a cold vegetarian dish which may be wholly prepared in advance, and is therefore particularly suitable for Sunday teas or suppers. The ingredients required are $\frac{1}{2}$ lb. tomatoes, half cup water, one slice onion, salt and cayenne, $1\frac{1}{2}$ cups milk, 2oz. butter, 2oz. flour, cold vegetables, mayonnaise. Wash the tomatoes, slice and stew them with the water, onion, and seasonings, and sieve when tender. Measure the purée and make it up to one pint with milk. Melt the butter in a saucepan, add the flour and then the tomato purée, a little at a time. Boil for three minutes, season well, and then pour into a wet border mould to set. When cold, turn out, fill the centre with cold vegetables, cut into dice and coated with mayonnaise, or other dressing. Garnish and serve cold with or without cold meat. Sufficient for six persons.

AN excellent *Fish Pie* can quickly be evolved from cold fish remains or a tin of salmon. The secret of success in preparing this dish lies in using plenty of good parsley sauce and in mashing the potatoes to a perfect creamy consistency. The pie may be completely covered with a layer of mashed potato, neatly spread and tastefully marked with the prongs of a fork, or a more elaborate result may be obtained by forcing the potatoes through a large rose pipe.

ANOTHER Fish Pie: 8 to 12oz. cooked fish or one small tin salmon; 2oz. flour, 2oz. butter, 1 pint milk, 1 teaspoonful salt, cayenne, 2 teaspoonfuls lemon-juice or vinegar, 1 slice cooked onion, parsley, cooked potatoes. Break up the fish with a fork. Make a white sauce with the flour, butter, and milk, and season it well. Add the fish, lemon-juice, chopped onion, and finely chopped parsley, and place in a pie-dish. Mash the potatoes with a little milk, butter and salt, and form into

a thick layer on the top, or force through a vegetable rose pipe on to the pie. Brown in a hot oven or under a grill and serve hot, sprinkled with chopped parsley.

SCALLOPED Eggs and Cheese: Three eggs, $1\frac{1}{2}$ oz. butter, 1 gill milk, pepper and salt, 3oz. cheese. Grease some scallop shells or ramequin cases. Grate the cheese. Melt the butter in a saucepan with the milk. Beat the eggs slightly and add to the milk in the pan, then add half the grated cheese and season well. Stir over a gentle heat until the mixture is of a creamy consistency, taking care to remove from the fire before it becomes quite thick. Pour some of the mixture into each scallop shell and cover with grated cheese. Brown under a hot grill or in a hot oven. Garnish with parsley and serve hot with toast fingers.

ECONOMICAL Rarebit forms a delicious supper savoury, and is made with 1oz. butter, $1\frac{1}{2}$ oz. flour, half pint milk, 3oz. grated cheese, cayenne salt, 1 teaspoonful made mustard, toast. Prepare some rounds of toast. Make a thick white sauce with the butter, flour, and milk. Add the seasonings. Cool slightly and stir in the grated cheese. Allow it to melt and pour this sauce on to the slices of toast, which may be buttered or not as preferred. Serve hot. Sufficient for four to six persons.

COLCANNON: Remains of cooked potatoes and cabbage; seasoning; brown crumbs. Grease a pie-dish, or tin, and coat it inside with fine brown crumbs. Mash the potatoes with a little milk and melted butter, and mix them with about an equal quantity of chopped cabbage. Season very well and pack into the prepared dish. Bake in a moderate oven for about half an hour. Turn out and serve hot, garnished with parsley.

Been there Himself

A REMUERA man had a son at college in Edinburgh, and last week the young man wrote home a long letter, which his mother proceeded to read to his father when he arrived home that evening. "Of course," the letter ran, "the main thing about a place like this is

the atmosphere. It is not the actual learning that counts, but the spirit that pervades the college, the splendid effect of contact with great minds, the noble thoughts—"That'll do," interrupted dad, "what's the young beggar failed in this time?"

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Are you worried because you are overweight? Afraid you are losing your charm, your youthful figure? Stout women are at a disadvantage. Pretty clothes no longer fit them, their movements are awkward, their attractiveness deserts them. Friends are sympathetic.

But many of these friends have a secret method of keeping slender! They use Marmola Prescription Tablets (thousands of men and women each year regain slender figures this way). These tablets will make you slender again, too. Try them. No exercise or diets—

Just a pleasant, healthful way of becoming slender.

Marmola Prescription Tablets are sold by chemists everywhere at 4/- per pkt., or you can secure them direct from the Marmola Co., P.O. Box 33, Wellington.



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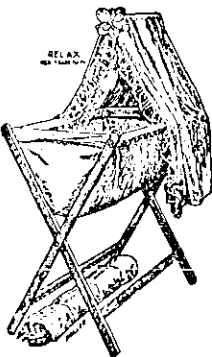
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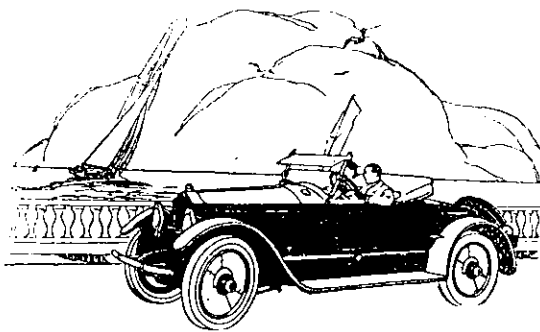
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All the World Loves a Picnic

ALL the world loves a picnic!—that is, nowadays. In the past there were always the killjoys, who complained that the butter ran, that the drinks were warm, and that the jelly got mixed up with the lobster mayonnaise.

Perhaps it is because motoring has brought the country and *al fresco* meals within anybody's reach, but there's certainly of late years been a great increase in picnic comfort.

The old complaint that linen and cutlery and china and glass got lost and damaged on a picnic holds good no longer. It's the easiest thing in the world to purchase for a small outlay a full supply of cardboard picnic plates and dishes of every shape and size, complete with grease-proof linings—cups, crêpe paper table cloths and napkins that are just as dainty and artistic as anything made in linen.

THE mode of packing for a picnic must vary according to the means of transit. If it is a case of motoring, the question of weight need not be considered. But if it is a case of bicycles or shank's pony, then only light-weight articles should compose the outfit.

There will always be advocates for the fitted and unfitted picnic baskets, with cardboard cartons to hold butter, cream, mayonnaise, etc., and larger cardboard cartons to hold one portion of salmon, veal and ham, chicken, sandwiches, etc. The unfitted ones deal better, perhaps, with the problem of unexpected guests—the fitted ones reduce packing to a minimum, do away with the fear of breakages and obviate the necessity for remembering the necessities—pepper, salt, corkscrews, etc., every time, and can be counted as smart, trim articles of luggage—no bulging or bursting!

THE latest for motor picnics is a combined luncheon and tea case, fitted with a strap attachment for the footboard of the car. These, which can be obtained arranged for four or more people, have nickel-plated fittings and contain all the necessary articles—cutlery, cups, and plates, and a variety of jars to hold butter, cream, pickles, mayonnaise; basket-covered bottles for dainties, etc.

The screw kettle which starts, of course, on its journey fitted into the neatest of contrivances for keeping the draught away from the flame, and can be boiled in the minimum of time. A gipsy fire is delightful in imagination, but not a success as a rule in practice! Wet sticks are not always easy to light!

