

THE

MIRROR

THE HOME JOURNAL OF NEW ZEALAND



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 Be Dainty!
 Be Attractive!

Be a
 Rexona Girl!

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 Rexona
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Miss PATSY RUTH MILLER says: "I am sure I owe much of my beauty of skin and hair to Rexona Soap. It is superb."



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1/6

GOSSARD GARMENTS

Girdle the Globe

Gossard foundation garments, aptly fulfilling their mission of service, are accepted the world over as the proper basis of smart enjoyable dress.

Whether East or West, in Singapore or Tokio, Basle, Erussis, or Vienna; Buenos Aires or Stockholm, Sydney or Montreal, Paris or Rome, Berlin or London — on the Riviera or in the Alps — the pageant of dress reveals the unmistakable line of Gossard beauty. In the language of style, Gossard garments speak a universal tongue.

*The Gossard Complete,
Combination, Girdle,
Clasp-Around
The Gossard
Front-Lacing Corset
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* Trade Mark

*Clasp-arounds are
exquisitely tailored,
regardless of price*



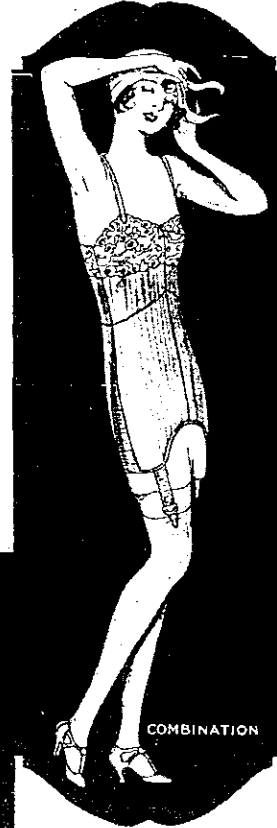
CLASP-AROUND

*Girdles are designed
for all types of
figures*



GIRDLE

*Combinations are designed
with light boning, and
diaphragm reinforcement*



COMBINATION

*Front Lacing Corset
— Light weight,
dainty materials are
used in Gossard front
lacing corsets*



FRONT-LACING
CORSET



The Gossard Line of Beauty

Our Tourist Business

The Government seems to be peeved and fretful at the adverse criticism levelled at its lack of success in persuading people overseas that the Dominion is a Tourists' Paradise.

The explanation for the failure has certainly not been due to lack of expenditure of public money, but rather from the absence of any intelligent policy in furthering the project of attracting visitors to our shores.

Money has been squandered on many ill-conceived and abortive schemes propounded by indigent journalists and a species of mendicant showmen seeking Government bounty to write grandiloquent descriptions of this wonderland and to explore distant lands in search of the elusive tourist. Tons upon tons of illustrated literature has been literally scattered to the four winds, with more or less negligible results.

The Government are not, however, alone to be condemned for this extravagance. We find local bodies, public organisations, transport combines, and others interested in attracting tourists pouring out good money into a yawning chasm that greedily bolts this class of propaganda without giving any return.

For instance, the City of Auckland publishes a "Municipal Record" at a lavish cost, which seems to serve no more useful purpose than as a "sop" to those associated in its production. Similarly throughout the Dominion such publications come wet off the printing presses to be dumped into the post, and an extremely small percentage ever reach potential visitors or even readers in any way interested.

Surely all the money flitted away in this class of literature, and in prominent advertising could be better utilised if it were all pooled and a comprehensive scheme evolved for its better presentation.

Our scenic wonders, our sporting attraction, and our health-giving climate should be as saleable in the right markets as are our mutton and butter. We would never have sold our primary products and established a steady demand for them unless they had been prudently marketed and persistently "pushed" by intelligent salesmen.

Our tourist business has failed to profitably market its attractions chiefly because it lacked salesmanship, and secondly because, when it "sells a prospect" it does not always send its customer away pleased. It is one thing to make a sale; it is another thing and the more important one to create a goodwill. Every tourist who leaves our shores after a sojourn in these fortunate Isles is going to be either a good or a bad advertisement for New Zealand.

If a tourist leaves us disgruntled with the service we can offer, particularly as regards accommodation and transportation that tourist is going to discount the tons of booklets and miles of films sent out broadcast over a largely non-receptive world.

The tourist business wants organising on business lines, and no Government department alone is capable of running the business with the maximum of efficiency. A market was never created for our country's staple products by officialdom and by the same token they are unlikely ever to make our tourist traffic profitable by existing methods. The people primarily interested in catering for tourists, such as hotelkeepers, transport combines, and the hundred and one others who benefit from the annual influx of overseas visitors should assist in financing, organising, and managing the business of catering upon up-to-date lines for the reception and catering for tourists.

An Advisory Board might first be set up to co-operate with the Government departments to formulate a practical and business-like scheme to co-ordinate the various interests involved, and thereafter the Government may see its way to evolve a definite policy to pursue in relation to the exploiting of its tourist traffic.

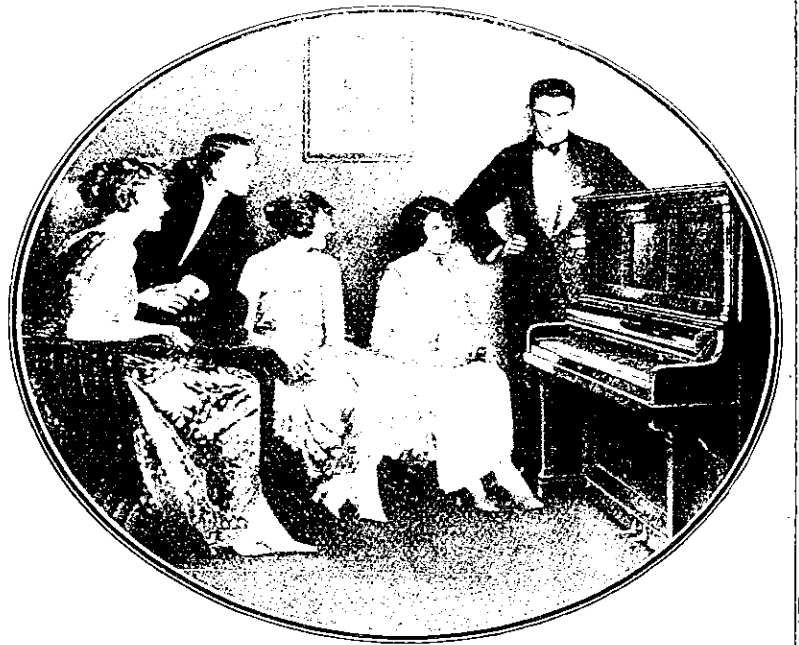
New Zealand possesses a number of illustrated journals that compare favourably with the best produced anywhere in the world. These journals, and many most excellent booklets issued by leading publishers, receive the scantiest recognition from the Government, despite the undisputed fact that they afford the best means of bringing the Dominion's attractions to the notice of the most desirable class of potential tourists and prospective new settlers our country could have.

In addition to their illustrations, these same journals and publications possess the strongest appeal to people overseas, because they give an intimate reflection of the country's national life and aspirations, besides carrying with them the personal goodwill from New Zealanders who are proud to send them to friends overseas. These same friends are the Dominion's best "boosters," as they proudly bring its attractions under the notice of acquaintances, and thus foster a bond of sympathy.

Still, we find the Government Publicity Department passing these representative periodicals and publications by as a media for Government publicity, while at the same time public money is literally thrown away in spacious advertising in numerous catch-penny publications and subsidies to other classes of printed matter, which in themselves represent a poor standard of journalism and have comparatively no circulation overseas.

We are not worried because officialdom prefers to spend the taxpayers' money in conferring patronage in the way it does; but we are constrained to draw attention to the lop-sided way a State department distributes the money voted by Parliament for the ostensible purpose of receiving fair value for its disbursements upon advertising New Zealand.

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191 Queen St., AUCKLAND.

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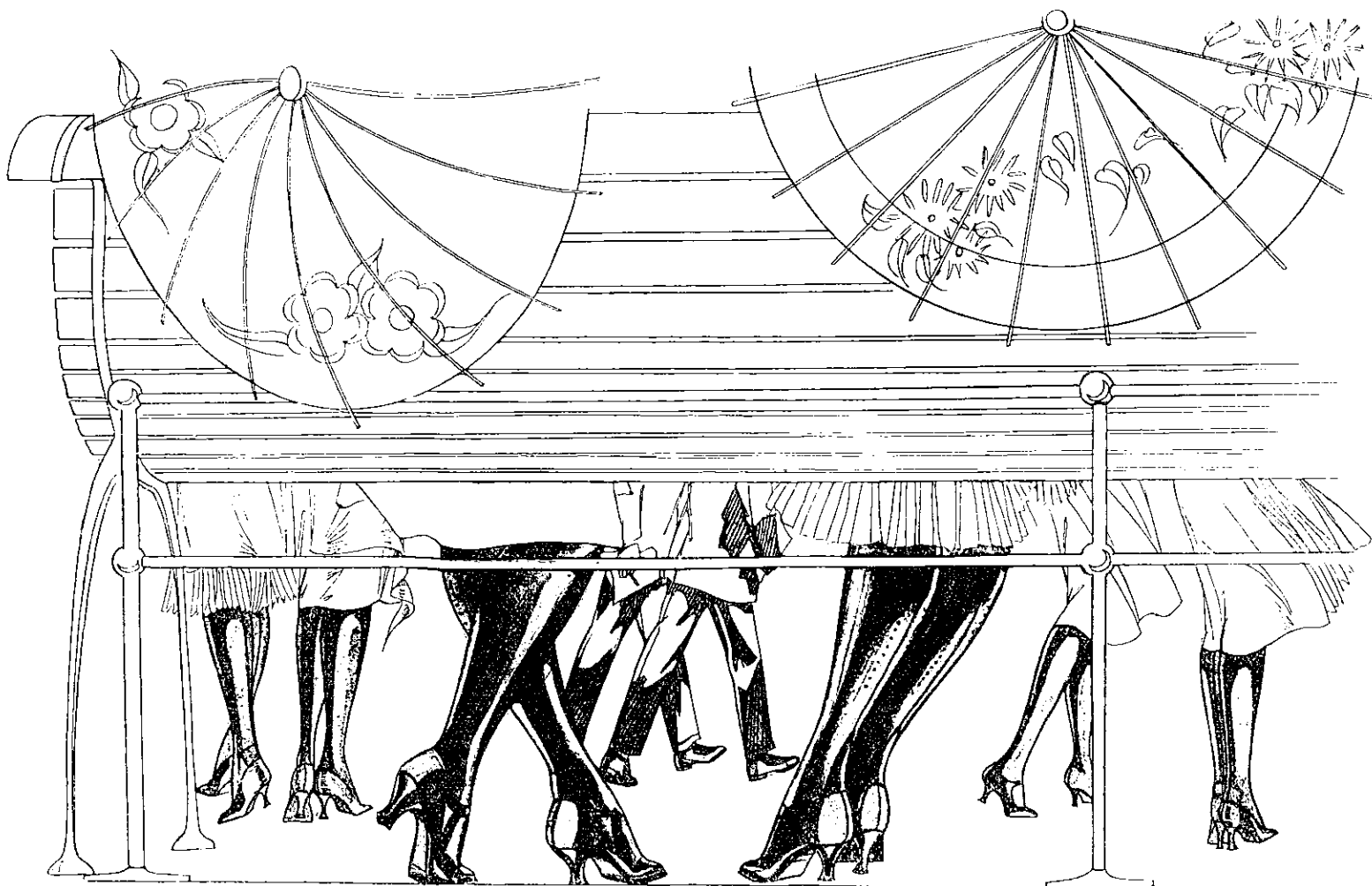
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By their ankles ye shall know them

Not suddenly has some kind fate given all women slender ankles. Instead —there's magic in the clever lines of "Slipper Heel" Hosiery as they taper to a slim point above the heel. Surely never before were so many pretty ankles seen! Slim and eager, they pass in gay insouciance, luring appraising eyes by their trim charm.

*Straight ankles assume more graceful lines.
Thick ankles appear more slender.
The slender ankles of fortunate women are alluring in their enhanced charm.*

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Slipper Heel Hosiery is full fashioned thread silk. It cannot lose its perfect shape. Pure dyes ensure the lasting wear of every exquisite shade. When you purchase "Slipper Heel" Hosiery you purchase a more beautiful article at a lower cost because **THEY LAST SO MUCH LONGER.**

"SLIPPER HEEL"
FULL FASHIONED SILK HOSIERY

Slenderises the Ankle

Ask to see the lovely new French shades in various weights, and learn to care for your hosiery by writing for a delightful booklet: "The Care of Silk Hosiery."

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NEW ZEALAND
PUBLISHED WEEKLY

The MIRROR

THE HOME JOURNAL OF NEW ZEALAND

IN WHICH IS INCORPORATED "THE LADIES' MIRROR" AND "THE WOMAN'S MIRROR"

VOL. V.—No. 3

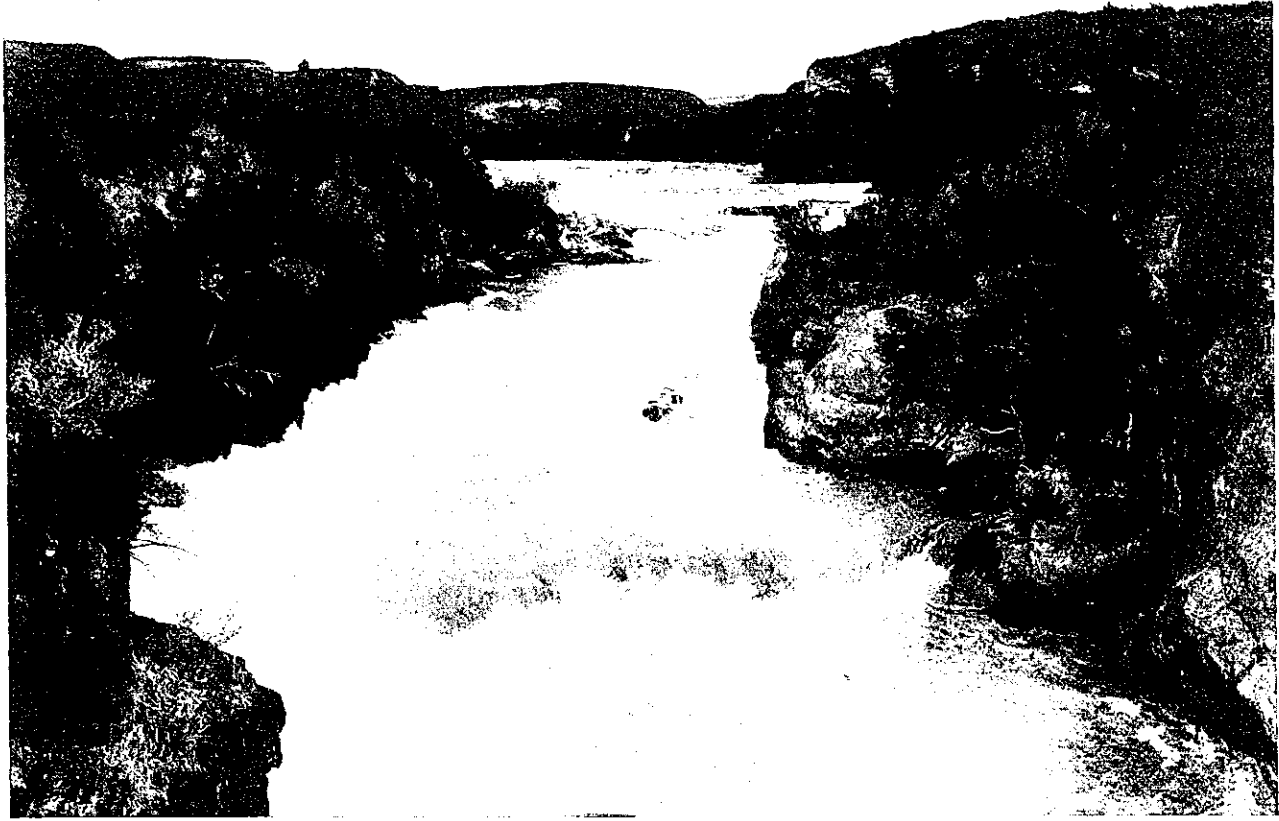
1st SEPTEMBER 1926

One Shilling



"Autumnal Dance"

Gaze & Co., Hamilton



From "New Zealand Country and People," Whitecombe and Tombs Limited

S. G. Smith, photo.

NARROWS OF THE HAIKATO RIVER, ARATIAHI RAPIDS

We have had our full measure of wet weather recently, and most of us have been depressed with the dampness. The only thing that bucks up most of us is the expectation of an early Spring and bright sunshine to come. But have we been wise in cursing the weather and growling at the rain?

We have been reading the remarks of an eminent medico who declares that wet days put us on our mettle. They whip us, and, of course, being New Zealanders, we respond with added cheerfulness! "Who," he asks, "is going to be down hearted because the clerk of the weather is out of humour?"

Certainly, New Zealanders especially our farmers are best when they have an excuse to grouch, and, after all, the weather is very helpful in this direction.

Few of us, perhaps, realise how much we owe to these wet days which perpetually interfere with our plans. We have to thank them for our wonderful physical power of adapting ourselves to changed conditions. We are almost prompted by these suggestions to think it must be the sudden variations from shivering cold to bright sunshine that gives us strong, patient youths and bright, pretty girls.

So far, we are spared the excitement of the bans that are being placed abroad on women's dress and ways. If our "flappers" are playing up to their freedom, it is some satisfaction to know that no one has yet ordered us to forego low necked and sleeveless dresses on pain of

In the Mirror



being refused admission to church because to adopt these unmaidenly abbreviations is a vice. Modesty might, of course, invite a certain discretion, but it is just a shade over the odds when we learn that a Hungarian prelate recently warned girls against the Girl Guides. We had an idea that Hungary was one of the most morally abandoned countries in Europe. Still, according to this Church dignitary, this movement had a much too masculine activity for modest maidenhood. Really, when we read such things from abroad, it does seem that the charge of insularity New Zealand lives under is a brazen myth, and that our notions of morality are not the smug humbug they are sometimes represented to be.

One thing modern tendencies in dress has done is to smash all ideas of uniformity. Variety is what pleases most, so let the ornate sex

cultivate it. The greater the variety of attire women pattern for themselves the better, and certainly the more interesting they become. Our outlook is the brighter for the variety, and, after all, women can be largely judged by what they wear, and what they leave unclad!

We do not want a craze for uniformity. It is a hateful passion. No one wants the world dominated by one code of conduct or one style of attire, or one set of ideas. Variety pleases most in social customs. Therefore, why worry ourselves over such problems as: "Should women bob?" or "Is Marriage a failure?" as though there were any other answer to them than similar questions, such as: "Sometimes it is and sometimes it isn't," and "Some should and some shouldn't." The underlying assumption in all these futile discussions is that human beings are all alike and should

all do the same things at the same time, and ape one another in what they wear. Thank goodness, it isn't true, and that it takes all sorts to make a world.

We seem to be living in a dietetic age. Everyone appears nowadays to be expounding theories as to what we should eat and what we should not eat. One really becomes rather weary of listening to faddists, and it is rather refreshing to learn from one of the foremost members of the Medical profession in England, Sir James Cantlie, that he emphatically lays down the dictum: "Unless you are ill, eat what you like."

Vegetarianism and fritarianism may be the apex of hygienic wisdom, but indulgence in either seems inevitably to result in turning them into a religion, and the addicts into proselytes. When men and women attach overwhelming importance to the kind of food they eat, they may be either greedy or faddy; whatever the cause, it is not a sign of mental health. Eat what you like, and not too much of it, is sound advice.

Our cover design this month is from a studio study admirably executed by Miss Marie Dean, of Wellington. The portrait is after Gainsborough's famous picture of "The Duchess of Devonshire." The design does credit alike to the charming little maiden, Biddy Miller, of Hahitai, the artist photographer, and Illustrations Ltd., which firm was responsible for the process work in colours.

Alas for the spring poet! He was sharpening his pencil, sorting his papers, and sneezing over the fire when spring sneaked in in advance of her scheduled date, and took him unawares. Not as a clinging maiden, in wispy willow green, but on the grey, dust-laden wings of a Canterbury nor'-wester she came. Already Christchurch is discarding its winter uniform of great-coat and furs, the primroses are upturning pale, surprised faces; the birdies, with little rehearsal to their credit, are piping a premature love-song. With the spring, the Grand National is upon us, and the thoughts of the young man turn, not to romance, but to dividends.

It was Oliver Cromwell, was it not, of whom a young historian wrote: "He had a large, red nose under which lay a truly religious spirit." In the face of a blizzard, and under a frozen exterior, the crowd on the racecourse at Riccarton: this week doubtless hid an ardent carnival spirit. Not that it was apparent! Race frocks, dampened with tears, and pressed with frustrated hopes, remained at home, like sartorial Cinderellas, while their step-sisters, in the guise of winter-worn wraps, departed in style and fur collars to add their quota to the sport of kings. There is never a drought in the South, for Grand National week, like Elijah, calls forth the little cloud, at first no bigger than a man's hand.

Sport here is not confined to the fisherman and the hunter. The really ardent motorist has always the rosy hope of bagging a pedestrian or two. On good days he can add another notch to his stick by hooking on his front wheel one of those troublesome minnows—the cyclists. Alas! that these merry pastimes are to be curtailed. Clad in a chic little uniform of beige of distinctive cut, finished with facings of chimney-sweep black, and worn with a cloche hat to tone, the traffic cop has sprung into prominence. The sport is now his; he makes the bag.

*I am the unloved traffic cop:
I signal GO and I signal STOP.*

*A steady rock in a crazy sea,
I save their lives—and they all
cuss me!*

The pen is mightier than the sword—or so we are told in peace days, when big cannon are relegated to the river banks—but the traffic cop, with arresting hand, is Jove on a street corner. Last week's sporting total included one of our leading editors, an artist of note, and several society ladies, including an embryo Portia, who conducted her own case with such ease and grace that the presiding Justice suggested a legal career as a fitting outlet for her eloquence. The party had been guests at a dance, and in this town south of the strait we may not leave our cars in the city streets unattended for more than five minutes. Short and snappy indeed would be the gathering that ran its course in three hundred seconds! The artist in words, the artist in colours, and Portia and her attendant ladies, ignoring the ukase of the traffic authorities, refused to tramp over muddy pave-

South of the Straits

ments to a convenient parking-place, say three blocks away. Anyway satin slippers are not picked up for a penny, and a lawyer's fees are only six and eightpence a sitting! The magistrate had evidently kindly memories from his youthful days of country schoolroom dances,

where the horses were tied along the fence, the babies of the district parked under the forms, and the whole country-side jigged cheerfully to the strains of a concertina. One law alike for town and country was his ruling—not a sou added to the funds of the treasury!

Strange, in the hurdy-gurdy of time, how many cherished prejudices wither like all flesh, which, as we are taught, is as grass. In by-gone days, how many otherwise undauntable British matrons with eligible sons at their apron-strings, have turned pale at the mere mention of the chorus girl. Yet, in our southern city, in what riotous way does she spend her leisure hours when released from rehearsal. Adolphus of the fashionable tie and the

Continued on page 10



Miss Edith Barry, daughter of Mr. and Mrs. T. Barry, Hatcke's Bay. Dighton Studios, Napier



*Mrs. Iva Ingerne, with her two children,
Anthony & Diana, of Fendalton, Christchurch
H. H. Clifford, Christchurch.*



*Right - Mrs. Arthur Best and Child,
of Dannevirke
Arcadia Studios, Dannevirke*

Spring is set down by the tides to arrive on the 1st of August. Towards the end of July our weather clerk told us all that we could expect wind and rain, and with very moderate luck—a thunderstorm. But, instead, the tides were right, and the second flood did not come to pass. Instead, the great god Sol has been holding his own lately in the Empire City, and the trees are robing themselves in soft green gowns, and the air is heavy with sweet scents. However, we read of floods in the north, tornadoes in the south, thunderstorms in the east, and I'm sure there has been an earthquake in the west.

But, despite the elements, people everywhere still look eagerly into the mirror fashion is ever holding up to see what is to be worn. Spring is a most capricious lady and decrees an altogether novel colour for her followers—ashes of roses. Let us walk through the capital and view Fashion's frocks made to order. Everywhere there is a veritable rainbow of colours and the queen of the colours is ashes of roses. Take a fairy cauldron and drop in first gold spun thread just like that woven by the night spinners of old; second, a dash of pink; third, sprinkle soft red rosebud leaves until the cauldron is brimming, and then stir three times with a golden wand. Hey presto! out there'll float a cloud of silk, delicate silk, which gradually assumes the shade fashion has commanded—ashes of roses.

You are going to wear softly falling frocks, with flower-petal skirts or dainty hems scalloped around with deeper shaded silk, and, instead of furs you will wear gaily coloured tulle scarves to match your frocks. And, more wonderful still! hats have ceased to diminish, and have begun to expand rapidly faster, even, than the green shoots on the trees in Springtime. You needn't be afraid of freckles henceforth, for one and all can wear hats with brims large, soft, shady brims. It is to be hoped that the return of shady hats won't cause the cold cream people to go out of business. So now come and buy large hats and burn your tiny ones!

Wellington (in spite of the famous Northland tunnel) has produced a very good Choral Union, as proved by their production of Bizet's "Carmen." The Union had the privilege of singing in conjunction with the famous English tenor, Arthur Jordan. You have, of course, all heard of Jordan, for he's the gentleman who told the Choral Union when they presented "Judith Maccabean" that the orchestra's instruments were half a tone too high, and consequently their singing was too. Mr. Jordan's rendering of the "Flower Song" was an inspiration to the audience; in fact, one of the doorkeepers was transfixed, and I heard tell of one young man getting in for the last five minutes actually free of charge.

The Capital has been favoured by the musical gods lately, firstly by the Don Cossack choir, and then by the coming of "Lilac

Breezes from the Capital



Time." "Lilac Time" was a departure from the usual run of musical comedy, mainly because the music was written by the famous composer of "The One Minute Waltz"—Schubert. People seem to go to the theatre in the same mood as the English do to a murder trial. Michael Arlen gives an apt description of the type in "The Revolting Doom of a Gentleman who would not Dance with his Wife," wherein the photo taken by one young reporter

of those attending the execution of the "gentleman" show them "frenziedly gnashing their teeth by reason of the fact that they were eating their breakfast in the form of sandwiches." Throughout the play, the noise of rolling lemonade bottles could be heard, but still one could recognise Shakespeare's immortal "Hark, hark! the Lark at Heaven's Gate Sings." Perhaps the sweetest rhyme was "She wore on her bosom a sweet lilac blossom."

I often wish fashion would bring back the frocks worn by Lilli, Lilli and Willi Veit, for they were of softest, fullest muslins and taffeta, with bonnets, sunshades and little heelless slippers to match. Alas! I suppose our health specialists would frown severely on skirts that touch the ground, and lacey pantilettes that peep from beneath one's skirts. I have so longed to hear my own silken skirts go swish-swish and short frocks absolutely refuse to swish.

Wellington's been holding her annual Winter Show, and great fun it was. If ever you get a chance to ride on a Dodgem, ride on 'em; and if you're lucky enough to have a Merry Mix near your own home town, mix-up without delay; otherwise you won't know the joys of merry mixing-up. Chocolate seems to have a great attraction for young and old.



Mrs. H. Lilly, of Dunedin

Youthful Maorilanders

*At right—
Joan and Mary Ritchie,
of Dunedin
C. W. Patillo, Dunedin*



*Below—
The children of
Mr. & Mrs. S. Fitch,
Waimate
C. W. Patillo, Dunedin*



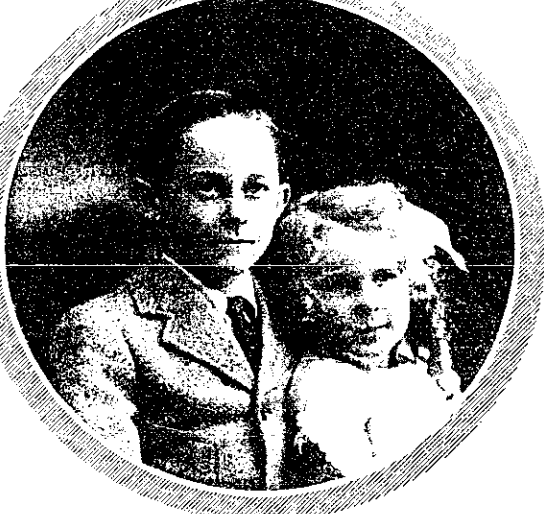
*Above—Joyce and Betty McNiven,
of Wanganui
Tesla Studio, Wanganui*



*Above—Tom and Judith Stecari, Ohingaiti
Tesla Studio, Wanganui*



*Above—
Dean and Valene
Lipscombe, Kelburn
P. H. January, Wellington*



*Circle—The Children of
Mr. & Mrs. H.
Brinkman of Mt. Eden.*



“Where Quiet Waters Gently Roam”

A Camera Study of Western Springs, Auckland, by F. C. Holland

Pages of Happiness

Camera Studies of Recent Brides



Mrs. D. H. Doak, of Dannevirke, nee Miss Eva Prior, of New Plymouth
Arcadia Studios, Dannevirke



Mrs. Alan B. Matheson, nee Miss Eva F. Bagly, of Papamoa Bay of Plenty
Retinol Studio, Auckland



Mrs. Sylvia MacLennan, of Ashington, nee Miss M. Gibson, of Hamilton
Cox & Co., Hamilton



Oral Mrs. D. Horsey, nee Miss M. Watson, of Tuakau, Waikato
Lougist, Auckland

Mrs. E. M. Gilmore, of Invercraigh
S. P. Anson Studio, Wellington

Orange Blossoms in Winter

*"All seasons, and their changes, all
please alike."* MILTON.



*Right—Mrs. C. Mudgway, nee
Miss Elsie Drewe, of Matamau,
Dannevirke
Arcadia Studios, Dannevirke*

*Mrs. A. R. Franklin, nee Miss
Ethel Watts (standing), and Mrs.
G. Douglas, nee Miss Matilda
Watts (sitting), the daughters of
Mr. W. C. Watts, of Papatoetoe,
Auckland. The brides are twin
sisters. T. H. Ashe, photo, Onehunga*



*Mrs. R. King, nee Miss Rona Tohill,
of Auckland
Tonquist, Auckland*



*Below Mrs. R. T. Grooby, of Mel-
rose, Wellington, nee Miss Dora
Pinkey
Mabel Tustin,*



*Above Mrs. H. F. Fox, daughter of
Mr. L. Grace, of Wellington
S. P. Antson Studios, Wellington*



*Bottom Circle Mrs. K. A. Harvey,
of Invercargill, nee Miss Dorothy M.
Ball, of Waimamoi
T. H. Studios, Waimamoi*





Government Tourist Department, photo

From "New Zealand Country and People," Whitcombe and Tombs Limited

Wellington, the Capital City

gaudy socks may languish at the stage door awaiting her coming; she slips out unseen, hires a bicycle - she and her kind commander every hireable bicycle in the city - and goes a-riding. Light of heart, and light of foot, is the chorus-girl. She may yearn to drink cocktails, though her salary is not computed on a cocktail basis. Does she smoke? Of course, she does; but not as she takes the air a-wheel. It is thus we see her, enjoying the pleasures considered daring in the days when our maiden aunts were young. In the hurly-burly of the present age there is so little leisure for the innocent amusements of a day that is past. All honour to the chorus girls who hold aloft the flag of Victorian tradition in the teeth of a nor'-west wind!

Time flies, and we with Time, but until the fact is pressed home to us we cheerfully ignore his little humorous thrusts, and his benediction of an occasional grey hair or a crow's-foot. Jubilees of church and school have become increasingly and dangerously the vogue during the last year or two, since the province is ageing, and fifty years is now a mere drop in a bucket which contains five and seventy anniversaries. Conversaciones, dinner and dances, with the mastication of much old-time talk, provide the programme for such functions, and a church parade with due solemnity opens the series of commemorations. Drawn by *esprit de corps*, and the common

South of the Straits

Continued from page 3



bond of schooldays, the old scholars flock, and the earlier the schooldays the more ardently the ex-pupils pant to join in the festivities. Once in a life time it is granted to us to see ourselves as it were in a mirror, face to face. We thought we were young till our classmates of years gone by brought the well-written pages of their countenances to dispel the illusion. Appalling fact! "And I think, though I do not say it, how old and grey he has grown." And his thoughts are probably following on the same lines! The Christchurch Girls' High School jubilate next year, and it is proposed that the old girls should march in order of years to the Cathedral. Heaven, spare us! In the white ranks of unblemished womanhood many a black lie would walk unashamed.

"Say it with tea!" We have poured a few gallons of it down our sympathetic - and admiring throats in touching and liquid farewell to our departing University

graduates. We are modest folk, but we have certainly scooped the pool of university achievement this year. Oxford will be the brighter for the presence of our two Canterbury Rhodes scholars. Then, on the same boat, we are despatching a specially bright star to shine in the firmament of English University life. Miss Olive Rowe is the first holder of the Sir William Hartley scholarship, M.A. with quadruple honours Latin, Greek, French and English. Before such scholarship we hang our abashed, though matriculated, heads.

There are strange beings in our midst they who berserk in evening attire, and call themselves Savages at monthly intervals. Since "the female of the species is more deadly than the male," the Savages have, by excluding womankind reserved the fearsome title for themselves. But, even as the chiefs of old bowed before the tohungas, so the Savages of the South have ac-

knowledgeed in practical form the scholarship of a woman. The green-stone and gold badge of membership has been bestowed upon Miss Rowe. The third woman in the Dominion accorded the honour, she is now at liberty to launch a boom-crang dance a haka, or eat her enemies, tastefully seasoned, and cooked according to Savage recipe.

Once a year the ordinary sober citizen, who cycles to his office in suit of tweed, dons military attire medals, and a martial air, and escorts his womenfolk to the officers' ball. On such a night the League of Nations Union might call in vain for who so militant as the peace-abiding citizen? The Hunt Club ball again affords an outlet for the repressed sartorial peacock instinct inherent in man. Last night a colonel; to-night, John Peel! Lightholds its compensations! Among the pictures of England's most popular sport adorning the walls at this function one missed the Empire's best-known hunting episode - the of Wales taking his weekly header into space. For the sake of charity - oh, Charity, what hast thou to answer for? - some of our foremost citizens heroically garbed themselves in gay raiment once more and sheiked, shepherdessed, and sabotaged through an entire evening. So much gaiety has left us, even vicariously, jaded. In the words of a beautiful old song:

"*There'd, ah yes, so there'd, dear,
Ready to say "Go-ood-night!"*"



Helen

Daughter of Mrs. A. A. Gramond, Wellington

Study by S. P. Andrew Studios

Pageant of Fashion at Royal Ascot





The Creations of Leading Parisian Couturiers

BECOMING COSTUMES

Rahma Studio, Paris [The latest in seasonable wear at Beath's, Christchurch]

On the opposite page we reproduce a number of striking photographs taken on the lawn at Royal Ascot, which is essentially the social rendezvous for fashionably-dressed members of the aristocratic families of Old England. At Ascot year after year there is staged one of the greatest pageants of fashion to be found in any part of the world.

