



Ask Your Doctor!

YOUR doctor will tell you that Vitamins play an important part in the growth and development of children—their presence or absence makes all the difference between health or sickness, strength or weakness, brightness or dullness.

There is a Vital Principle of food (Vitamin Concentrate) which should be in the daily food of your child, and this Vitamin Concentrate is present in Glax-ovo, extracted and concentrated from its richest known source—2,000 times concentration.

This Vitamin Concentrate in Glax-ovo is blended with milk, malt-extract, and cocoa, and is the most powerful protection that daily diet can give. It strengthens the body and the constitution, increases vitality and powers of resistance, and is the sanest safeguard against measles, diphtheria, flu, colds and winter ailments.

Glax-ovo is the only food-drink with the Vitamin Concentrate. Your child will love its delicious, creamy, chocolate flavour. He should have it regularly every day.

**A COMPLETE
FOOD**

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NO MILK**

GLAX-OVO

"EVERY DROP SHEER NOURISHMENT."

PRICE **2/3, 4/6, AND 8/6** PER TIN

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P.O. BOX 1509, WELLINGTON

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Shingle Cuts

Nowadays, when the shingling is nearly universal, the cost of going regularly to a toilet saloon to have your hair trimmed becomes quite an extravagant item of expense. To cut down this ever-recurring expense it is a good plan, if you want to seriously do your own shingle, to club together with your friends and buy the few essentials, such as the scissors, combs, clippers, and drier.

Shingle Fashions

First, a few words on the newest shingle styles, as the shingle must be kept very up-to-date in every sense.

The present smart idea is to uncover the ears completely, clip the hair like a boy's at the back, brush it off the brow—the Eton crop! This is for the young, beautiful, slim, and smooth of brow only.

A master brain evolved the "swirled shingle." This shows the hair parted at one side, the parting started at the temple and extended to the nape of the neck, with the

tips of the hair, graduating up. To cut off more than this, back comb the hair with the scissors and then cut it. Of course, each hairdresser may have his own methods of shingling.

Further Economy Studies

Unless your hair grows far down on your neck, the trimming can be done with sharp manicure scissors; although, of course, a real pair of shingle scissors with blunt tips are the best. If your hair is dark and grows quickly, a pair of clippers are a boon.

Shampooing At Home

By shampooing at home you can save a lot of money. The hair must be carefully rinsed in several waters. This is where the amateur often fails.

Make a habit of shampooing the night before, if you put in your own waves with tongs. Brush a trace of brilliantine into the hair before using the tongs, which must never be too hot, otherwise the hair becomes brittle.



MISTRESS (having discovered butler enjoying himself): "Perkins! I'm astonished! I really am astonished!"

BUTLER: "That sentiment expresses my own feelings exactly, ma'am—I felt certain you had gone out!"

hair brushed outward instead of in, side-pieces being curled under the tiniest bit. The "swirl" shingle is a wonderful help when your hair needs a trim.

A Twice-Weekly Trim

As for economy "cuts" you can maintain an immaculately shingled head and only visit the hairdresser every five or six weeks, if you will hire the services of a friend and get her merely to trim your shingle twice a week. Especially do the little hairs which grow on the nape of the neck need attention. If possible, do not let the amateur really cut your hair. It is so easy to destroy the neat line of the shingle, and when the hair is short line matters tremendously.

The way to trim is to take a comb in the left hand, lift up the hair through this, and cut off just the

Setting The Hair

For the rest, water-waving is really nicest. There are three kinds of wavers—a lattice-work of combs, an open-work rubber affair, and sets of tiny combs, *non-inflammable*. The hair is set when it is thoroughly damp. If a setting lotion is used, it helps a great deal, and holds the wave longer.

Set the hair with your fingers, just pressing it into becoming waves with firm hands, using two fingers like a pair of pincers. Next cover the head with very coarse black net (which can be bought by the yard of any draper), draw it tightly round the head, and tie at the back; then prick the waves into place with a hairpin. Afterwards insert the combs through the net at each side of the wave so that they interlace. The tighter the net, the better the wave. Dry the head thoroughly.