Thermos flasks mean that cold or hot drinks are available at any mo-

ment for all picnickers; portable ice makers and flasks make cocktails a reality of the road; vacuum freezers have made ices a possibility for motor picnickers. In these freezers the mixture will remain frozen for ten hours. Vanilla cream ice may be made with a mixture of half-boiled custard flavoured with vanilla and half-whipped cream. Sweeten the mixture well, as when iced, sweetness becomes less apparent.

Perhaps the most delicious ice is made with equal quantities of fruit purée and whipped cream.

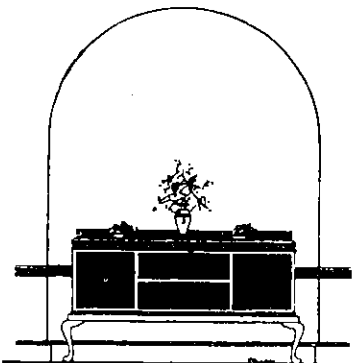
To make the purée: Rub fresh fruit through a hair sieve, add a dessert-spoonful of lemon juice to every half pint of fruit and sweeten well.

Fill one end of the freezer with ice and freezing salt. Chip the ice in pieces the size of walnuts and allow twice the quantity of ice to salt. Fasten securely. Put the mixture in the other end and then just leave it until required. Turning or mixing in any way is not needed. All you will need besides is an ice server, cardboard plates with paper linings, spoons, and a box of waters.

A GOLDEN rule that applies to motorists, cyclists, and pedestrians is: pack tightly, so tightly that nothing can move, as there are no vacant spaces.

Use plain white and grease-proof paper for wrapping. Tea and coffee are nicer if the milk is packed in a separate flask or bottle and added when required.

Cover sandwiches with clean lettuce or cabbage leaf, then pack in a slightly damp serviette. Apropos of sandwiches, a deliciously piquant flavour is given to cress, cucumber and tomato sandwiches by the addition of a little meat extract, a small quantity being mixed with the butter before spreading it on the bread. This is really worth trying, for sandwiches made in this way are a most welcome change. Always carry salad dressing separately, adding it to the salad when it is required. Pack cake in grease-proof paper or tin boxes. Sandwich rolls are easy to pack and keep moister than a loaf. When making meat pies for picnics, be sure that the gravy is a firm jelly when cold. If you have any doubts add a little gelatine—quarter of an ounce to half pint gravy. Also make a hole in the centre of the pies before baking, otherwise they are liable to ferment when shaken. Before starting to pack, make a list of all the articles required and mark them off as you put them in, for there is nothing more annoying than to find bottles and no corkscrews, or tins and no tin opener!



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Keeping the Children Well in the Summer Time

THE summer season is a trying time to all of us. The changes of weather and temperature and, still more, the alteration in surroundings and diet to which most of us look forward at this time, have a distinctly disturbing influence, especially on the younger members of the community.

Before describing how to deal with the special summer ailments of children, it will be as well to mention the modifications in diet and dress which, if carefully attended to, will help to keep the little ones happy, and free from illness, throughout the holiday season.

and for this reason they are very good for the blood: they are a most essential part of the diet, at any time of the year. Carrots, parsnips, peas, beans and onions and potatoes are all good, but it is very important indeed that they should be well and carefully mashed.

Children require less meat in summer. Poultry one day, fish another; this can be served with sauce made with milk or cheese, which, if grated, is easily digested. A little cream cheese spread on bread is also good for a change, provided the child is not inclined to be "livery." It is more nourishing than red meat, containing



Miss "Susie" Banks, the daughter of Mr. and Mrs. Joseph Banks, of Cambridge Gaze, Hamilton, photo

Many children get cross and irritable through over exertion, and, in consequence, the digestion cannot cope with the work it is called upon to do. Half-an-hour or twenty minutes' rest in a darkened room before the mid-day meal will prove beneficial. If in the open air, a dark sunshade should be used to shade the face whilst the child is sleeping.

Food in Hot Weather

BROADLY speaking, less food and more water are required.

In planning an ideal summer diet, the bacon fat at breakfast and some of the dripping or butter at breakfast and tea should be replaced by lettuce, watercress or mustard and cress, but not, of course, for children under eighteen months of age. Vegetables contain valuable salts,

an amount of flesh-forming substance.

Marmite spread on brown or white bread is good for quite tiny children, for it contains valuable vitamins.

Stewed fruit with plenty of juice, but without pips, skin or seeds, is excellent for youngsters.

From four or five years of age children may be allowed raw fruit, sometimes even between meals, but a special caution is necessary here in the case of bananas. These form an excellent food for children, but because they are soft and slippery, they are apt to be swallowed in chunks. Unless we are sure that the child chews them up thoroughly, bananas should only be served mashed. Only sound fruits of any kind should be given, and if not skinned should always be washed.

Continued on page 64

40 million prescribed portions of VIROL were given in 3,000 Hospitals and Clinics last year

For over 20 years Virol has been prescribed by doctors and used in Hospitals. During all this time doctors have been carefully observing the effects of Virol, and proving its permanent good results over long periods of time.

The result is that they have enormously increased their use of Virol, until the prescribed portions in Hospitals and Clinics alone last year reached the colossal figure of 40 million.

The prescribing of Virol by doctors is based on their knowledge that Virol not only contains those vital principles, including the three Vitamins, so often lacking in ordinary diet, but also supplies "every class of building material" in just that form required to create living tissue. Virol fortifies the whole system, strengthens the "weak spots," and builds up in convalescence.

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A safe remedy, and a sure one, is the greatest comfort any mother can have—especially where distances are great and the doctor may be hours in coming.

For flatulence, griping pains, acidity, and teething troubles, Woodward's Gripe Water gives instant relief, and, at the same time, is perfectly harmless. Adults, too, will find half a wineglass of Woodward's Gripe Water infallible against minor digestive ailments.

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When excessive heat, pore-choking dust, or over-exertion spoil your looks, Ven-Yusa will freshen and cool the heated skin and prevent or remove sunburn, chafing, tan and freckles.

The refreshing fragrance and refined character of Ven-Yusa appeals at once to all who appreciate a choice and superior toilet cream. Every lady should keep a dainty jar of Ven-Yusa Cream on her dressing-table.



Ven-Yusa the oxygen cream which melts on the skin like snow is obtainable of all chemists in dainty jars at 2/-.

Great Barrier Island for Holidays

*Who hath desired the sea,
The sight of salt water unbounded,
The heave and halt, the hurl
And the crash of the comber
Wind-hounded?* —Kipling.

WINTER'S dreary mantle is at last being withdrawn, and as the echoes of its winding sheet resound o'er the mountain tops, glorious sunshine floods the land. In our gardens the birds and flowers again exchange a greeting and sound a warning note that summer is nigh. To the thoughtful mother comes the hundred and one thoughts attendant in its train, and even now, the girls and boys plan for summer holidays.

Then like the Greeks of old, let us go down to the sea—and from out the shining, winding waters of the Waitemata set the compass for an island home. Far out to sea, some fifty-six miles north-east of Auckland, and almost due east of Cape Rodney, lies the Great Barrier Island. It is only on approaching this blue-grey mass that the significance of the name "Barrier" strikes one most forcibly, for does not this land formation break the fury of the gale and the storm-tossed seas of the extensive Pacific, and thus shield our shores and the placid waters of the Waitemata Harbour? Yet the charm of its land-locked harbours, its homesteads and hill country more than compensate for the tedious sea journey and mal-de-mer to which land lovers are prone.