Britain's "Younger Set" foregather in a fairyland of flowers and tread the verdant lawns of the Royal enclosures to make up the finest ceremonial, enjoy the best sport and display their splendour at the very zenith of the English season. There is nothing quite so charming as to see the assembly of the loveliest of women portraying the latest in fashion's vogue on this historic heath.

From the accompanying snapshots we in far-off Maoriland are brought face to face with the élite of the Motherland in all their charming creations which represent the last word in the vogue. Even a cursory glance at these pictures gives one a pleasing idea of the tendency of present-day fashion, and we cannot fail to be impressed with both the simplicity and grace which dominates the mode of this period.

Since the advent of the British Model House for fashion, it would seem that there has been a distinct departure from the modes of Paris, and two distinct schools of fashion appear to have sprung up. Practically all the Paris con-

Vanitas Vanitatum

turiers are showing clothes essentially modern in conception, while their lines are geometrical. Indeed many of the materials used in France are of a cubist design.

The British Model House has evolved its modes upon period styles, and creates models to suit the life of the Englishwoman, and the spirit of sport. This is likely to appeal to the well-dressed in New Zealand.

We have all too long been slaves in following the tendencies of Parisian fashion creators, although, of course, they have been modified upon English lines and further simplified to meet the ideas in our own land. It is very gratifying to think that in the course of time we may - even in the realm of fashion - adopt the slogan and wear not only "Empire-made goods," but have them modelled on British lines to suit our own tastes, regardless of

what Paris may decree is to be fashionable.

One of the most noticeable features of the coming spring fashions is the wonderful variety of fabrics that are to be worn. For costumes rep, kashas, wool poplins, and tweeds will hold sway. For washing frocks slanting, both printed and plain, linen and cotton crepon, georgette, gingham and cambrie will be most popular. For jumpers; tricot, stockinette and crepe-de-chine will monopolise attention.

The latest colourings for stockings are to be pale parchment, pearl, cloud-grey, cream and ivory. These shades have taken the place of sunburn and flesh colourings in England.

There is some comfort for those of an economical mind to know that jumper frocks are just as riotously successful at Home this sea-

son as ever they were, and they are becoming more popular for evening wear. The idea is to have one finely pleated skirt, and two or more quite different jumper tops to ring the changes. One to be of the same material as the skirt, another of lace, and another of brocade.

Stockingette jumpers with no sleeves are now being worn beneath a long-sleeved cardigan. Sleeveless tweed cardigans are also worn for golf over long-sleeved stockinette jumpers, with tweed skirts to match.

Short skirts have been so stoutly defended by their wearers on the grounds of comfort and by the doctors on the score of hygiene, that prudish objectors are left, so to speak, without a leg to stand on. But why the curious craze for pretending that the nether limbs thus exposed are bare to the winds of heaven? 'Flesh-coloured' and 'nude' are the most fashionable shades for stockings, and manufacturers are breaking their hearts, we are told, because they cannot, try as they will, produce an article that really is flesh-coloured, a stocking that looks as if it were non-existent. Despairing of the illusion of nudity, they propose stockings that leave the knees bare and cover the remainder with the finest possible net. That we are in for a very hot summer is an excuse appropriately flimsy. There is no hygiene here on the contrary. It is the old old way of selling new and more expensive goods, a new "fashion" and a silly one.

Fashion's Forecast

The silhouette will be straighter. The waistline remains where it was. Sleeves are to be of two kinds: Close-fitting or wide towards the wrist. The neckline will be higher. Scarves and capes are to be popular. Skirts will be just below the knee (only just!). Gathers and small pleats will replace godets. Fabrics are to be brighter and bolder. Millinery will favour straw. Jumpers will be gayer and more fancy. Colours: Red, pink, navy, cornflower, chartreuse, leaf-green, prune and cyclamen.

Continued on page 17



Top—Miss Aileen Peat, of Whangarei
Art Studios
Centre—Miss M. Nalder, of Remuera
S. P. Andrew Studio
Below—Miss Margaret Donald, of Lansdowne,
Masterton
Winzenberg

Top—Miss Dorothy Hart, of Dunedin
C. W. Pattillo, Dunedin
Centre—Miss Audrey Cox, of Wellington
Elizabeth Greenwood
Below—Miss Collins, of Wanganui
Tesla Studio, Wanganui

Top—Miss M. Weld, Blenheim
S. P. Andrew Studio
Centre—Miss Aris Greig, New Plymouth
Dorothy Huggott
Below—Miss K. Galpin, of Marton
Tesla Studios, Wanganui

We are everlastingly being told by presumptuous people who have a penchant for interfering in other people's affairs, that there is more betting by women than ever before, and that they are becoming inveterate gamblers. It's all humbug!

The truth is women are all hero-worshippers, and they admire success. Many backed Peter Maxwell and Comical for the Grand National events at Riccarton. They were clever. It's more than most of us did. But women follow form. And why shouldn't they? Form—in one form or another, even the formless silhouette is their god. We are told none but the brave deserve the fair, especially when the brave pull off double-figure dividends.

Still this question of female betting raises a wider question than the chances of Grand National candidates. Women in these days bet seriously. It is no longer a case of a paltry half-crown interest in a tote ticket with a complacent male friend. That was the way it was done when Gwendolen met Horace at Ellerslie or Riccarton in the "good old days." Not so in these. The female punter is out for business. She quite understands the game or, at least, she thinks she does, which is about all that can be said for most of us who have a flutter on the gee-gees.

She studies the sporting columns and those dreamers of dreams and seers of visions, the sporting prophets; she knows and recollects with that retentive memory for details of hers what any particular horse she was on payed when it started at Trentham or Manawatu or Wirgitui; and she can make things uncomfortable for anyone who tries to "bounce" her for her legitimate winnings, even if it only represents odd fractions of her share of the ticket. She doesn't care if the tote filches the fractions, she must have her full quarter or eighth or twentieth. Why won't Sir Edwin Mitchellson let us have a "ten bob" tote at Ellerslie? This would settle half the racecourse arguments between the sexes! The woman bettor loses, of course, more often than she wins; but she doesn't say that. Despite her reticence on this subject, we are inclined to believe she does not lose more frequently than mortals like the writer. Anyway she enjoys the process quite as much if you offer solace in the tea kiosk.

Ought she to do it? Ought women to gamble? Well, if we come to that, ought men to gamble? That is a question of abstract morals which it seems almost futile to discuss. The Council of Churches will do that. It is quite certain, however, that many men will gamble when they can. It might be better for them if they didn't.

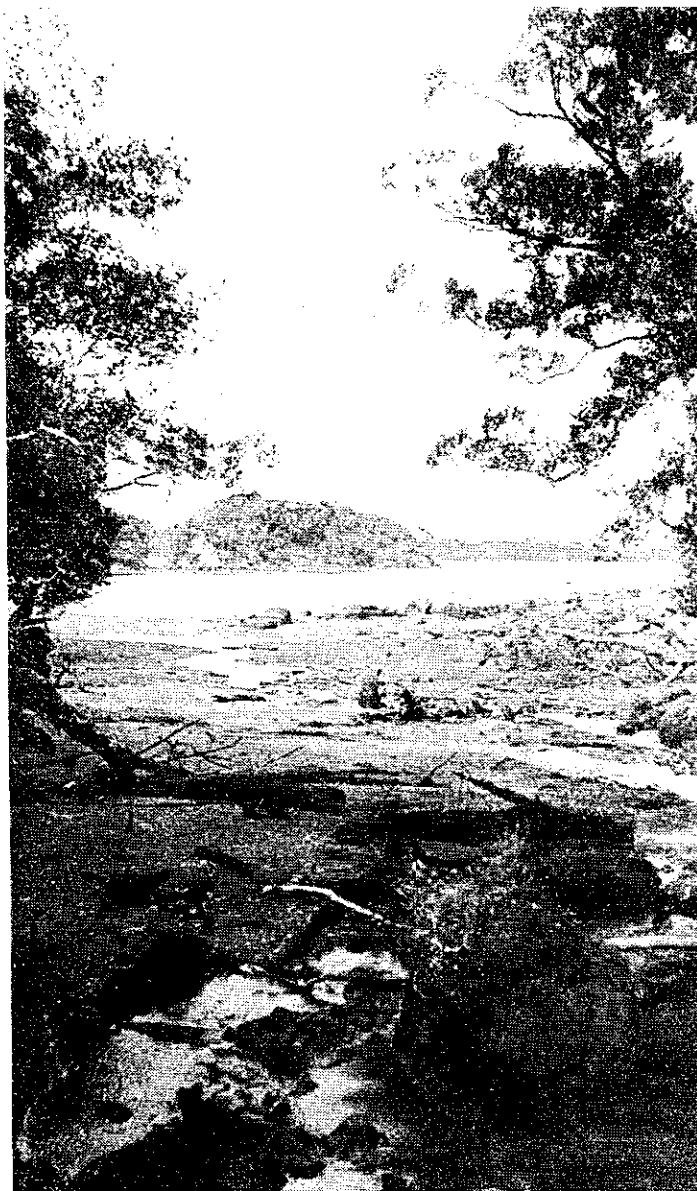
Any moralist will tell you that winning money— or hoping to win money by mere chance from the tote, or from Tatts, or an "art union" is bad for the character.

We know the ideal good citizen is he who never seeks to gain anything except by hard, honest, steady work. But that does not apply to women; oh, dear, no! That method is no doubt admirable, but it is apt to be so frightfully dull. There is no vision in it, no spice of adventure, no scope for the imagination not enough to satisfy the restless, impatient, neurotic, modern temperament.

Why do Modern Women Gamble?

To Satisfy Her Craving for Adventure and Romance

By "CLUBMAN"



STILL WATERS

A peep through the branches of an untroubled scene on Hauraki Gulf

Instead of accumulating wealth by slow degrees, people strive to get fortune by short cuts. The totalisator is one of the most convenient and mechanically perfect short cuts that modern brains have devised. And women are fascinated with its ever changing face. They love to see the numbers jumping up and up.

Men are so different. To them half our modern business involves speculation of one kind or another. Men who would never touch a card, and would not know a steeplechase horse from a hobbled pacer, are really engaged all the time in making elaborate and perilous wagers—betting on the markets, on the crops,

on the weather, and dealing in land and miscellaneous property. There are risks, but there are possibilities; which is what attracts the adventurous.

Gambling in all its forms, and wherever pursued, diffuses a good deal of genuine, if transient and temporary, happiness to someone. Hundreds of people in New Zealand to day hold tickets that give them a glimpse of heaven in expectation. They have their interests very visionary, but still very expectant in Tatts, art unions, and doubles. Each of them can dream for a few days that he will draw

"a winner," or even "a consolation," and can indulge in agreeable thoughts of what would be done with the money! What a blissful and short-lived delusion. But why deprive anyone of it? It's not done in friendly circles, whatever the killjoys may think and say.

One need not argue the point. Women and men, too—do and will, gamble, even if Gordon Coates does stop our haphazard art unions, or give us real spice in the form of a "Tatts" all of our own under Government control.

Most people agree that the art union craze is bad, or rather unsatisfactory, because they are under no authoritative supervision, and fabulous amounts are set down as expenses, without any guarantee that in taking tickets one is having a chance. If the Government gave us one State lottery a month everyone who has even an ounce of ginger in them, would be happy, and the taxpayer would be relieved. But apparently the Coates Cabinet have not the spunk to initiate such a national lottery, even though it would appear a very mild form of gambling compared with the national totalisator or the suggested betting by telegram.

This, however, is a digression. The censors—to describe them most politely—are seeing such abnormal signs of growing degeneration in women becoming addicted to the gambling evil. Even allowing that the indulgence must be permitted to the case-hardened male, it is argued that woman, with her finer instincts, ought to keep away from contamination. Is she not losing her delicacy and her charm when she takes to the pursuit of gain in this materialistic form? Is not this thirst for excitement very bad for her, especially when young and innocent? The argument is all tomfoolery. It's rotten!

We have been preaching the equality of the sexes to some purpose in this fair land, and nowadays the modern New Zealand young woman is so like the modern young man that sometimes one can hardly tell the difference, except in dress. Happily the sterner sex still cling to their trousers!

"Miss 1926" has certainly abolished the curves glorified by sculptors and has adopted the figure of a bony boy, with thin and muscular legs. She wears her hair shorter than her brother. She smokes more cigarettes and drinks more cocktails. She practices sports in her own way. Playing in "shorts" and riding astride. The fact is—like it or not, as you please—she has decided to admit that the more interesting activities should not be confined to one sex. She, too, has a taste for adventure, and the hazardous uncertainty that lends zest to existence for those who are built that way.

Gambling and betting are just manifestations of this phase for many who cannot accept or obtain romance in "a loftier form" (this expression is used as a concession to the censors). So woman has taken to it as they have to other masculine habits, occupations, amusements and foibles. What will they take on next? Happily the writer is called upon to stop here, and not assume the attributes of a prophet. THE MIRROR merely reflects the modern tendencies of our national life.



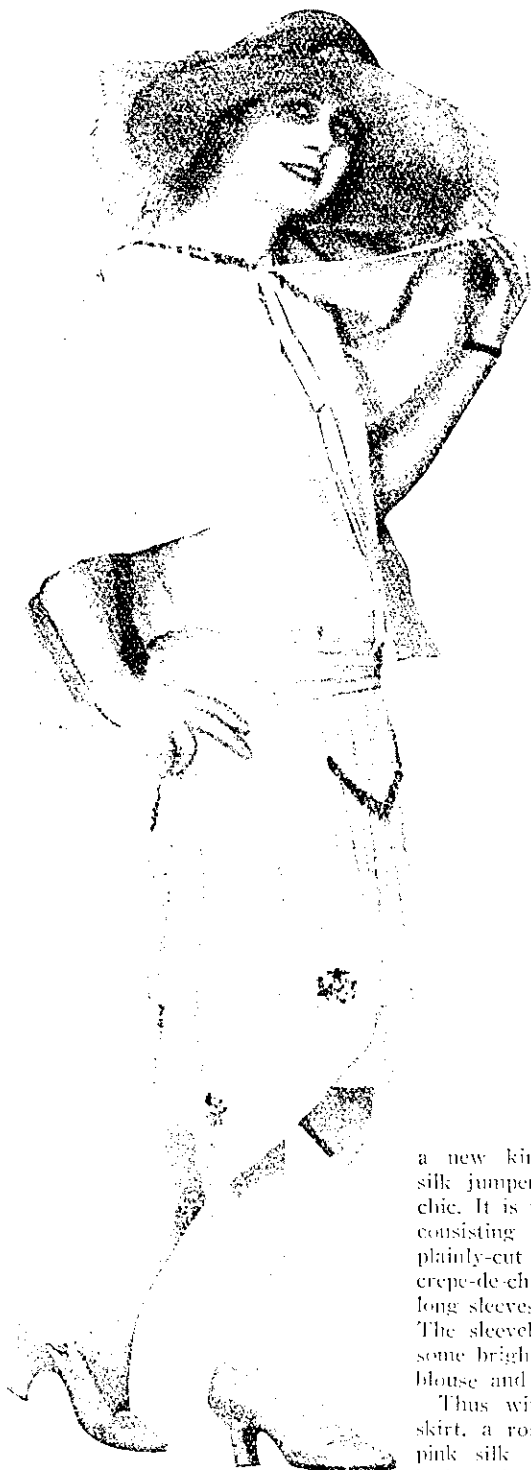
Master Peter Rennie



*Mrs. J. Campbell Rennie, of Epsom
S. P. Aulter Studios, Auckland*

Vanitas Vanitatum

Continued from page 13



What Paris is Wearing

Foulard in many new designs builds some of the prettiest of the afternoon frocks worn in Paris. Spotted foulard has "come in" again, and very nice it looks when made up with "empiècements" of self coloured crepe-de-chine or georgette. Like all other frocks of soft materials, the foulard frocks follow the recognised "chic" line of slim fitting low-waisted bodice, and skirt which flares out in volants, the bodice being linked to skirt by what the Parisienne describes as "une ceinture de fantaisie"—in other words, a decorative band or sash, the smartest variety of which is finished off with a large soft bow in front.

Sleeveless Wraps

Even frocks for midsummer have the long sleeves which flare out to a great width over the wrist; hence, perhaps, the vogue for the long, straight sleeveless coat of a similarly soft material to the frock worn underneath it. These coats,

however, are nearly always in plain self colours as a contrast to the floral or other design of the frocks over which they are worn.

And, by the way, butterfly designs rather than floral designs, are the vogue of the moment where the mousselines, crepe de chine and georgettes are concerned. Last summer the Parisienne in her chiffon frock represented almost every kind of flower in the garden; this year she will represent instead almost every kind of butterfly. These butterfly designs, let me tell you, are most artistically carried out, and "true to life" in their colourings. The butterfly chiffon frocks are even more fairylike than the floral ones. They are, in fact, the last word in daintiness and chic.

New Jumpers

In addition to the sleeveless coat is a new kind of sleeveless knitted silk jumper which is of the latest chic. It is worn as a finish to a rig consisting of pleated skirt and plainly-cut shirt blouse of coloured crepe-de-chine, or linen, which has long sleeves with link fastened cuffs. The sleeveless jumper is always of some bright colour to tone with the blouse and skirt worn with it.

Thus with a pale beige pleated skirt, a rose-pink blouse and rose-pink silk sleeveless jumper would look well.

In regard to summer colours, bois de rose, almond green, tilleul, absinthe and pastel blues are in first favour. The Parisienne is also fond of that soft primrose yellow which suits her colouring so well.

For the rest, it might well be called "a golden summer," for one finds gold materials everywhere—gold lamé for evening frocks, gold trimmings for afternoon frocks, gold kid collars and cuffs for morning frocks; while gold motifs trim smart hats.

The Parisienne still wears her small felt hat, but it is no longer so small nor so simple as the little "pull-on" shapes she wore all winter. It has developed a brim and a touch of bright trimming. Gros grain ribbon hats are being made up in contrasting colours. Ribbon cockades of every variety play an important part in hat-trimming.

The Sweater Craze

Paris is perfectly crazy about the sweater just now, the "sweater" being the name by which the Parisienne describes the jumper in its

various forms—the neat little affair in jersey with crepe-de-chine collar, tie and cuffs, or in crepe-de-chine with a tucked cumman's dress-shirt front, or in either of these materials, buttoning from neck to hem, or crossing over and fastening at the side.

For sport the Parisienne wears her skirts as short as we wear our skirts; but she makes a great distinction between her frocks for sport and for afternoon or evening wear—the last two being longer by two or three inches.

Lingere Collars

Nearly all of the couturiers brighten their day-time frocks by lingerie touches in the way of collar and cuffs. The turn-down Etton collar, finished off with a bow of narrow ribbon and long, dangling ends, is ubiquitous. This form of tie has quite superseded the Oxford bow and the ordinary mannish necktie; though one sees the former a great deal.

All Kinds of Waistcoats

Waistcoats are the fashionable adjuncts to the smart coats and skirts and are to be seen in many guises. Some of them have turn-back revers, one longer than the other, and fastening to one side. Others have the effect of a man's evening dress waistcoat; others fasten with two fancy buttons and have a watch-pocket from which dangles a fob. Black satin waistcoats nearly always have revers of white organdi, and many of the waistcoats match the lining of the tailored coat with which they are worn. The piqué waistcoat for the more severe type of garment has come into its own again. Some of the more elaborate gilets are made of brocade.

Sunshades are so tiny and light that they can be swung round on the tips of the fingers just like a fan. And don't for one moment think these dainty trifles serve their original purpose of protecting the complexion of their owner from the scorching of the too vivid summer sun's rays. All question of size apart, they are made of chiffon, tulle, and other transparent material. That is why, perhaps, the Parisienne is taking to the large, shady hat for gala alfresco occasions this summer.

Has the Cape Come to Stay?

In England the short cape is holding its own. It finishes off jaunty little coat frocks and wraps both for useful and for smart wear; and now from Paris comes the news that lace capes are to dangle from the shoulders of our evening frocks. On the whole, this cape fashion is a becoming one, and we should take advantage of it while it lasts.

Many people looked askance

when its vogue was prophesied at the beginning of the season. These people also prophesied in their turn that capes were only a tentative fashion which would not endure. Well, their prophecies for the present are wrong, and the cape has justified itself in full measure—a fact which we owe to the skill of our dress designers, no doubt.

Cape coats are very popular, as most women find the line given by the short cape falling to the waist of a slim-fitting wrap most becoming, especially when they are a little more full of figure than fashion's edict for slimmness requires. The illustration shows an idea which will be welcomed by the woman who wants an outfit suitable for the smartest occasion, and yet not too distinctive for ordinary wear.

A Useful Frock

Nothing could be neater, for instance, than the black pleated crepe-de-chine skirt and delphinium blue top of the frock, nor the original sleeves, the upper part of which are delphinium blue, and the lower, full part of black pleated crepe-de-chine. The cape coat is of black crepe-de-chine, the cape being lined with blue to match the jumper too.

Such a cape coat and frock to go with it could be carried out in almost any colour combination. It would look well in all black for mourning wear.

If you are not naturally graceful, you should exercise particular care in choosing a long cape. Have it of as light a material as possible—pleated georgette or chiffon would look well, and avoid the cape with voluminous effects.

Some of the newest crepe-de-chine and satin capes are finished off with deep fringes like a shawl. You see a good many of them in



the evening in black and various colours. Many brightly coloured shawls are worn also—these depend for their effect on the way they are worn. As a rule, the woman who finds it difficult to wear a cape will find it also difficult to wear a shawl. There is an art in draping the shawl quite simply and naturally in order to give it its full effect.

The smartest shawls this year are in plain, bright colours, with, perhaps, a little design embroidered or

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Coat

MATERIALS.—Three and a-half ozs. 2-ply Scotch fingering in pale blue and the same amount in pale pink. A pair of bone knitting needles No. 11, and a long bone crochet hook in rather a large size.

TENSION.—You should get about five holes across to two inches after being pressed.

MEASUREMENTS.—Length from back neck, 15ins. Width all round when fastened, 24ins. Length of sleeves from neck edge, 12ins.

Back

Cast on 87 stitches in blue. Knit 1 row plain.

1st pattern row, knit 1, * make 1 slip 1, knit 2. Pass the slipped stitch over the 2 knitted ones. Repeat from * to end of row.

2nd row, purl 87.

3rd row, knit 2, * make 1, slip 1, knit 2. Pass slipped stitch over 2 knitted ones. Repeat from * to end of row.

4th row, purl 87. Repeat from 1st row 18 times. Decrease for the arm-hole by knitting 2 together at both ends of every purl row until you have 71 stitches left. Continue for another 2½ins. and cast off.

Right Front

Cast on 60 stitches and work the pattern the same as for the back to the armholes, then decrease at the beginning of each purl row, taking off 8 stitches. Continue until the arm-hole is 3½ins. then cast off 18 at the opposite end for the neck.

Coat & Bonnet for Baby

Work for another inch, decreasing 1 stitch on each row at the neck end, taking off another 8, then slope the shoulder by casting off 8 at the beginning of each purl row 3 times.

For the *left front* work in the same manner, but decrease at the end of the purl rows for the arm-hole and cast off for the shoulders on pattern rows. Work 5 more patterns. Cast off.

Sleeves

Cast on 21 stitches. Increase 1 stitch on either side of every row until there are 49 stitches on the needle. Cast on 6 either side (total on the needle 61 stitches).

Work five patterns. Decrease 9 stitches gradually on each edge to shape sleeve continuing in pattern. Length from underarm, 15 patterns.

Lining For Back

Make a chain of 70 stitches in pink or a sufficient length to correspond with the width of the back knitting.

1st row, slip the hook in each chain and draw the wool through, leaving the stitches on hook, making 70 altogether.

2nd row, draw wool through 2 stitches at a time. Repeat to end. Turn with 1 chain.

Repeat these 2 lines to the arm-holes then miss a stitch at each end to make a corresponding slope as on the blue knitting. Continue to the neck and break off.

Continued on page 19



S. P. Andrew

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Caveman Husbands

In Romance a Hero—In Reality a Brute

It is a commonplace that happy marriages are almost always affairs of give and take, and that the cave-man, in romance a hero, is in reality a brute whom few women will tolerate.

Levelling up of the rights of the sexes has so changed marriages that only shipwreck awaits the despot-husband or the woman who, carried away by her new independence, tries to rule her man as well as her home.

Dominance, some may retort, is only going back to the law of the survival of the fittest. Or, as a dramatist has put it, the world is made up of two kinds of people—Boots and Doormats which the Boots make use of. All of which is very well, of course, if instinct, impulse and brute force were the sole human qualities, and rational characteristics did not exist.

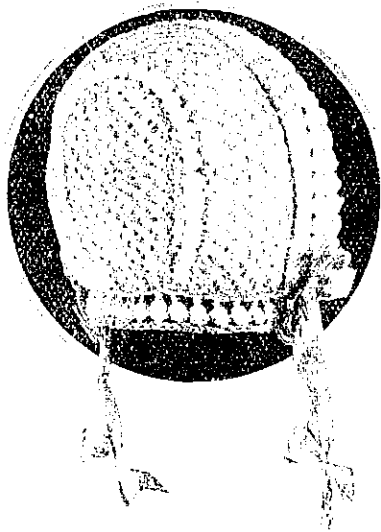
From the self-effacement of a wife who may be obedient to the length of servility, a happy (often the happiest) union may sometimes result, but this is possible only when one partner is born to serve. When both have pronounced, or even

average, individualities, neither can be abjectly suppressed.

One wife may resent it if her husband himself pays the domestic bills, tries to assert his views about the way she arranges the furniture, or wears her clothes. Another may welcome such advice. Similarly there are husbands who wish wives to interest themselves in their clothes and be the guardian of their manners and habits; others who scorn such "interference."

These are trifling matters that often start an estrangement, though they are capable of adjustment by drawing a dividing line which leaves to each a fair share of responsibility and scope for the development of their separate personalities.

Weakness begets pity rather than admiration. Recognising this, the emancipated present-day girl may go to the extreme of seeking to dominate her husband. But let her be wary of doing this. She may produce a helpless, indecisive consort—the type most unlike herself, and so the one she is least likely to admire.



Coat & Bonnet for Baby

Continued from page 18

For the front make a chain the width of the blue front and work to the armhole, then shape to correspond with the blue knitting. Work to the neck and shape, then slope the shoulders or if you find it easier to keep them straight, you can slope them when facing in.

Bottom Border

One chain and 1 treble to form holes in blue.

Make 6 lines of holes.

For the fronts and cuffs make 2 lines of holes.

For the collar work 4 rows of holes. You must begin at the slope on one front and work carefully all round to the end of the slope on the other front.

Now work a double crochet stitch round each corner of the spaces in pink to make roses.

The Bonnet

To make the bonnet you will require one ounce of two-ply Scotch fingering in pale blue and 1oz. in pink.

Cast on 30 stitches for the front piece and work 32 patterns.

For the centre back, cast on 21 stitches work 8 patterns, then another 4 patterns, gradually sloping off the ends of the rows. Join with 1 row of spaces and roses.

Make a border of 2 lines of spaces and roses to turn back and 1 line for the bottom of the bonnet. Line the bonnet in pink to match the coat.

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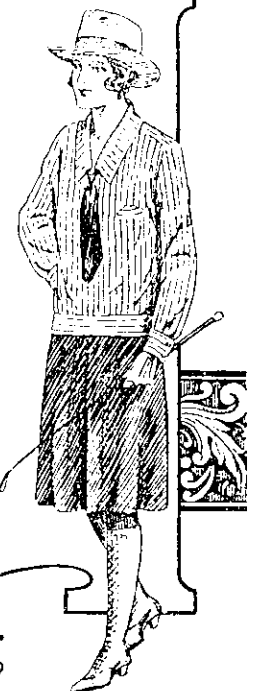
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Continued from page 17



hand-painted in one corner; but those who have the beautifully embroidered shawls may still wear them.

The Vogue of Jewellery

Many new notions in jewellery have been launched this season in England, but, happily, the day of expensive stones and gems is rapidly passing, with the result that personal adornments in the form of

cut-glass jewellery, which are very exquisite and not costly, has become fashionable for both day and evening wear.

Dainty ear-rings and necklaces to match can be had for such very moderate prices that to buy them is by no means an extravagance, for they are details which help a great deal in ensuring the success of one's dress scheme.

If you are a brunette, why not try the new glass ear-rings in red, with a necklace to match? In the evening these ear-rings shine beautifully, and look particularly smart. They are by no means expensive, either—you can buy them for a few shillings; but, worn by the type of girl they suit, they are most effective and chic. Cut-glass jewellery is the latest fashion, and one can get ear-rings, hat-pins and even cigarette-holders to match.

Stud ear-rings, with very large imitation pearls or other stones, are superseding the long, dangling ones, for which the woman with a fairly short neck should be thankful, for long, dangling ear-rings only suit the woman with the long, slender throat.

Pink pearls are smart, and most of the shops are stocking long necklaces of these pearls, with ear-

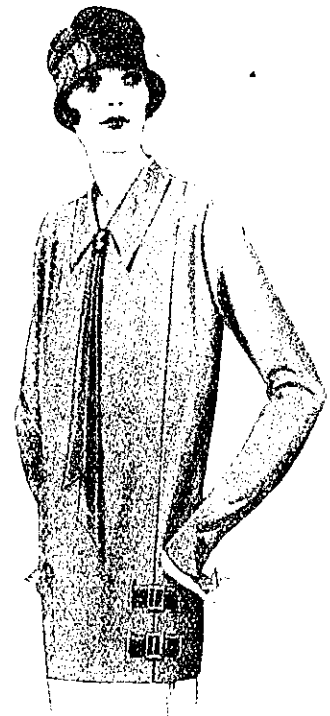
rings and bracelets to match. Lapis lazuli strung with crystals in between are in great demand.

Diamanté bracelets are very fashionable for evening, and diamanté brooches are still worn in plain hats.

Some of the red bead necklace and ear-ring sets are most effective, especially when worn with navy blue or black. In choosing one's necklaces one does not necessarily set out for highly-priced beads, as long as they are suitable for the particular frock with which they are worn. Thus, with one frock of white, with here and there a touch of sapphire blue trimming, a long necklace of crystal-like beads in blue to match the trimming was worn, and the price of this necklace was under one pound. Clear white crystal necklaces are still very smart. They are worn with ear-rings to match. Sometimes the crystal is mixed with onyx or jet with good effect.

Sunshades

Chic is the word that conveys the best idea of the newest styles of sunshades. Not only is the useful "en-tout-cas" popular, but those fluffy, lacy little affairs are seen everywhere on the lawns at the fashionable racecourse, at garden



parties, and all social rendezvous. As our pictures of the Royal Ascot fashion pageant show, you will note lace and flower sunshades were most attractively displayed. They are mostly of the diminutive, clubby variety.

Collars and Cuffs

To brighten up your spring jumpers, costumes and frocks, col-

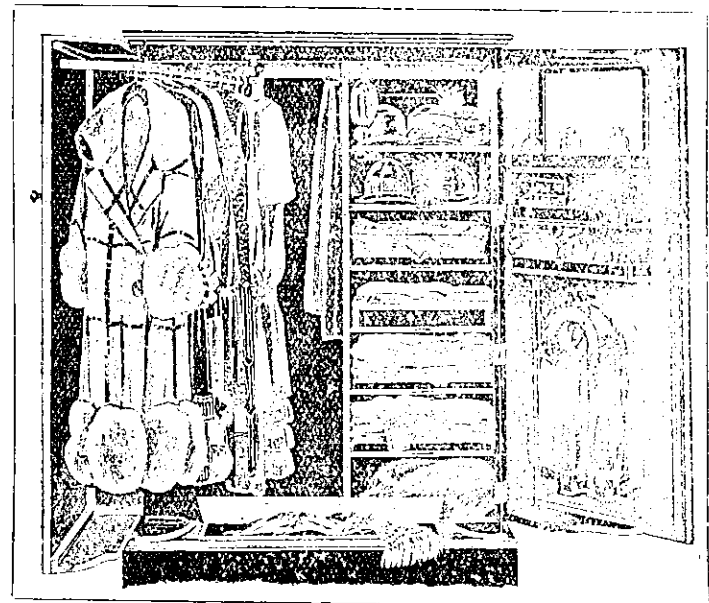
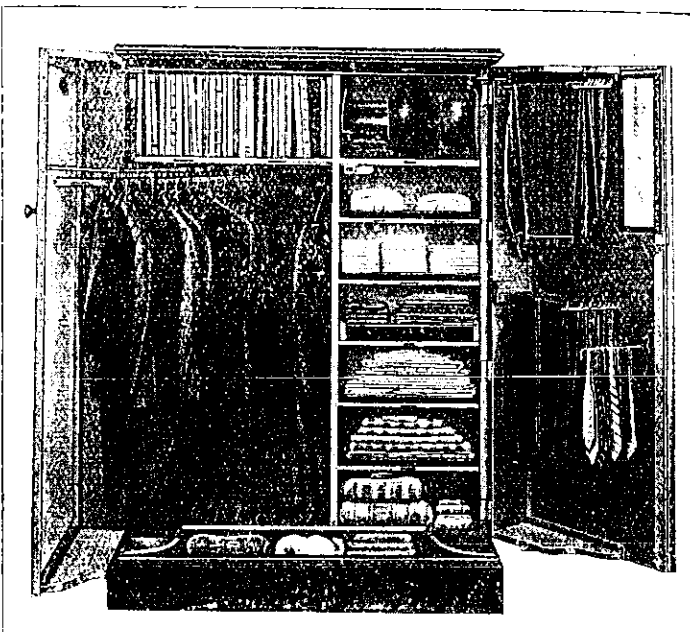
Continued on page 21

A WISH FULFILLED

DESIRE for a place of your very own has frequently been uppermost in your mind: somewhere easy of access into which all your apparel could be gathered in just one compact space.

To-day that wish is fulfilled by means of the "COMPACTOM." Possession of one of these Clothing Cabinets enables the assembly of the whole of the wardrobe without the slightest fear of creasing or damaging even the most delicate fabrics.

The illustrations depict both the Lady's fitted and Gentleman's fitted hanging Clothing Cabinet. Each is replete with every contrivance for the care and preservation of every form of indoor and outdoor wear.



