



The daily
elimination of waste
from the system is at the
very foundation of health. In this
ENO'S
"FRUIT SALT"
can give you help which you are
needing more than perhaps
you know or even
suspect



THE pleasant taste of ENO'S is perfectly natural. It contains no flavouring matter, no sugar, no purgative mineral salts. It is mild and gentle in action, and unlike some of the drastic aperients, ENO'S does not form an undesirable habit, but can be taken at any time with perfect safety by young and old.



HANDY SIZE— Widely used by travellers, for office use and week end bags. **2/6**

HOUSEHOLD SIZE— Best for family use; most economical. **4/-**

Sales Representatives in New Zealand:

The BRITISH **ZAROLD F. RITCHIE & CO., LTD.**, 20 Brandon Street, WELLINGTON.

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COUPON
for
Free Sample of
Mellin's Food

Cut this out and post with your name and address, stating baby's age, and the name of your chemist to

MELLIN'S FOOD LTD.
95, 15 Ingham Street,
Cecilwood, Victoria.

*For Peaceful Nights
and Contented Happy Days*
for both Mother and Baby

use
Mellin's Food

which modifies cow's milk and yields a diet equal to breast milk fit for the use of a babe from birth.

Slimness versus Scragginess



The line is so terribly easy to overstep—from plump to frankly fat, and from lovely slimness to unbecoming scragginess. And now that backs are once more being worn, the rounded contours of shoulders and arms only throw more sharply into relief the ageing "salt-cellars" and drooping sagginess which come to all those who have dieted and exercised every ounce of superfluous flesh away—unless they are still on the right side of twenty-five.

Few women pay as much attention to the throat and neck as to the face, and yet the throat needs even more care if it is to be kept equally youthful and beautiful.

The sagging of the skin means that the muscles underneath have lost their elasticity, and ordinary

For any discoloration after wearing furs during the colder months, rubbing with the juice of a lemon is good, or two or three applications of hydrogen peroxide (twenty volumes).

A good astringent lotion is made from camphor water, which can be bought very cheaply at the chemist's, and it is even more improved by adding a teaspoonful of the simple tincture of benzoin to a pint of the water. The camphor lotion can be made at home by crushing a piece of block camphor and then adding a pint of water in a wide-mouthed bottle. Shake well every few hours until the water smells strongly of the camphor, and then strain.

Often actual "salt-cellars" are due to faulty breathing, and unless



Wife (announcing husband's decision to give up his profession):
"Yes, my husband's burnt his bridges behind him."
Visitor: "How very unfortunate! Ah—I hope they weren't his best pants."

massage will do little to restore it. Pinching and kneading of the muscles is what is needed. Bathing the skin in very hot water and then a liberal supply of good cold cream is the first step. Then with the tip of finger and thumb, start at the base of the neck and work up towards the chin, pinching up tiny pieces of skin as you go. It is best to smear the fingers with cream before starting, and to continue for about ten minutes for several days. Pay particular attention to the skin over the collar bones and work from them right up to the ears, as one of the largest muscles runs in this direction, and if its tone is restored, the whole neck improves very quickly.

If the throat is lined, sponge with warm water and then apply a liberal supply of skin food, patting it in, and if it is very bad, warm oil is even more efficacious, either patted in or applied on a piece of lint, which is kept moist with warm oil added when necessary.

the air passage is quite clear nothing is likely to bring about an improvement, so first see that there is nothing blocking either nostril. If you know that you suffer from enlarged tonsils and adenoids it is wise to consult a surgeon, from your general health point of view, quite apart from your appearance.

If all is clear, try the following exercises, which will help matters wonderfully.

Stand before an open window and shut your mouth tightly. Now pressing your forefinger against one nostril, take three short, sharp breaths through the other nostril, and then repeat with the alternative nostril. Repeat five times, and this will ensure your nose passages being clear.

Now do these exercises for the actual neck muscles and be sure that your shoulders are kept perfectly still. Only do it for ten days at a time, and then let several weeks go by without exercising in case

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