AT the entrance to Governor's Pass, en route to Port Fitzroy, on the southern side of the island, tall headlands, rough and rugged, guard the hinterlands, and from the distance loom up, as the façade to some great European cathedral, with portals ajar, so inroaded are these sentinels by the fury of the sea—which at times is said to beat with tremendous force—on the stone-faced cliffs as

*The storms and overwhelming waves
That tumble on the surface of the deep.*

The sonority of this quotation helps one to visualise a real Pacific picture of billowy seas heaving under bright skies, just the environment where one can picture maritime ensembles so perfectly. Here in the sheltered bays the largest ships may enter with safety, so expansive and deep is the anchorage. It was here H.M.S. *New Zealand* and H.M.S. *Renown*—the latter having H.R.H. the Prince of Wales aboard—spent some time in cleaning ship prior to their entry into the Waitemata.

FROM Governor's Pass, one beholds, extending to the northward, what appeared like a verdant basin, or *cul de sac*, surrounded on all sides by an amphitheatre of steep and sterile mountains rising in the background into sharp wedge-shaped ridges of very considerable elevation, their summits estimated to be about 3,000 feet above sea level. The lower declivities were sprinkled over, though somewhat scantily, with

grass and bushes, but the bottom of the valley, through which an infant river meandered, presented a warm, pleasant and secluded aspect, sheltered with groves of pohutukawas, then in brilliant bloom, amongst and beyond which we observed, in the distance, sheep and cattle pasturing in undisturbed quietude.

Here is situated "Glenfern," the homestead of the Paddison's, accessible only by launch across the bay from the wharf, a peaceful place and silent, save for the wind in the leaves and the minstrelsy of birds. The locality presents charming vistas of other small bays, and from the surrounding hills magnificent panoramas where sunsets turn the ocean blue and gold at the close of a long summer's day.

THE Barrier is fast becoming a popular holiday resort. Deep-sea fishing and rambles through the beautiful native bush, water picnics and tennis tournaments, with always sea-bathing, are a few of the diversions offering, as well as visits to other settlements on the island, where the residents are noted for their hospitality—always giving of their best.

My readers will remember that it was near Rosalie Bay, on the south-east corner of the island, that the Federal liner, the S.S. *Wiltshire*, ran ashore on the night of the 31st May, 1922, during a severe storm. The coast here is dangerous for shipping, owing to its precipitous and rock-bound cliffs, and its numerous reefs. Happily, no lives were lost on this occasion, owing to the heroism of Seaman Wilfred Kehoe, of the U.S.S. Company's S.S. *Katoa*, who, with other members of her crew, made the journey overland to the scene of the disaster. Several attempts having been made to float a line ashore from the *Wiltshire*, without success. Seaman Kehoe, at the extreme risk of losing his life, plunged into the angry surf, in which no boat could have lived, and after an almost superhuman effort, secured the end of the line, brought it ashore and established communication with the ill-fated ship.

Yet more tragic was the wreck of the U.S.S. Co.'s steamer, the S.S. *Wairarapa*, near Miner's Head, on the north-west corner of the island, in the year 1894, when some 126 passengers and crew lost their lives. At that time the survivors were rescued by the Maori inhabitants, and taken to Katherine Bay, where they were hospitably cared for.

The Little Barrier is a much smaller island, about midway between the Great Barrier and the mainland. It is a sanctuary for native birds, no one being allowed to land on the island without a permit. From the distance its cliffs rise to great heights above the sea—sheer and drab, against a sky line often desolate in the extreme. Yet

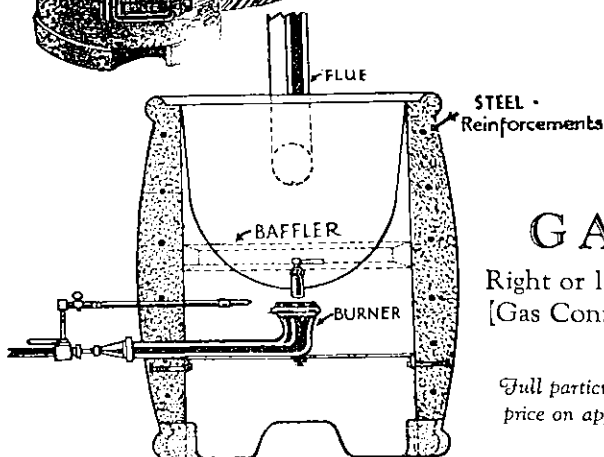
*I must go down to the sea again
For the call of the running tide
Is a wild call, a clean call,
And cannot be denied. . . .*

—Masefield's "Scafever."



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Your Feet

Economise in Anything but your Footwear

FIRST of all, if you must economise, don't let it be in your footwear. Small feet these days (probably because of our athletic tastes) are the exception rather than the rule, but the owners of well-shaped, well-shod feet, proportionate to their height, need never feel ashamed of them, even if they don't "beneath her petticoats like little mice steal in and out."

A tight shoe not only causes the ankle to swell, but makes lines appear on the face!

they need not necessarily be ugly. If the trouble does not yield to simple remedies, a surgeon should, of course, be consulted. The soles of the feet can be prevented from becoming hard by massaging the sole and heel thoroughly for a few minutes night and morning.

Corns usually occur through pressure, but are sometimes "indigenous to the soil" so to speak, being the result of the high living of our forbears, otherwise gout! Corns may be soaked in hot water for ten minutes and filed but it is far better to visit a chiropodist than to attempt to cut one's own corns, as without skill and antiseptic precautions, blood poisoning may easily result. Painting hard corns with a reliable corn cure or a corn solvent is often efficacious.

SOFT corns, which often occur between the toes, should be touched every night with the "unbusiness" end of a match dipped in glacial acetic acid, the area round the corn having been previously anointed with vaseline, to prevent the acid burning the skin. The toes should then be held apart till the acid is dry and a scrap of cotton wool placed between them.

The toe nails should not be neglected. Scrubbing them every day with a very hard nail brush will prevent dry skin forming to excess, as it does invariably with gouty or rheumatic subjects. If the big toe nails show signs of growing into the flesh, a tiny V piece should be snipped out of the middle of the nail, which will cause the sides to grow out. Never cut the corners themselves till they are well above the flesh. A good prelude to dancing, walking or standing is to rub the feet with methylated spirits and the heel with a moist cake of yellow soap, afterwards powder freely with starch and boracic.

Blistered heels are caused by chafing. Never allow the skin to break, the part should be rubbed gently with pure vaseline or olive oil, or a good yellow soap will serve the purpose.

If your feet swell through much standing, put them up whenever possible, and loosen your straps and laces while doing so. Boracic powder shaken inside the stocking is a wonderful soother and keeps them cool.

The Woman's Mirror

Written for The Mirror

It is not framed in palaces of Kings,
Whose gilded courts reflect the brilliant flow
Of loveliness and fashion, and the glow
Of soft seductive warmth that Pleasure brings.
Ye seek in vain through all the fleeting things
Which make that hectic Life whose end is woe.
A pool of molten gold? Not there—
Ah, no!
Gold is delusion—how shrilly false
It rings.

But in a child-warm'd home, where
Lispin prayer
Is said at bed-time (on her bended knees
A babe, with mother tender, sweet
and wise,
Beams floods of love—seems like
an Angel fair).
Find thou thy Mirror, and its secret seize—
It is in childhood's deep unfaith-
om'd eyes.

FRANK M. SCULLY

Flat Foot, when the arch of the foot gives way and the instep drops, will generally yield to suitable exercises.