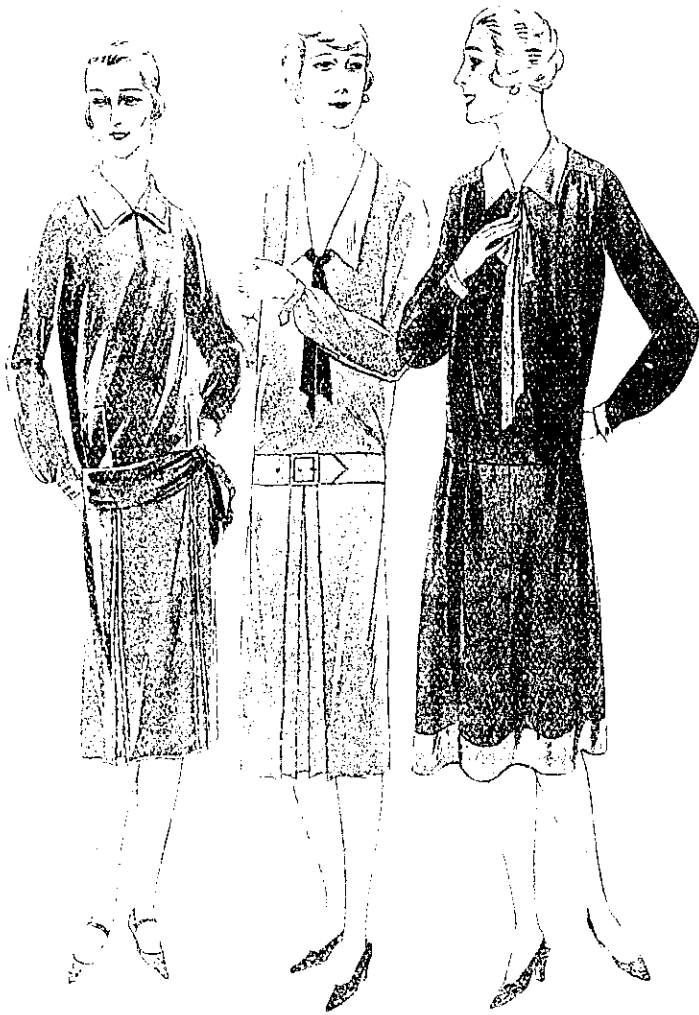
The scientifically constructed fittings are so arranged that a touch will swing any desired article outside the cabinet.

Beautifully constructed in Oak, Jacobean Oak, and Mahogany, the COMPACTOM CLOTHING CABINET is a superb addition to the furnishing of the home. Write for a descriptive booklet to either of the four concessionaires as under:—

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Compactom
Clothing
Cabinets



These three frocks are particularly suited to older women, and can be carried out in inexpensive materials & still look stylish (Beath's, Christchurch, for serviceable wear)

Vanitas Vanitatum

Continued from page 20

lars and cuffs in organdi, crepe-de-chine, or georgette are a necessary luxury that give a finished appearance that is very becoming if carried out tastefully. A feature is being made this season in the Motherland of coloured organdi in blue, beige, golden brown and bois de rose, which very effectively adapt themselves to stylish cuffs and collars. For mourning wear pretty sets in white edged with black are dainty.

Hats for The Spring

We are growing just a little tired of the monotony of the "pudding-basin" felt hat. The latest millinery models from London show crowns are much higher, and in all probability their height will increase. The hats for Spring have moderately high crowns, and are made in soft supple materials. From felt, of which some of us have become a little tired, we pass on to the new soft felt-straw, which is supple and light, and has a soft, felty appearance, quite unusual in straw, and, for this reason, very becoming.

All Shades

There is no doubt about it that felt-straw will catch on. They have been wearing it in England in

all shades and shapes, mostly small, neat little chapeaux to go with shingled locks, and trimmed with gros grain ribbon. Gros grain ribbon, by the way, is being utilised in building many Spring hats to wear with tailor-mades.

All kinds of straws are making their appearance—crochet and knitted straw are very popular, and "erin" will be used for large hats of the "Capeline" type.

There are various new Japanese straws and silk and alpaca straws; in fact, we shall have no lack of variety in the materials of which our millinery is built.

Crowns in Tiers

Colour will be combined in our hats in every bit as skillful a way as it is combined in our frocks. In many hats, the crowns are built in tiers. In the ribbon hats the colour scheme is varied also. Some of the felt hats have a tab of straw inserted through slots in the crown, covering the centre of the hat and being allowed to dangle each side above the ears.

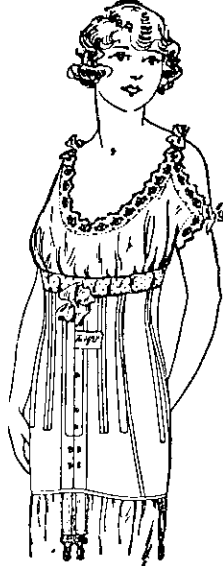
A small straw hat trimmed with a band of red gros grain ribbon, which is passed through a red and gold galalith buckle at the side, is a becoming style. Very smart also

Continued on page 28

Twilfit

Regd.

CORSETS



Twilfit Corsets combine to a remarkable degree the essentials of comfort, durability, & style. Twilfit Corsets are made in a variety of designs suitable for all figures and occasions, and you can be fitted as perfectly as if the Corsets were made to special measure. "Twilfit" Corsets are British made, from the finest materials, and are guaranteed to give satisfaction in fit, style, and wear.

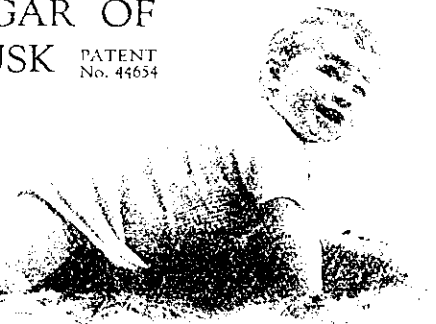
Obtainable in the following towns only from—

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 - Invercargill and Gore H. & J. SMITH LTD.
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- Trade Only TWILFIT CORSETS, Box 829, Auckland

MODEL 509
A model for slender figure, made in pink and white silk-finished coutil. Fitted with 100% silk elastic suspenders.

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SUGAR OF MILK is Nature's sugar for babies, and is the foundation of the famous Plunket System for infant feeding. KRUSKITS are sugar of milk rusks. Sugar of milk is the only sugar used in the making of Kruskits. They are therefore the ideal rusks for infants and invalids.

The following unsolicited and convincing testimonial speaks for itself.

Waihi, April 23, 1925.

THE PHOENIX CO., LTD., DUNEDIN.

Dear Sirs, Being a large buyer of your Sugar-of-Milk "Kruskits," please forward me your best price for one or two case lots.

My reason for writing you is that my little grandson, Clive Dean whose photo I enclose, has been brought up on your "Kruskits." He is nine months old, and has been noticed by so many mothers of delicate babies that my sales of your Rusks have increased enormously.

Yours truly,
(Signed) W. E. BUSCH, Storekeeper.

OBTAINABLE AT ALL STORES

Phoenix Company Ltd.
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Ever tried this?

When next you feel a cold coming on, or when a cold holds you in its grip, don't hesitate. Go straight to your nearest chemist and get a bottle of Pynetha.

Then sprinkle a few drops on your handkerchief and inhale deeply. Place a few drops in the palms of the hands, rub together, then inhale. When you get home, pour ten drops in a pint of boiling water, cover the head with a towel, make a "tent" over the basin, and inhale.

The healing antiseptic oils in Pynetha will give wonderful relief and soothe the inflamed membranes. That heavy "stuffed up" feeling will disappear—breathing will be easier. Pynetha prevents infection and cures the worst cold.

Free

Fill in and mail the Coupon below, and a generous Free Trial Bottle of Pynetha will be sent you. Try Pynetha at our expense—see how it clears the head. You will want the full-sized bottle when you have once tried Pynetha.

To S. A. SMITH & CO. LTD.,
ALBERT ST., AUCKLAND.
Please send me a Free Trial Bottle of Pynetha.

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Beautiful Situation near sea and hills.

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How the Small Woman Should Dress



The five-foot-nothing woman is, nowadays, decidedly in the minority. Perhaps that is why dress designers do not often seem to consider her needs; but she has no reason to feel aggrieved at this, especially if she be young and slim, for she has advantages from the dress point of view which her taller sister does not possess.

She can emphasise her individuality in dress much more than a tall woman can, and, besides, she looks her best in all these dainty feminine fripperies in which a tall girl would look ridiculous, she can dress, in short, in a picturesque style.

Perhaps it is in her day-time dress that the five-foot-nothing woman finds the most difficulties to encounter. If she has her skirts too short she will, in all probability, look like an undignified schoolgirl of any age from ten to fourteen, and this more especially, if she wears her hair plainly shingled. On the other hand, however, there is a type of short woman who can wear her skirts as short as this season decrees to be the fashion, *if*—and this is an important *if*—she has not shingled her hair.

A Dainty Type

A woman of this type who wears her long, fine, corn coloured hair done in neat coils over her ears. She is just five feet high, and very, very slim, with exceptionally neat legs and ankles. She takes "twos" in shoes, and has tiny hands, and a pink and white complexion. When dressed in her evening finery she looks exactly like a little pink and white doll.

She is not the type of woman who can wear tweeds with large patterns or plaids—in fact, she has to choose her country and outdoor clothes very discreetly; but in her wardrobe is a frock of the type illustrated here. It is a style which is a positive boon to the small woman not only to the small, slender young woman, but to the short woman who is inclined to be plump. The latter, by the way, must wear skirts longer than are the skirts depicted in the illustration.

A Useful Ensemble

The little ensemble is made of navy repp, and the gown is relieved at the neck and the wrists with white crepe de chine. The belt is of black patent leather. There are inverted pleats at the front and back of the skirt, to give extra fulness, and there are similar inverted pleats at the back of the cape. The cape would have been even more successful if it had not had the deep yoke effect, and perhaps the plump, short woman, in copying the design would do well to keep this fact in mind.

It is during the warmer months, and in the evenings at all times of the year, that the five-foot woman can look her best. She can deck herself out in picture frocks of muslin, taffetas, and lace. In those dainty little sprigged voiles and flowered chiffons of small designs, she looks charming; her garden party frocks should always be made in picturesque style, and so, for the matter of that, should her evening frocks.

Taffetas, for which there is a great vogue, seems to have been a material specially made for the small woman. She can look so sweetly picturesque in it. That type of frock with very full skirts of taffetas and a transparent hem of net suits her exceptionally well. It is a type of frock which is equally becoming to the slim, short woman and the plump, short woman. The latter can wear her skirts as long as she likes, or she can have a long frock which gives the effect of shortness by having the taffeta skirt edged with a very broad, transparent net hem.

Don't Shingle

Very few short women, look their best with shingled hair. There are exceptions, of course, and this is an age of contradictions; thus we see boyishly cropped locks and picture frocks in the evening, while the picture frock seems to call especially for ringlets and coils of hair. Perhaps that is why so many women are using coils of hair with their shingle in the evening. It may mean that the shingle fashion will die out very soon. Its end has been prophesied for a long time now; but I do not think it will come yet.

It is curious, isn't it? that women, instead of growing their own hair, should be content to pin false hair to their cropped heads.

What to Avoid

The short woman should avoid the present sports fashion for contrasting jumpers and skirts. Her jumpers and skirts should match exactly. She should be very careful also in planning out her colour scheme, especially if she happens to be plump. In these circumstances, for ordinary every-day coat and skirt wear either navy blue or black relieved with white should be her choice.

She can indulge her love of colour more freely where her garden party and evening frocks are concerned; but, even then, she should avoid choosing patterned materials unless they are those very dainty-looking printed muslins, voiles and chiffons previously mentioned, with tiny floral designs which can be made up in picturesque style.

The Care of Gloves



White kid or white suede gloves are seldom worn to-day, but all the delicate shades of grey and beige are fashionable, and the problem of keeping gloves clean is acute. Nothing looks worse than light gloves that are soiled and dingy-looking; but not all gloves are washable.

It is worth while buying good gloves: cheap ones are often badly seamed and wear badly. Buy two or three pairs at a time, and wear them alternately, cleaning and mending each pair as soon as necessary. As soon as a seam splits, repair the damage, using a fine needle and silk of the exact shade as the glove. Sew in the original holes made by the machine needle, and the mend will be scarcely apparent.

Kid and suede gloves that are not washable may be cleaned satisfac-

torily at home. Petrol and benzine are well-known cleaning agents, but they are highly inflammable, and should not be used anywhere near a fire or gas flame. Contact with the flame is not the only cause of fire, for the fumes from either spirit are quickly set alight. If petrol or benzine is used, rub the spirit on the gloves with clean flannel, place the gloves on stretchers, and hang in the air until the smell of the spirit has gone.

Another cleaning method is to apply cream of tartar to the gloves with a clean flannel. Leave for a time, then rub again with fuller's earth and powdered alum mixed in equal proportions. Leave this on for ten or twelve hours before brushing it off. Finally rub with a little fine dry oatmeal.



The Hon. E. W. and Mrs. Alison, of Takapuna, who recently celebrated their golden wedding with great rejoicings amongst a very large circle of friends.

Home Studio, Takapuna

Latest in Paris Shoes

The newest French shoes are finished off with a broad bandeau set lower on the foot than the ordinary instep strap and just close to the toe part of the shoe. Many of these bandeaux are finished off with long leather loops through which an ankle strap is threaded.

Beige, grey, chamois, biscuit are favourite colours for shoes for light outdoor wear—the smartest have strappings of other leather in some contrasting shade.

Beige suede shoes are strapped and encrusted with brown glaze; grey shoes are strapped, sometimes with black patent, at other times with blue kid; whilst black patent shoes are strapped with red.

A smart pair of biscuit kid shoes

had their heels and part of their instep straps of black patent, the centre of the instep strap and the ankle strap being of green kid.

A brown glaze sandal shoe was bordered and strapped with brown reptile skin; whilst some very smart high-heeled grey glaze sandals were decorated above the heels at the back with appliques of black patent leather.

Indoor shoes and evening shoes are of satin or brocade to match the colour of the frock. As a rule, brocade is preferred to satin because it wears better and a touch of gold or silver can be introduced.

White calf shoes for seaside wear are adorned with "cut-out" designs in the leather.



Price:—
Forty-two
Shillings.

"It's a Selby Shoe Model!"

This Heel Bar, Cuban Heel Model is obtainable in Patent, Tan, & Black Satin. In all sizes.

Selby Shoes

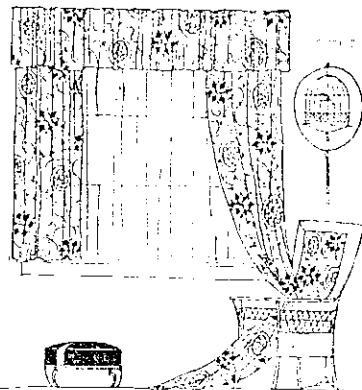
Obtainable at any of our Branches

R. Hannah & Co., Ltd.

COUNTRY CUSTOMERS: Write to "Hannah's Mail Order Dept., Wellington," or your nearest Hannah Branch, for Selby Shoes. Also request our 1926 Footwear Catalogue. It's Free.

UNDOUBTEDLY the Selby Shoe Coy. are the master creators of Fashionable Shoes for Women. In every Model there is a quality—recognised by all—which gives the distinction of simplicity, yet the unflinching impression of taste and style. The Selby Shoe model here illustrated expresses the fashion tendency of to-day in walking shoes.

New Furnishings for Spring



THE Spring call of interior redecorating finds an appropriate answer in the beautiful new Furnishings now on display in Andrews and Clark's Showrooms. Here are bright new colours and designs in Madras Muslins, Tapestries, Damasks, and Printed Linens; a wealth of new effects are revealed in Linoleums, Carpets and Rugs and in House Furnishings generally.

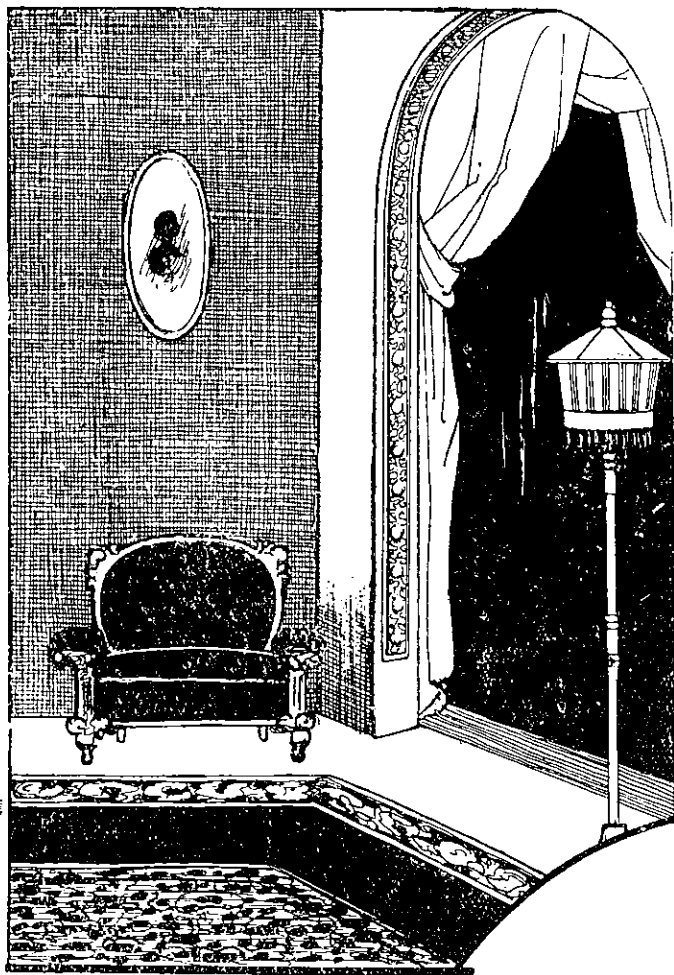
Our Furniture Dept. offers its usual happy combination of the artistic combined with sterling quality.

YOU ARE INVITED

to inspect these new Spring goods and to compare the values offered.

Andrews & Clark

FURNISHING SPECIALISTS
Queen St. Auckland.



Furnishings of Quality

Of paramount importance is the choice of a Carpet or some other item of Furnishing that in most homes must render years of service. Considerations of design, texture, and colour scheme, apart from the important factors of quality and price, will be taken into account by the prudent buyer, before a decision is made.

To meet every Furnishing requirement, Ballantynes Furnishing sections invariably are well equipped. Full provision is made both by way of ample stocks and courteous attention whereby the maximum of helpfulness is assured in all that relates to any Furnishing problem.

Furnishings of quality, that please and give lasting service, are the principles on which Ballantynes extensive Furnishing service has been built. Whether one's Furnishing needs be large or small, the utmost in service and advice is always assured at Ballantynes.

Dress for the Middle-Aged Woman

By Mrs. Enid Dickens-Hawksley

A grand-daughter of the late Charles Dickens, the writer of this article is a well-known authority on dress and dress design. She directs a dressmaking business in the West End of London.



Truly an exhaustive and a deeply interesting subject. A subject that in former days would not have been considered, but which now means everlasting youth to women of all ages.

And, dear ladies of uncertain age, if you know where to go to choose the right clothes you can look as young as you please.

Choose for your dressmaker an artist, one who has studied lines, draperies, and colours, and who can blend them together into one harmonious whole. One who looks upon her subject as a painter would look upon the picture which he always hopes will be his masterpiece. The dressmaker nowadays has everything made so easy for her. There are such varieties of style, such lovely materials, such gorgeous colours that, having taste, temperament, and very essential—a good fitter, success is the only possible result.

A Contrast

At one of the numerous dress shows the other day two ladies were sitting having tea at a table just in front of me. One was tall, grey-haired, with a lovely complexion, but dressed as if she had given no thought of any kind to her get-up. The colour was wrong, the lines were just not right, and the hat was one which possibly would have looked very nice with a different frock, but with that particular one was completely out of the picture.

Her companion, on the other hand, was a living advertisement of how to dress well. She had no particular claims to attraction. Her figure was stout and plump, her hair a nondescript grey, and her complexion just average. Yet as they got up to go everyone turned to look at her, whereas her handsome companion followed in her wake without one admiring glance. The former was exquisitely turned out, and when I apply this term I do not allude only to the gown. Hat, shoes, jewels—everything was just exactly as it should be. The lines of her rather stumpy figure were cleverly hidden by folds of beautifully-draped, softly-coloured material, and the ensemble was a charming woman of the world, pleased

with herself and, consequently, with everyone else.

Well-dressed 1926

My advice to every middle-aged woman is to put a great deal of faith and trust in her dressmaker. If the latter is worth her salt she will appreciate it and put her whole heart and soul into her work. I do not suggest for one moment that anyone should give up her individuality as regards colour, taste, and style.

There is no question that some women know far better than any dressmaker what suits them. In cases like this their costumiere, if, as I have already suggested, she be an artist, she will be only too ready to fall in with her customers' ideas. On the other hand, as a rule, she is bound to know more about a subject which she has studied deeply. There need be—should be—nothing but well-dressed women in this wonderful year of 1926.

The fashions are particularly adapted to the elderly figure. Both full and draped sleeves are in force, and the long cross-over line which is so becoming in elderly figures is to be seen in many of the Paris models.

Longer skirts, too, are so very much more graceful for the not-quite-young, and in Paris nobody over 45 would be seen now with skirts just below the knee.

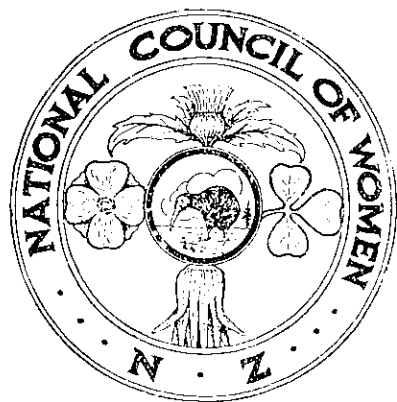
Fashion, both in Paris and in London, is kind to the middle-aged woman, and no English woman "of a certain age" need be dressed unsuitably or unbecomingly. It all depends upon her discretion and the right choice of line and colour scheme.

I hope I have not wearied you too long with this never-ending topic of dress, also that I have not tried to impress my views too strongly upon you.

May I conclude in the words of the great novelist: "Far be it from me to assert that what everybody says must be true. Everybody is often as likely to be wrong as right."

All the same, being a woman, I take the opportunity of having the last word and saying that in this case I am right in everything I have said!

Ballantynes of Christchurch



National Council of Women

The Mirror is the Official Organ of the N.Z. Council

The National Council of Women of New Zealand (representing seventy organised Women's Societies), affiliated with the International Council of Women of forty countries. International President: The Marchioness of Aberdeen and Temair, Scotland, N.Z. President: Mrs. John Cook, 17 Esplanade Road, Mt. Eden, Auckland. Hon. Vice-Presidents: Mrs. Sheppard, Midway, Christchurch; Miss Henderson, Clifton, Sumner. Vice-Presidents: Dr. Northcroft, Auckland; Mrs. Valder, Hamilton; Mrs. Walker, Gisborne; Mrs. Fraer, Christchurch; Mrs. Henry Smith, Wellington; Mrs. Denton Leech, Dunedin. Hon. and Press Secretary: Miss Basten, 304 Victoria Arcade, Auckland. Hon. Treasurer: Miss S. E. Jackson, Marne Avenue, Mt. Albert, Auckland. International Secretary: Dr. Hilda Northcroft, "Rangiataea," Glenside Crescent, Auckland. Branches: Auckland, Christchurch, Dunedin, Gisborne, Hamilton, Wellington, Napier, Hastings.

MOTTO: "UNTO OTHERS"

The Year's Work

In submitting the annual report of the Wellington Branch last month we held over the following interesting résumé of the year's work prepared by Miss R. Magill, which gives a comprehensive survey of the National Council's activities.

The remits passed at Conference were, by deputation, brought under the notice of the Prime Minister.

The Conference delegation was well received by Mr. Coates, who was told of the promise of the late Prime Minister that the "Woman Justice of the Peace Bill" would be brought in as a Government Bill, and was asked that that promise be honoured. Mr. Coates admitted that women had to be considered, and promised consideration of this question.

In regard to women being on Appeal Boards of the Civil Service, the Prime Minister said that there was no reason why women should not be on that Board.

Immigration.—In response to an invitation of the conveners, the N.C.W. was represented by Mrs. Forde and Miss Kane at a preliminary meeting of societies on Immigration. The conclusions of this conference were: (a) That New Zealand needed population; (b) that immigration must be encouraged; (c) that young boys and girls should be brought out.

Under these two headings: (1) What preparation for their arrival should New Zealand make? (2) What should be done in England? The question of Immigration was fully discussed, Miss Kane being specially interested, coming as she had fresh from a discussion on this matter at the quinquennial conference.

Mrs. Donaldson and Miss Kane attended a further meeting on behalf of the branch on "Empire Immigration" to form an association "on the wise and judicious settlement of New Zealand."

A constitution was discussed and an executive was set up, which executive set up a committee and sub-committee. Thirty-seven societies had formed this "Dominion Settlement Association." It is to be a large council, with a Women's Advisory Committee to make recommendations and to sit with the Executive to be appointed by societies.

It was agreed that a report of this be sent to the Dominion N.C.W.,

stating that this branch wished to affiliate, and asking if this were permissible under the Constitution. It has since been ruled by the Dominion Council that this branch cannot affiliate, but can recommend its affiliated societies to do so.

Wellington Committee to Watch Legislation.—The following were appointed by the Dominion Council: Mesdames Boden, Moore, Forde, and Miss Kane.

Child Welfare Conference. A public meeting was held to hear a report by Miss Kane on the "Child Welfare" Conference, and to consider her report on the I.C.W. Children's Charter.

Mrs. Henry Smith spoke interestingly on the "Dissemination of the principles and aims of the League of Nations to the youth of the world."

At this public meeting the following resolution was carried: "That maintenance cases be held in the Children's Courts."

Rest Room for Women. During the year this became an accomplished fact, and a very satisfactory building has been provided and is proving a boon to women.

Guardianship Rights of Parents. We endorsed the proposals of the Dunedin Branch of the protection society regarding amendment to the guardianship rights of parents in the direction of providing that the mother shall have equal rights with the father.

Study of the Question of "Family Emigration."—Branches were asked by Conference to study this question and the book on it by Miss Rathbone. Acting on the principle of interchange of branch reports on subjects studied, we asked for the Christchurch report, but found that they were no further on than we. Miss Kane drew Council's attention to the report of the International Suffrage Alliance on the subject, and so excellent was it that typed copies have been procured, and members are making themselves conversant with the question. Miss Rathbone was chairman of the committee that drew up the report. It is hoped that Council members will, ere long, be well informed on the question of the hour.

Miss Kane, as representative on the International Standing Committee of "Press," drew Council's attention to a South African paper, *The Nation*, the columns of which were used by the South African National Council for disseminating its news. The Dominion Council seized on the idea, with the result that we are now reported in *The Mirror*, a monthly periodical with a

wide circulation. This seems to be an eminently satisfactory arrangement.

"Save the Children" Fund.—Representatives of the Council were asked to attend a meeting convened by Mr. de la Mare, of Hamilton.

Mrs. Forde and Miss Kane represented the Council. The result of the meeting was that a sub-committee was set up to see if the Red Cross Society would take in hand the organising and administration of this fund to avoid overlapping. The Red Cross has the organisation requisite. Here the matter at present stands.

British Commonwealth League.—The following resolution of the British Commonwealth League, commended to all women's societies, was heartily endorsed by our branch and forwarded to the Dominion Council: "That the Society, holding the representation of women at all gatherings where policy affecting the British Commonwealth as a whole is discussed to be essential, calls on all the governments participating in our Imperial Conferences to include women in their delegations."

It is hoped that there will be seen shortly some result of these representations. Up to the present, it would seem, women's societies have called in vain.

Standardised Stretchers for Ambulances.—Council's attention having been drawn to cases where unnecessary suffering has been caused in accident cases by patients having to be transferred from other stretchers on to the ambulance stretchers, the following resolution was forwarded to the Dominion Executive: "That all stretchers be standardised so as to obviate the necessity of transferring accident cases from a stretcher to an ambulance one because the first stretcher will not fit."

Nationality of Married Women. The following countries allow women to keep their nationality on marriage: Russia, America, Belgium, Sweden, Norway, Denmark, Austria, France. A sub-committee, comprising Mrs. Forde, Miss Kane, Mrs. Donaldson, Miss England (convener), drafted the following resolution, which was endorsed by the Dominion Council and submitted to Parliament: "That the New Zealand Government take steps to amend the existing law so that (a) New Zealand women marrying aliens be allowed to retain their British nationality after marriage should they continue to live within the British Empire, and provided they make a declaration in writing of their desire to retain their own nationality and do not after marriage acquire the nationality of their husbands; (b)

that on the death of her husband, or the dissolution of her marriage, should a New Zealand woman elect to reside within the British Empire, she should regain her full rights as a citizen by a simple declaration of her desire to do so."

Woman Inspector of Secondary Schools.—True to his promise, the Minister of Education has appointed a woman inspector of secondary schools, and a woman inspector of primary schools is to be appointed at an early date. Miss Hetherington was heartily congratulated on her appointment to the position, which, we feel, she will grace.

Welcome to Dominion President.—Mrs. Cook, on passing through Wellington in March, visited the branch and delivered an interesting address. She stressed the value of the Dominion Council's keeping in close touch with its branches, so that a national, rather than a parochial, spirit might prevail.

Segregation of Weak-Minded Women.—A sub-committee, comprising Mrs. Moore, Mrs. Forde, Mrs. Henry Smith, Miss England (convener), has been set up to collect information from other countries in regard to ways of meeting the problem of weak-minded women.

Women and the Census.—The following remit on this subject will be submitted to the next Conference: "That information be disseminated by the Government that women (including wives) can on application have a personal schedule at future censuses." This arose from a complaint that business women were compelled to reveal their business affairs to their husbands, which, in some cases, was not desirable.

Finance.—As funds were very low during the year, and this was crippling to the work of the Council, various schemes for raising money were proposed. All proved nebulous except three jumble sales organised by Mrs. Myers, Mrs. Moore and Miss Kane.

In connection with these jumble sales, which provided about £32, the Council is very grateful to the following for help of various kinds:—Messrs. Chapman and McLaughlin (use of shop for depot), Spinsters' Club (for running third sale), Mesdames Salt, Frost, Elton, Baker, Misses Richmond, Isaacs, Moss (2), Magill (use of car for gathering goods), and all who contributed.

Thanks.—Council's thanks are due to (1) Mrs. Waters for the offer of £10 as a Trust Fund to meet emergencies.

Continued on page 28



In
your boy's
pockets
evidence of the day's
dangers

There's a thrill in
Lifebuoy Cleanness

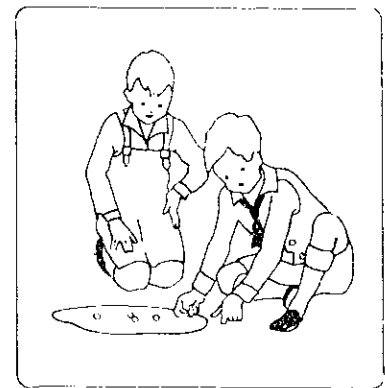
A rabbit's foot, muddy marbles, a rusty nail, some choice bits from the scrap pile. What odd treasures a boy's pockets disgorge! They tell plainer than words of a day spent in constant contact with dirt.

Keeping clean to keep well is an idea even a boy quickly gets. The invigorating, antiseptic action of Lifebuoy floods away impurities that other soaps don't seem to reach, giving real protection from dangers of city dirt.

There's a thrill in Lifebuoy Cleanness.

He's a "regular yellow." He'll like Lifebuoy Health Soap. He'll understand Lifebuoy cleanliness, feel it, like it's tingle and sparkle, know it's doing something.

"This is my kind of soap," he will say. When your own skin responds to Lifebuoy's beautifying action, you will say to yourself, "It's my kind, too!"

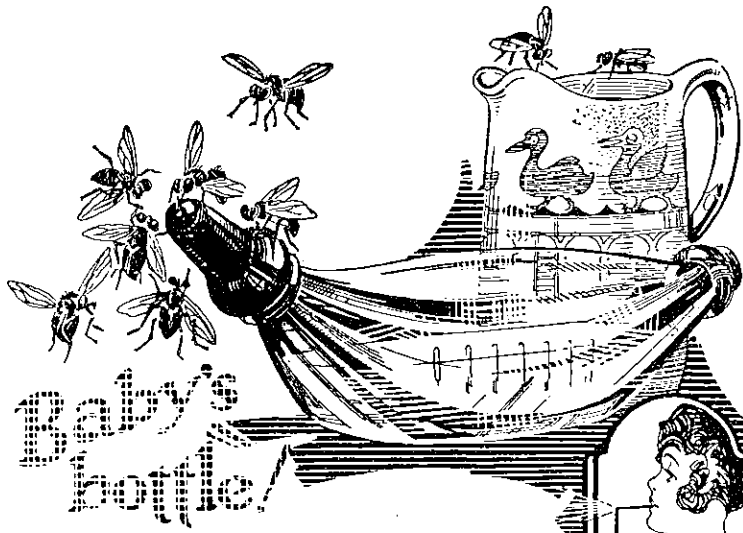


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HEALTH SOAP

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THE wise mother takes no risks with baby's health. She keeps all utensils scrupulously clean and sprays Fly-Tox throughout the house. It is harmless to humans, animals or fabrics but deadly to flies, mosquitoes and other infection-carrying insects. FLY-TOX prevents disease. It permits the undisturbed sleep essential to baby's welfare. FLY-TOX is an amber clear liquid, absolutely non-poisonous, that leaves a sweet, cleanly fragrance. The hand sprayer is recommended but a trial sprayer is given free with every bottle.

Buy one now and protect your baby.

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*There is only one
FLY-TOX!*



Clothes & the Woman



The purposes of wearing apparel are three in number. It would seem that they may be placed in the following order of importance: (1) for women—to bring admiration to the hearts of men and envy to the hearts of other women; (2) for the great dressmaking industry to provide meat, mansions, and motor-cars; (3) for men—to provide a shield against the weather.

The case may thus be summarized: Clothes and the Woman, Trade fit for Heroes to live on, and Arms and the Mau.

Some people appear to think that man is the slave of woman, and woman is the slave of her dressmaker. It would, perhaps, be more accurate to say that man and the dressmaker are more or less fixed stars, while woman is an eternally moving one, alternately swaying and being swayed by the other two.

The dressmaker started the vogue of the neck, breast, back, and legs being thrown open to public view. There success was for him. But does anyone suppose for a moment that he would succeed if he tried now to close this exhibition? No. And that is where woman is in turn successful.

You may disagree with the above. You may insist that it was woman who decided, and always decides, the nature of her garments, and that the dressmaker is but a pawn in her game. You may say that when Eve ate the apple she was naked, and that all she thought fit to wear thereafter was a fig-leaf, and that now she is slowly, but surely, making her way back (not to say forward) to that fig-leaf. Well, so be it. I shall not argue about it. I only hope I shall live long enough.

Apropos of Eve, there is one great truth that her daughters never forget, and her sons too often lose sight of: the nude is Eden undefiled, while the demi-nude is the Tempter with all his guile. Some men prefer it that way; others are too old to bother anyway.

Moreover, what does she buy? If she is a siren of generous proportions, she probably buys a feathered hat and a white crêpe-de-Chine dinner-gown. She does not buy that hat to look like a bird, or that gown to look like an angel. She buys them because she is told that they are "so ridiculously cheap." If she is a tiny sylph, she will probably buy a fur coat that stretches to her feet and would hold two of her, not because she wants to look like a teddy bear, but because it is "almost given away."

You may think I am wrong. You may point out that the woman's clothes do proclaim the man, for the reason that a rich man can spend proportionately more money on clothes than a poor man. It may seem so—to the uninitiated. But, believe me, a beautifully dressed woman only indicates a prosperous dressmaker, and not a prosperous husband.

