

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.