Bunions are usually caused by wearing shoes that are the wrong shape or too short; or by very high heels, which throw the foot forward into the shoe and cause pressure on the big toe joint.

AT the first sign the joint shows of becoming red, it should be painted with tincture of iodine, and well rubbed with Iodex, and a wad of wool should be placed between the big toe and the next, in order to keep the former in as straight a line with the inner side of the foot as possible.

Shoes specially cut with this purpose in view should be worn, and

Beauty

may be more than skin-deep, but the care of the skin goes a long way towards making beauty. The right skin tonic and one which gets well into the skin cells, nourishes them, and makes the complexion glow with vivid health and beauty, is

BEETHAM'S La-rola

(As Pre-war)

If effectually removes all Roughness, Redness, Tan, Irritation, etc., and is delightfully Soothing and Refreshing at all times.

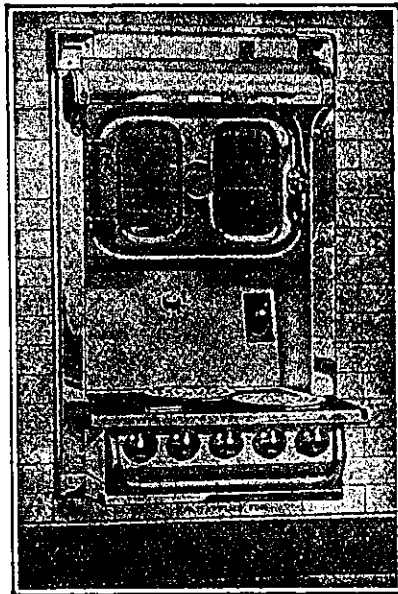
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Marjorie Fume

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This is Model 921 "Standard" Wall Type Range. Its adaptation to this construction shows the remarkable development of "Standard" design.

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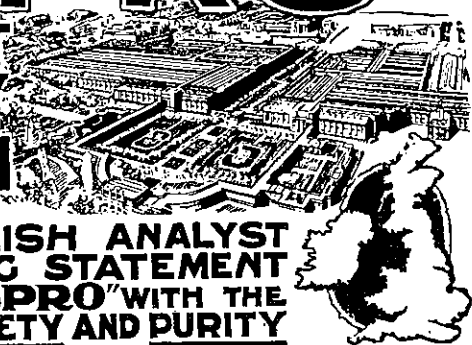
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ASPRO

SUCCESS AT WEMBLEY EXHIBITION

PROMINENT ENGLISH ANALYST MAKES STARTLING STATEMENT WHICH STAMPS "ASPRO" WITH THE HALL MARK OF SAFETY AND PURITY



Old thought must give place to new. Medically speaking, this fact has been demonstrated by ASPRO in a practical way at the British Empire Exhibition at Wembley. The ASPRO display there was opened with the conviction that its wonderful SERVICE to the Race would soon be blazoned throughout England—You can't hide a light under a bushel. In a short time thousands and thousands of packets were sold. ASPRO has now been eulogised by the highest in the land and is duplicating its Australasian success in England—conquering the old world as well as the new.

Look What Prominent English Analyst Says of ASPRO:

His name is not published for professional reasons but is obtainable for those interested at the offices of ASPRO LTD., Wellington.

London, England, October 31st, 1924.

"I have during the past few months made an exhaustive examination of a number of the best known brands of Aspirin Tablets, and have, at the request of Nicholas Pty. Ltd., made a careful examination of their ASPRO brand of tablets. As a result of these examinations I have to report that, after over 100 individual tests, I find that no single tablet of ASPRO contains any trace of Free Salicylic Acid.

"I find the weight of the tablets very uniform, and that they have been made from very pure ingredients and by some process which, contrary to the general practice, does not cause decomposition and consequent liberation for Free Salicylic Acid.

"All other processes of Aspirin tablet manufacture with which I am acquainted turn out tablets which are liable to contain, and do frequently contain, Free Salicylic Acid.

As it is "Free Salicylic Acid" which affects the Heart, the statements given above are most interesting for the Public to know.

It Definitely Proves that Altho' ASPRO is Quick, Effective and Efficient, it is also Harmless and Safe.

AT ALL CHEMISTS & STORES EVERYWHERE

MINIMUM PRICES—

1/- 1/6 2/6 4/6

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Keeping the Children Well in the Summer Time

Continued from page 61

To Test the Purity of Milk

WE come now to rather a different subject. How can we be sure when at the seaside or elsewhere on holiday that the children are getting really good milk?

First notice the man who delivers the milk and the condition of his vehicle; also whether he is clean and careful in handling the milk. Never be satisfied with a second-rate supply. If you are suspicious that the milk has been deprived of cream, the following simple test may be applied.

Take a 6-oz. glass medicine bottle with twelve marks for doses on it. Stir up the milk gently so as to get a fair sample and put ten "doses" of it into the bottle. Cork and stand aside for twenty-four hours. The layer of cream at the top should fill at least three-quarters of a dose; otherwise, the milk is deficient in cream. Artificial colouring matter if present will colour the milk more than the cream, whereas natural yellowness affects the cream more than the milk.

What to Drink

THE question of how much milk is really good for children often seems to be a difficult one, but here is a simple rule which may be followed. One pint of milk in the day is about the right amount for all healthy children, after infancy, all the year round, this pint including any milk taken in puddings and custards during the day. Last thing at night milk makes rather a heavy drink. Water or lemonade, made with lemons and not aerated, is preferable, or perhaps a little broth or soup, if the evening is chilly. Indeed, during the summer plenty of fresh water may be given, so long as it is not swallowed in gulps—it flushes out the system and helps to rid the blood of impurities.

Thirst is often mistaken for hunger in infants, when frequent sips of pure cold water would satisfy the child. In consequence, the stomach becomes overloaded with food that

cannot be digested, either on account of the superfluous quantity, or else its unsuitability. Sickness may result, and diarrhoea occur, possibly both, but so long as the symptoms do not continue too long, no great alarm need be felt; they may be regarded as Nature's safeguard, and as soon as the unwelcome nourishment has been rejected all will be well again. To make recovery complete, however, it is advisable to take every precaution.

Summer Clothing

ABOUT clothing in summer there are also a few points which are worthy of note. In spite of the fact that the old methods of covering the unhappy child in several layers of thick garments is now out of date, we must all remember to our cost that this fashion died hard, and still holds a wide sway in the case of infants.

Insufficient clothing is very seldom indeed the cause of a chill or a "cold." The error is far more frequently on the side of over-clothing and over-heating. The "cold" is an indoor disease: air and light are its worst enemies. Clothes should therefore always be light and porous, and so long as a child is comfortably warm, we may be sure that its health will not suffer through want of covering. The best safeguard against chills is to clothe the child in suitable undergarments.

The majority of mothers will change the child's entire clothing if it has been soaked with rain, but comparatively few realise how important it is to change the clothes that are soaked with perspiration. If this is done and the child's body is given a brisk rubbing with a soft towel it will seldom catch a cold. Remove damp shoes and stockings.

Young children need as much fresh air as possible, at night time especially, and should never sleep in beds that have not been properly aired. It is a wise plan when possible to take baby's cot with him—it not only makes the baby more "at home" but safeguards him against possible infection.

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AUCKLAND.