The present-day virgin (woman) is much more concerned about trimming herself than her lamp. She has discovered the simple fact that the more charmingly she trims herself, the more easy will it be for her to find the man who will not only pay for the trimming, but also open the door to such Earthly Paradise as her heart craves for.

One of those statistician fellows asserts that if all women were compelled to dress alike, all the hospitals and 99 per cent. of the private houses in the world would have to be turned into lumatic asylums.

He may be right. It would probably be as demoralising for one sex as for the other. We may take it that the odd one per cent. are those houses occupied by the blind, the deaf, and the dumb.

It is a well-known adage that "Knowledge is Power." Men agree with it. Women do so also when the knowledge is about some other woman. It is, however, the adage "Dress is Power" that appeals above all others to women. Yet

We should not be proud of the clothes we wear;

They're all second-hand, as we know;

For a plant or an animal, insect or bird,

Has worn them before, long ago.

By "Celt," in "Woman."

Your cough sounds bad and needs prompt cure.

Neglected lungs you'll surely rue. Of all unwise delays beware.

What millions take is good for you.

Why suffer still and perhaps grow worse?

A night of ease you may assure: Don't sneer and doubt and be perverse—

Get Woods' Great Peppermint Cure.

LADIES!

Consult us regarding your Hair.

We are Specialists in—

SHINGLING, SEMI-SHINGLING, BUSTER, and ETON CUTS, MARCEL WAVING & PERMANENT STAINING.

Special Appointments by Request—
TELEPHONE 42-416



The Exclusive Toilet Parlours

15 DARBY STREET, AUCKLAND.



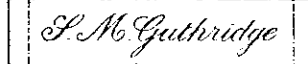
CASH'S WOVEN NAMES

FOR MARKING LINEN

Saves Trouble—Ensures Ownership

CASH'S NAMES, unsurpassed for Distinction and Quality, are indispensable in every household. Any Name woven into a Fine Cambric Tape in Fast Color.

"A few stitches and they're on."



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Write for Pattern Sheet to

J. & J. CASH PTY. LTD.
85 Cubitt street, Richmond, Melbourne.



Gladys Smith

National Council of Women

Continued from page 25

Christchurch

Hon. Life Member—Mrs. K. W. Lovell-Smith.
 President—Mrs. C. A. Frazer.
 Vice-Presidents—Miss Henderson, Mrs. T. E. Taylor, Miss Chaplin, Miss I. M. Jamieson.
 Hon. Sec.—Miss H. K. Lovell-Smith.
 Hon. Treas.—Miss I. G. Howlett.
 Dominion Committee—Mesdames T. E. Taylor and Richards, Misses Chaplin, Jamieson, Hull and K. Lovell-Smith.

It is interesting to look back on the small beginnings of the resurrected National Council movement in New Zealand. The Christchurch branch held its inaugural meeting on 13th September, 1917, with about three delegates from societies.

Since then the branch has grown year by year, slowly but surely, and this year the delegates number twenty-five from fourteen affiliated societies, and the honorary members fifteen. Not a great number in themselves, but powerful in representing such a large proportion of the women of Canterbury and Westland.

We are very glad indeed to include Westland in our ranks. While we have always felt that Canterbury and Westland were really and truly one in spirit, with the opening of the Oira tunnel a great divide of mountains no longer separates us physically. And our Westland delegate representing the Greymouth W.C.T.U. is able to be present at our meetings every three months.

Timaru, too, although 100 miles distant, has realised that where common interests are, there is no distance in thought. And thus we have delegates representing the thoughtful women of other parts of our National Council area.

Auckland

President—Dr. Hilda Northercroft.
 Vice-Presidents—Dr. Emma Buckley, Sister Hannah, Major Gordon, Mrs. John Cook, Miss Carnahan, Miss Basten.
 Hon. Sec.—Miss C. J. Flatt.
 Hon. Treas.—Miss Cox.
 Dominion Committee—Lady Gunson, Dr. Emma Buckley, Sister Hannah, Mesdames Cadoux, John Cook, Kidd, McNair, Teape, and Ferner; Misses Basten, Carnahan and Flatt.

Meetings.—During the year seven business meetings were held, the attendance on the whole being good. Eight members were present at all meetings. The Honorary Members' Association has been re-formed, and we are looking for greater interest here.

The President (Dr. Northercroft) took the chair at all meetings except two, when Miss S. E. Jackson, Vice-President, presided.

The most of the work brought in by our societies during the year was of a purely local character: The planting of shady trees on benches; the keeping of beaches in better order; censorship of picture posters; censorship of literature and the prohibition of improper papers and books; investigation of number of cases of electrocution from fallen electric wires; an improved scheme of garbage collection for the city and suburbs; the reinforcement of the law for bathers to wear two-piece Canadian bathing costumes.

The Council was addressed by Miss Rhodes, J.P., of N.S.W., who spoke of her work at the Children's Courts.

The presentation of an illuminated address was made to Miss S. E. Jackson.

(Continued on page 29)

Vanitas Vanitatum

Continued from page 21

is a coral-coloured felt hat, the crown trimmed with encrustations of picot straw.

Straw is allied in turn with felt, with suede and with ribbon. A new millinery ribbon called "sueded ribbon" has altogether the effect of suede.

Floral Trimmings

On some of the Spring models floral trimmings are conspicuous. They are mostly applied flat, in huge cocardes. You will find enormous flat carnations, cocardes of camellias and flat roses surrounded by foliage.

Many of the new hats have the brim turned up sharply at the back. This is a change from the upturned brim in front, of which we have seen so much lately. So far as comfort is concerned, it is a change for the better, for even a tiny projecting brim at the back is apt to catch on a coat collar.

Colours Supreme

Ruched and pleated ribbons trim some of the toques of fine straw.

Velvet ribbon will be used to trim the lightest of straws. On the whole, coloured millinery is to reign supreme this summer. The useful black hat will, for the time being, be relegated to the background, for even if one chooses a black toilette, a note of relief will be sought in some brightly-coloured hat.

For early Spring, red in all its shades will be much worn, principally lacquer-red and flame-colour. There is to be a quantity of green also, including verdigris, chartreuse and tilleul. Then there are mauves and pale pinks, yellows with a little greenish tone, and the inevitable blue, the smartest shades of which are undoubtedly Nattier-blue and "pervenche."



Conscious Comfort—

In the highest sense is embodied in every yard of "Viyella" fine twill unshrinkable flannel.

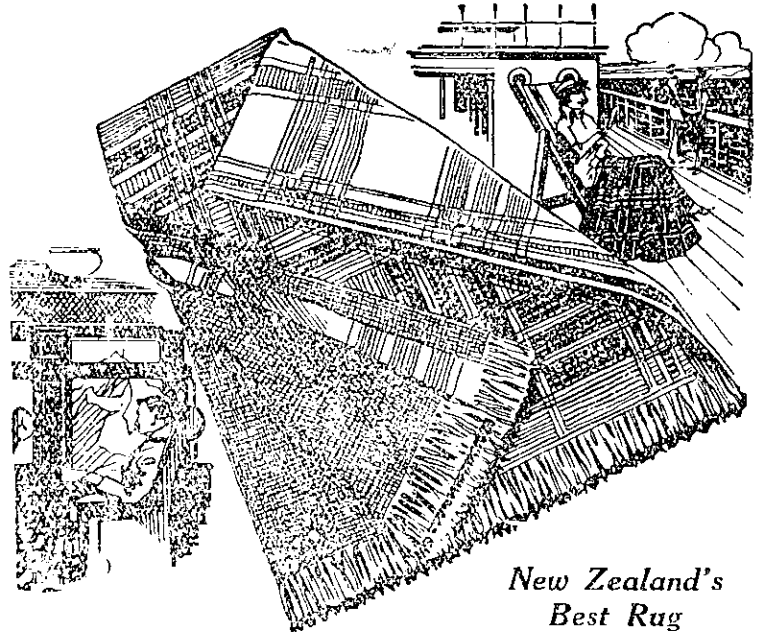
Viyella

Its light, distinctive weave and charming patterns combine to give it beauty of appearance—its rich, soft, texture and freedom from irritation make it luxuriously comfortable—and its extreme durability and excellent washing qualities ensure that these features will last throughout the life of the garment. Ideal for all forms of day and night wear—for every member of the family. In plain cream and smart new shades, stripes and checks. Always see the name "Viyella" on selvedge.

If your dealer cannot supply you write to WM. HOLLINS & CO. LTD., 12a Hannah's Buildings, Lambton Quay, Wellington.



25



New Zealand's Best Rug

You believe in New Zealand Industries, why not particularize? Definitely ask for an "Onehunga" Rug, New Zealand's Best Rug. Be assured of quality too, when buying Tweeds, Blankets or Flannel—particularize—demand Onehunga!

"ONEHUNGA"

Rugs - Tweeds - Blankets - Flannels

WATCH FOR "SUNNY" SIGN
 Auckland's only Solar Chat-a-banc
 leaves G.P.O. daily at 10.15 a.m. and
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SIGHT SEEING TOUR
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 Most centrally situated for Shops and
 Amusements. Excellent Table & Ser-
 vice. Tariff, 12/6 day; £3/15/- week.
 Vacancies occur for Permanents.
 Phone 41-624

National Council of Women

Continued from page 28

Jackson, our retired hon. secretary, as a mark of our esteem and appreciation of her work.

A "Bring and Buy Sale" was held to help the branch finance, at which about £23 was raised. Donations amounted to £7 over and above this. The sale was not well attended by members.

National Council News.—It was not possible to continue the publication of the *National Council News* as the sales were not sufficient to pay for publication, so it was discontinued at the end of the financial year. A news page in *THE MIRROR* has been kindly granted us, and this will be our official news sheet pending the revival of our own paper.

Mrs. John Cook has been elected Dominion President, Miss Basten Dominion Secretary, Miss S. E. Jackson Dominion Treasurer, and Dr. Northcroft International Corresponding Secretary.

Remits.—There has been a falling off in the numbers of remits brought by societies. Some of our affiliated societies have not even brought one.

We would again remind members bring about mutual co-operation between affiliated societies.

Progress.—Our membership has increased, and interest in the council has been maintained. Quiet steady work should gain us our objective and co-operation and confidence among members.

Hamilton

President—Mrs. Valder.
Vice-Presidents—Mesdames Bullock Stephenson, Craig.
Hon. Sec.—Dr. de la Mare.
Hon. Treas.—Mrs. Stevens.

In the absence of Mrs. Valder, who is away in England, and the Vice-presidents, absent through illness, Mrs. Sanford presided at the annual meeting of the Hamilton Branch.

In addition to the transaction of the usual formal business, it was resolved that the honorary members should elect one of their number as a delegate to the Council. This falls in line with Auckland, which has two representatives from the Honorary Members' Association; it has been found that this representation gives a fillip to the interest of non-voting members. Mrs. Holloway was elected to this position.

Napier-Hastings

President—Miss Spencer (Napier).
Hon. Sec. and Treas.—Mrs. H. J. Lovell-Smith, Hastings.

This branch was formed in November, 1925, so is too young to have an annual meeting yet. The eyes of the older branches are watching the newest acquisition with interest, and we hope to be able to furnish a brief report of progress in an early issue.

How to Judge Hosiery Wisely

"What need I pay," many women are asking, "to get good hosiery?" "Why do I have to buy so many pairs?" "Is hosiery flimsier, poorer than formerly?"

The answers are not so difficult as they seem. There are a few simple guides which everyone should know and follow.

The situation appears confusing, but it is largely made so because of wild claims which one can easily analyse and come to the real truth.

Much can be saved every year if one will shop more cautiously. First, discount all wild claims. For instance, there is the subject of "full fashioned." The genuine "full fashion-

ed" hosiery is hosiery which is knit to conform to the shape of the leg. Look for the seam which extends from toe-tip to top of stocking.

Imitation "full fashioned" is the old style tubular hosiery with a fake seam merely up the back. There is no seam on the bottom of the foot.

The genuine "full fashioned" hosiery keeps its shape—while the tubular loses its shape after the first washing. The chief guarantee in getting genuine "full fashioned" hosiery is the label of the manufacturer. For instance, when you buy Kayser hosiery you are guaranteed the genuine "full fashioned."

Omana Beach Estate

MARAETAI

A Mainland Subdivision on the Waitemata Harbour

23 MILES BY GOOD MOTOR ROAD FROM AUCKLAND
AND 18 MILES BY LAUNCH OR STEAMER

THIS lovely Estate is now subdivided into suitable areas for seaside residences, and those who are not familiar with this beautiful corner of a world-famed harbour should go out to Maraetai and judge for themselves.

Select Your Section NOW!

TERMS OF SALE: 10 p.c. Deposit, 10 p.c. in 3 months, 10 p.c. in 6 months, balance in 3 years at 6 p.c.

For further particulars apply to

MRS. JESSIE CRAIG

C/o J. J. Craig Ltd., 100 Queen St., Auckland
Or on the Property, at the Maraetai Farmhouse or Cottage



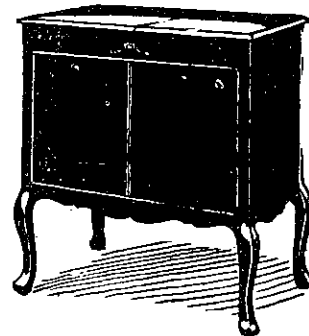
The spirit of Music

SONORA—the World's best talking machine—the phonograph that gives you the finest music you have ever heard—it gives you music with all the beauty, all the spirit of the original productions, whether it be vocal or instrumental music. These wonderful improvements are brought about by the construction of "Sonora." Its all-wood amplifier maintains and increases tone and quality—its motor assures easy, silent running.

Ask the "Sonora" Agent for a demonstration.

"Sonora" Agents throughout New Zealand: F. J. Pinney Ltd., 89 Willis St., Wellington; Jethro Lock and Coy., 12 Victoria St., Auckland; E. Crisp & Son, 176-178 Gladstone Rd., Gisborne; Robert Francis, Ltd., 146 High St., Christchurch; Allan Young Ltd., Octagon, Dunedin.

Send for free booklet which tells you why "Sonora" is the only phonograph that has completely captivated the spirit of music.



New Zealand Distributors:

RODGER IMPORTING CO., Christchurch

The Highest-Class Talking Machine in the World



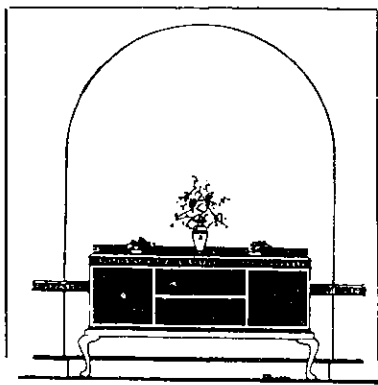
SPRING approaches & Nature dons her festive garb. So too the feminine mind turns to gay apparel.

"Ninette"

is now showing form and colour to delight & charm all temperaments.

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QUEEN STREET

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Distinctive Furniture

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Homes of
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Artistic and
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Make dresses in the newest styles and save half



Learn right at home in spare time to make your own clothes in the newest, loveliest styles for a third or a half of what you would pay in the shops.

The Woman's Institute will teach you how to put real style into everything you make just as it has taught more than 200,000 other women and girls in the last ten years. New easy step-by-step method makes everything easy.

WRITE FOR THE FULL STORY and learn from the experience of thousands of delighted members what the Woman's Institute can do for you. Mail the coupon below to-day.

WOMAN'S INSTITUTE
65 Cuba Street, Wellington.

Without cost or obligation, please send me one of your booklets and tell me how I can learn the subject I have marked below:

- Home Dressmaking.
- Professional Dressmaking.
- Millinery.

Name
(Please specify whether Mrs. or Miss)

Address **LM**

WANTED, Lady Home Workers!

£1 Weekly may be made in spare time. Easy, dainty home work. Full instructions sent. No teacher required. No matter where you live, Ladies, you can take up this fascinating work. Send 3d. postage for all particulars.

Torchon Lace Company
229 Collins Street, Melbourne

Shingled Middle-age

The young girl and the white-haired old lady submit to their first shingle with few or no qualms; but the middle-aged woman hesitates and is faced by many doubts before she allows her hair to be sacrificed, neat and attractive though she knows the shingle to be. The chief cause of her hesitancy is the doubt whether she will be able to grow her hair again when the shingle fashion at last dies out.

She fears that the shingling and constant trimming necessary afterwards may spoil the growth of her hair and prevent its ever again becoming the luxuriant growth it now is. She realises also that her hair is turning grey, and fears that the shingle will reveal more of the grey hairs that are now concealed beneath the coil at the back of her head.

On the first point she may be reassured by the fact that the growth of hair is in no way affected by age. At forty or fifty a woman's hair grows at the same rate as when she was a child. If she is shingled she will realise this for herself, for even a fortnight's growth of hair can entirely ruin the neatness of her head. She is, however, more subject to scurf and dandruff than a younger woman, and, once shingled, she will need to give rather more care to her hair. Regular brushing and the use of a good hair tonic will keep it in perfect condition.

Skillful cutting can frequently conceal the grey hairs close to the

head; if not, the shingled middle-aged woman can either have her grey hair carefully tinted, or become used to the fact that a well-tended grey head can look very nice indeed.

If the shingle fashion should suddenly wane, she will be in no worse plight than a younger woman. Her hair will grow again, but it will take time. She must be prepared for three or four weeks with rather ragged, untidy-looking hair; but at the end of that period her short locks will have grown long enough to be fixed with a few hair-pins. A small switch of hair—preferably made from her own when it was cut off—may be worn for three or four months, by which time her own hair will have grown long enough to dress. In two years her hair will once more be long and luxuriant.

The ragged period is very brief, and a clever woman will devise some becoming way of dealing with her hair while it is beginning to grow. A permanent wave would be helpful, for curls make hair look considerably shorter than it actually is. One middle-aged woman with good features who recently decided to let her hair grow brushed it straight back till it had the severity of an Eton crop, and fastened it in position with a semi-circular comb. The growing ends of the hair were curled behind her ears and in the nape of her neck, making a piquant contrast with the severe effect in front.

Fruit for Health

Of recent years, through investigation, research and experiment, by no means always confined to members of the medical profession, much valuable knowledge has been gained concerning the food and health-values of various kinds of fruit.

The lemon, formerly used chiefly for its flavouring properties, and thought by some to be detrimental to health, has come much into prominence as a food-medicine. It is now known to be a remarkable stimulant to the liver; it also dissolves uric acid and other poisons that lurk in the human machine, and is a wonderful disinfectant. Lemon juice after it is swallowed is an alkaline, not an acid. In cases of influenza it has been proved an invaluable medicine. Even with this knowledge how few are enterprising enough to drink even half a tumbler a day of this simple remedy.

It may also be used undiluted for bathing wounds, external ulcers, boils and cuts, with remarkable healing results. Even in cases of gout and rheumatism the juice of two or three lemons a day has been known to work cures.

Ripe fruit contains grape sugar in a natural form ready for immediate human assimilation. Manufac-

tured sugar, on the contrary, has to go through a process in the digestive organs before it becomes a direct food.

Grapes contain a quantity of albumen which repairs waste tissue and makes new tissue. They also supply some desirable food alkaline elements lacking in milk. Some of their salts, potassium and phosphates, for instance, help to keep the globulin of the blood in a healthy condition. When grapes are not obtainable at reasonable prices, raisins, sultanas, and currants are a good substitute.

The old saying that an apple a day keeps the doctor away contains an element of truth, but scarcely goes far enough. Three or four a day would be better.

The craving of children for fruit and sweets is a cry of nature, and they should be encouraged to eat ripe fruits rather than starchy potatoes, sloppy porridge, and white bread.

It is doubtful whether cooking has really benefited the human race. Certain it is that it destroys the vitamins in fruit and vegetables. If middle-aged people would turn to fruit instead of to drugs, they would save both their health and their pockets.

FREE

Send Threepence in stamps for a Generous Sample of

De Maunay's No. 77

NON-GREASY
Vanishing Cream

TO SHARLAND & CO. LTD.
Wholesale Distributors
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NEW DESIGNS
in
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D'Oyleys 8d., 9d. and 10d.
Centres 2/3 to 5/-
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All on Best Quality Linen.

D.C.M. Embroidery Cottons 2 1/2d., 3d.

MRS. POPE Ltd.
107 Cashel Street, CHRISTCHURCH

The Super (Silk) "Mattamac" for Ladies

"Mattamac" featherweight stormproofs are now favourably known and worn all over the world. The original "Mattamac" (Reg'd) Fabric of their manufacture is woven from very fine yarn of high tensile strength. During the years of "Mattamac" development many requests have been received for a Silk Fabric "Mattamac." Such a model has now been evolved. After many patient experiments Pearson Bros. have succeeded in applying the "Mattamac" proofing to silk, and in producing a really satisfactory Silk "Mattamac" which is not transparent, and which can be relied upon to retain its smart appearance and give thoroughly good service.



The first purpose of a weathercoat is to keep you dry. Cut, appearance, sheen and trimmings are secondary considerations. This Super (Silk) "Mattamac" is Waterproof. Its nice look, its pleasant feel, its lighter weight, its favourable price all these are additional attractions. First, last, and all the time, this Coat is Waterproof.

"Mattamac" thoroughness of manufacture is expressed in every square inch of this Silk Model. The linings, trimmings and tailoring are each the best of their kind. The "Mattamac" reputation for honest trading is staked on the assertion that:

The Super (Silk) "Mattamac" Stormproof for Ladies would be competitive value at 20% to 25% more than the prices at which it is produced.

BELTED MODEL. (20oz.) 95/-

Do not, on any account, accept as "Mattamac" any coat which does not carry the "Mattamac" label imitations invariably disappoint.

"Mattamac" Stormproofs are stocked by Drapers and Mercers throughout New Zealand. If unable personally to inspect models, send your order or write for a "Mattamac" Booklet NOW to

FRANK DUNCAN & CO.
LTD.
306A QUEEN STREET AUCKLAND
Sole Agents for New Zealand

Ask Your Chemist for

The Cleanest Hair Preparation
and He Must Give You

“K O K O”

KOKO is incredibly clean. Without Oil, Grease, Smell.

If you have never tried KOKO, compare it with any Hair Dressing you are inclined to buy. Look at them. Smell them. Feel them. KOKO is indescribably cleaner. It has no smell whatever. It is without the slightest trace of Grease or Stickiness. Koko is unique. It stands alone.

No other Hair Dressing compares with KOKO.

If this seems exaggerated, do as we say above. You will find it perfectly true. Then you can believe this. After the first application you will admit: "I have never used a hair dressing so refreshing, so instantly invigorating, so astonishingly free from every unpleasant ingredient." After one week's use you will scarcely conceive it possible that a preparation so utterly free from Oil, Grease, Stickiness, and smell can have worked such a wonderful transformation in your hair. Don't "pooh-pooh" what we say. Prove our claims step by step. See it, smell it, rub it on your hand before you buy KOKO. Then feel the scalp exhilaration after one application. Borrow some if you are too sceptical to buy it. Then use KOKO night and morning for a week, and you will be willing to write down your utter amazement that such a delightful hair dressing should be practically unknown in New Zealand, after being England's leading hair preparation for nearly 50 years.

KOKO is such an Ideal Dressing for SHINGLED HAIR that Shingled hair might have been made for it. One application of KOKO will cleanse your hair and scalp and leave it soft and glossy, bright and wavy. Soap and water cannot do this; and oily preparations simply clog the scalp, mat the hair and spoil the clothing. Shingled hair must be bright and clean before everything. Wavy if you like, or crinkly. It all comes easily with KOKO. You cannot expect it of oily, greasy, smelly dressings! Below we use some opinions of KOKO that reached us without asking. Customers like to write their appreciation of KOKO, their surprised delight, just as you will likely do.

Royal Princesses even cannot refrain from writing us that
"KOKO is the best dressing I know. It keeps the head cool, promotes growth and is in every way excellent."

A Magistrate writes—

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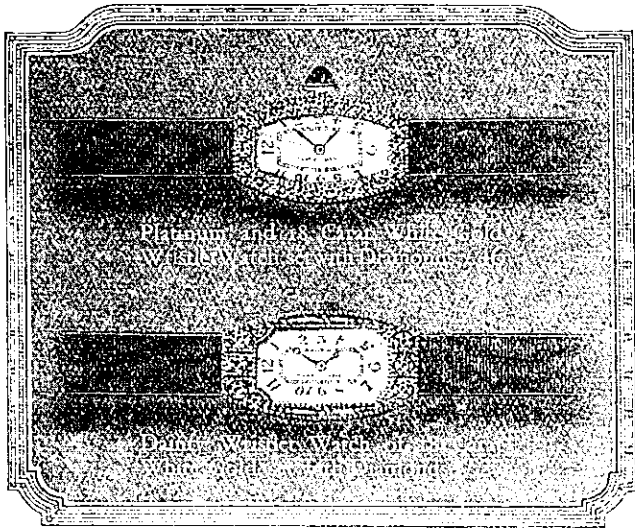
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The following engagements have recently been announced:—

Miss Jessie Lyle McFeat, of Te Kuiti, late of Auckland, to Mr. William Robson Andrew, of Waikato, also Miss Katherine McFeat, to Mr. Phillip Dawn Thompson, of S.S. Kekerangi.

Miss Eileen Malcolmson, of Dannevirke to Mr. Wilford R. Harris, of Greenmeadows, Napier.

Miss Christina Maxwell Omission, of Gisborne, to Mr. Hugh Graeme Carruth, of Whangarei.

Miss Muriel Osborne, of Sydney, to Mr. Eric Austin, of Remuera, Auckland.

Miss Mary Sybil Petre, of Christchurch, to Mr. Vincent Aubrey Ward, second son of Sir Joseph and Lady Ward of Wellington.

Miss Edna Spiro to Mr. G. Cowan, both of Wellington.

Miss Ethelwyn Bates, of Malden, Balwyn, Melbourne, to Mr. Herman McKail Geddes, of Auckland.

Miss Audrey Elaine Taylor, of London, to Mr. Lancelot Noel Warnock, Napier.

Miss Bertha Barrett, second daughter of Sir James and Lady Barrett, Melbourne, to Captain John Davis Canning, of Waipukuruan, Hawke's Bay.

Miss Gwen Harper, of Masterton, to Mr. Louis Dickson, Auckland.

Miss Jessie Catherine Loach, New Brighton, Christchurch, to Mr. Arthur John Skjellerup, of Nelson.

Miss Lois Holdaway, Ballance, to Mr. Warwick Hunt, of Dannevirke.

Miss Ethel Bonnington, of Christchurch, to Mr. Robert Barber, of Sumner.

Miss Edith Constance Pemberton Claudeboye, Temuka, to Mr. Hugh Maxwell Homersham, of Ankopae, Tamarunui.

Miss Grace Muir-Cormor, of Dunedin, to Mr. James Cook, of Hilderthorpe.

Miss Marjorie Budden, of Honi-kiwi, Otoroanga, to Mr. Arthur D. McDeil, of Otahuhu, Auckland.

Miss Nellie Ormond, of Gisborne, to Mr. Theodore Julius Caesar, of Christchurch, formerly of Gisborne.

Miss Irene Nash, of Hinerua, to Mr. Jack McGill, of Waiarua.

Miss Norma Wheeler, of Eltham, to Mr. George Kensington, of Palmerston North.

Miss Benita Bridgeman to Mr. Toby Irvine, both of St. Clair, Dunedin.

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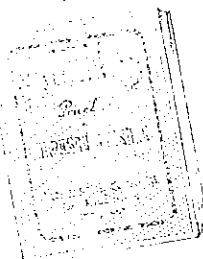
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When should a Doctor be frank?

By A PHYSICIAN

And the only possible answer is— that it all depends!

Depends on what? Well, mainly on the personality of the patient. If, for instance, a doctor finds that a patient is suffering from a deadly disease, which he knows must be fatal within a comparatively short time, only his profound knowledge of human nature can tell him whether in that particular case it will be wiser to tell the calm truth, or whether it is best to build up some sort of hope. After all, no one is infallible and when hope is gone, all is gone.

If refusal to tell the truth means that a man delays putting his affairs in order—if he has made no provision for his dependents or has made no will, then it is usually possible to drop a hint, which, while not destroying hope, altogether, is sufficiently serious to draw the man's attention to the fact that life may not always continue as it is continuing at the present moment. In other cases, even a hint that there is anything seriously wrong is quite sufficient to throw a man or woman completely off their balance, and to produce such a state of mind that any tragedy may be the outcome of it. Some patients beg to know the worst in a calm philosophic frame of mind, and with them it is really only fair to be frank, although, as I have already said, no one is infallible, and with all the skill and careful investigation in the world, Nature has a way occasionally of playing a pleasant little trick and of producing some kind of cure in a case to which there seemed to be only one end.

I always remember a case in which this occurred in my own experience. A woman had been operated upon for cancer, and after the operation was begun, things were found to be in such a hopeless state that regretfully and sorrowfully the wound was closed again without anything having been done, as the growth had spread beyond the belief or hope of cure. Nothing was said to the woman, who went home, as we all thought, to die within a month or so.

To our astonishment she came round about a year later to report how well she was, and for five years, running on the anniversary of the operation, she calls or telephones to say that she is still very well, thank you. Now the surgeon was one of highest repute and the growth had been sectioned and pronounced malignant by one of the most reliable pathologists in London, and yet there was the woman still alive and well at least five years later.

Of course, these happy mistakes do not often occur, but it is a very odd and true saying that while there is life there is hope, and as my doctor will tell you, it is an idle struggle which one can put up against disease and death unless the will of the patient is with you. No ill person is entirely normal and every

little inflection of the voice, every glance and every word is noticed and turned to the worst or best according to the mental and moral outlook of the patient and of his or her relatives.

I remember a case in which a woman was ill with pneumonia and had safely passed the crisis, and yet somehow did not make any real progress. She simply seemed to have lost every scrap of desire to live, and the physician in charge was at his wits' end, well knowing what a hopeless fight it was going to be without her co-operation. Previous to her illness she had been madly fond of clothes, but now the prettiest boudoir cap or bed-jacket roused no faint trace of interest. Then suddenly one morning she asked a relative who had called to see her what the shops were showing for the spring fashions, and from that moment the doctor breathed again, knowing that she would now take the steps forward to regain her normal health.

There are not only the serious questions of life and death which a doctor has to decide. There are also the questions when he has to decide whether he shall tell the brutal, unvarnished truth to a patient, and chance losing her for ever. Shall he tell the confirmed invalid who has no sign or trace of organic disease that she is merely a selfish neurotic, who would be all the better for a day's honest work? Shall he be frank with the childless married woman who has a hundred and one complaints and tell her that four or five children would cure her more quickly than anything else? Shall he tell the woman of fourteen stone who consults him about the latest treatment for obesity, that she is eating like a glutton, and that if she reduced her food and drink by half, she would improve forthwith?

And the answer to them all is, that it all depends! Depends on the struggle between his kindness of heart and his love of truth, and incidentally on the state of his bank balance!

And then there is the heartbreaking problem, which occasionally arises when a doctor has known two families all his life. He has watched the daughter grow up through childhood to womanhood, and now the time for her engagement has come. And the young man whom she has chosen for her fiancee is a son of another family whom also the doctor has known from boyhood up. And he also knows that he is suffering from a form of venereal disease. Should the doctor tell the girl the unhappiness she is facing, or should he warn the young man of the action he proposes to take if he persists in the engagement? These are some of the problems which no text-book on ethics ever yet cleared up, and, as I said, it all depends!

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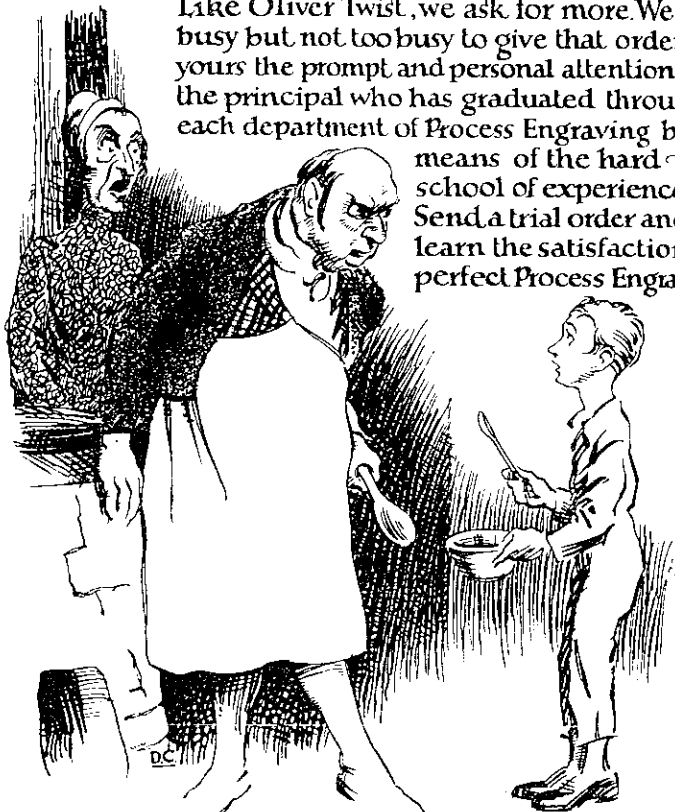
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The Cry of the Children

A Child can forget hunger and cold, but it can never recover completely from remembered terror

THIS title states, with the minimum of words, the problem of "difficult" children, as proved by the fact that all investigation of such children aims at two things.

It is first concerned with the atmosphere of the home (this being provided by the parents), and secondarily with the manner in which the child reacts to his atmosphere.

The placid type of child shows himself equally happy in almost any medium and is but slightly influenced by the jars and disputes of an unhappy home, while the "difficult" child displays the sensitiveness of a magnetic needle towards every individual with whom he is brought in contact.

It is this constant mutual reaction of parent and child upon one another which furnishes some of the most knotty problems for the skill of the psychologist, whose work is, unfortunately, further complicated by the refusal of some parents to accept any responsibility for their share in the matter.

That the child in question is extremely difficult to handle, obstinate and wilful, they will proclaim with increasing warmth, but the merest hint that such qualities are shared by one or other parent or are the outcome of friction between the parents is repudiated with scorn.

We shall be in a better position to discuss the effect of happy and unhappy parents upon children if we first understand the cause of parental happiness and unhappiness, these being merely an accentuation, through the daily and hourly intimacy of married life, of emotions common to us all.

Each character is the result of the reaction between inherited tendencies and the atmosphere, primarily of the home, later of school and of work and social intercourse.

Grandparents play a very important part in certain families, their influence for good or evil being reflected from parents to children.

Unfortunately the majority of people are unaware of their own tendencies, and equally ignorant of the reactions which have taken place as they have passed through childhood and adolescence to manhood or womanhood. Let us attempt to clear the position by giving one or two simple examples of the genesis of unhappiness in the home, although, in the majority of cases, additional factors enter in to complicate the situation.

A Sense Of Inferiority

A mother may, in her childhood, have suffered much unflattering criticism of her personal appearance or of her intelligence, or she may have been painfully conscious, during her school days, of her inferior social standing. As a result, she may develop a sense of general inferiority, which evidences itself by a readiness to take offence and a tendency

to magnify and distort any criticism.

