

Slimness versus Scragginess

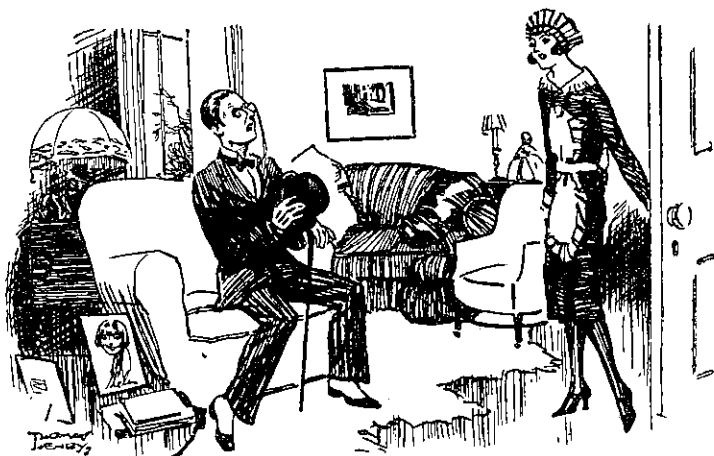
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you are *over*-developing the neck muscles. Let the head fall back as far as possible, and then forwards on to the chest as far as possible. Turn the head to the left and then to the right, each movement to be done smoothly and without any suspicion of jerkiness.

Without raising your left shoulder, try to let your left cheek touch it, and then do the same with the other shoulder. Finally, complete the course by shrugging the shoulders several times, keeping the head quite still and letting the shoulders make as big an excursion as possible each time.

But don't forget that deep, regular breathing is the basis of a symmetrical and beautiful neck.

If the "salt-cellars" are but part of a general thinness which you want to remedy, then a teaspoonful of olive oil three times a day is helpful, and cod liver oil and malt works wonders. If you object to the "fish-and-treacle" taste of the latter, you can get the cod liver oil alone in capsules which are quite tasteless. Regular meals with an abundance of butter and cream and thick soups will do much to increase your weight. And, finally, don't worry—for worry is the greatest reducer known.



MAM (to nervous suitor): "Mr. Bygad will see you in a minute, sir; he's just putting on his boots."

The Perfect Perfume

Elaborate advice is often given to women on choosing perfumes to suit their personalities. A good deal of this talk seems rather strained and exaggerated. A pleasant and matured personality needs no aid from an artificial lotion and if individuality is lacking, no scent will give it. It is not the function of a perfume to suggest traits of character, but to give an impression of fragrance and the most alluring cleanliness.

The simple, flowerlike scents best do both these things, and lavender water, white violet, lily of the valley, rose and eau-de-Cologne never pall. Far from being common-place, they suit English beauty infinitely better than exotic Eastern odours, which are best left to Oriental women.

Everything to match—bath salts, soap, powder, creams—is perhaps the ideal. But this is often neither easy nor cheap. If it prove impossible, the best alternative is

to have all toilet articles of fine quality, but unscented, and to rely on a few drops of liquid perfume to create fragrance.

Scent is far better sprayed than dabbed on, as the spraying gives a much more even effect, and, in the case of eau-de-Cologne, has a tonic effect on the skin. A cheap throat spray from the chemist is just as effective for scenting, by the way, as the expensive dressing-table gadget we can't all afford.

A very faint fragrance may be embedded in every garment worn—accumulating in the whole toilet to just the perfect perfume—by buying sachet powder in bulk from a good perfumery. Sprinkled on cotton-wool and fitted into thin silk sachets for wardrobe and drawers, this takes the place of liquid scent.

A charming touch is added both to a room and its owner if a bowl of fragrant pot-pourri, containing some of the personal perfume used, stands on mantelpiece or window-sill.



Watch Your Skin!

IT is well to remember that all the more stubborn and disfiguring skin affections start off in simple pimples, rashes and eruptions.

Any cut, abrasion, burn, etc., is liable to become infected with the germs of ulceration or blood-poison.

Guard your skin against disease by resorting to Zam-Buk at the least sign of trouble. Owing to its perfect refinement and herbal character, Zam-Buk quickly penetrates to the root of skin trouble. Sinking naturally into the pores, it has a soothing, purifying and curative influence on the whole of the underlying tissue.

If disease has already taken root in the tissues, there is no surer or quicker way of dislodging it than by persistent applications of Zam-Buk. This swiftly overcomes all sore, eruptive, and inflamed conditions of the skin. It kills the germs of eczema, boils, abscesses, ringworm, etc., and completely rids the tissues of poison and disease.

Be sure and keep a box of this famous skin remedy always handy. Chemists and stores everywhere sell Zam-Buk at 1/6 & 5/6, and Zam-Buk Medicinal Soap 1/- per tablet.

Zam-Buk

ENDS ALL YOUR SKIN TROUBLES

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