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You will welcome the slenderising effect of the Kayser

Just try on a pair of the Kayser Silk Stockings with the new Slipper Heel. Notice how they slenderise the ankle, how much slimmer and trimmer it seems. You'll immediately appreciate the dainty grace this new Kayser feature gives. And "Slipper Heel" is but one of the exclusive advantages which have made Kayser the hosiery of supreme elegance and quality. There's the "Marvel Stripe," which prevents runs and garter tears, and above all, there's the rich beauty and lasting wear for which Kayser is world-famed.

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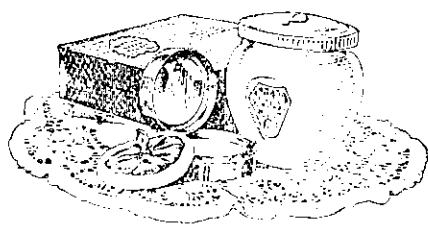
THE subtle charm which fascinates and attracts is due more to sparkling eyes, lustrous hair, and a soft, clear skin, glowing with the delicate colour of the peach, than to regularity of features.

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Pompeian Day Cream (Vanishing)
Beauty Powder (four shades)
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Try gently massaging the skin with **Pompeian Day Cream** (vanishing). It makes it soft and velvety and forms an excellent base for **Pompeian Beauty Powder**. Then a deft touch of the proper shade of **Pompeian Bloom** (rouge) to add a little colour. You will be surprised and delighted at the immediate transformation.



We will send two of these beautiful 28" x 7 1/2" Art Panels in colours, entitled "Beauty gained is love retained," and two sets of samples of Pompeian Beauty Preparations on receipt of 1/- Postal Note.

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If You Make Up—

MAKING the most of herself is every woman's business; *how* she achieves it—nobody's! In this particular instance, it is by results that she will be judged. "Everybody's doing it now," meaning, of course, "making up." The expression, with one woman, may signify a lot of things; on the other hand, it may mean only one or two. It is far better to under- than overdo "making-up," and the intelligent woman will always do her's *in camera!*

Someone has remarked very truly that the skin of the woman who makes up regularly is generally far better than that of the one who doesn't. The reason being that it is subjected to a thorough cleansing, at least twice a day. Actresses, as a rule, have beautiful skins, *off* the stage, as well as *on!* This is because of all the grease they use to remove their paint and powder.

BEFORE beginning to make up, see that the face is absolutely clean and sit in the strongest and most unbecoming light available. A south one answers all requirements. The most satisfactory light for "making-up" for evening occasions will be that of an unshaded electric globe. Be sure that the shade of your powder is right. Cream, rachel or peach, are the three most usually suitable. The sunburn powders, often advocated for very dark skins, are apt to tint them permanently; so beware!

FIRST rub cold cream all over the face with the exception of the nose. It should not be a vanishing cream; yet, must not contain too much grease. Tap this in gently with an upward movement for a few seconds, and then wipe off any superfluous cream. If a liquid or paste rouge is to be used, it should be rubbed in now. Apply just a *soupcou* of greaseless cream to the nose and powder the whole face with a swans-down puff. When powder rouge is

preferred, it should be added after powdering and be applied with a hare's-foot or white rabbit fur puff. If your cheek bones are prominent and your face is on the narrow side, do not put the rouge too high; but spread it more over the cheeks, letting it fade away into the line of the chin. This will give the effect of fullness which is lacking. Should your face be of the plump variety and you wish it to appear more oval, apply the hare's foot rather high up in more or less a triangular shape, fading away towards the ear lobes. As to the tone of rouge used, the really rose pink shades are only for the few and those which contain a very slight tinge of yellow will give the most natural effect to an average complexion. To complete the cheeks, some women finish with a second application of the powder puff, or a hint layer of liquid powder. Others prefer to leave their rouge unveiled, contenting themselves with a light dusting over the nose, lower part of the face and neck. This last is most important, otherwise the difference between it and the face will be very noticeable.

THE eyebrows and eyelashes should now be touched up with the merest suspicion of water eye-black or brown. Use this sparingly, as eyes, which are obviously made up, are apt to look "bad style" in the daytime. The last touch to be given is the lips, and here, too, discretion is the better part of valour. Choose a natural shade and, remember, that too thick an application of lip salve enlarges the appearance of the mouth. The stage habit of accentuating the centre of the lips only is to be commended. A brighter rouge and lipstick can be employed for night "wear." Also, a tiny shadow of blue or brown powder, according to the colour of the eyes, may be smeared over the top lid, to lend a soft mysteriousness to these "windows of the soul."



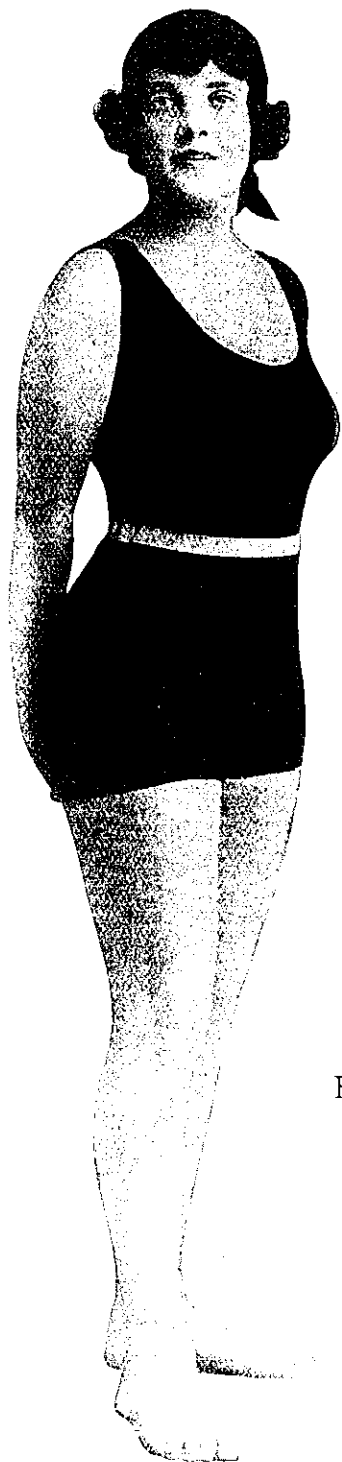
Frail, nervy, run down people; people with coughs and colds, weak lungs, throat or chest, ailing children, and convalescents should take Lane's Emulsion—the famous lung-healer and body-builder.

Get a bottle and always have some in home, to be taken whenever there are signs of weakness, sickness or lung or throat trouble.

2/6 and 4/6 at all Chemists and Stores.

Manufactured by E. C. Lane, Graduate Chemist, Oamaru, N.Z. 12

Surfing Time is Rexona Time



TO all lovers of outdoor sports, a dip in the roaring breakers on a summer's day is indeed romance. Next day the sunburnt, blistered hands and scarlet face are painful realities. Why suffer such distress and disfigurement from sunburn when it can easily be avoided by using Rexona Soap when you have your shower, and then applying a little Rexona Ointment, the cooling, soothing and healing balm?

If you want to make doubly sure of avoiding sunburn, also apply a little Rexona to the exposed parts. This prevents both the action of the salt water and the sun on the most delicate skin.

If this is done there will be no after effects from exposure to the sun, no regrets after a happy day, for the skin, soothed by the wonderful influence of Rexona, the Rapid Healer, will quickly regain its normal temperature and comfortable coolness.

You will find Rexona Skin and Facial Soap ideal as a shampoo for the hair after your dip.

Rexona Soap and Rexona, the Rapid Healer, in its dainty pot, should stand on the toilet table of all who indulge in outdoor sports.

