

Dont be Frightened
of
Monday Mornings!

EASY MONDAY LAUNDRY HELP

Will do the Washing for You!

IT DOES AWAY WITH ALL
RUBBING AND GETS THE
CLOTHES SPOTLESSLY
☞ ☞ WHITE ☞ ☞

Does not injure the Fabrics!



FUEL
Washing
Boilers . .

HUDSON'S
ARE BEST

AND

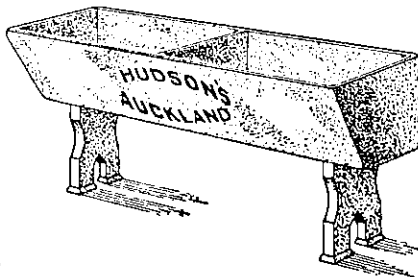
Reinforced
Concrete

WASH TUBS

SMOOTH AS ENAMEL
SANITARY
NON-ABSORBENT
EVERLASTING

Length Overall—
3 ft. 10½ ins.

Inside Measurements—
Depth 13½ ins.
Length 22½ ins.
Width at Top, 19½ ins.



Full particulars and
price on application

Hudson's Concrete Co., Ltd.

SANFORD'S BUILDINGS, CUSTOMS STREET, W. AUCKLAND
Phones: Office 42-752 Works 12-539
And at BEEHIVE CHAMBERS, 71 COURTENAY PLACE, WELLINGTON
Phone: 21-351

Farewell to Headaches!

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arises from mental excitement. The obvious remedy is to live less intensely. Cultivate the quieter pleasures of life. In women, menstrual difficulties frequently cause nervous headache. Only when the irregularity has been put right by improved habits of life or by the restoration of natural functions through natural methods will the headache cease.

Migraine

THIS is a particularly painful form of headache, characterised by suddenness of attack, paroxysmal in type, and usually one-sided. There are usually gastric disturbances, vomiting, etc., and visual disorders. The cause is usually disturbance or irregularity in the circulation of the blood. It may arise from stagnation of the blood in the brain, from anæmia, from irregular or suppressed menstruation, or there may be some morbid condition of single nerve trunks. Vigorous massage of the arms and legs is a remarkably good remedy for this condition, by helping a more equalised state of the circulation. A lukewarm hip bath daily for 15 minutes, a cool wet rubbing of the whole body, and the bowel douche are admittedly more trouble than tipping a headache powder on to your tongue. But the former really removes causes,

whilst the powder simply adds more encumbering poisons to your aching head. The most important factor in cure, however, is undoubtedly the diet. A correct, purifying diet will cure the primary cause, whether it be poor blood, toxic blood, a foul colon, or a sluggish liver.

Brain Tumour or Abscess

THE possibility of tumour or abscess of the brain should always be borne in mind where headache is very severe and very persistent. In such cases the headache usually increases at night, is associated with nausea and vomiting, and sooner or later with optic neuritis. Even here the resources of Nature Cure may be hopefully applied. With non-suppressive treatment the morbid matter may be encouraged to vent itself through the ear or the nose. Fortunately such cases are comparatively rare.

Eye Strain

WHEN due to over-use or other abuse of the eyes headache can, of course, be cured by taking greater care of the eyes. The common advice is to have the eyes seen by a qualified optician. The wearing of suitable glasses will frequently help to relieve eye strain and thus relieve headache.



JOAN: "I suppose you find home awfully comfortable now your wife is away. What do you miss most?"

BROWN: "The last train."

An Attractive Afternoon Coat

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to right and working on the canvas to the right side edge.

Work the sleeves in the same manner starting in the centre and working first to one side edge, then to the other.

The Cuffs and Collar are worked differently. They are covered with loops of wool, using a different colour for each row. Thread your needle with a long length of wool in one colour, leave a margin for turnings, then proceed to pick up one thread, miss the next, pick up the next and so on, leaving loops

of about 1½ ins. when drawing the wool through. Work like this in every alternate row, or in every row if you want the loops thicker. Also you can use your wool double if needed. When the canvas is covered, rub soap on the wrong side and press warm iron to keep the wool secure. Clip the loops and trim evenly.

Join the sides, shoulders and sleeves by machining the edges, then open out, press flat, and hem down. Stitch in the sleeves and press, then face in the fronts. Line the collar and cuffs and stitch on.