

DID YOUR CHILD WAKE UP CROSS or FEVERISH?

Look, Mother! If Tongue is Coated, give "California Syrup of Figs" to Clean the Bowels.

Mother! Your child isn't naturally cross and peevish. See if the tongue is coated; this is a sure sign that its little stomach, liver and bowels need attention at once.

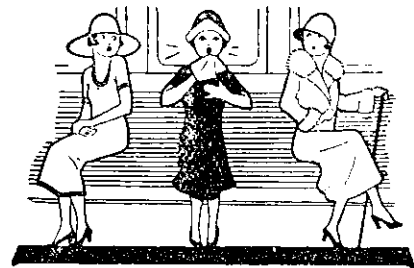
When listless, pale, feverish, "stuffy" with cold, throat sore; when the child has tainted breath and doesn't eat, sleep, or act naturally, or has stomata hache or diarrhoea, remember, a gentle liver and bowel cleansing should always be the first treatment given.



Nothing is equal to "California Syrup of Figs" for children's ills; give a dose, and in a few hours all the waste matter, sour bile and fermenting food clogged in the bowels pass out of the system, and you have a healthy and playful child again. All children love this harmless, delicious "fruit laxative," and it never fails to effect a good "inside cleansing."

Ask for "California Syrup of Figs," which has directions for babies and children of all ages printed on bottle. Of chemists and stores, 1/9—or 2½ times the quantity for 3/-. Mother! You must say "California Syrup of Figs" (or you may get an imitation fig syrup), and look for "Califig" on the package.

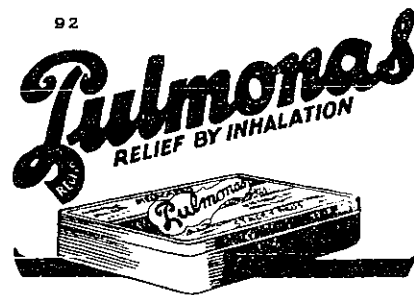
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PREVENT COLDS

You run daily risk in tram or bus. Make certain of immunity by carrying a box of Pulmonas and occasionally letting one dissolve in the mouth. Immediately, antiseptic, soothing vapours are released to every corner of lungs, throat and nasal passages. They defeat infection and quickly relieve the worst cough. Invaluable in business and social life for clearing the voice. 1/6 & 2/6 at all chemists.

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Modern Dancing

THERE can be no doubt about the physical benefits of dancing, and if only it were possible to combine this exercise with fresh air, two or three foxtrots a day would keep a man as fit as a round of golf and consume much less time. Unfortunately, it is difficult to get dancing except in hot rooms and at hours on which bed has, at any rate, rival claims, and there seems no chance of dancing taking its place among the field sports. A putting-green is an ideal place for an old-fashioned polka, but the modern style of dancing, which forbids you to lift your feet from the floor, demands a parquet, and that cannot be in the open air.

Dancing Then And Now

WHAT heroes they were thirty years ago when they danced polkas and waltzes and lancers. The polka, with a spirited partner, was a highly concentrated form of physical exercise, and the lancers, in addition to being a romp, demanded in the last figure not only mental attention but some knowledge of the relations between the circle and the square. The waltz is still with us, but it is a very different thing from the old waltz.

The good dancer in the old days was he who executed the prescribed steps with most mathematical precision and disciplined energy. Now the good dancer is he who cultivates the greatest ease, achieves the greatest variety, and infects his partner's feet most successfully with the fancies of his own. Dance an old-fashioned polka after a modern tango and you compress within five min-

utes the whole contrast between two generations. In the one—energy, drive, the monotonous rhythm of the beat. In the other—subtlety, ease, variety, and some of the grace of the minuet. The one embodies the gospel of work, the other of play.

A Word Of Praise For Jazz

THERE are curious paradoxes in modern dancing. The noise and uproar of the band contrast with the extreme gravity of the dancers; in the last generation the merriment was among the dancers and the band was decorous and regular. More curious still is the contrast between the corybantic fervour of the music and the ease and naturalness of the steps.

Closer acquaintance has modified my contempt of jazz music, and even given me a certain amount of respect for it. After all, it is not fair to compare "If You Knew Susie!" or "Maggie! Yes, Ma!" with the waltzes of Chopin and conclude that the rhythm of the waltz is much more subtle and refined. Only fairies could dance to the waltzes of Chopin. The fair comparison is with the modern foxtrot and with the ordinary commercial waltz of former days, and by this standard the modern music comes out best. It has inside parts, whereas the old dance writing was only a flat surface; the monotony of syncopation is less wearisome than the uniform dactyls of the commonplace waltz; and the variations on the modern syncopated rhythm that a skilful writer can introduce are piquant and fascinating.



Alpine Scenic Reserve In The Canadian Rockies Mt. Robson Park

A Paradise for Climbers, Big Game Hunters, and Holiday Makers

Adjoining Jasper Park (4,400 square miles) on the Canadian National Railways route, is Mount Robson Park, a stupendous ice region containing the highest peaks of the Canadian Rockies. Mt. Robson, mighty monarch among mountains, is 12,972 feet high, and presents three utterly different aspects on the east, north, and south-west sides.

To view this district from the C.N.R. Train is indeed wonderful, but to realise to the full its awe-inspiring majesty, and to taste its sporting joys, the tourist must arrange to stop-over for a few days.

There are Log Cabin Camps at Mt. Robson Station, Kinney Lake and Berg Lake, very comfortably and suitably furnished.

At these camps, experienced guides for climbing and big game hunting can be engaged, and hiking

and saddle-horse trips are arranged when desired.

Mt. Robson district is ideal for hunting—the territory harbouring caribou, big horn, moose, grizzlies, and Rocky Mountain goat, besides various fur-bearing animals.

Jasper Park is only a short journey from Mt. Robson, and here is Jasper Park Lodge, accommodating 350 guests. Besides affording magnificent views of mountain, glacier, lake, forest and waterfall, Jasper Park offers all the attractions of motoring, riding, climbing, boating, hiking, swimming, dancing, tennis, and golf—on a perfectly planned 18-hole course.

Full information regarding this wonderful region given free on request.

Through tickets, which must be endorsed "Canadian National," to all Canadian and European points, issued. Sleeping-car and hotel reservations across Canada and Atlantic berths, all arranged by Canadian National Railways, Ferry Buildings, Auckland, and Dominion Farmers' Institute, Wellington. Send for free literature.



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—develop and hold its glorious freshness until youth is but a memory.

Retain its soft, smooth entrancing beauty over the years to come. Check the wrinkles and flabbiness and keep the appearance of youth with you always thru

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BLACKHEADS

Quickly and effectively cured with Mystic Blackhead Cream. 3/6 Jar Post Free.

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IF YOU LACK THIS ONE THING



Many of your friends have lost it—many others are losing it—and if you lack this one thing—but it's no use dwelling on the unpleasantness of being overweight. Every woman hates it. Every woman fears it. Yet it is so unnecessary!

Slenderness can be acquired easily and pleasantly. For many years Marmola Prescription Tablets have brought the health and vigour of a slender figure to thousands of men and women. No diets, no exercises—just Marmola Prescription Tablets. Try them. Marmola Prescription Tablets are sold by chemists everywhere at 4/- per packet, or you can secure them direct from the Marmola Co., P.O. Box 33, Wellington.

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USE Gainsborough's Face Cream Gives Youth's bloom. Non-creasy. Vanishes instantly.

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