Rexona—The Rapid Healer 1/6 and 3/-

Rexona Soap FOR HEALTH AND BEAUTY

1/6
PER TABLET

MISS EDITH PICKUP

A Beautiful Rexona Girl, of Orange Street, Eastwood, N.S.W., writes: "Rexona Soap is a wonderful soap for keeping the skin and hair in perfect condition."

"I am an enthusiastic surfer, and every morning after my dip in the surf, I always use Rexona Soap for my shower. It keeps the skin and hair in the pink of condition."

MISS LILIAN OWEN,
Thornton Street, Manly, N.S.W.





A MUNIFICENT GIFT FOR CHILD WELFARE IN INVERCARGILL

A snapshot of the new Plunket Home at Invercargill, presented to the Society by Mr. and Mrs. R. A. Anderson, and which was opened by Sir Truby King.

Hazeldeine, Invercargill

Strike a Match!

then

THE absolute convenience of the Gas Fire is a revelation to those who have been used to antiquated heating systems. Under any circumstances, at any time, day or night, you can transform a cold room to a haven of warmth by merely turning a tap and striking a match.

Before deciding on Fires for your home consider the many outstanding advantages of the modern Gas Fire—its convenience, its abundant and hygienic warmth, its artistic finish.

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A South Canterbury Wedding Group



Mrs. C. R. Cresswell (née Miss Mathison), her sister, Miss M. Mathison, and Little Miss Marjory Martin
Pigott, Timaru

Editorial Note

OWING to the extraordinary pressure on our space this month much interesting "copy" has had to be unavoidably held over. Although month by month we make provision for additional matter, the popularity of THE MIRROR continues to grow so fast that we become very cramped for space. However, the eagerness of our readers to get THE MIRROR, and the rapidly increasing lists of new subscribers, has necessitated a permanent enlargement of our journal. Arrangements are also being made to cope with the prompt delivery of THE MIRROR in increasing numbers to all parts of the Dominion.

Subscribers who have their MIRROR posted direct from our publishers have the advantage of receiving their journals earlier than is possible through newsagents, whose supplies have to be sent by special transit which, unfortunately, is slower than postal delivery. Another advantage subscribers have is that they receive their copies post free for twelve months (including Christmas numbers) directly the issue is

off the presses. Sign the subscription form on page 64, to save time and disappointment.

We have been reluctantly compelled to hold over a full page of Snap-shot Competition pictures. Nevertheless all successful competitors will receive their prizes by post without awaiting the reproduction of their prints.

The Competitions will be continued for March. Prizes will be awarded as follows:—

Senior: First prize, one guinea; second prize, half-a-guinea.

Junior (open to all children under 16 years of age): First prize, 10/-; second prize, 5/-.

Additional prizes may be awarded if the entries justify it, or any prize may be withheld if the quality of the prints submitted are not of a standard suitable for reproduction.

First Competition (Senior): Outdoor snapshots, to include street scenes, photographs of players at their games, or any outdoor groups not set or posed. Subjects of topical interest preferred.

Second Competition (Senior):

Sunlight Pictures. By this is meant snapshots taken of scenes depicting outdoor life in its numerous phases at home, in the country, at the sea-side, in the bush, or on the water.

Third Competition (Junior): Child and animal subjects, likely to be of general interest to readers of THE MIRROR.

Entries close on Wednesday, February 17.

Conditions.—Cut out the coupon on page 72, fill it in clearly, and attach it to the photograph.

Prize-winning prints will become the property of THE MIRROR, and the Editor may reproduce any photograph sent in. All that are published will be paid for at the rate of 5/- each.

Photographs will only be returned when stamps and addressed envelopes are sent for the purpose, but the Editor assumes no responsibility, nor can he enter into any correspondence in connection with the competitions or regarding photographs submitted.

The Editor's decision will in all cases be final.



THE wonderful "Spin-Rinse, Spin-Dry" feature of the Savage Washer and Dryer (wringerless) makes it absolutely the "fastest in the world".

Not only that—but it is the safest! Think of it!

No more hand rinse or bluing no feeding a wringer; no stooping, straining or lifting individual pieces to a wringer—just put in the wash, touch a switch, and within the time it takes other washers to merely WASH your clothes, the Savage BLUES, RINSES and DRIES them completely.

You cannot know the time and labor saving in washing the Savage Way until you prove it in your home. We'll make you a HOME TEST, FREE. No obligation.



Spin-Rinse, Spin-Dry

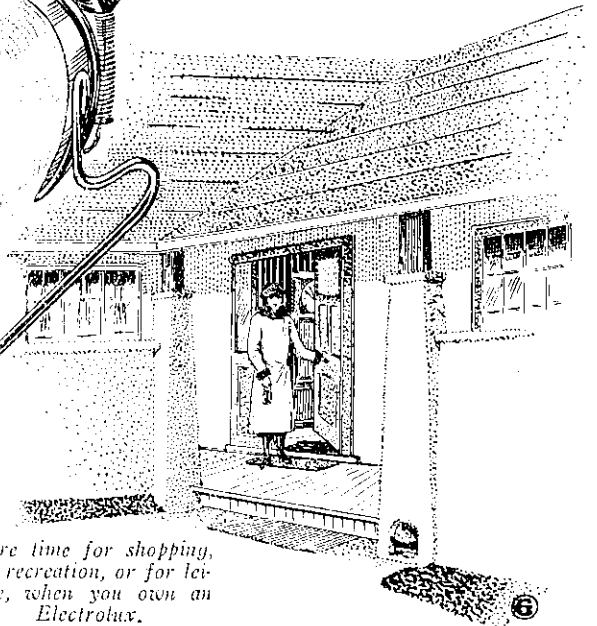
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All the housework finished
—the dirt and dust collected
more easily, more thorough-
ly—and in far less time.



More time for shopping,
for recreation, or for lev-
sure, when you own an
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Solving the Cleaning Problem -in Every Home!



FREE SERVICES

Regular visits from Special Service experts keep users conversant with best methods of applying Electrolux.

SPECIAL CALLS

A postcard to our Local or Head Office will bring immediate response.

IN mansion or bungalow Electrolux, the new cleanness, has already solved the cleaning problem for thousands of New Zealand women—and is daily "solving the problem" for many more.

No ordinary Electric Cleaner could, in a few short months, so establish itself in favour with New Zealand housewives. But Electrolux is far from being "just another vacuum cleaner"—it is new, different and altogether more efficient. Not only does Electrolux clean EVERYTHING more easily and more thoroughly, but it disinfects while it cleans, as well.

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The New Cleanness

Learn NOW the full story of Electrolux advantages—how it will lighten your labour and save your time. Write for our interesting free book to—

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Head Office - - - - Norwich Chambers
111 Customhouse Quay, WELLINGTON
Branches in all main centres

The Child at Home

Modern Motherhood



"SHE doesn't do anything in particular. She just runs the house. And she has three children you know; they must take up a certain amount of time."

This represents the dull, unenlightened view of the work of "the woman at home," unfortunately the most common view of motherhood to-day. It is difficult to understand how any work could be regarded as more creative than that of giving to the world human beings strong in body and sound in mind and character, how the bringing-up of a child to face life successfully could possibly be only a matter of routine.

The trouble is that motherhood is not regarded as a profession. Taken as a whole it is, of course, much more than that, but from the economic and social view alone, it is a profession. The mother who does her work well is doing work of definite value and importance to the whole community in exchange for the material necessities of life.