It is only too obvious that such a person will not be easy to live with, and will create much unhappiness for herself, while remaining ignorant of the true cause of it. Both marriage and motherhood will be apt to accentuate the position, since husband and children are an extension of one's own personality. The children will suffer, either through the difficult situations which arise both in the home and outside it, or through sharing the mother's sense of inferiority.

Let us now take an opposite type, the woman who, from her youngest days, has been spoiled and flattered and led to expect, as her right, that everyone should yield to her wishes. Whether she marry a man of her own type or one who accords consideration to and expects it from his fellow-creatures, friction will constantly arise and exercise its disturbing influence on the children at an age when they need calm and stability.

Here, again, no solution will be found until the true state of affairs is realised and an attempt made to remedy it.

The Wrong Atmosphere

YET this is not always easy, because of our inherent dislike to see ourselves in an unflattering light.

The decision to seek an answer to the question: "Why have I failed to provide the right atmosphere?" demands the utmost sincerity and rare courage in the seeker. Where these exist, benefit accrues not only to the children, but to the parents themselves, since deeper understanding and fuller vision bring with them an unwonted sense of peace, even though it is secured by passing through the valley of humiliation.

But parental unhappiness may depend upon more obvious causes, which can be read by any onlooker. The affection which existed at marriage, for instance, may have had but slender roots, and so have early shrivelled and died.

Husband and wife may have sharply opposed types of character, which find no point of contact and produce constant irritation and quarrels; the inability to read and understand one another negating any possibility of patient "give and take."

Jealousy, directed against a man or woman or against absorbing work, or which is focussed on one or other child, plays havoc in many homes.

But indeed, the causes are not only innumerable, but are so intermingled, that an attempt to harmonise the discord is equivalent to the labour of patiently disentangling a much-entangled skein.

A Miserable Child

Let us rather pass on to discuss the actual effect which unhappy

Continued on page 39



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Good Looks—How to Keep Them

You can do wonders for your Complexion if you use the right aids

The one motive of make-up is to increase your attractiveness. If it doesn't do this it is a failure.

Some women should never make up at all. The woman with naturally pink cheeks cannot improve them with rouge, and it is very foolish for a woman to use it when Nature has blessed her with dead black hair and dead white skin.

But the woman who is neither definitely white skinned nor definitely pink does need the help of cosmetics for special occasions.

Colouring, Psychology and Temperament

If you are dark you can use rather deep rouge; if you are fair, or medium, a rose or flesh tint is best. Apply the rouge after you have used a vanishing cream, which of course, is after you have thoroughly cleaned and toned the skin, with a pad of cotton-wool if it is powder rouge, with the finger-tips if a cream rouge; use only a little and apply it lightly in a triangle. Keep it high up on the cheek-bone, shading it off down into the cheek very carefully at the point of the triangle. By keeping the rouge high up you bring out the brightness of the eyes. After the rouge, powder.

Which powder you use depends entirely upon whether it is day or evening. If it is evening you will use a bright rouge, and if you are blonde you will probably find that an orchid or lilac shade of powder will give the best effect; for a brunette the yellow almond is better.

Psychology and temperament have a good deal to do with this art of make-up. It depends whether you want to be a sort of "pastel study," or whether you want to be brilliant and vivacious. If you want to be blossomy and fluffy—and some evening dresses call for this—then you will use a fairly light rouge and a soft pearly powder. If you want to be vivid you will use a more carmine rouge the lip paste in the shade known as "carnival" makes a good carmine rouge—and a darker powder.

Unless you have very beautiful, firm white arms and a good neck and shoulders, a liquid powder or lotion is recommended for them as part of evening make-up. There is a delightful lotion made nowadays that does not rub off and which is very flattering when carefully and

evenly applied with cotton-wool pads. It is procurable in a number of shades white, cream, rachel, Spanish rachel, naturelle, and ochre—the latter only, of course, if you want a tanned effect, which is not very fashionable for evenings unless you happen to be one of those brunettes whose type absolutely calls for it.

If You Must Make Up

Your lipstick must, of course, blend with your choice of rouge, whether for day or for evening make-up. Nothing is worse than to see a woman with bright rouge and maroon lips! Or a dark colour and bright red lips. For evenings you may use the lipstick more freely than for daytime, but never dab the mouth from end to end. Use the lipstick on the tip of the finger to accentuate the cupid's bow of the upper lip, and add a little on the lower lip, and on both lips carry the colour just a little inside, otherwise when you laugh, the point where the colour of your lips end will be artistically conspicuous.

Once you have made-up for either day or evening let your complexion alone. Never, never, tinker about with your face once it is done; if you consider that it wants attention remove the whole make-up with your cleansing cream and do it afresh. Not only is it bad for the skin to keep adding layer upon layer of powder as the first lot "dims," as it were, but after various applications of the powder-puff it becomes not so much made-up as "floured," and the effect is ugly.

Keep Your Eyes Bright

A darkening cosmetic generally known as "eye-shadow" may be applied to the lids in the evening, and a little beyond the corners of the eyes, to make them look wider and longer. The use of this cosmetic is in bad taste for the daytime, but in artificial light the effect is distinctly becoming. It is important to choose the shadow which brings out the colour of your eyes. It is obtainable in blue for blue eyes, gris blue for blue-grey eyes, brown for brown eyes, grey-brown for hazel or quite grey eyes, and black for very dark eyes. It is important to note that only the woman who really has black eyes should ever use a definitely black eye-shadow.

Continued on page 37

Good Looks—How to Keep Them!

Continued from page 36

For most women the blue or grise-blue will be found best. And it is very, very important to apply it carefully and delicately. Only a very little on the tip of the finger is required.

Before commencing to make up the eyes at all, always give them an eye-bath to make them clear and bright. A weak solution of boracic acid powder in water is quite good, or you can buy a special eye lotion for the purpose, mildly antiseptic and very refreshing and strengthening, particularly if the eyes are at all tired—if, for instance, you have been looking at shops in the afternoon and have to go out to a party in the evening.

If you have a little time to spare before starting to make up for the evening, it is a good plan to soak

for daily use to keep the eyes clear and unweirded.

If you have thin eyebrows an eye-brow pencil may be used effectively for both day and evening make-up, but do not use it unless your eyebrows are indefinite and really do call for it. If you must, use a black, light brown, brown, or blue pencil, according to the natural colour of your brows.

Eyebrows which are too bushy are very easily rectified with the use of tweezers sold specially for the purpose, and the process is not as drastic or painful as it would seem.

Your Final Inspection

Finally, when your eyes, brows, cheeks, and lips are made up, don't forget the under-chin, other-



Captivating!

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Daughter of Mr. and Mrs. H. P. Philcox, of Auckland, originator and leader of the Felix Entertainers, an organisation started at Woodford House School Girls' College, Hawke's Bay, who will be giving a series of Charitable Performances during their holidays this month.

pads of cotton-wool with your skin tonic and lie back with them on the lids of the eyes; they are very soothing and refreshing.

While You Are Resting

Whilst you are resting a little special anti-wrinkle cream might be doing good work just under the eyes; it should be applied lavishly, and left on until you are ready to make up, when it should be wiped away very gently with clean tissues. An eye bath is to be recommended

wise you will have a horrible hard line where your make-up ends and your throat begins.

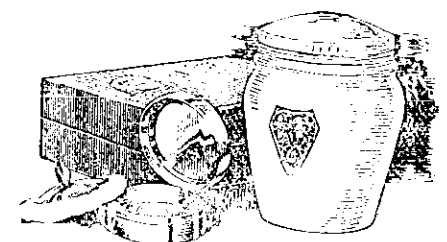
And never, never make up in a soft, flattering light, either for day or evening; make up in the hardest, whitest, most candid light you can possibly contrive; and even when you have done that, inspect yourself closely in a hand-mirror before you decide that you "will do."

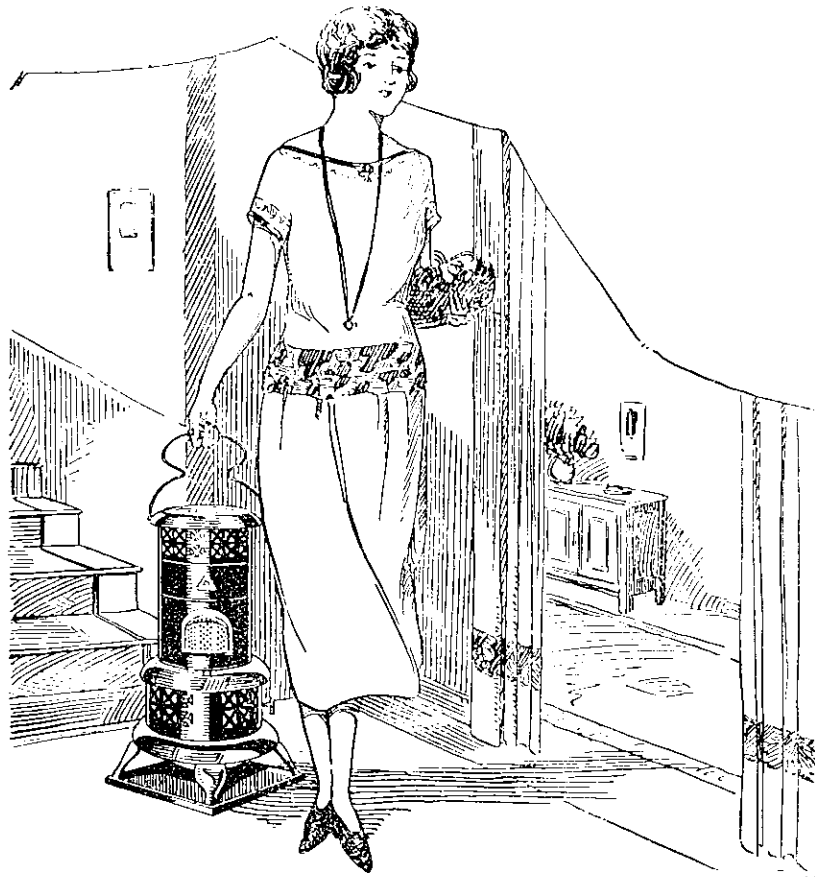
If your make-up cannot stand close and candid scrutiny then it most certainly will not "do."

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The Cry of the Children

Continued from page 34

parents have upon their children. This will be most satisfactorily done by means of examples from everyday life.

A little girl of seven was brought for advice because she had within the last two or three weeks developed a capacity for swearing, which horrified and alarmed her parents, who were at a loss to know where she could possibly have heard some of the expressions used.

As would be expected, the child was also reported to be miserable and restless. She wore the same unchanging expression of anxiety and worry which was so noticeable in her mother's face, while the right to self-indulgence which had been accorded her, had led to a condition of boredom and something very near to contempt for her parents. She was at times intolerably rude to her mother. This would be followed by a fit of profound regret and penitence, when she would weep and implore forgiveness—only to repeat the performance on a subsequent day.

Granted that the child was not ill, either physically or through any degree of mental deficiency, such behaviour was accepted as evidence of deep-seated trouble in the home, which could only be brought to light by extremely frank discussions.

The situation was one of peculiar complexity, of which a mere outline can be given.

Discord between the parents had culminated in profound jealousy on the part of the wife, a jealousy which appeared to have a certain foundation, and the grounds for which had been discussed in the child's presence. The little girl in turn, although reported to be devoted to her mother, gave every evidence of being jealous of her and devoted to her father.

It is impossible to attempt a detailed interpretation of the position in this house, but the point which stands out beyond any dispute is the condition of profound emotional turmoil and unhappiness into which the little girl was thrown by the atmosphere of her home.

What Caused Stammering

Let some should regard this as a very extreme instance, let me cite another.

The patient, a girl of fifteen, and one of three sisters, was brought on account of a stammer which had existed since childhood, and which greatly handicapped her at school. She was described as being very nervous, very reserved and unwilling to associate with the friends of the family.

On following up these symptoms the following condition of affairs was discovered.

The mother, as a result of her reaction in childhood to her own father, was an expert at nagging and quarrelling, her husband and youngest daughter (the patient) bearing the brunt of it in the home. As a result, the patient was found, under the assumption of a reserved

manner, to be in as great a state of emotional turmoil as the little girl of seven, the stammer being merely an outward sign of her inability to give any expression to the seething tumult within her.

She had also, because of the criticism to which she was subjected, developed a complete lack of confidence in herself, this lack of confidence being in no way justified by either her appearance or her abilities.

In some cases, the child, with native quickness to utilise a situation to his own advantage, will make use of discord and jealousy to play off one parent against another and secure some profit to himself. Apart from the more obvious heritage to the child of manifold nervous symptoms, unhappiness and crippled development, is the certainty, unless he comes under a strong counteracting influence, that he in return will become an "unhappy parent" and breed unhappy children.

He may, on the other hand, arrive at the regrettable decision that he will forego marriage and with it the possibility of such a fate.

But what of happy parents?

Happiness Brings Harmony

Happiness suggests harmony, and whenever we enter this harmonious type of home we at once feel an atmosphere of peace. Children very quickly and quite insensibly adopt the tone of their home atmosphere. If we address a child rudely he will certainly reply rudely; if we speak to him politely, as to an equal, we shall almost certainly secure a polite response.

We are, therefore, prepared to find that happy parents beget happy children, and since happiness is an evidence of harmonious balance in the individual, there is also much less likelihood of a deflection in the child's development.

We cannot, therefore, at once conclude that no difficulties exist in such a home. Experience, in a fair percentage of cases, teaches the contrary. But it also justifies us in saying that parents of this type, who have tackled and solved many of their own character-problems, have, if one may so express it, "a heart at leisure from itself" to consider the problems affecting their children.

In conclusion, it will be helpful to re-affirm the truth, which cannot be over-emphasised, that self-knowledge (true self-knowledge and not a counterfeit) is absolutely essential for all of us, parents or foster parents, so that we become alive to the possibility of friction between ourselves and the children who are committed to our care, such friction arising chiefly through certain difficult points in our own characters. Self-knowledge places us in a position of advantage, from which we survey the landscape and have a clearer vision of passing events in the home; while we develop a capacity for adjudging praise and blame with more impartiality and justice.—By Dr. Alice Hutchison in *Good Housekeeping*.

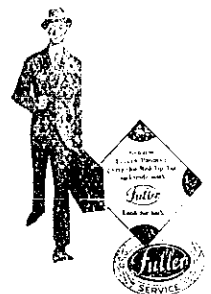


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The Two Creams that give the line-free lovely skin that Social Life demands

ALWAYS fresh and radiantly beautiful is the society woman of today. Living a life of great activity—days in the open, riding or playing golf—at night events more formal and more exacting—she still has time to give her skin that care which keeps it young and radiant.

The discriminating ones have found a method that is exquisite perfection in its effects on the skin, that takes but

a few moments each day and consists of the use of just Two Creams. And this is the way to use them:—

Always after exposure to dust or weather, and every night before retiring, smooth Pond's Cold Cream over your face and neck. Its pure oils penetrate the pores where dust and powder have gathered. Wipe off the cream—and the dirt—with a soft cloth or tissue. Repeat to get the last trace of dirt,

and finish with a dash of cold water. A little cream left on at night relieves the skin that is dry from exposure to sun, wind or dust.

Then, except at night, a soft finish and protection with Pond's Vanishing Cream. Smoothed lightly over the skin it takes your powder evenly and holds it long. And it is a protection against the drying, parching effects of wind and sun and dust.

Buy Pond's Creams—and try them yourself—at all chemists' and toilet goods counters. The Pond's Extract Company.

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The Long and the Short of it!

Whether you've joined the great majority of the "shorts" or are still clinging with fond affection to your "long," you'll begin to be disappointed with your hair for the next month or so unless you take the matter in hand now and adopt a few precautionary measures.

Why hair should get less satisfactory during the early spring months is hard to say, but certain it is that it does. Quite probably it is all part of the general "run-down" feeling so many people get—part and parcel of the general tiredness which comes with the first breath of spring in the air. Undoubtedly a great number of women get slightly anemic at this time of the year, and as the hair is like a barometer, going up and down with certainty and accuracy according to the general state of our health, it is probably this

will give you some of the iron salts which you need so badly just now.

So much for the general treatment, and unless this underlying structure is in order, all your lotions and local treatment will be of very little effect.

If your hair is greasy, it means that your whole scalp wants toning up, as the oily and sebaceous glands are lax and are letting the oil escape too freely. Here massage will be of the most use, and although for a few days, the oiliness will seem even worse, this is only the preliminary stage to the general improvement. Massage well with the tips of the fingers and the following lotion which is stimulating and also good for removing excess of dandruff. Mix two drachms of dilute acetic acid with one drachm of tincture of



Mrs. Spencer Lamb, nee Miss Elka Pollard, Auckland
S. G. Dobson, Auckland

general want of tone throughout the whole system at whose feet the fault must be laid.

So, if your hair is already beginning to look lank and lifeless, consider the benefits of a short course of iron together with extra feeding up, and don't forget that Nature is giving you a strong dietary hint just now by producing her fruits and vegetables with a liberal hand. So don't forget a ripe apple with your early morning cup of tea, and a grape fruit or orange for breakfast, and a fruit salad made with fresh fruit for lunch. Spinach may well replace potatoes, and vegetable soups

cantharides, four drachms of glycerine, and three drachms of spirits of rosemary, and then add water to make an eight-ounce bottle. It is well to have a bottle of this always on your dressing table, as hair soon responds to its use.

If your hair is full of dandruff, and nothing is so humiliating as to find little white flakes on the dark collar of your coat, rubbing in a little pure listerine is very effective. A small bottle can be obtained at any chemist's. Another excellent remedy is colossal sulphur. The external kind should be asked for

Continued on page 48

BEAUTY'S NEEDS IN OUR CLIMATE

FOR the past two hundred years Roger & Gallet have made scientific research in every climate. This intensive study of the distinctive needs of each has brought into existence a range of face powders of different textures that are unrivalled throughout the world.

Roger & Gallet recommend for Australia, Veloute and Fleurs d'Amour. These will impart to the skin that evenness of shade so sought for, and that transparency resembling the lovely bloom so admired on the faces of children and young girls.

VELOUTE POWDER

In Floral series, of which Flores de Tokio is the most popular.

FLEURS D'AMOUR

Intangibly alluring and delightfully delicate.

LE JADE

The most ideal powder to be used over Vanishing Cream. This precious perfume with all the allure of the East, is at present the rage in Paris.

Owing to their enormous sales, Roger & Gallet are able to sell the best at the lowest price. Order a box of one or all of these exquisite face powders from your chemist to-day.

Roger & Gallet

EXQUISITE FACE POWDERS

The accompanying photograph illustrates the artistic effect of a Permanent Wave by the "Eugene" method, executed at Hendy's Toilet Rooms, Dunedin, where every branch of Hairdressing is executed by thoroughly skilled artistes.



Ladies desirous of Shingling, Shampooing, Hair Tinting, Marcel Waving, Face or Head Massage, may rely upon skilled attention in every department, at moderate charges.

Mr. Hendy is also sole agent in New Zealand for Dr. Wilson's Regenerator, the British specific for checking prematurely grey hair. It is obtainable throughout New Zealand from all leading chemists and toilet depots; also from J. R. McKenzie's Toilet Stores in Auckland, Wellington, Christchurch and all branches. Price, 4/- per bottle. If your hair requires a good tonic try it—you will wish for nothing better.

A. M. HENDY

HAIR SPECIALIST

DUNEDIN



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Glaxo is the only food which has been used to rear the children of five Royal Nurseries

Thousands of lovely children to-day are eloquent testimony of the splendid food value of Glaxo. Whether as baby's entire food, as a supplement to breast feeding, or taken by the mother both before and after baby comes to induce breast feeding,

Glaxo stands alone as the safest, purest baby food, and the closest substitute to nature's food that is known. Glaxo contains EVERYTHING baby needs for perfect development, and is most simple to prepare.

first GLAXO and then GLAXO MALTED FOOD

When the first little white tooth appears, it is the signal that baby needs stronger food. A spoonful of Glaxo Malted Food added to the Glaxo will safely bridge the difficult step to more solid food. Glaxo is SAFE it means happiness, both for you and for your baby.



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Please send me a copy of your 136-page
Baby Book, for which I enclose 1/- in
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Name

Address

State baby's age

The Higher Education



It is often a matter for doubt among people of average intelligence whether education is quite so beneficent in its results as its protagonists would have us believe, and whether the many millions of pounds spent on it annually are justified by the results.

We have, on the one hand, an army of bright brains, who spend their lives in discovering all sorts of quaint things, which do not serve any such useful purpose as to lower the price of women's dresses or raise the quality of men's beer, while, on the other hand, is another army of less remarkable but equally dogged brains who spend their lives in trying to drive knowledge into the skulls of young human animals.

Let us take these two in turn and try to discover whither the learned are leading us. The professors and scientists and specialists and statisticians first.

One professor has just decided that in a hundred years hence there will be nothing in the world to laugh at. From which, we may assume, that by then there will be no professors.

Another, who lives in America, has discovered that typhoid germs can live for ninety-six days on a dollar bill. This is a feat that would beat even that thrifty race the Scots. It also demonstrates what I had long suspected, namely, that a dollar bill of the average character is quite a meaty proposition.

Another expresses the conviction that the Ten Commandments were never meant to bind the Gentiles, but only the Jews. This idea, however, is not new. It has been the guiding spirit of the Gentiles for many a century.

A learned relative of mine, Uncle Abe, specialises in many subjects, but he keeps methodically to each of them in turn. The subject of teeth is the latest to attract his attention. He predicts that mankind will be toothless in about thirty to sixty thousand years.

You may say that this is rather unnecessary information. But I am sure that Uncle Abe's wish is to broadcast it without delay, so that the dentists will have plenty of time to learn another trade, and the toothpick factories will be able to get rid of their stocks.

A pet theory of Abraham's is that civilisation ought to regard thieves and murderers and triplets and twins as blessings in disguise.

All of these four are most interesting topics of general talk, and when one realises the amount spent annually on police and prisons, and safes and locks, and cash registers, and cradles and oceans of milk and baby-clothing and doctors and nurses one can realise how sound is Abraham's philosophy.

Abe has lots of critics. "Instead

of talking drivel about teeth and twins and thieves and things he knows nothing about," says one. "Why doesn't the old idiot invent something to give us more sunshine and less rain and cold and worry?"

Well, I understand that he has invented an anesthetic ray which beams upon you long after the operation—long enough, in fact, to cover the period of paying the surgeon's bill. What could humanity expect more?

Another scientific big-wig says he has discovered that hair grows on deadheads; not the theatrical variety, but the heads of dead folk. Now, this is just the sort of soothing syrup that cannot fail to gladden the hearts of all bald persons who hear about it.

I read the other day that scientists have proved—at least to their own satisfaction—that the greatest depth of the ocean is six miles. This will be found of real value to all those poor fish who want to enjoy a spell of peace and rest away from combial and other enemies who want to catch them.

A professor with a passion for studying the ways of small fry declares that fleas can go without food for two weeks. From the look of most professors I don't blame the fleas. All other kinds of people are agreed that, if fleas can fast, they won't.

Another professor, who has been engaged in measuring ancient and modern skulls, states that our faces are growing longer. The ancients, of course, had better weather and no income-tax.

One daring statistician has even entered the realm of woman. But being a woman herself she, perhaps, has a right there. She says that "the average girl has a vocabulary of only three hundred words." Well, I bow to the expert always. But if this one is right, I will say that the average girl has the biggest turnover on the smallest stock of goods in the whole world.

According to an eminent doctor, there are two million sweat glands on the surface of the human body. This statement leaves us cold, except on a really hot day. But at least it rouses our admiration. The doctor must have given up all his patients in order to find the time to make the count. What patience!

It is recognised that farmers are a family of gamblers. Another insect pest has been added to their troubles. Won't some biologist give the farmers something to cheer them, by producing an insect which eats nothing but weeds?

I must say I think that some of these specialists are decidedly dangerous to the community. They spend most of their time inciting strange and nasty bugs to breed in

Continued on page 47



Ever been caught like this?

HOW many batches of scones have you spoilt? Spoilt because you forgot to put in soda, or put it in twice.

You can prevent this annoyance by using Edmonds Baking Powder. Because of its uniformity Edmonds gives the same good results every time. It is made from pure grape cream of tartar, and is therefore wholesome.

Scones, cakes and biscuits made with Edmonds Baking Powder are always light, dainty, tasty, and keep fresh for several days.

Over two and a quarter million tins of this remarkable baking powder were sold last year in New Zealand.

Head your next
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"SURE TO RISE"

Investigation proves

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KOLYNOS

DENTAL CREAM

Obtainable at all Chemists and Stores.

LADIES!

Buy SOUTHALLS' TOWELS . . .

THESE sanitary towels have changed the habits of woman all over the world, so much so that it seems odd now to think of old-fashioned makeshifts.

Southalls' Towels

Should be included in every woman's toilet equipment. They are Inexpensive, Comfortable, Hygienic, and absolutely safe. Sold by Drapers, Chemists and Stores everywhere.

When buying sanitary specialities ask to see

SOUTHALLS'

THE ORIGINAL AND BEST

They are British Manufacture

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35 ALBERT STREET

AUCKLAND

Fragrant Memories



Have you ever noticed how a sudden waft of perfume or the scent of some particular tobacco will conjure up memories of people and scenes you had thought almost forgotten?

There is nothing a woman should be more careful over than her choice of perfume.

There's a whole world of difference between bending over a bed of lilies-of-the-valley in the moonlight, and sitting next to a lily-of-the-valley scent-drenched woman in the train in the early morning.

Regulate your perfume to time and place.

Consistency

To begin with, be consistent. When you've found a scent that pleases you, stick to it. Let your bath salts, soap, complexion powder, talcum and scum all be the same. This is the only way to regulate their strength.

evening. And here are a few hints for the application of scent.

Never scent woollen garments—in fact, to be on the safe side it's better not to scent your coats and frocks at all. Perfumes have a trick of getting stale on clothes, and then they are far from *appétissant*.

Just a drop of scent on the lobe of each ear and in the palms of the hands is ideal. And if you like you can put a little on the bend of the arm. But not if it's too strong—the perfume, not the arm!

Handkerchiefs may be scented, but oh, so very lightly, and never scent any "undies" unless they are to be washed after one wearing. For these clothes a sachet laid among them in their drawer is ample.

Personality And Perfume

Another important thing is to be sure that your perfume is in keeping with your personality.



Two promising Nurses—Lorna and Patsy Thomas, of Kete, Dunedin

In the morning, leave it to your bath salts, soap, and your talcum powder. If they are good they will prove quite strong enough to give your skin that attractive fragrance and make it fresh and sweet.

Eggs and bacon eaten to the accompaniment of a cloying Eastern perfume are never a success.

And is there anything more deadly than an overpowering smell of amlie on the golf course or the tennis court? It fairly kills that good clean smell of grass.

After a strenuous game, however, a little eau-de-Cologne or lavender water is not only permissible, but delightful.

Scent Time

Don't touch your scent bottle until the late afternoon or early

Are you the outdoor girl? Then hunt around until you find the scent that is fresh and clean, that suggests the heather, the wild flowers and the open air.

If, however, you are at your best in the evening amid music and soft lights, you should choose a more languorous scent that conjures up visions of the East.

The girl who bears the name of some scented flower has the problem already solved.

And one last but most important word of warning—stale smoke never smells nice! So beware!

A woman without a sweet scent is as incomplete as a beautiful flower without a perfume; but a scent-sodden woman is like—well, words for a simile fail me!

Brushing the Shingle



The shingled woman has come to rely almost entirely on her coiffeur for all the care and attention her hair receives.

She visits her hairdresser once a week, and spends a great deal of money on shampooing, waving and trimming. In between these visits she treats her hair with the utmost care, and would be horrified if it were suggested that she was neglecting it. She combs the waves gently to help them to "stay in," and sleeps in a dainty cap of net and ribbon to prevent their disarrangement at night.

If a friend of an older generation should innocently suggest a course of brush drill, the shingled one is horrified. Very few short-haired women use a hair brush, although some of the Eton-cropped maidens have invested in "military" brushes, and, with one in each hand, give their hair a vigorous brushing just as their brothers and fathers do.

The Old Way

The old régime of ten minutes' brushing in the morning and ten minutes at night has passed, and, on

the whole, our hair is not improved by the omission. Its beauty is all on the surface, and frequently the scalp is not in a healthy condition. Dandruff, the commonest of diseases of the scalp, is, so doctors say frequently the cause of other and more serious skin diseases, and there is nothing like regular brushing to remove the accumulation of tiny scales and grease from the scalp.

When the scalp is dry and irritating after washing, and the little scales of the skin are scattered when the hair is combed, when it becomes heavy and greasy in less than a week after the shampoo, then is the time to turn again to the hair brush.

Our mothers knew the value of that ten minutes' brushing at bedtime, and if shorn locks are to retain their beauty, the shingle comb must make way for the hair brush.

A FEW TOILET HINTS

(By PHYLLIS MONKMAN)

In this article Miss Phyllis Monkman, who is universally acknowledged to be the most beautiful and fascinating artist on the English stage, gives a few hints on the care of the Complexion, Hair, etc.

A perfect complexion is, like the proverbial poet, born and not made, but I do not quite agree. Whether one's complexion is good or otherwise, depends very largely upon the care one bestows upon it.

Never use a face cream unless you are sure that it is a really good one, and if you take my advice you will always use pure merozilized wax. This preparation makes the skin soft and white and keeps it eternally fresh and young-looking, for it gently and imperceptibly peels off all the dead outer skin, and leaves the new skin beneath. I believe everyone has a pretty complexion underneath you know, and it only requires a little merozilized wax to remove the ugly old one and disclose the new pretty one.

Just get a little merozilized wax from your chemist, and when you go to bed, smear a little gently over your face and leave it on all night. Then in the morning wash it off, and even after one night's use you will be surprised at the improvement you will notice.

For the Hair.

The chief point in the care of one's hair is the choice of a good shampoo. You want something which will make it soft and fluffy, and yet not too dry. For this you cannot do better than use a little stallax. Stallax is not a new preparation, and it was known to our grandmothers who took far more care of their hair, I believe, than we do, and it not only makes the hair soft but brings out all the bright lights in it. Put about a dessertspoonful of stallax granules (which you can buy at any chemist) in half a pint of hot water, allow them to dissolve and use as an ordinary shampoo, and unless you wish to, you need not rinse your hair, for stallax leaves it quite soft without rinsing. Should your hair be thin or falling too much, I would advise you to get two ounces of boranin and mix it with water and a little bay rum. This you should dab into the roots every night, after massaging the scalp for five minutes with the tips of the fingers. In a few days the excessive fall will stop and soon you will have quite a fine head of hair.



"OVALTINE"

Prepared from ripe barley malt, creamy milk and fresh eggs, "Ovaltine" presents the concentrated nutriment and nerve-restoring elements extracted from these natural tonic foods.

Independent analysis certifies that one cup of "Ovaltine" contains more nourishment than 12 cups of beef extract, 7 cups of cocoa or 3 eggs. "Ovaltine" is also a valuable source of strength, giving health and vitality and restoring in fatigue.

Sold by all Chemists at 2/6, 4/6 and 8/-

A generous trial sample of delicious "Ovaltine" will be sent on receipt of 3d. in stamps

Apply to New Zealand Agents: Salmonds and Spraggon Ltd., Wellington, N.Z.

Sound Sleep

Sleeplessness is frequently due to nervous debility and digestive unrest. "Ovaltine" is rich in those elements which restore the nerves and correct digestion. Taken just before retiring, a cupful of "Ovaltine" promotes sound and refreshing slumber.

OVALTINE

TONIC FOOD BEVERAGE

Builds up Brain, Nerve and Body

SYDAL

A touch of Sydal rubbed gently into the skin preserves the soft white suppleness that is admired.

2/- & 7/6 a Jar. 6

HAND EMOLLIENT



Beauty That Attracts
— so enchanting and alluring it commands the admiration of all. You can possess this soft, fascinating appearance instantly thru

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ORIENTAL CREAM

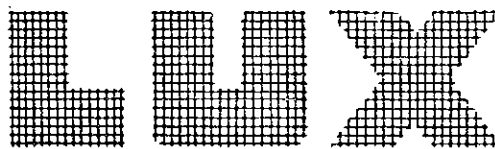
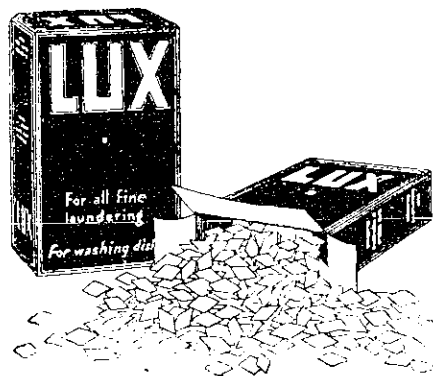
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Lovely Lingerie

THE modern girl is very careful with her precious underwear. LUX, and only LUX, is permitted to wash the airy-fairy truffles of her intimate wardrobe, those undies and stockings of gossamer silk. She knows that, washed in LUX suds again and again, they look and feel as though they had come fresh from the loom.

The satin-like diamond flakes of LUX are made to melt instantly into a rich foam of almost magic cleansing power, which yet is gentle to the frailest fabrics. Buy LUX in the big new packet, and use it for all your fine laundering. Lever Brothers (New Zealand) Limited.



Now in two sizes

The Higher Education

Continued from page 42

their millions in order to prove some theory or other.

It must be, admitted, however, that others are practically harmless. All they do is to play about with explosives, poison gases, and other lethal machinery that are used outside the laboratory only about once in a century.

Now for a look at the results achieved by the other army of bright brains: the gallant ranks of men and women who wage daily war (eight months of the year) against the defence of the human young with the weapons of Latin, logarithms, Greek, geology, and tons more junk of similar value.

The human young reply to the attack with missiles such as these:

"A relative pronoun is a family pronoun, such as 'mother,' 'brother,' 'aunt.'"

"Oliver Twist had a very good effect, for people saw the work-houses in a different linelight."

"Degrees of comparison are: bad, very sick, dead."

"Shakespeare was the author of *Omelet*."

"The plural of ox is oxo."

"Crewe is the biggest conjunction in England."

"Shakespeare married Anne Hathaway, who, it seems, lived up to her name, and had her own way and gave Shakespeare a hot time of it."

"Rhubarb is a kind of celery gone bloodshot."

"The cow gives us milk. A young cow is called a calf, and gives us jelly."

"The Prince of Wales uses a different title when he travels in Congo."

To conclude this commentary on the question of "Whither are the learned leading us?" in a fitting manner, one need but say *ars celare artem*, or (if you prefer it) some folk who are reputed clever are more than clever at concealing it.

New Relationship of Sexes

Girls More Comradely, But Not Less Maidenly

By LADY OSSULSTON

Later there has been a constant and undignified bickering between those who uphold the Victorian as the paragon of all the virtues and those who consider that until the advent of the modern girl, women were nothing but a dull and inferior prototype of man. The fact is, people who make these generalisations are as wrong as those who make sweeping and prejudiced statements always are.

The two types certainly express as wide extremes of difference as is possible between two kinds of one species. Both extremes have charming attributes and odious ones. The seclusion of women in the home and the repression and artificiality of the Victorian code bred a creature who had insincerity and affectation forced on her, whose reasoning was warped by sentimentality, and who was urged to emulate the "patient Griselda" in all things—a type which insistently reminds one of a beast of burden.

