

SLENDERNESS WILL MAKE YOU MORE ATTRACTIVE

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—

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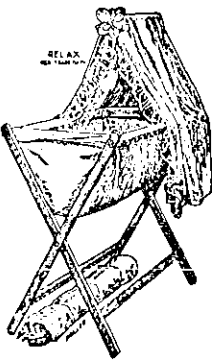
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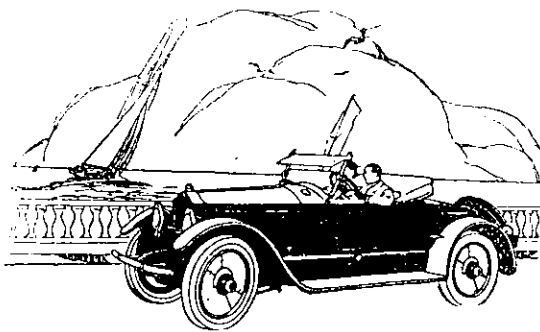
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All the World Loves a Picnic

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.

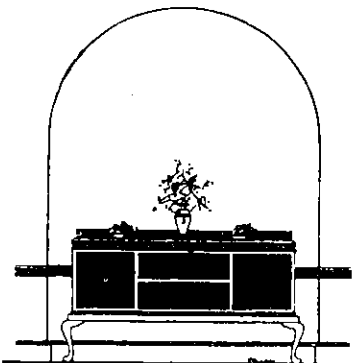
To make the purée: Rub fresh fruit through a hair sieve, add a dessert-spoonful of lemon juice to every half pint of fruit and sweeten well.

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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