Motherhood as a Profession

BUT if the world is to regard motherhood as a profession mothers themselves must realise the dignity and scope of their work. They must bring devotion to it. The candidate for any profession must adjust his life to meet its claims, and count any sacrifice of time and comfort worth while to achieve the work he has set himself to do. Mothers who plan their lives definitely and consciously so that motherhood comes first will find that they do not resent the infringement on their time and liberty that motherhood, like any other profession, is bound often to demand.

Skill and knowledge also are required. Because the work of motherhood is not to-day regarded as skilled work, no real provision is made for any study of the subject in the education of most women--and this in spite of the fact that

ninety per cent. of women are, at one time or another, called upon to do mother's work, even if they have no children of their own! The mothers themselves must rectify this; they must train themselves!

Keeping Abreast of the Times

THERE are at least three libraries in London, besides the public libraries, where books on all aspects of training of young children can be obtained at a very low subscription rate. There are periodicals on the subject of child-training, too. The candidate for any profession must watch all that is going on in the world of his work; so must the modern mother. In nearly every town now there are baby welfare centres where mothers can watch and take part in the wonderful work that is being done for small children. There are new schools and new kindergartens to read about and to visit.

Vision is required of the modern mother. Any clerk can add up a column of figures, and almost any woman can wash and dress a child and keep him reasonably tidy. But it takes a man of genius and imagination to see the real meaning behind the figures, and it takes a mother of like calibre to see the possibilities that lie in performing well even the most menial tasks for her child. Nor is the work of motherhood by any means all menial. There is hackwork, in this as in any other profession, but by far the larger part of the work requires intellect. It is not easy to work out the best possible diet for a child, to plan his day correctly, to watch the stages of child-development intelligently.

Mothers may say: "We have no time." But have we the right to say that we have no time to perform faithfully the duties of the profession we have chosen?

To the Mother who cannot rear her baby in nature's way

Here is a Food which has stood the test of a century, and which has been blessed by countless Mothers, Nurses and Doctors.

Unequalled for developing the digestive organs, and rich in bone-forming salts, it is a real builder of healthy, happy babies.

When teething troubles and similar infant complaints tend to upset the child, NEAVE'S FOOD is a special boon.



WRITE FOR FREE SAMPLE AND BOOKLET
NEAVE'S FOOD, P.O. BOX 1533, WELLINGTON

Babies thrive on Neave's Food

The Safe Food

Salad Dressing

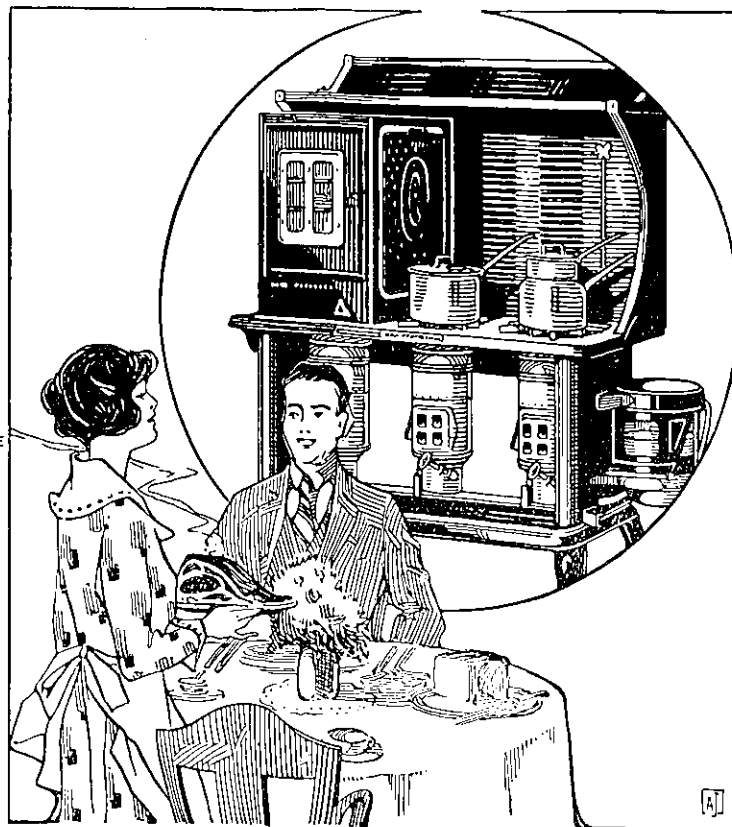
Cornwell's Vinegar, slowly aged and mellowed, imparts to a dressing that delightful flavour which epicures appreciate--and without which no salad would be an entire success.

CORNWELL'S VINEGAR

CORNWELL'S
PURE MALT VINEGAR
BREWED FROM Malted Grains
DOMINION COMPRESSED YEAST
VINEGAR BREWING DISTILLERS
26 FLUID OZS.

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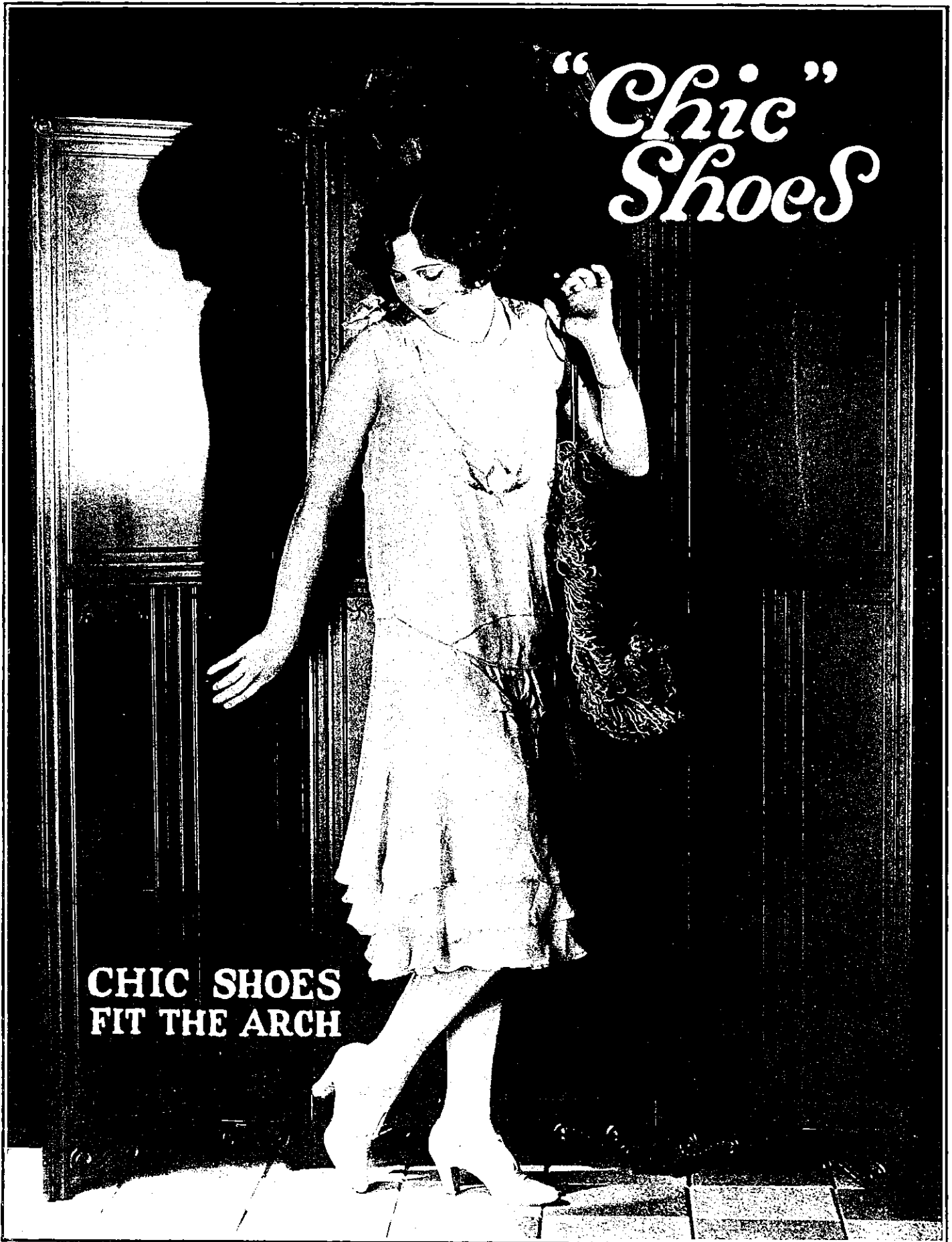
"Pioneers of FAIR-PRICED TRANSPORTATION"