On the other hand, the slap-dash, mannerless, domineering, brusque ways of many present-day girls are equally irritating, but should, I think, be regarded as the vice of her virtues. These are sincerity, straightforwardness, a dislike of artificialities and affectation, independence in wishing to be self-supporting, a broader outlook which mistakenly tries to express itself in a disregard for the "little" things of life.

The Victorian lady had many beautiful things about her, too—unselfishness, dignity, gracious manners, womanliness, and strength of char-

acter; and the modern girl could learn much from her example.

I believe that the unpleasant extremes which we deplore to-day are the result of the mushroom growth of women's rights in the forcing-house of the war. Few people realise what the thrill of such new-found freedom could have meant after long repressing. It meant not only freedom but new spheres of usefulness and capacity. Is it to be wondered at that in the intoxication of the moment woman lost her head?

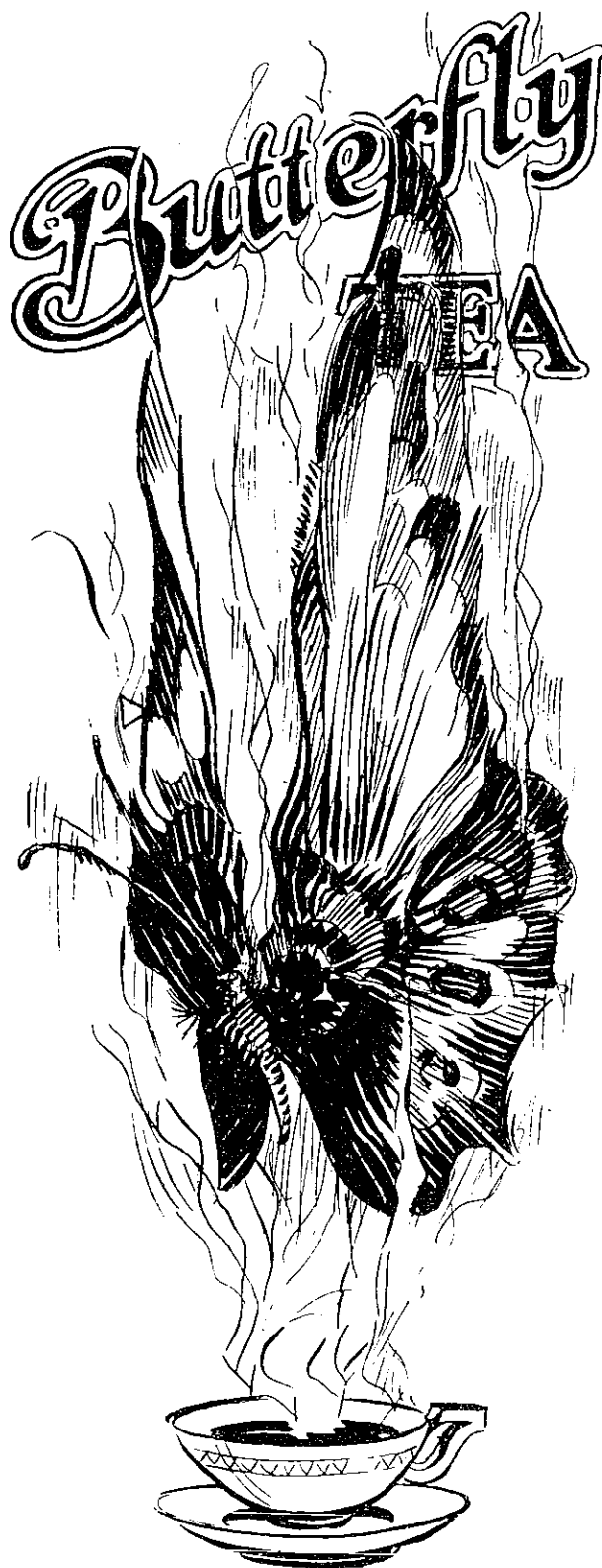
The sensible ones will rapidly shed the extremes and find the happy medium of deportment, which in this, as in all things, is the ideal. The pendulum is continually swinging and is about to do so again—indeed, there are indications that it has already started; the masculine pose is beginning to wear off.

I most of all admire the attitude of the modern girl towards marriage. Her slogan is partnership—not dependence. This, to my mind, comes far nearer the state of complete interdependence, which is the highest ideal in marriage.

The modern girl is not troubled by these thoughts, and only asks herself if the young man is interesting or amusing as an individual. This attitude means that she is becoming not unsexed but merely more discriminating, and she shows that she places love on a higher basis than mere sex-attraction. The man still comes along who storms the citadel of her heart, and it should then be well worth the storming—and keeping.—*Daily Graphic*.

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and all the hundred-and-one ills to which baby is heir.



The Long and the Short of it!

Continued from page 41

(that is, the kind sold for sulphur baths) and a teaspoonful of this should be added to a two-ounce-bottle of water. If this is found to cause smarting, a little more water can be added, and then gradually it can be used a little stronger as the skin gets used to the sulphur. This is much more effective than the old-fashioned sulphur ointment and much more pleasant to use.

Very dry, lustreless hair is crying out for extra nourishment and a hot oil shampoo will supply its needs very quickly. It is a simple remedy. All you need is a basin containing castor oil standing in a larger basin of hot water. Get the oil as hot as can be comfortably borne. Now part the hair in several places and into each of the partings rub in a little of the hot oil, and massage the scalp as you do so. Also scrunch the hair up in the hands,

and pat it here and there, so that it will absorb as much as possible of the hot oil. When the whole of the head has been covered, wrap a warmed towel round and sit in front of the fire so that the heat can continue as long as possible. If you are having a hot oil shampoo given professionally, they usually put several electric lights burning near you to keep up the temperature, but a seat on the hearthrug in front of the fire will do equally well.

At the end of about half an hour, finish off with an ordinary shampoo and you will be delighted at the softness and brightness which has returned.

Don't forget, that if you're a "short," a comb is of more use to you than a brush, and if you kink in your Marcel or your water-wave after every combing, it will last a surprisingly long time.



FATHER: "But, my child, is he thrifty?"

PHYLLIS: "Oh, yes! He has saved £300 out of the £3000 his Aunt left him last June."

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The Canadian National is the only railway that reaches Jasper Park, said to be the largest national park in the world, with Mount Robson (12,972ft.) plainly visible from the train.

Lovers of sport and big-game shooting will do well to stop over at Jasper Park Lodge, if plans per-

mit. Miles of motor roads and pack trails provide means by which this wonderful region can be enjoyed according to personal taste. Automobiles and horses are available for hire. Swiss and native guides conduct parties on climbing, hunting, and sight-seeing excursions. At Jasper Park, and also at many other points along the Canadian National Railways there is a splendid eighteen-hole golf course.

Stop-over privileges include stay at many other interesting places, where magnificent hotels are operated by the Canadian National Railways for the convenience of their passengers.

Through tickets, which must be endorsed "Canadian National," issued to all Canadian and European points. 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.



F. G. Radcliffe, photo

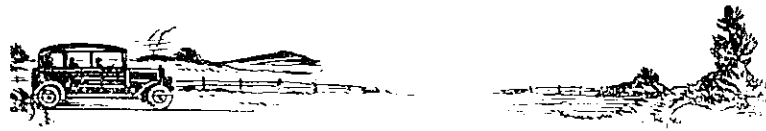
RUSSELL, BAY OF ISLANDS

From "N.Z. in Picture," Whitcombe & Tombs Ltd.

The King's Highway

A Motoring Causerie

By Sancho



With another summer looming ahead, the car-owner will do well at this season to make sure that all is well with the works. Now-a-days the motor-car is a more or less owner-proof vehicle, and few people give their cars the laborious personal attention that was customary a few years back. Nevertheless, a thorough look-over of all working parts at least once a year by a good, honest garage man is sound economy. The engine, gear-box, and differential are, of course, the most vital parts of the outfit, and should be given a good clean out and inspection for wear.

Front-wheel bearings are similarly worth looking to and as one's life depends on the efficiency of the steering mechanism it should be carefully examined throughout and worn pins, kingbolts, etc., replaced. The electrical equipment deserves a run over and wiring with frayed insulations should also be given attention. It will probably be found that the radiator can do with a good clean out and run through with washing soda. The springs should be carefully inspected and greased if necessary, and worn spring shackles replaced. In the course of this examination all bolts and nuts through the chassis will incidentally be tested for tightness, the whole of the bolts securing the body to the

chassis being gone over in particular.

There is no doubt that most of us scamp looking after our cars. The very fact that the modern motor will go on running with so little attention and will stand so much neglect is in itself a temptation to carelessness. In the end Nemesis overtakes the careless owner with a failure usually at the most inconvenient time a dark road, say, miles from anywhere, on a wet night when everyone is tired and anxious to be abed. Then with the rain trickling down our necks, and minus the torch, forgotten at home, or with an inspection lamp with a dead bulb, we grope for the toolkit and stub our fingers and our temper, searching vainly for the cause of trouble.

These are the sort of trying experiences one avoids by always keeping the car in good nick. Few of us enjoy fussing around in over-

alls, and most of us can spend a long time with a spanner in hand achieving very little. The best way out in most cases, I think, would be to turn the car in to an honest, dependable garage man to spend an hour on it once a week or once a fortnight, according to the amount one uses it. But perhaps, after all, this solution is not as simple as it sounds, for the ideally dependable garage man, alas, does not grow on every gooseberry bush. Such a one discovered is a jewel to be treasured.

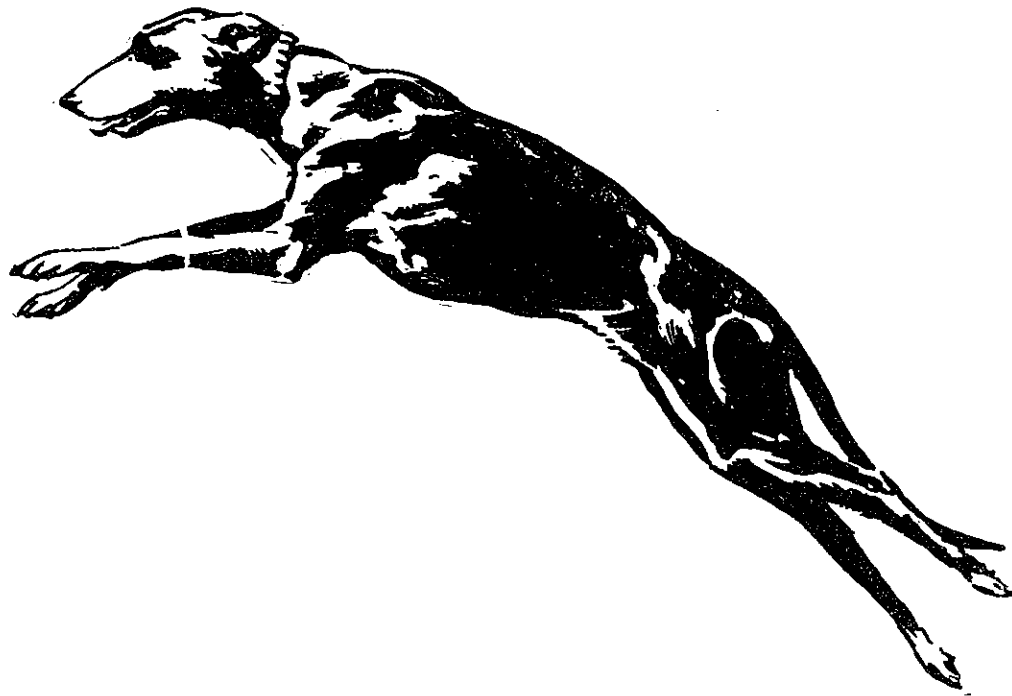
I hear a rumour that the Main Highways Board is increasing its staff so as to enable its engineer, Mr. A. Tyndall, to be up and about the country. At present Mr. Tyndall is tied to his desk in Wellington with routine work. The highways Board is handing out to the local bodies about half a million a year for the purpose of improving the roads, but at the moment it does not seem to be anybody's very special business to hop around and see

just what results that expenditure is producing. Nominally this responsibility rests on the district engineers of the Public Works Department. As most of these district engineers have railway construction works, hydro-electric works, and heaven only knows what else to look after, the amount of time left on their hands for perambulating the 6000 miles of main highways is not over-large. Systematic personal inspection by the board's engineer should help a lot in stirring the laggard counties from their slumbers.

A still-born movement buried more or less in a pigeon-hole in the biggest wooden building in the world in Wellington deserves a helping hand from the motoring organisations. This is the scheme initiated some years ago for the marking of historic spots, and the preservation of historic monuments. On tour it is always interesting to know about these places, and the youngsters in a family party can achieve a lot of history without tears when father is able to point out to them the site of some historic episode in the Maori wars. Especially is this the case if there is a cairn or obelisk with an inscribed tablet to freshen up everybody's memory as to what actually took place.

Continued on page 51

Coming —



The
WHAATEN

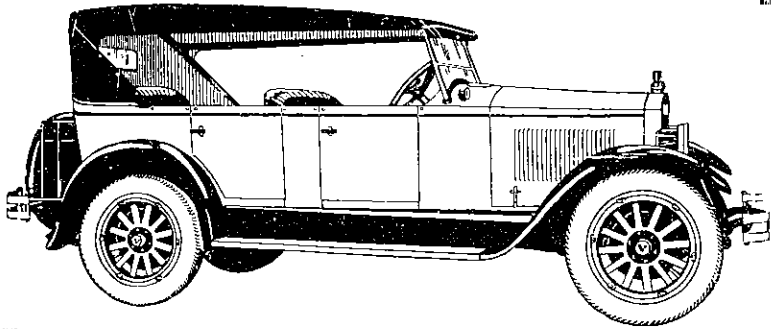
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a car we make
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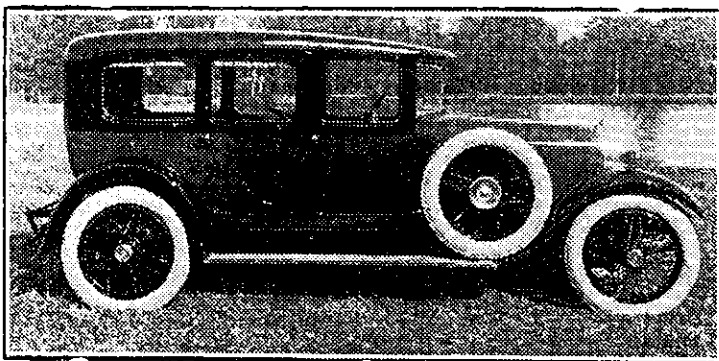
OVER a span of years that measures nearly the lifetime of the motor industry, there has developed a deep-rooted respect for the Velie. From the beginning the makers of Velie set out to definitely gain this respect. They believed then, as now, that a product of uncommon quality, designed and built to excel, is bound to win preference and they knew then, as now, that the price of this inevitable leadership would be a ceaseless vigilance and a constant striving towards still higher attainment. They knew that quality in the end must win out; hence the Velie is now recognised by owners and the general public to be an absolute quality Car. Its oiling system not equalled by any car on the market. With the vibrationless Motor that has no vibration dampers.

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WHEN ORDERING—SPECIFY A JOHNSON & SMITH Body.



The King's Highway

Continued from page 49

For instance, how many travellers hastening along the main highway south of Te Awamutu ever recall how much history is wrapped up in the crossing of the Punui River near Kihikihi? Isn't it worth while being reminded that this for nearly a quarter of a century was the jealously-guarded frontier of the King Country, the aukati line that the pakeha crossed at the peril of his life? It is an old song now, and the grass grows green along the battlefield, but the romance and tragedy of the old frontier days deserves its *memento mori* by the roadside.

* * * *

Not so long ago South Island motorists on tour in the North Island were loud in their remarks about the inferior quality of northern roads as compared with their own. Nowadays it is being realised that the South Island roads in parts are not so very much in advance of those in the North. I notice a southerner who travelled from Wellington to Auckland, via Taranaki, the other day reported to his home town that there was not fifty miles of bad road in the run, and nothing worse than the main Christchurch-Dunedin road near Dunsandel. A year or two ago no one would have written thus of a mid-winter run through the North Island.

* * * *

Despite the wide dispersion of good road-making material in Canterbury and Otago, it cannot be denied that considerable stretches of main roads in those regions have fallen below standard. One good Dunedinite with whom I discussed the matter last year solemnly and seriously averred that it was impossible for Otago to have good roads under motor traffic. It simply couldn't afford to lay down expensive concrete or bitumen surfaces, and there was no other sort of road at all that stood motor traffic. If one swallowed this gloomy statement, there certainly seemed no way out for motordom in Otago and Canterbury. Quite a different reason why the once-good roads are going back there is disclosed in the annual report of the Main Highways Board. It is the quite simple one that they spend less on their main roads there than in any other part of the Dominion! Another reason is the way the roads are mended by some of the local bodies, for no one has ever yet made a good motor road with stone of the huge size used so widely in parts of the South Island.

* * * *

A round-up of motorists in America to discover unlicensed drivers means a really tremendous upset in these days. The registrar in Massachusetts in June estimated that of the 700,000 motor drivers in that State about 15,000 must have failed

to renew or procure their driving licenses. In order to catch as many of these as possible it was decided to call on all motorists passing certain points in Boston to produce their driving licenses. It seems to have been an exciting turn-out, for on the main roads in and out of the city traffic is so dense, when anybody stops everybody else behind has also to stop. Jams and confusion were universal, and in the end, after holding up the whole city, the police



MASTER BERT SKEELS

Son of Mr. and Mrs. H. M. Skeels, of "St. Clair," Mt. Albert, is a talented boy soprano, who has recently been successful in securing medals throughout the Dominion, and upholds the title of champion in his class as a juvenile songster.

Gerald E. Jones, Auckland

bag was three unlicensed drivers, and three with expired licenses!


* * * *

Here is some advice from America that applies very generally in New Zealand, now that the filling station has come to stay:—"Tell those smokers in your car to be careful with their cigars and cigarettes when you have stopped for petrol at the filling station. Sometimes the ground is covered with petrol that has spilled out of the hose. Smokers on the rear seat have a habit of flicking their ashes promiscuously during the filling process. Suggest to them that they be content to motor on earth for a while longer."

* * * *

Hudson Coach

Owing to a typographical error in the announcement by The Dominion Motors Ltd., featuring Hudson cars, in the August issue of THE MIRROR, the price of the Hudson Super Six Coach Model was inadvertently mis-stated. Instead of £455, as published, the price should have read £465.



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 SHIFTS THE DIRT and GREASE
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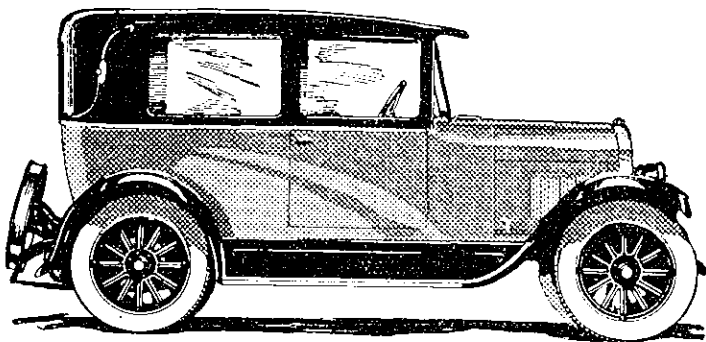
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The Battle of the Red Tail-Light

A Mere Pedestrian’s Thoughts on the Clash between Motorists and Cyclists

By K. R. G. Browne

For months now there has been raging in our midst a fierce and bitter controversy between two important sections of our community—those who possess motor-cars and those who go about their affairs less opulently but more silently, on bicycles. Insignificant causes frequently have widespread results, as witness the War of Jenkins’ Ear and the celebrated horseshoe-nail which determined the result of a battle which I cannot at the moment recall; and this impassioned disagreement which is dividing England against itself has its origin in nothing more impressive than a red tail-light.

Now it happens that at the moment, for economic reasons which it is unnecessary to explain in detail, I am neither a motorist nor a cyclist, but only a pedestrian, which as any cyclist or motorist will tell you, is a species of wart upon the body politic and the legitimate prey of all who travel on wheels. But in my time I have not only ridden bicycles with considerable verve and abandon, but also driven motor-cars belonging to people who did not know me well enough to prevent me. I adduce this evidence of my versatility, not in any spirit of braggadocio, but to show that, so far as this argument is concerned, I am in the position of a looker-on with sympathy for both sides and bias towards neither.

The position, as I see it, may be quite simply stated. The motorist urges that the cyclist should, in his own interest, be compelled by law to wear a red light astern after dusk. The cyclist flatly refuses to do any such thing. Hence the tumult and the shouting.

To take first the case of the cyclists—for they have but two wheels to fight with, as against their opponents’ four—these seem to be divided into two schools of thought. There are some who apparently base their arguments upon the theory that the aim of every conscientious motorist is to kill one or more cyclists per diem, in which ungentlemanly endeavour he would be materially assisted if his intended victims wore red lights to betray their whereabouts. As things are, say these theorists, the cyclist has at least a fair chance of escaping in the darkness; but force him to wear a red light, and he is as good as dead.

There are others who, while acquitting the motorist of deliberate homicidal intentions, yet insist that the discovery of a flattened cyclist upon his radiator at the end

of a run causes him no loss of sleep. Dogs, foot-walkers, and sheep, they argue, wear no tail-lights; why, then, should the cyclist? Let it be incumbent upon the motorist to avoid the cyclist if he can; but do not ask the cyclist to give him any assistance. The blame for the accident may thus be laid upon the motorist every time, which is obviously desirable.

The motorist, for his part, maintains that under present conditions a cyclist at night is quite the most invisible thing there is, as imperceptible as the jam in a doughnut, as hard to see as the point of a Scottish joke. How the dickens—inquires the motorist peevishly—can a fellow keep up a respectable average speed when he is liable at any moment to shoot round a corner into the middle of a flock, covey or gaggle of cyclists riding in open formation without so much as one rear light between them? Pantechnicons, hansom cabs and Atlantic liners—argues the motorist—wear red lights and make no fuss about it; why, then, this suicidal obstinacy on the part of cyclists?

All very difficult and complicated, is it not? One solution of the problem that suggests itself to me is that every motorist should be made to carry a searchlight such as is employed in ships of war, and every cyclist be persuaded to paint his back with phosphorus. Alternatively, if every cyclist could be compelled to drive a car, and every motorist forced to ride a bicycle, for a couple of hours twice weekly, I am confident that some workable compromise would very soon be discovered.

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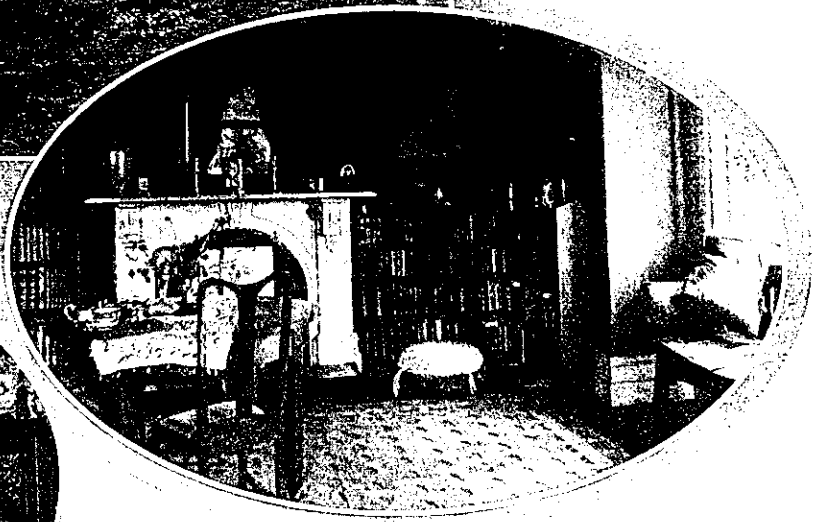
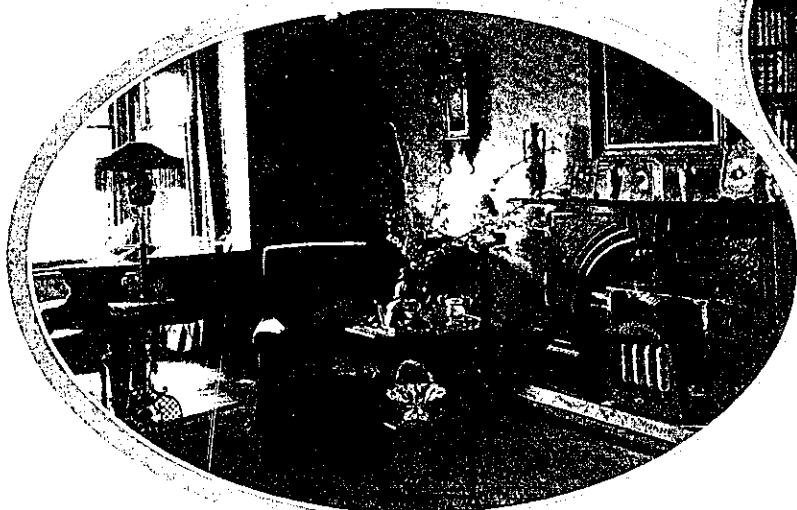
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Care of Your Tyres

By exercising greater care in the handling of their cars, motorists can materially reduce the size of their tyre bills. At present prices, increasing the useful life of a tyre by 25 per cent, will effect a considerable saving to the motorist's pocket-book.

Most motorists' tyre bills are a great deal higher than they would be if drivers would cultivate the habit of taking reasonable care of the tyres on the car. The first principle in prolonging tyre life is to transfer tyres to other wheels when wear becomes apparent as a result of position on the car, and always so to drive that tyres will not suffer unduly.

Front tyres should be switched to opposite wheels when wear appears excessive. As a result of steering the car, and crowding of roads, the left side of the tread of the left front tyre suffers abnormal wear, the situation being exaggerated in the case of balloon tyres.

Users of balloon tyres are urged to give them close attention, for the reason that this now popular type will give longer service if inflation is watched closely, and treads given frequent inspection.

Motorists are warned against unnecessary sudden braking of their

cars. This practice causes wear that can be avoided if the driver will try to make earlier preparation for stopping. Since parking is often the source of tyre evils, car owners are cautioned against setting the machine too close to the kerb or driving against it, and thereby squeezing the sides of the tyres.

Listen for Engine Knocks

Engine knocks are important signals to the car operator, which, in the interest of the long life of his car, he should heed immediately. Furthermore, the ability to tell one knock from another is as necessary as it is rare.

There are, in general, four different sorts of knocks: Overheating, carbon in the cylinder head, spark advanced too far, and loose parts.

A knock due to overheating will be noticed on a hill and also on the level roads. It can be differentiated from other knocks by the fact that it is invariably accompanied by a rise in mercury in the heat gauge on the radiator cap. A spark knock occurs only when the engine is pull-

ing against a heavy load, as on a hill. If the knock disappears when the spark is retarded, it may be set down as due to carbon.

A carbon knock is often mistaken for a knock due to overheating, as it increases in loudness on a hill, and has another symptom in common, causing the engine to run after the switch has been opened.

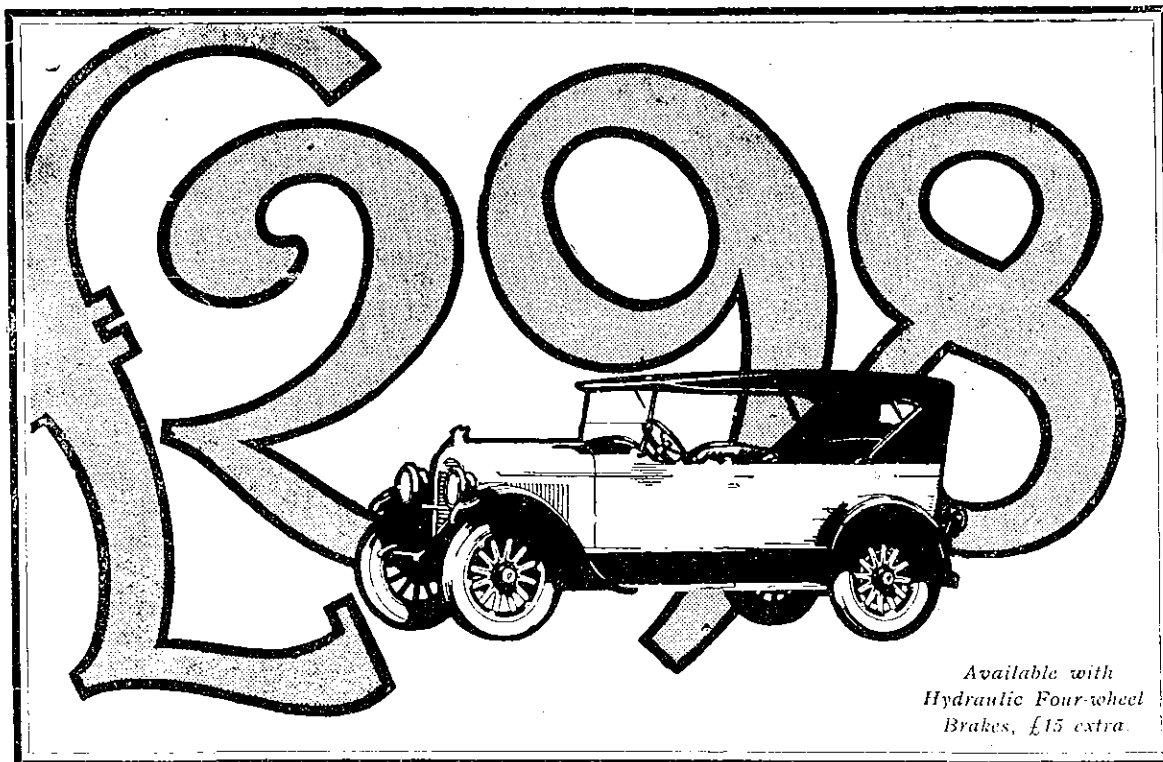
If the knock does not appear to come from any of these three causes it may be a piston slap. This occurs generally in old engines, and can be stopped by re-grinding the cylinders and fitting new pistons and rings. If this is not the trouble, then it must be some loose part, an exceedingly dangerous condition and one which may wreck the engine and the driver. In this case, the motorist should get the assistance of an expert mechanic at once.

By Rail or Car?

A private motorist has driven from London to Aberdeen in twelve hours and three quarters, rather more than half an hour longer than is taken by the fastest regu-

lar express train. In New Zealand this, of course, means little, as our "express" trains are extremely dilatory compared with those in the Old Country. However, it may be mentioned that the journey referred to was made in a standard touring car and not in a racing machine, and though nobody would suggest comparing an isolated feat of this kind with the daily achievements of the railway train, it may serve to point the moral of the very severe competition which the railways have now to face.

Commenting upon the rivalry of the motors against trains, an English critic makes some remarks which are particularly applicable in this country. The writer says: - "Their fifty-year-old monopoly of the carriage of passengers and goods is ended, and proud and grateful though we are for the service, the finest in the world, that they have given us, sentiment cannot hide the fact that the railway has now to prove itself more efficient taking comfort, speed, convenience and cost together - than the motor-car, coach or lorry. From this point of view it seems strange that the railways are now asking for powers to increase their charges. That surely is not the way to meet competition."



*Available with
Hydraulic Four-wheel
Brakes, £15 extra.*

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THE clear-sighted decision of Walter P. Chrysler to adhere to the manufacturing economies of 4-cylinder design for the lower price field, brings Chrysler quality and performance within the reach of all.

25 miles per gallon.
5 to 25 m.p.h. in 10 secs.
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Official return for May showed Chrysler sales already THIRD largest in New Zealand.

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Motor and Wife

Reflections upon their Choice

Mr. Arnold Bennett has been telling us to choose a wife as we choose our motor-cars. A sensible man chooses a motor-car not so much by its colour and upholstery, but by its engine-power and smooth running. Similarly, though looks and form are not to be disregarded among the claims of a prospective wife, good temper (which is smooth running) and household management (which is engine-power) are still more important. We are advised, further, to make dispassionate, impartial and tactful inquiries about the lady (as we do about cars) in order to discover whether her private manners are markedly different from her show-room manners. The analogy between marriage and the purchase of a motor-car breaks down, in fact, only in one respect—that there can be no trial run before marriage.



"Stepping Into Daddy's Shoes"
Master John Nelson Kerr,
Summer, Christchurch

Something Better Than Romance

How much wiser Nature is than Mr. Arnold Bennett! Has it never struck him that the proportion of married men who are satisfied with their wives is greater than that of the car-owners who are satisfied with their cars? I have no figures of divorce by me, and I cannot carry figures in my head, but the number of unhappy marriages is surprisingly small, especially when you consider how rashly some people enter into the state of matrimony. The truth is that if a man and a woman like each other, the odds are that they will get on quite well together.

The romance goes fairly soon—perhaps the sooner the better, for romance is a difficult thing to sit down to breakfast with, but in the vast majority of cases it is succeeded by something that is more durable and permanent than passion—namely, friendship, mutual loyalty

and helpfulness, and the possession of common interests.

Man's First Love and Second

I have noticed that when men grow weary of their first love and begin a second the second shows a strange tendency to revert to the first type. The unfaithful husband commonly chooses someone who is an inferior version of his lawful wife—not, as you might imagine and as the books make out—someone who is her antithesis. Compare that with a man's treatment of his motor-cars. He can, if he is wealthy enough, get a car exactly to his own specification; but the odds are that when he gets another he will prefer another type altogether.

The car, again, when it is being sold makes no attempt to push itself, and is neither forward nor shy; the atmosphere of a sale is one of pure reason and cold calculation. And yet there are more mistakes made in the purchase of cars than there are in the marrying of wives. Consider, too, how simple is the task of the car and how enormously complicated the relationship of marriages; yet how seldom does the wife go back to her mother, and how often the car goes back to the maker.

The truth is that Nature is often wiser than reason. It has often been noted that tall men prefer small women, and *vice versa*. What a merciful thing that is. For if we contracted marriage as we buy a car, the tall man would marry a tall wife and the short man would have to be content with a little wife, with the result that in a few hundred years humans would be either dwarfs or sons of Anak.

Nature's Wise Balance

As with physical peculiarities, so with those of the mind and of character. Nature is always working for her norm and average. And is not that a scientific justification for that strangely unscientific process called falling in love? Just as our senses warn us of the approach of danger to life and health, so this falling in love comes from a deep instinct within us by which Nature preserves her balance of golden mediocrity, and humans have the best chance of attaining the settled happiness which lives neither on the peaks nor in the depths of emotion, but in the broad, fat, level plains of contentment.

The mechanical and intellectual view of marriage is wrong. If we choose our wives as we choose our cars, we should want to change the one as often as we do the other, which would indeed be a calamity. The happy marriage of man and woman is not a mathematical equation. It is a subtle chemistry, and just as the tongue can taste differences in wines that defy the analyst, so there are ethers in married happiness that only Cupid can detect.

