



Crisp, young leaf, carefully blended, freshly packed—that is Butterfly Tea. Two or three spoonfuls in the warm tea-pot, pour on the boiling water, and what rare fragrance and flavour are released! You're glad you asked for "Butterfly" Tea!

Brown Barrett Ltd.
Auckland



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."