Dinner is ready! The joint is browned, dripping with savoury gravy, the vegetables perfectly cooked and appetisingly odorous. From soup to sweets, every dish is a success when cooked on

You can bake, broil, grill, boil or toast on a New Perfection, in fact it fulfills every cooking need. There is a model for every home. § Ask your storekeeper or ironmonger for a demonstration.

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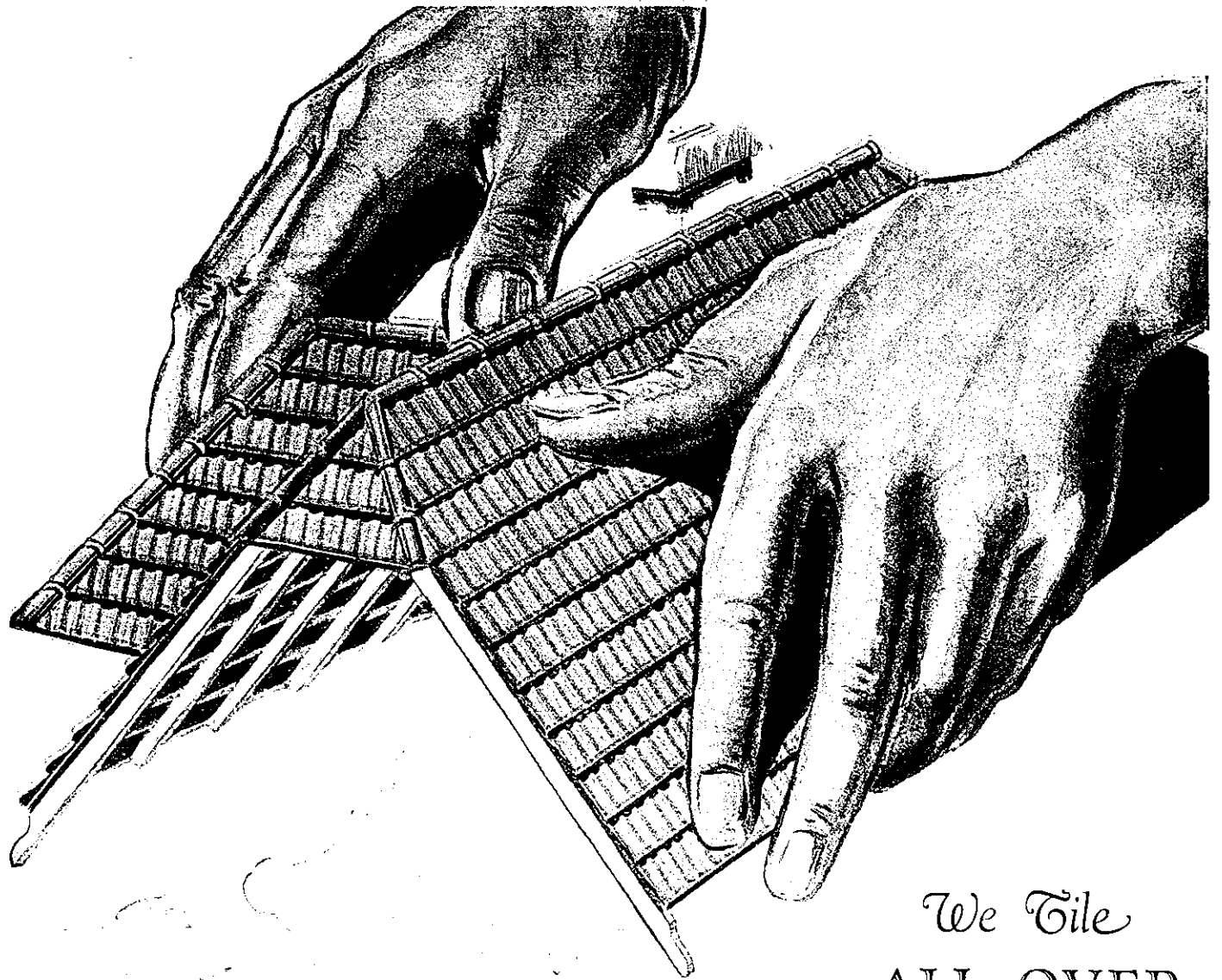


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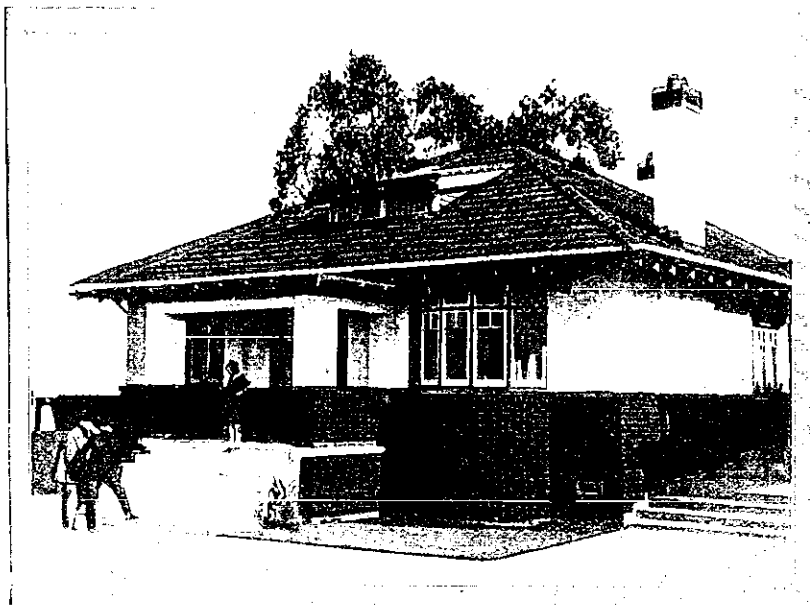


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ALL OVER
New Zealand

WINSTONE'S

Give a harmonious, refined effect, and in the end prove Cheapest and Best of all Roofings

Tiles



Residence of Mr. W. Thomas, Builder, Mt. Eden, Auckland

The object of this advertisement is to make it widely known that we undertake roofing in our well known Marseilles and Rosemary pattern tiles anywhere in New Zealand. We manufacture the tiles in New Zealand, lay the roof and guarantee the job. Costing little more than common iron, a Winstone tiled roof adds less than 3% to the cost of the home, and yet greatly increases the value and appearance. Home builders are urged to get our quotations.

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