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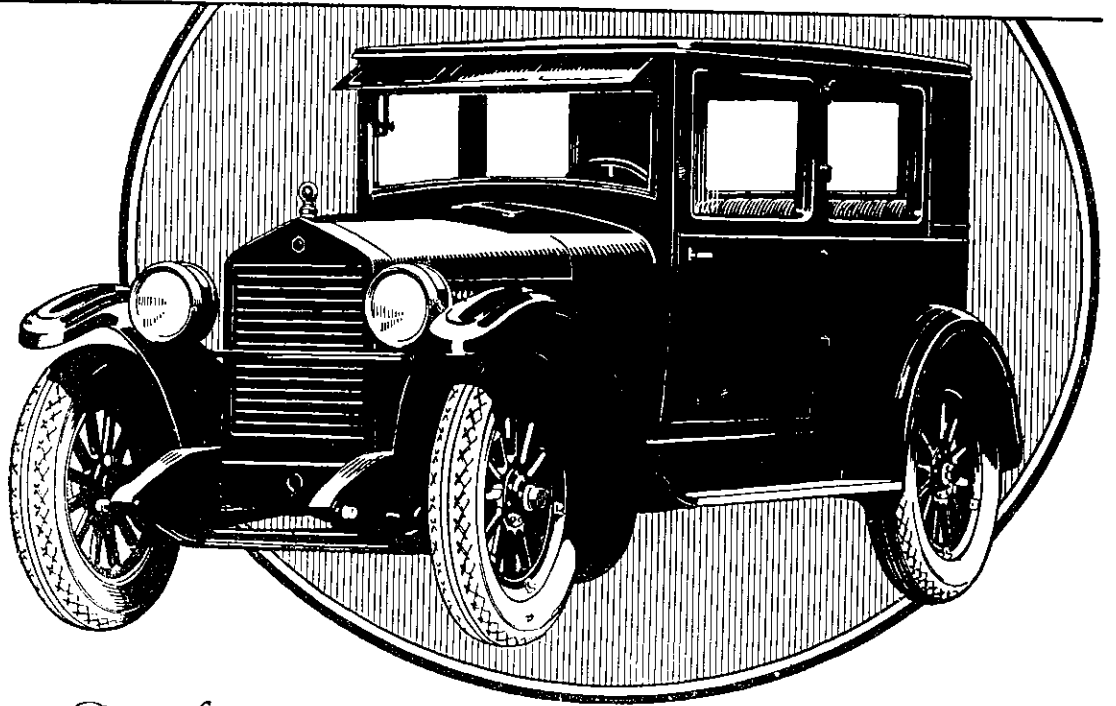
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Secrets of Good Cookery

It is not only the professional chef who wins laurels in the art of cookery. There are many well-known men in Society who are excellent cooks. The Duke of Atholl is well known for his culinary skill, the Duchess having once remarked that she need never feel worried if there were no cook in the kitchen, for her husband could always turn out an excellent dinner. Another well-known cookery expert is Mr. Monteith Erskine, Member of Parliament for St. George's, the writer of this article.



As a young man in the backwoods and wilds of America, I either had to cook my own food or starve. I preferred the former. I soon learned to do myself pretty well. It was necessary, however, to ring the changes on such things as white salt pork, baked beans, sweet potatoes, corned beef, flour and maize meal in varying combinations. When hungry after a day's shooting, and, after all, hunger is the best cook, meals such as these were not to be despised. These were my apprentice days in the art of cookery, and surely there is no better teacher than necessity.

The Simple Things

It is the simple things in cookery that require the most attention. Take the potato, for instance. There are hundreds of ways of cooking it, but few people know how to boil a potato. The right and proper way is not to peel off all the best part, leaving nothing but the core, but to first wash the potato well, and then boil it or steam it in its skin. It can then be easily peeled. You not only get the most nourishing part of the potato, but you also save all waste.

Cabbage the same. Never boil it, for if you do, all the salts go into the water, which is thrown away, and what is left contains about as much nourishment as straw. Go to France if you want to know how to make the best of vegetables.

One doctor tells me that tomatoes are indispensable to health. Another says they are pure poison. Be that as it may, the fact remains that they are a great stand-by in all good cookery. They should, however, to be at their best, be sun-ripened. Most of the injurious acids are in that way eliminated. How decorative and tasty they are in any salad, and it is curious how beauty in a dish tickles the palate as well as pleases the eye.

Salads And Salad Dressings

Talking of salads, I have my own ideas about them. In the first place you can make a salad out of almost anything. The heart of a savoy shredded very finely forms an excellent basis for one, and I can leave it to the ingenuity of the reader to add the other ingredients. With regard to salad dressings, experience has taught me to discard vinegar, for its effect on the digestive organs of many people is far from beneficial. There is an excellent substitute to be found in lemon juice, and I would defy even a gourmet to find

any loophole for criticism. The dressing should consist of salad oil, the yolk of a hard-boiled egg, mustard, salt, pepper and a lemon juice mixed in the usual proportions.

Most people are under the impression that an egg has only to be put into boiling water for two and a-half or three minutes to be fit for the table. A great improvement in delicacy and digestibility is derived by placing the egg in cold water and bringing it to the boil. Likewise a poached egg should be steamed rather than boiled to get the best results.

Irish Stew

My great dish is Irish stew, such as the sportsman relishes at a shooting lunch on a cold winter's day. The secret is to prepare it a day before it is required. This gives the opportunity of skimming off the fat when the dish is cold. It can then be re-heated as required, which makes all the difference between a wholesome and an unwholesome dish. In your stew-pan put a layer of onions, then a layer of potatoes, and then a layer of cutlets and repeat the process until you have sufficient for your purpose—of course, adding the black pepper, salt and seasoning and enough water. Three or four hours will not be too much for this savoury dish. So much for cold weather food.

Now for the Summer. A dish to my liking is a well-made curry, a real hot climate dish. Not nearly enough sweet ingredients are, as a rule, made use of. Be liberal with apples, sultanas and dried plums, not forgetting that the basis of success is the well-browned onions; and, I may add, let your Chutney be of the best. Good rice cooked to a turn, and you have a meal to which any jaded appetite will respond.

"The air bites shrewdly, it is very cold."—Shakespeare.

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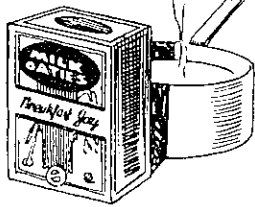
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Breakfast Joy

Prepared by Fleming & Co. Ltd., Gore

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Party Sweets

DATE PRALINE:

- INGREDIENTS.
- 1 cup crystal sugar.
 - 1 cup water.
 - 3 dessertspoons Davis Gelatine.
 - 1 cup icing sugar.
 - 1 cup dates (chopped).
 - Essence vanilla.

DIRECTIONS.

Moisten gelatine with cold water. Boil crystal sugar and water in a saucepan for 30 minutes. Then thoroughly dissolve the moistened gelatine. Take off fire and allow to cool. Add 1 cup icing sugar, which is thick and white, and then add the chopped dates and vanilla and stir until thoroughly mixed. Pour into greased tins and allow to set. Cut into squares and roll in a little icing sugar and cornflour mixed.

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Health Secrets!

By A PHYSICIAN

Diphtheria Prevalent

There is still a great deal of diphtheria about. Every sore throat, especially in a child, should be viewed with suspicion.

In the case of this disease, the sooner treatment is begun the better. Every day, every hour of delay is dangerous.

Save The Tonsils

I am glad to see that the tendency to remove the tonsils in every case in which these useful structures are even slightly enlarged is growing less.

I remember, in this connection, hearing a famous physician say once to a young surgeon who was advocating operation on every enlarged tonsil: "My dear sir, if you are right

Eating And Drinking Together

And not less important is the rule to abstain from eating and drinking at the same time. The "washing down" of food with draughts of cold water or tea or even beer is a very bad habit indeed. The digestive juices are greatly weakened and indigestion and flatulence almost always result sooner or later.

This evil is usually attended by another of the very existence of which most folk are unaware. I refer to the habit of "air-swallowing." Indigestion and air-swallowing are very frequently cause and effect.

The person who unconsciously swallows air soon becomes distended and profoundly uncomfortable. Faint attacks may occur, or even an actual



GUSHING YOUNG PUPIL: "Ah, Professor, if ever I make a Pianist, I'll owe it all to you."
PROFESSOR: "Pardon me, young lady, my terms are quarterly—in advance!"

the Lord God, who made the brain and the heart so perfectly, was quite incapable of making a pair of tonsils."

There is no doubt that these humble structures perform a useful function in the body. Their absence cannot be an advantage except in those instances in which they have become through severe disease an active source of poisoning. Such instances are certainly not so common as was believed a few years ago.

Rest After Meals

Old people should be careful not to engage in strenuous exercise just after a meal. I have lately heard of a number of cases in which collapse, and of one or two cases in which death, followed the disregard of this salutary rule.

It does not seem to be known that while a meal is being digested the heart's activity is "damped down" naturally. The organ is unable to respond easily to calls for effort.

To force it to make responses at such a time is to tempt Providence, and if any weakness happens to exist it is likely to reveal its presence. The old rule to take half an hour's rest after eating is a good one, which wise folk over the age of fifty never neglect or forget.

fainting fit. Those who take their meals "dry," or nearly so, are but rarely troubled in this way.

Cinnamon For Colds

There are very good reports concerning cinnamon as a means of warding off colds. A few drops of the oil of cinnamon on a handkerchief sniffed occasionally can be relied on to act in this matter "like a charm."

Some prefer to chew pieces of cinnamon stick or to take pinches of powdered cinnamon, or, again, to put a drop of the oil of cinnamon on a piece of sugar and swallow it.

The method does not seem to matter much. The advantage is in the cinnamon itself. Perhaps a few of the cinnamon lozenges sold by most chemists offer the easiest and best way of taking the medicine.

"Ear Strain"

It is probable that there is a form of "ear-strain" which corresponds to eye-strain, but which has not yet been clearly realised by doctors. I am convinced that some people "hear too loud" just as others are deaf. I think, too, that "loud hearing" is a serious handicap on health.

Continued on page 59

Health Secrets!

Continued from page 58

I once had a patient whose powers in this direction were absolutely amazing. She seemed able to detect the footfalls of a cat separated from her by the whole length of a room.

She suffered dreadfully from sleeplessness and had tried many remedies in vain. One night she had toothache and went to sleep with a shawl wrapped about her head. To her amazement, she slept like a top. Since then she has always used cotton-wool to deaden sound and is sleepless no longer.

Bi-carbonate of soda is an anti-acid. It kills "acidity" in all its forms, and so removes from the mouth those juices which, if left there, dissolve the enamel on the teeth.

Every dentist knows that it is this enamel which protects the tooth from decay, and which serves as a rampart against germs. So long as there are no holes or weaknesses in the enamel the tooth is safe.

In other words, an acid-free mouth is likely to be a healthy mouth. Un-



*Marion, daughter of Mr. and Mrs. P. S. Addenbrooke, Elltham
Houghton Studios*

Toffee Or Chocolates?

Modern girls seem to prefer toffee to chocolates or so at least, many patients tell me. It is, I think, a good sign, because it means preference for a simpler form of sweetmeat. Moreover, toffee lasts longer than chocolate, and so less of it is eaten in a given time.

But toffee, especially the soft variety, is somewhat "hard on" the teeth. Consequently, greater care than ever will have to be exercised in keeping these clean and free from acid.

I am often surprised that so few women and girls—and men too—omit the simple precaution of washing out their mouths the last thing at night, with a little water in which a pinch of baking soda (bi-carbonate of soda) has been dissolved,

happily the victims of rheumatism and some other diseases never have acid-free mouths. Unless they take very great care their teeth "go" with terrible rapidity.

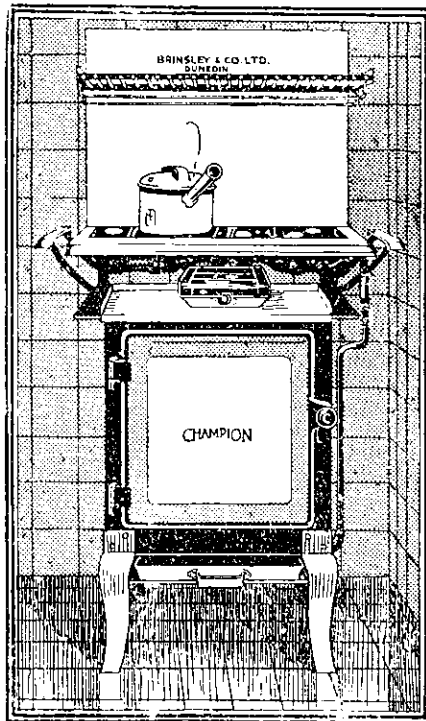
For Anaemia

Black pudding sold at the pork butcher's is a splendid article of diet for anemic people. It is made of blood, and the pieces of fat it contains are also very good. From three to four ounces can be eaten at a meal with vegetables or anything else for adults or growing boys and girls, and if preferred hot, it can be fried. If it is eaten in this way, two meals weekly will work wonders. If not, a thin slice eaten after every meal or with it will be very satisfactory. Beetroot is also another excellent thing for the same complaint.

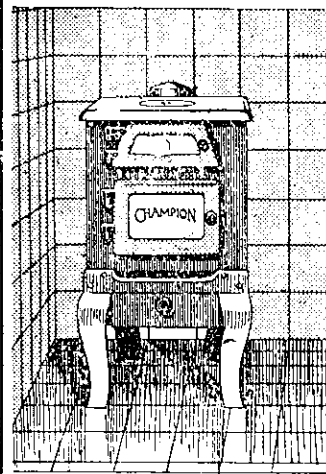
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Hot Water as well!



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§ This was selected by the Home Science Department of the Otago University, by the Architect and by the Ladies' Committee as the most efficient combination and was installed in the Model Kitchen at the N.Z. and S.S. Exhibition. It was awarded First Order of Merit at this Exhibition and Wembley Medal 1924-25

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Salad Dressing

Cornwell's Vinegar, slowly aged and mellowed, imparts to a dressing that delightful flavour which epicures appreciate—and without which no salad would be an entire success.

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PURE MALT VINEGAR BREWED FROM Malted Grains

DOMINION COMPRESSED YEAST VINEGAR EXPORT QUALITY

26 FLUID OZS

Lessons in Food Values

The subject of food values proves a fascinating one to most people; to certain individuals the length and composition of their dinner is an all-important problem, while to the harassed housewife this part of her duties is a continual source of worry. Let us look at this question from a scientific point of view, and see if we cannot reduce the trials of the hard-working mother to a minimum, at the same time providing interesting and varied menus.

What should we eat? is a question that one hears very frequently. What are we going to consider the most fundamental points in connection with our food? The *gourmet* would probably be most concerned with the actual flavour, while the poorer members of the community would be more likely to consider the cost, and it is quite true that both the e points have to be considered. The

The diet should consist of the following:

Protein (e.g., lean meat, fish, white of egg).

Fat (e.g., butter, meat fat, etc.).

Carbohydrate (e.g., starch in potatoes and bread, sugar).

Water.

Mineral salts (e.g., lime, etc.).

Roughage (found in vegetables, and needed to give bulk to food).

Vitamins.

Let us take each one of these constituents separately and consider their different functions carefully. It is difficult to know which should come first on the list. We put vitamins last, merely because these elusive substances have been discovered more recently than any of the others, not because they are the least important. We shall see that there are at any rate three vitamins, all equal-



"Billy," daughter of Mr. and the late Mrs. G. H. Allan, Dunedin

Jas. J. Webster, Dunedin

taste of food is important, because a meal which is palatable is digested more readily than one that is not, and is, therefore, of greater use to the body. The cost of food is certainly of great importance, too.

The most important consideration of all, however, is the composition of food, and this is a subject which should be of great interest to every housewife. As the result of many years' work, physiologists are now able to tell us of what the diet should consist, and can give us quite a short list of essential constituents.

ly essential and necessary for bodily well-being. To some extent we can replace fats in our diet by carbohydrates and vice-versa, but it is only to a slight degree that we can substitute either of these groups of food for protein. We may, therefore, consider the protein of the diet to be of primary importance, and hence we will deal with this class first.

Proteins.—It is not within the scope of this article to give a long chemical dissertation on proteins.

Continued on page 61

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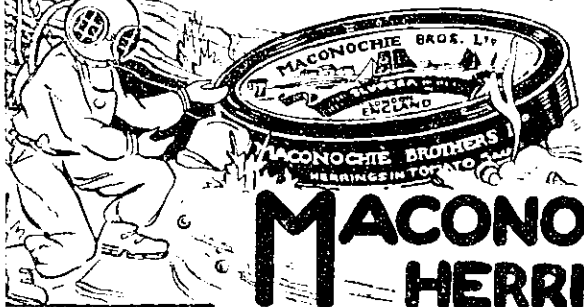
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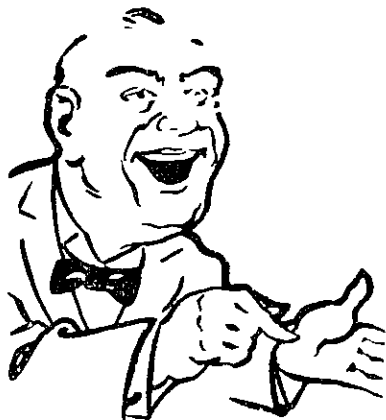
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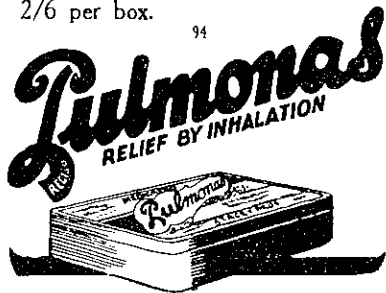
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Here is a message of relief to all lecturers, clergymen, school-teachers, and public speakers in general. It means the banishment of hoarseness, and the vanishing of sore throats. The message is brief—the one word **Pulmonas**.

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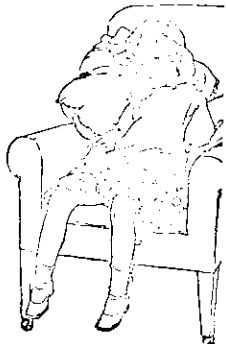
MOTHER, YOUR CHILD NEEDS A LAXATIVE!

If Tongue is Coated, Stomach Sick, or the Child is Cross, Feverish, Constipated, give "California Syrup of Figs."

Don't scold your fretful, peevish child. See if the tongue is coated; this is a sure sign that the little stomach, liver and bowels are clogged with bile and imperfectly digested food.

When listless, pale, feverish with tainted breath, a cold, or a sore throat; if the child does not eat, sleep or act naturally, or has stomach-ache, indigestion or diarrhoea, give "California Syrup of Figs," and in a few hours all the waste matter, bile, and fermenting food will pass out of the bowels, and you have a healthy, playful child again. Children love this harmless "fruit laxative," and mothers can rest easy after giving it, because it never fails to make their little "insides" sweet and wholesome.

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.



Lessons in Food Values

Continued from page 60

yet we must try to grasp one or two fundamental points in order to have a clear understanding of the problems of the correct diet. Proteins are very complex chemical substances, differing from carbohydrates and fats in that they contain nitrogen. Furthermore, the nitrogen is there in such a form that it is of use to the body. The air around us contains as much as four-fifths of its volume of nitrogen, yet this nitrogen is absolutely no good to us as food. We must have nitrogen in the form of protein from which to build our tissues, and it is for this reason that proteins are frequently called "body builders."

No food is entirely composed of protein, but lean meat, fish, and white of egg consist largely of protein and are perhaps the best examples, while milk and cheese also contain a high percentage of protein. Vegetables and fruit, on the other hand, although they contain protein, possess only small amounts of it.

We know also that there are different kinds of protein, some of much better quality than others. On

limiting ourselves in respect of something essential to the welfare of the body, for not only do we need proteins to provide the necessary materials for growth, but also for general bodily functions. For example, throughout life the thyroid gland (disease of which causes goitre) acts as a chemical factory, manufacturing a special secretion which is absolutely essential for health. Proteins may be regarded as part of the raw material from which the thyroid gland manufactures this secretion. Thus we see that proteins are an essential in any diet, and the more varied the protein ration, the more chance we have of obtaining what is necessary.

Carbohydrates are much more homely substances than proteins; starches and sugars forming the chief carbohydrates of our diet. We are all accustomed to meeting starch, though we may be more inclined to regard it as of use in laundrywork than as a source of food.

There are several different kinds of starch—rice starch, for instance, the variety found in the rice grain, potato starch, and maize starch, which is found in cornflour—but all varieties are useful food. Potatoes, bread flour, cereals (rice, etc.), and pulses (peas and beans) are the best examples of food containing starch. Another carbohydrate, sugar, is also a very familiar substance, and here again there are several different varieties—cane sugar, which is either loaf or granulated, glucose, the variety we find in honey and fruits, and lactose or the sugar in milk.

Now let us consider the use of these carbohydrates in our diet. Speaking briefly, we can say that our food is utilised within our bodies for two main functions:

- (1) To provide for growth.
- (2) To provide energy to do work and keep us warm.

Carbohydrates are burnt in the tissues and are an excellent source of energy; anybody engaged in heavy manual labour, therefore, should have an extra large supply of these substances. When taking long walks, people frequently like to eat sweets on the way, and this is a very reasonable proceeding, for they are merely providing themselves with a source from which to obtain the necessary energy. Sweets are so often regarded as an extra and not as a food, but this is entirely wrong, for sweets are food.

Another function of carbohydrates, is that in some peculiar way they assist us to burn our fatty food (from which we also obtain energy). It is a known fact that fats cannot be burned properly within the body unless carbohydrates are being burned at the same time, and from this point of view carbohydrates are essential and irreplaceable. Thus we see that there is a physiological reason for eating sugar with our strawberries and cream, and golden syrup or jam (sugar) with our suet pudding (fat).



Miss Dorothy Allen
Pianist, daughter of Mr. and Mrs. King Allen, Lumsden, Southland

the whole, proteins of animal origin (meat, fish, milk, cheese) are thought to be of better quality than plant proteins, e.g., potato protein, are quite good. Vegetables, however, cannot be regarded as an adequate source, as the proportion of protein compared to other constituents is so low that an enormous bulk has to be eaten to obtain sufficient.

During digestion the proteins of our food are broken up into their constituent parts. The body chooses what it needs for its own building processes and discards the remainder. From this it follows that we should eat a variety of foods in order to obtain different kinds of proteins, and allow our internal organs to have a chance to select what is necessary. If we reduce our protein food to one or two varieties, we may be



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"You should see our family eating 'The Quaker' in the morning. We love it because it's so warm and just like eating cream."

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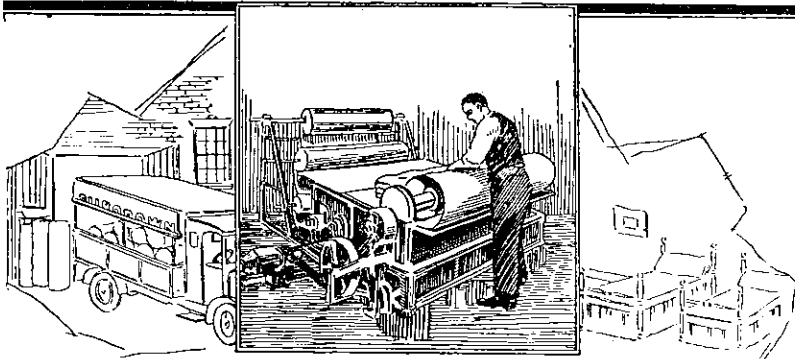


HANDS Smooth White and Supple

Use

Q-TOL

Continued on page 6



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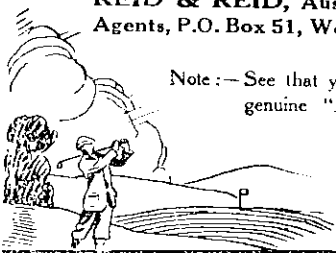
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The Absurdity of Worrying

The sufferings of mankind may be divided into two classes, mental and physical, and of the former a good half is occasioned by worrying over things which, in all probability, will never occur.

“Oh dear! I do get so nervous on these foggy nights,” says Joan's mother. “I'm so afraid Joan will meet with an accident. I never have a moment's peace till she comes in”; and she works herself up into a state bordering on panic, which lasts until Joan walks in, about an hour late, rather tired and cross with the long time she has spent in the stuffy railway carriage.

Worrying seems to be more or less a constitutional habit. There are some happy-go-lucky people who never worry about anything. It simply does not occur to them to do so.

Waste Of Nerve Power

To worry over the past is purely and simply a waste of nerve power, since as soon as a thing is past no amount of worrying can alter it.

To worry about the future—the things that *may* happen—seems almost more ridiculous, and yet we worriers will inflict unbelievable torture on ourselves in this manner. Some will worry about ways and means at some future date, some about their children, or what would happen if their health broke down, and others about the vision which their imagination conjures up of the loneliness of their old age.

All these things we suffer many times over by worrying about them.



DOCTOR: “What sort of night did your husband spend?”
DEVOTED WIFE: “He seemed a little peevish, Doctor, he asked for water several times.”
DOCTOR: “H'm! Still delirious, apparently.”

“Whatever would have happened if you had been found out?” I asked a friend of mine who had been telling me of an ingenious deception which he practised on the powers that be, when he was in the army, in order to secure to greater amount of personal comfort and less work.
“Oh! I didn't think about that,” he replied. “I never go to meet troubles.”

When we come to consider the matter from a logical point of view, nearly all worry is absolutely absurd.

Even in the small happenings of daily life many of our worries are imaginary. Somebody has annoyed us, or, perhaps, quite unintentionally, hurt our feelings, and we go over and over the happening in our minds instead of promptly relegating it to the region of forgetfulness.

The only evils which we really have any logical cause to worry about are those which we can remedy, and then, of course, we shall promptly remedy them, and our last excuse for this absurd habit will vanish.

No Rubbing Laundry Help FOR WASHING CLOTHES

Do be Airified



In spite of my rather flippant title, this article is going to deal with a very solemn subject—that of ventilation.

Certainly the present-day trend is towards fresh air, and plenty of it. At one time people spoke of some one "having to sleep in the open air," the theory being that there must be something very wrong with the poor creature's health to need such drastic treatment. But now it is quite usual to be led to a sheltered spot in a garden where a very healthy friend will tell you she often sleeps out of doors, regardless of spiders and other creepy-crawlies.

Yet another very great improvement in the present, compared with the past, is that our present-day clothes—I am thinking of women's clothes—all make for freedom and air, and wise folk are careful to wear warm as well as light "undies."

But though most people enjoy the sensations induced by fresh air, they often do not recognise the very real danger of bad and even of slightly impure air. Most of us can think of some friend's house where the visitor is met at the door by a heavy smell of incense. The owner fondly imagines that the burning of incense

many people even now are accustomed to spend seven to ten hours in a bedroom lacking proper ventilation because of their morbid fear of the night air. Except when there is a bad fog, the windows of the bedrooms of both children and grown-ups should always be kept open through the night. During the day we get constant change from one room to another, and spend some hours out of doors daily. A cold night should never induce the closing of a bedroom window, but warmer (not necessarily more) bedclothes and, for those who like it, a hot water-bottle.

It is usual with some parents to have their one and only, or perhaps their latest, baby treasure in with them at night, and that though it is certainly much better for the little one to become accustomed from the very beginning, to sleep alone. But if you do have a child in your room be sure to see that it is not sharing an inadequate supply of fresh air with two grown-up people.

Many babies spend night as well as day out of doors, and even in the coldest winter a healthy infant should spend much of its time in the open



Patricia, Ian, and Brian, the children of Mr. and Mrs. W. T. Ritchie, Te Tapa, Tivaru. Patricia, photo, Danolin

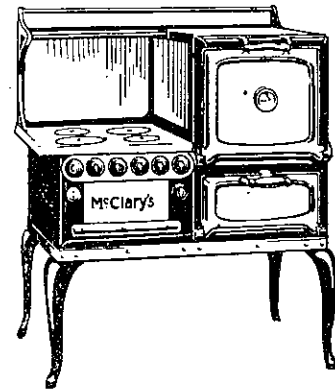
purifies the air, but this is a delusion. The only way of airing a room, or a hall, is to have an inlet, through which the fresh air can come in from outside, and this is the most important principle connected with ventilation—an outlet for the bad air as well.

Many otherwise careful housewives omit to make sure that the windows of their dining-room are thrown wide open after each meal. Yet not only will the doing of this effectively get rid of the smell of food, but it will change the air which a number of human beings have been breathing over and over again for about an hour or more.

Why is it that so many people fear the night air? This prejudice is the more strange when we reflect that the air at night must be much purer than in the day. It is strange that

It may surprise some of my readers to learn that part of the modern baby's education is how to learn to keep itself warm. But here let me add a word of important warning as to the indiscriminate so-called hardening of children. While it is certain that the over-coddled child quickly falls a prey to colds and kindred troubles, the intelligent mother will not go to the other extreme and allow her baby or older child to feel cold. Let her do all in her power to attract every ray of sunshine, for, as most intelligent men and women now know, we have come to realise that the sun is a great healer. No longer is sunlight shut out of a sick room; everywhere it is welcome as the most ruthless destroyer of harmful germs. But even the sun, in really hot weather, must be kept from the head and back of the neck of its wise worshipper.

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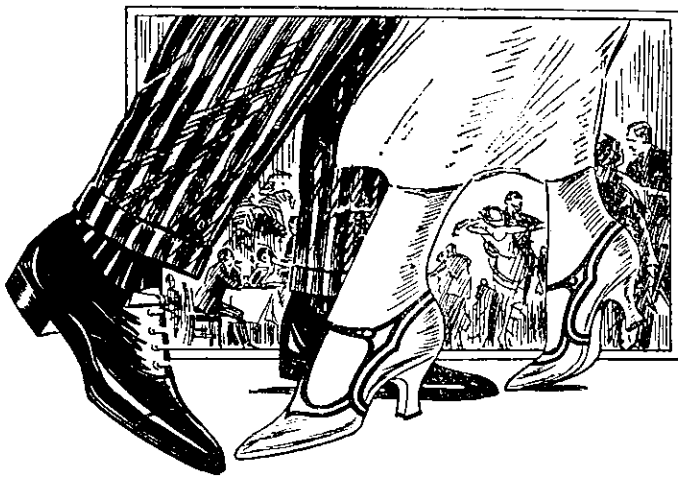


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Lessons in Food Values

Continued from page 61

Fats, like carbohydrates, are sources of energy, although, as a given weight of fat produces more than twice as much energy as the same weight of carbohydrate, they may be regarded as better sources. Against this, however, we must place the greater cost of fat, and also the fact that some people cannot digest it very well.

Fats are specially good sources of heat. In the winter, therefore, we naturally take more fat than in the summer-time: a slice of buttered toasts, for instance, or a muffin, is very attractive on a cold winter's day, while in the hot weather we should not appreciate it. Yet another value is the fact that in many foods, e.g., butter, beef, and mutton, fats are associated with one of the vitamins, vitamin A.

Mineral Salts, although absolutely essential to life, hold quite a different position from carbohydrates, fat, and protein: they are of no use as sources of energy, but may be regarded solely as body-builders. Every cell in the body contains mineral salts, and the necessity for lime salts in the process of bone and tooth formation is well known. Then again, mineral salts are used in the manufacture of the digestive juices, and the red cells in our blood contain iron. The best sources of these salts are the fruit and vegetables of our diet, and in this respect we should be careful to cook our vegetables in such a way that we do not lose most of the mineral salts in the water which we throw away.

Roughage. By this term we mean the fibres of vegetables and fruits (made of cellulose—a kind of carbohydrate not digested by human beings), which give ballast to our food, and are necessary to keep our internal organs in good working order. In cases of constipation the doctor frequently recommends more fresh fruit and vegetables, i.e., he is adding more roughage to the patient's diet.

Vitamins.—There are at least three vitamins known at the present time, all possessing special properties, and found in different foods. Each is essential for health and bodily welfare, and the three are known as vitamin A, vitamin B, and vitamin C.

The existence of these interesting substances is a comparatively recent discovery. Until about twenty years ago we knew nothing of them, and were taught that the constituents of a diet should be fat, carbohydrate, protein, mineral salts, roughage, and water. It was then found that animals could not live on a diet composed of these purified constituents; research work led on to the discovery of the three vitamins. Americans already claim that there are five vitamins, but at the moment we will be content to recognise three of these interesting substances, and proceed to consider each one separately.

Vitamin A.—This vitamin is frequently called the anti-rachitic vitamin, because its absence from an infant's diet results in the baby developing rickets. Its absence also leads to bad eye trouble, in adults as well as in children, and it is important, therefore, that the supply should be very carefully safeguarded.

Unfortunately, this vitamin occurs in rather expensive foods, so that the babies of poor mothers may suffer from lack of it, but in England, at any rate, the average individual should receive a good supply. Large quantities of this food factor are found in cod-liver oil, herring and mackerel also being good sources, while butter, milk, cheese, egg-yolk, and animal fats provide us with this most necessary vitamin.

From these facts it is seen that vitamin A is found closely associated with fats, but not with vegetable fats margarine, for instance, if made from vegetable fats, contains none. It also occurs in tomatoes, and green vegetables, e.g., lettuce, cabbage and water-cress. On an ordinary mixed diet, it is unlikely that any one suffers from lack of vitamin A, but there is a possibility that those who cut down the fat in their diet to a minimum should be very careful to eat tomatoes and green foods.

The lack of vitamin A does not appear to lead to such drastic results in an adult as in a baby, yet it is highly probable that living on a minimum of this food factor results in a general state of feeling "not very well," and leads to a decreased resistance to disease. People, for example with a low vitamin A diet may be more susceptible to colds.

Vitamin B. For us in New Zealand this vitamin has very little interest. Its distribution is much wider than that of any other vitamin; in fact it is difficult to find even one food which contains none. A deficiency of vitamin B in the diet leads to a nervous disorder known as beri-beri; this disease, however, is only met with in countries where the diet is of a very restricted nature—for example, when the food consists almost entirely of polished rice (the vitamin having been removed by polishing, as it is present in the outer part of the rice grain).

Vitamin C. This vitamin is the most important so far as we are concerned. Its absence from the diet results in the development of scurvy, a disease which attacks adults as well as children. Vitamin C has not nearly such a wide distribution as Vitamin A, and possesses the further drawback of being easily destroyed by heat; a large proportion, therefore, is lost during cooking. Consequently, it is of the greatest importance that every housewife should know what foods contain this vitamin, and should take special precautions to ensure that every member of her household receives a liberal supply.

Continued on page 69

In the Kitchen

Grape Fruit Marmalade

Ingredients: 4lbs. grape fruit, 2 large lemons, 6 pints water, 10 lbs. preserving sugar.

Grate the peel and pith off one grape fruit with a coarse grater. Peel the others and slice the peel as thinly as possible. Remove all the pips from the fruit and put them in a basin with a pint of the water.

Cut the grape fruit up finely and put it in a bowl with the sliced and grated peel. Peel the lemons and remove the pith. Cut the fruit in very small pieces and add it to the grape fruit, but do not use any of the lemon peel or pith. Pour in the remainder of the water and leave for twenty-four hours. Then add to it the strained juice from the pips, and simmer for half an hour. Now add the sugar and boil until it sets when tested.

Chocolate Meringue

This simple recipe is quickly and easily made. Ingredients: 2ozs. plain chocolate, $\frac{1}{2}$ pint of milk, 2 eggs, 2ozs. castor sugar, $\frac{1}{2}$ teaspoonful of vanilla.

Grate the chocolate and put it in a saucepan with the milk, stir over gentle heat until the chocolate has melted, then simmer for two or three minutes.

Let it cool, then add the well-beaten yolks of the eggs, the vanilla and half the sugar. Pour this custard into a buttered piedish and bake in a slow oven until set. Then whip the whites of the eggs until stiff. Stir into them the remainder of the castor-sugar. Pile this on the pudding and set in a cool oven.

Italian Recipes

Meat Balls.—One pound chopped beef and chopped pork; half loaf dry white bread, ground; three tablespoons grated cheese; garlic, parsley, salt, pepper, three eggs. Mix all the ingredients together, pat into balls and fry in hot oil.

Rice Balls.—One pound rice, one cup grated cheese, three eggs. Steam the rice until fluffy and tender. Add cheese, eggs beaten and seasonings. Make a sauce of the following: $\frac{1}{2}$ lb. chopped beef, one sliced onion, half can tomatoes, salt and pepper. Fry the onion in olive oil, add the meat, tomatoes and seasonings, and cook until the meat is brown. Make balls of the rice mixture, with a spoon dig out a little hole, fill with the meat mixture, close up with more of the rice, roll in beaten egg and bread crumbs and fry in oil. Five or six servings.

Cheese Savouries

Cheese Puffs.—For cheese puffs roll two ounces of puff pastry out very thinly. Have ready an ounce of grated Parmesan cheese seasoned with cayenne pepper and salt; lay the cheese mixture on the pastry, then fold it up and roll out again in a thin sheet. Cut out small rounds of the pastry and fry them

in boiling fat. Drain and serve piled high on a dish, with some grated cheese sprinkled over.

Another nice savoury is Cheese Fondue. Spread some thin slices of bread with butter, then cover them with thin slices of cheese. Sprinkle over them some pepper and salt and mustard, and lay them in a buttered dish. Beat up the yolks of two eggs with half a pint of milk and pour over. Bake for about a quarter of an hour. Whip the whites of the eggs stiffly and place on the top, returning the fondue to the oven to be lightly browned. Sprinkle over it some grated cheese and serve very hot.

Haricot Of Veal

Two pounds of neck veal, $\frac{1}{2}$ ozs. of butter or dripping, $\frac{1}{2}$ oz. of flour, $\frac{1}{2}$ pints of water, 1 onion, 1 carrot, 1 turnip, salt and pepper. Divide the meat into pieces; cut the vegetables into small dice and put aside. Heat the butter or fat in a stewpan, fry the meat lightly on both sides, take off, sprinkle in the flour and fry slowly until well browned; then add the water and stir until boiling. Season to taste; add the vegetables, put in the meat and cover closely. Simmer very gently for two hours.

Minced Veal and Macaroni

Take $\frac{1}{2}$ lb. of cold roast veal finely minced, 3ozs. of ham finely minced, 4ozs. of breadcrumbs, 4ozs. of macaroni, 2 tablespoons of good gravy, 1 large egg or 2 small ones, butter, nutmeg, salt and pepper. Mix the veal, ham and breadcrumbs together, add salt, pepper and grated nutmeg to taste; moisten with gravy and as much beaten egg as is necessary to bind the mixture together. Boil the macaroni in salted water until tender, but not broken, and arrange it at the bottom and sides of a well-buttered mould or dish in some simple form such as trellis or stripes. Cut the remainder into short lengths, mix them with the meat preparation, and press the whole into the mould. Steam gently for one hour, after first covering with a greased paper. Serve with gravy previously made with the bones and trimmings.

Continued on page 68

The Eloquence of Your Table

Your table, when set for a meal, tells your guests a story. The line, the arrangement—above all, the cutlery and plate, reveal your private taste. If the two-and-a-half-century brand, the star and cross of Joseph Rodgers and Sons, Sheffield, is on all your knives, forks and spoons you are assured that in one respect at least your choice is beyond all reproach. Cutlery bearing this very old brand is to be found in most of the famous old homes of England; in many cases it has been in use for well over a hundred years. Any good store will be pleased to show you Rodgers cutlery and plate. 4



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er Broken, the cleric, for all his innocent looks a most astute observer, comes into contact with numerous mysterious occurrences, murders mostly, which are attributed to, and on the surface look very much like, the work of occult influences. How Father Brown applies logic and commonsense in revealing the human agencies at work makes particularly interesting reading. We rather think Mr. Chesterton is hitting at followers of Conan Doyle, but this adds zest to the reading of these improbabilities. — Cassell and Co., through Whitcombe and Tombs Limited.

ness of the poet. However, the author gives us what purports to be a realistic picture, and on the whole succeeds very well.—Harraps, through Whitcombe and Tombs Limited.

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The Tree Fern's Delicate Beauty

From "New Zealand Country and People," Whitcombe and Tombs Limited

H. B. Curtis, photo

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visitor to the hospital. He returns to Australia without, however, an introduction, cannot settle down, and decides to go "Home" again in an endeavour to trace the young lady. He finally meets her at a night club and incidentally fulfills a stipulation laid down by his father before his departure from the Antipodes and wins twenty thousand pounds by stealing a bear, this enabling him to wed his lady. An outstanding character is the "Hoogli Man," Ginning's entertaining friend. A most improbable plot but all the same a most whimsical and entertaining story.—Cassell and Co., through Whitcombe and Tombs Limited.

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Household Hints

Cure For A Cold

Persons attacked by the form of cold so prevalent at present, and commonly called "flu," will find wonderful efficacy in this simple remedy—abstaining altogether from all liquid food as long as possible, or until the symptoms of febrile excitement, watering of the eyes, and sneezing abate. The remedy has been repeatedly tried and found efficacious in many instances. It was originally recommended by a high medical authority.

There is a mistake, tho' the saying is old.

To hear a man tell you he has a bad cold;

We must drop the saying, though long it has stood,

For I never heard of a cold that was good.

Seasonable Colds

Many colds are largely unavoidable because they are contagious, and because sufferers scatter the germs with prodigal sneezes and coughs, and by using public telephones. Caught in this way the com-

celery. Milk, butter and cream are also good.

If you suspect that your too-frequent cold is caused by too much acidity in your system, next time you feel the symptoms of a cold coming on take a soda-mint tablet every half-hour all day. If the cold has not got a grip this will put enough alkali into your system to check it.

If you have caught your cold, however, and it is not possible to nurse it at home and stay in bed, procure a good inhalant from your chemist and use it on a handkerchief. For a cold that gives you a heavy catarrhal feeling at the back of the nose, have a mixture made up of 10 grains each of camphor and menthol and 10 drops of extract of eucalyptus in loz. of white vaseline. Insert a small bit in each nostril and sniff up as hard as possible.

At night, when you are safe and warm in bed, inhale eucalyptus, triar's balsam or camphor in boiling water, and take a hot lemon drink. For a cold that you fear will result from exposure, try the old-fashioned remedy of putting the feet in mustard and water and going im-



UP-TO-DATE HOUSEWIFE: "Why don't you use our new Electric Range, Mrs. Gibbons? I had it fixed ready for you."
 OLD-FASHIONED CHARLADY: "Fancy that, ma'am! And there was me a-thinking it was one of them things you scared yer 'air with!"

plaint is 60 per cent. more dangerous than when it results from climatic changes.

Some people regularly start the winter with a cold which persists until the warm weather arrives.

People who are susceptible to the seasonable colds are usually in a run-down physical condition and need bracing up. An excess of acid in the system leaves one liable to catch cold from atmospheric conditions as well as from contact with infection. Such a one needs to correct his or her diet. Too much sugar and starchy food cause the superfluity of acid, and to correct this one should eliminate from the diet white bread, meat, pastry, rice or any starchy cereal, eggs and oysters. Foods that have a reducing effect upon acidity are fruits and vegetables, such as apples, bananas, oranges, peaches, lemons, raisins, potatoes, turnips, cabbage, cauliflower, haricot and lima beans, lettuce and

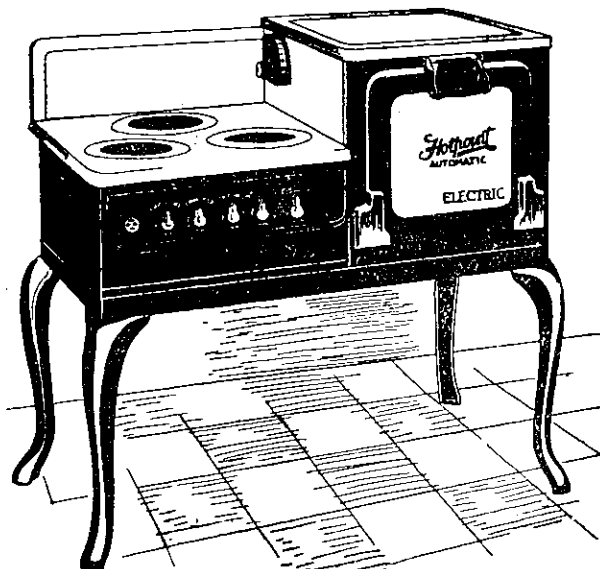
mediately to bed, or take a hot bath in which there is four ounces of eucalyptus extract. Be very careful to avoid chill in going from the bathroom to bed.

Fortify yourself against the biting winds and chilly night air, fogs and dampness by attending to your diet and by taking a good tonic that will improve your circulation and brace up your system—and go in for some form of exercise. These precautions will ward off the usual first cold and, after all, prevention is still better than cure.

Cleaning White Paint

Water, in which onions have been boiled, makes a magic cleanser for white paint. Boil the onions till the goodness is quite out, then use the water with or without soap. The dirt will disappear very quickly, leaving the paint white and glossy.

Continued on page 70



Your Oven Heat Controlled—Automatically

If you have an electric range you know how constantly the switch has to be watched to keep the oven at an even temperature—how easy it is to "forget"—and then to find the cooking burned to a cinder.

What a blessing if some one could watch your oven-temperature for you. And this is just what the new Hotpoint Range does—with the ingenious Automatic Electric Timer! Simply set the lever for the exact temperature necessary for your cooking operation and turn the switch—the temperature is maintained automatically, just as long as you want it!

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AUTOMATIC ELECTRIC RANGE

has many other features which make it the ideal Electric Range. The cooking top is white enamel—the oven top serves as a working table—it has a quick heating oversize oven lined with pebbled blue enamel. Stove is handsomely finished in black japan with polished nickle trimmings. It is furnished with appliance receptacle for iron, vacuum cleaner, etc., and counter-balanced shelf-door.

Before you purchase an electric range, call and see the Hotpoint—ask to see model RA73. You owe it to yourself—and to your family—to instal the Super Automatic Time and Temperature Controlled Hotpoint Electric Range.

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Birth to 3 months.

Milk Food No. 2

3 to 6 months.

Malted Food No. 3

6 months and onwards.

Write for a free copy of the 'Allenburys' booklet "Infant Feeding by the 'Allenburys' Foods."

SHARLAND & Co.
Limited,

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Dixon Street, WELLINGTON

In the Kitchen

Continued from page 65

When Cooking Roasts

When cooking a leg of mutton or roast of beef try this for a delightful change: Rub together one cup of self-raising flour, a pinch of salt, and a tablespoon of butter or dripping; add water to make a firm dough; roll out and place on top of the roast twenty minutes before the latter is ready. This is economical and the children like it. It is very light and crisp.

Scrambled Eggs with Cheese

Beat with a dinner fork four or more eggs in a bowl, add a dessertspoonful of cream and a little salt and pepper. Have ready a deep frying-pan with 1½ozs. butter melted, stir in the beaten eggs with a wooden spoon until they begin to thicken, add 1½ozs. of grated cheese, and serve on a flat dish with fried croûtons of bread round the eggs.

German Biscuits

Take 1lb. flour, ¼ cup sugar, 1 cup butter, 3 eggs, 1 teaspoon baking powder, ½ teaspoon fine salt, 2 teaspoons caraway seeds. Sift flour, baking powder and salt; rub butter into flour; beat eggs and sugar together and add, with seeds, to dry ingredients. Mix into stiff paste. Roll out thin and cut out with round cutter. Strew a little sugar on top and bake in moderate oven for about 15 minutes.

Orange Sponge Roll

Beat the whites of 3 eggs until stiff, add the yolks and 1 cup of sugar slowly, then the grated rind and juice of 1 orange. There must be enough juice to make one-third of a cup. Stir in 1 cup of flour, 1 teaspoon of baking powder (sifted) and a pinch of salt. Pour into a well-buttered tin and bake in a moderate oven for about 12 minutes. Turn out on to a paper sprinkled with powdered sugar, either icing or castor sugar will do. Spread with orange jelly or orange cheese and roll quickly.

Cabbage Soup

Remove the stalk from a nice firm cabbage and carefully wash it; cut the cabbage in two. Slice it in strips, and colour for three minutes in an ounce of butter or dripping. Add three pints of water and salt and let it boil; add six sliced potatoes that have been previously boiled (the practice of putting raw potatoes into soup is wrong, as it makes a sort of soapy cloud and is most unpleasant), and let it boil for an hour on a good fire. The vegetables should by that time be well cooked and quite smooth, but if they are not, beat with a whisk. If too thick add a little more water, boil up again, season to taste, and turn into your soup tureen into which some slices of bread have been laid. A ham bone or a piece of bacon makes a welcome addition if desired.

Apple Cookies

Peel, core and stew 1lb. apples. Rub through a sieve, add ½lb. castor sugar, 1oz. butter, a little nutmeg or ground cloves, also the juice and grated rind of a lemon. Still all over a fire for a few moments. Then whip up very thoroughly till the mixture is stiff, and drop in dessertspoons on to a greased tin. Bake in a cool oven until set, which will be in 15 or 20 minutes. If put away in an airtight tin they will keep like biscuits.

Angel Cream

Take one pint of new milk, half-cup of sugar, three heaped teaspoons of cornflour, and two eggs (whites only). Dissolve cornflour in a little of the milk and stir it smoothly into the boiling milk and sugar until it thickens. Then add the whipped egg whites, also flavouring, after cooling a little. Turn out when cold and serve with cream or custard.

A Capital Apple Jam

Take a wide jar, and fill it not quite full with water; cut the apples, unpeeled, into quarters, take out the cores, but collect the pips, bruise them, and put them into the jar with the apples; tie paper over it, and put it into a moderately hot oven. When quite soft and cool, pulp the apples through a sieve, with a wooden spoon. To each pound of fruit, after pulping, put three-quarters of a pound of crushed sugar; boil it gently until it will jelly. Put it into jars, and tie over securely to exclude the air. If to keep for a short time, less sugar will do.

Inexpensive Stock

To secure a constant supply of savoury and nutritious stock, as a base for nearly all gravies and soups, simply from scraps.

To accomplish this, the first thing to do is to set up a good iron "stock-pot." The little outlay at first will soon be compensated by the daily contributions of the stock-pot to the wants of the family; it will last for years, and should never be out of use. The stock-pot should, in fact, be regarded as the principal save-all, and produce a wonderful variety of compounds.

Before describing what may come out of the stock-pot, it is obviously necessary to say what should be put into it. And the answer is, that there is nothing in the shape of scraps of meat and bone, that should not, unless otherwise employed, be thrown into the stock-pot. For the benefit of the stock-pot, bones should not be picked; the stock-pot will clean them most effectively, and extract abundant nourishment from their internal parts. In preparing joints of meat for the table, put the trimmings

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In the Kitchen

Continued from page 68

into the stock-pot. Ham, beef, veal, mutton, lamb, pork, bits and bones of poultry, game, in fact, the bones or remains of any kind of meats should go into the stock-pot. Egg-shells should occasionally be put in; they tend to clarify the stock. Crusts of dry bread may be thrown in; they gather the scum, which should be taken off three or four times a day. Cold carrots and parsnips, or the remains of onion sauce or gravy; the outside stems of celery, thoroughly cleaned and cut into small pieces; and all similar substances, should invariably go into the stock-pot, which should always be kept simmering by the fire, the exhausted bones, etc., being removed day by day, as the stock is drawn off.

The stock-pot thus managed will always be ready to supply the ground work of almost all kinds of gravies and soups. A basin of soup, with the addition of a little water, thickening, and a sprinkling of herbs, may be served at a moment's notice. Hashes, meat pies, savoury puddings, and all gravies sent to the table may be enriched thereby.



Lessons in Food Values

Continued from page 64

From the point of view of obtaining sufficient of the anti-scorbutic vitamin, raw fruit should be included in the diet whenever possible. The more vegetables we consume, the more chance we have of obtaining the necessary ration of vitamin C, even if a certain proportion is destroyed in the cooking. This question obviously presents more difficulties to the town housewife than to the country one, as in towns, where most vegetables have to be bought, the portion for each individual is necessarily smaller. All town dwellers, therefore, should eat oranges, tomatoes, etc., as an essential part of the diet, and not as "extras." Institutional catering is often very bad in this respect; in many cases no raw fruit is given at all.

Tinned fruits are obviously useless as sources of vitamin C, because the temperature used in canning destroys the vitamin. There are many ways of remedying this defect—for instance, the food value of a fruit salad made from tinned fruit is greatly increased by the addition of a raw orange or, in the case of a very sweet syrup, some lemon-juice. In winter, a roll and cheese with an orange provides an excellent substitute for a pudding.—From *Good Housekeeping*.

MARMITE

—try it with
Boiled Rice



VARIETY is the mark of a good cook, and the use of Marmite makes variety easy. Marmite transforms the homeliest and most familiar dishes; makes them nicer to taste, easier to digest, richer in food values.

Add Marmite, the pure vegetable extract, to all soups and stews, sauces and gravies. You will appreciate the exquisite flavour it imparts; your health will benefit as the result of improved digestion, for Marmite is a digestive aid of immense value.

Marmite now is easily the favourite sandwich-spread, savoury and delicious. And try Marmite "cup." Dissolve a teaspoonful in a cup of boiling water and you have a most excellent restorative drink. Added to heated milk Marmite makes an appetising food-drink for invalids.

SAVE MONEY—BUY LARGE JARS.

Instead of a 2-oz. buy a 4-oz. jar, and get double the quantity for half the extra cost.

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Troubles are but bubbles. Break them—get rid of "Blue Monday." Wash-day has lost its terrors to the modern housewife. No longer does it mean toil and trouble.

Enjoy better health and more leisure hours in which to know the better things of life.

How? Let the Laun-Dry-Ette relieve you of that old time drudgery.

The Laun-Dry-Ette Electrical washing machine washes clothes perfectly, rinses them thoroughly, and then without a wringer dries them for the line. You can use scalding hot water for rinsing and washing because the clothes are not once touched by hand until ready for the line.

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(Electrical Branch)

WELLINGTON CHRISTCHURCH
AUCKLAND DUNEDIN

Household Hints

Continued from page 67

Uses For Used Tea Leaves

Do not throw away tea leaves. Collect them for a week in a pail. Pour over them a quart of boiling water and leave for an hour. Then strain the liquid into a bottle. It is splendid for cleaning glasses, windows, or mirrors; it is also good for varnished wood doors or windows, and also for linoleum, using a little on a flannel. It cleans linoleum better than water, and after rubbing with a soft duster gives a polish like beeswax.

contains a gas cooking stove; arrange several lines on which to hang the clothes, then light the oven of the gas cooking stove to heat the scullery; leave the window open one inch for the moisture to escape, then close the scullery door, and you will find that you will be able to dry your clothes very quickly, and at a very low cost, the scullery making a splendid drying room.

Value Of Soda, Borax - And Ammonia In Washing

Soda is an alkali. Its chief properties in washing are that it softens the water, causes the soap to lather more freely, and greatly aids in eradicating the dirt. Delicate articles and baby's linen should not be washed in water containing soda.

Scotch Way Of Washing Flannels

In the Shetland Isles, the beautiful woollen goods are all washed in this manner: Make a lather in the usual way; the water should be



Visitor: "I lunched with your hubby to-day, dear. Hope you don't mind!"

Wife: "Not a bit. His typist must be away ill."

soft, and as hot as can be borne—this is most important. Put in one article at a time, draw it through the hands repeatedly. Do not rub soap on, and do not wring. Just squeeze out, then put into second water, same temperature of first, into which a little soap has been dissolved. Proceed as before, squeeze and shake, dry quickly, and if the above way is strictly followed, flannels keep beautifully soft and never shrink.

Borax is a deodoriser; used in washing clothes 2oz. to the gallon of water renders them beautifully sweet. If boiled with the clothes it bleaches to snow-whiteness; if used when washing flannels it prevents shrinkage. Ammonia: 2 tablespoonfuls to a gallon of water will generally prevent colour running; and in washing coloured silks, when rinsed in a strong solution will revive the colour as new.

Drying Clothes During Bad Weather

When the weather is wet and the drying of clothes outdoors is impossible, an easy way to overcome the difficulty is by the following means: In most houses nowadays the scullery or kitchenette usually

Keeping Cake Fresh

To keep a cake from getting dry and stale put an orange with it in a closed tin box. This is far better than the old plan of putting an apple, as the orange gives out more moisture and also imparts a delicious flavour.

Continued on page 71

I want a job!

I am the New Model ACME and I want a job in every home where there's lots of washing to do, heavy working clothes, kiddies' clothes wanted in a hurry, blankets, sheets, woollies and dainty garments as well.

My Rollers are pure, solid rubber, and do not break buttons.

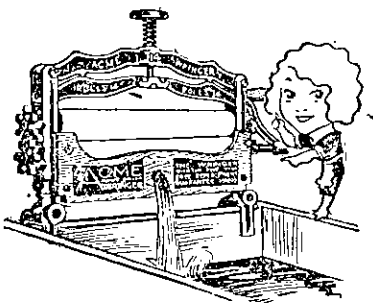
My patent Bearings don't require oiling, and I am so easy to turn.

I have a patent Water-catching Trough which prevents any dirty water returning to the clean tub.

My Frame is made of malleable iron, is rust-proof and unbreakable.

I was made by "John Bull," and every part of me is guaranteed for 5 years, but should last a lifetime.

So tell your Hardware Dealer you must have a New Model ACME!



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Blanket Dry!"

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P.O. Box 473, AUCKLAND

Household Hints

Continued from page 70

Making Raincoats Waterproof

Raincoats sometimes let the damp through in certain places. Secure a small lump of beeswax and spread the raincoat on a flat surface, wrong side upwards. Now rub the material with the wax until the surface appears to have taken on a grey tint. Then hold a sheet of brown paper over the spot and press with a hot iron. This melts the beeswax and makes it pass into every fibre of the cloth. The raincoat will then be perfectly weatherproof.

Some Ways Of Using Kerosene

To clean a sewing-machine mix equal quantities of kerosene and olive-oil and apply with an oil-can. The kerosene thoroughly cleanses the machine and the olive-oil acts as the necessary lubricant.

This same mixture is excellent for removing and preventing dandruff. Rub well into the scalp on retiring and wash the head in the ordinary way in the morning.

Kerosene is the only cleanser for baths and sinks which is not likely eventually to injure their smooth surface. A rag dipped in kerosene and then in salt will clean a sink like magic. It is a good plan to keep a cloth saturated with kerosene in the bathroom and use it often.

To make a lamp for the week-end camp put kerosene in a pickle-bottle with a small metal pipe (an old pencil-holder will do) through the cork and a piece of twisted cord run through the pipe. This will give a bright light.

If you are troubled with dust or fleas add a little kerosene to the

water used for washing the linoleum. Kerosene gives linoleum a bright polish.

Your fowls will always be clean and healthy if the perches are washed down once a fortnight with kerosene.

Starch made into a paste with kerosene is excellent for cleaning windows. Smear the paste on the glass and, when dry, rub off with a soft cloth.

Sad-irons can be made rustless and smooth by rubbing with sandsoap and kerosene.

Dusty woodwork can be cleaned with a mixture of kerosene and salt. Rub the woodwork gently with the mixture, then wash with warm water.

An excellent mixture for the copper is made thus: Half a pound of soap shavings and half a cup of kerosene. Melt the soap thoroughly in one pint of boiling water, add the kerosene, then put the mixture in the copper. There will be no smell of kerosene, and the clothes will be beautifully white when boiled in this way.

To wash clothes without boiling, soak them in water to which the following has been added: One pint of boiling water, 2oz. of soap, 1 dessertspoon of ammonia and 1 dessertspoon of kerosene. This is sufficient for three-quarters of a gallon of cold water.

Indian Gruel For Influenza

Take three-quarters of a pint of good stout, place in an enameled pan, and bring to steaming heat; lift from hob and add quickly one well-beaten fresh egg wherein has been mixed half an eggcup of fine oatmeal, half a thimbleful in equal parts of Indian curry and white

pepper, with four pieces of loaf sugar. The mixture is then stirred into the hot stout; place back over fire, and stir at steaming heat for five minutes, when, after quickly stirring in wineglass of rum and a piece of fresh butter the size of a walnut, the gruel will be ready to be partaken. This should be at the time when bed-rest can immediately follow if possible.

Lemon-Juice And Its Values

Lemon-juice will prevent diphtheria, cure a sore throat or cough, cure a whitlow, drive away a sick headache, beautify the complexion, and make the hair fluffy.

For a sore throat, gargle with pure, undiluted, unsweetened lemon-juice.

For a cough, mix equal parts of lemon-juice and strained honey, and take a tablespoonful every hour.

For a sick headache, mix one part lemon-juice and two parts boiling water, and sip a teacupful as hot as possible every two hours.

For a whitlow, cut off the end of a lemon, stick the finger into a hole, and bind it on. Let it stay for a day or two, when the finger will be ready to lance.

For the complexion, mix equal parts of rosewater and glycerine, dip a cut lemon into this, and rub the face with it. After it dries, rub with cold cream.

For the hair, add the juice of a lemon to the last rinsing water of a shampoo.

To Whiten A Kitchen Table-Top

Every careful housewife is proud of a well-scrubbed table-top, and is always willing to expend any amount of "elbow-grease" to produce the necessary whiteness. To ensure a maximum of whiteness with a minimum of effort, add a few drops of ammonia—a very small quantity will suffice to the hot water you use when scrubbing. This will be very effective in removing any suggestion of yellowness.

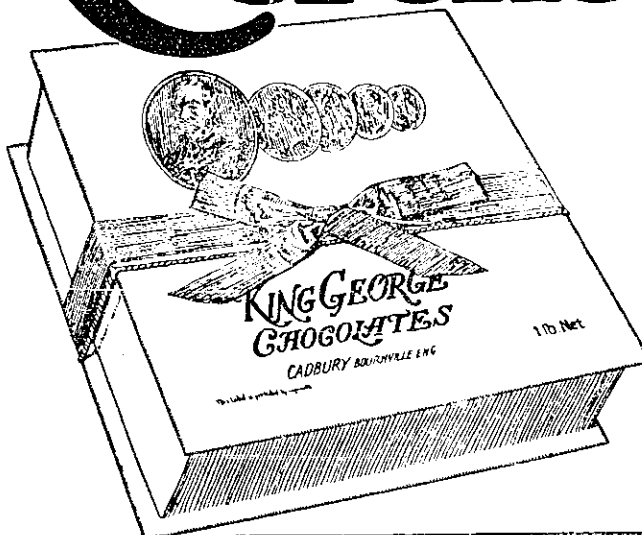
Cadbury

means
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on every piece of Chocolate.



Reflections

Wail Of Pessimism

Dirty days hath September,
April, June, and November,
From January up to May
The rain, it raineth every day;
All the rest have thirty-one
Without a blessed gleam of sun,
And if any of them had two-and-
thirty,
They would be just as dirty.

It has been observed that there
are no short cuts to success, Taxi-
drivers seem to know this.

It's dangerous to make love to
another man's wife; but it's more
dangerous to make love to his
widow.

The seats at Auckland's latest
picture palace are set so far apart
that patrons can stretch out their
legs without touching the row in
front. Following an established cus-
tom, films are shown, but the music
is soothing and patrons may leave
a message with the attendant to be
awakened when required.

Sunset

He sought for her in every nook,
He often took her out,
The money in his pocket-book
Was always put to rout,
Fond pater now began to rave,
And cut down the supply,
Now she steps out with another brave,
And son is high and dry.

A woman gets her own way even
if she has to marry the man to ob-
tain it.

Now that plumpness is quite out
of the mode, the stout girl has a
pretty thin time.

A natural history writer says that
the highest jumper in the world is
the black jaguar of South America.
We fancy he's right. Jumpers in this
country are all colours, but never
very high even in chilly weather.

Socialism is a fashionable poison.
—Anything that's damned idiotic is
fashionable nowadays.

"In the long run it is more im-
portant for a woman to marry the
sort of life she likes than the sort
of man she likes."

The Reason Why

Mother: "Now, children don't
quarrel. What's the matter?"

Jimmy: "We're playing ship-
wreck. Mummie, and Susie won't
go into the bathroom an' drown
herself."

The fact that riches have wings
does not help a man to feather his
own nest.

A woman's strength lies in her
knowledge of man's weakness.

OUR GUARANTEE.

ALL advertisements appearing in *The MIRROR* are guaranteed. You are safeguarded to the extent of your purchase.

If you buy any goods you see advertised in *The MIRROR* and they do not justify the claims made for them, your money will be refunded.

Make your complaints direct to *The MIRROR*, giving all facts relating to the transaction, and they will be promptly investigated.

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Date next Birthday:

How old next birthday: years. Girl or boy?

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Pen-name Selected:

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twelve months and until further notice, commencing with next
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Kiddies Sunshine Circle

"THE MIRROR,"
Customs Street,
Auckland.

My Dear Kiddies,—
I am thinking of you all hard at work with your exams—with furrowed brows and inky fingers. I do hope you will all get on well and get nearer the top of your class. Then will come your holidays. They are always great fun, aren't they? I think the weather clerk is going to be kind and give us some really nice sunny days and all the joys of an early Spring. I want each of my little Sunshiners to try and do something good and kind each day to bring sunshine into the lives of others, and you will all enjoy your holidays much more.

*"Little deeds of kindness, little words of love,
Help to make earth happy, like the heaven above."*

Then remember the wise old saying of the great philosopher, Cicero, who said ages ago that "Nothing is so popular as kindness."

I suppose you have wonderful plans for your holidays, and I shall hope to hear all about your doings next month.

What do you think of this, kiddies? The Editor says we are taking up too many of his pages—spreading ourselves too much—but I have told him we could not possibly be cramped, because the Sunshine Circle is the most important section in the whole journal!

I love to get your letters, and would like others to read the nice things you write and see the sketches you do; but space is valuable in THE MIRROR, so you must try and be brief and not make your stories too long.

Even if only a very few of the extracts from your monthly budget of letters can be printed, we must keep our pages bright and interesting. Wouldn't it be dreadful if we had to do with less space? I should feel quite lonely without my kiddies' cheery letters that come by every mail like rays of bright sunshine.

I must tell you that I was especially delighted with the very clever sketches some of you made of last month's cross-word puzzle. I am so glad you all appear to have taken notice of what I said last month about neatness.

Our "Main Trunk Stations" competition last month was a puzzler, wasn't it? When it was set it was not realised how few letters could be formed to make up station names. However, many of you tried hard, and will get marks, even though you thought you had failed.

Well, dear kiddies, I must leave you for this month with every good wish for your success in your exams, and the hope that you will have lots of fun during your holidays. Cheerio.

Your Big Sister,
"SUNSHINE."



Varie, daughter of Mr. and Mrs. O. C. Dunnet, Napier

My Loves

When I sit down to think of all the things I love,
I think of all the pleasant things below, beside, above.

In the vase the bulb stalks curling,
Pussy, after sleeping, his little paws unfurling.

The barber shaving hair neglected,
An "R" on all my sums corrected.
I love to watch them shearing sheep
And watch the frogs and tadpoles leap

To see the golden sun go down,
While silence reigns in the little town;

Then moonlight stealing o'er the ocean,
While wavelets ripple in gentle motion.

When I'm in bed and there's a storm,
I like to feel so cosy and warm;
I like to feel, when I run,
The wind come and toss my hair in the sun.

On the beach I love to hear
The great green breakers rise and rear
Their foaming crests, then fall with a "crash"

As up the flat grey shore they dash.
All my "likes" would take ages to write:

But when to rest I retire at night
Of all the enjoyable things I said,
Not one can compare with my little porch bed.

—MEG MERRILLIES (13 years).

My Favourite Pastime

Would the day never pass? I thought, as I lay on the grass, with nothing particular to do. I entered the house in search of a book, but as none suited my strange mood I ran across the road to my friend's house to see if she had one.

"How do you do, dear?" came a pleasant voice from the verandah. "But what is the cause of that long face?"

"Oh," I answered, carelessly, "Can't find anything interesting to do. What is the book you are reading?"

"It's the MIRROR," answered my friend. "But the part that I enjoy most is this"—and so saying she turned to a page entitled "The Sunshine Circle."

At last my interest was roused. I took the book in my hand and eagerly searched the pages. But I lingered long over the "Sunshine Circle," and then exclaimed: "Oh, I would like to join." And, sure enough, I did. Now the days never drag by, for when I feel weary, I find much amusement in the MIRROR. In fact, it has become my favourite pastime to read it. You enjoy it too, don't you?

—"PUELLA."

September Competitions.

The Broken Dial Puzzle (Open to All)

Let us suppose we had a watch or a clock with Roman figures on the dial, and that we had the misfortune to drop it and break the face into four pieces. Now I want you clever Sunbeamers to tell me how such a dial could be broken so that each of the four sections numbers 20 when added together. Take a pencil and draw a dial and show how the face must have been broken. Marks will be given both for the drawing and also for a correct solution of the puzzle.

Square-word Puzzle

(For Kiddies under 10 years).

1. What rivers do.
2. Another word for affection.
3. A place to bake in.
4. To travel to a destination.

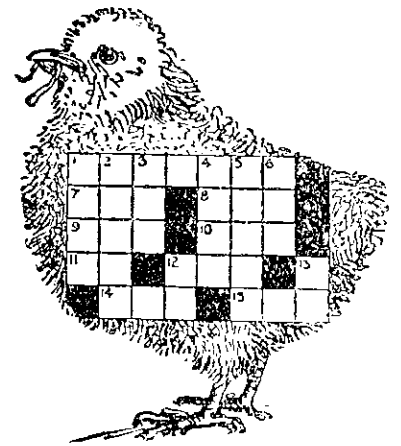
Square-word Puzzle

(For Kiddies of 10, 11 and 12 years)

1. Material left over.
2. A performer.
3. A building material.
4. Medicine to buck one up.
5. To build a house.

Cross-word Puzzle

(Open to All).



Clues

Across.

1. Highest in price.
2. Greasy liquid.
3. Extinct bird.
9. Poem.
10. Hostel.
11. Personal pronoun.
12. Unit of work.
14. Male sheep.
15. Male descendant.

Down.

1. To condemn.
2. Kind of duck.
3. Beverage.
4. Eastern title.
5. Vocal music.
6. Colour.
12. Printer's measure.
13. Not off.

Continued on page 74

Merit Cards for Clever Kiddies

Marks will be awarded this month to all Members of the Sunshine Circle who send in—

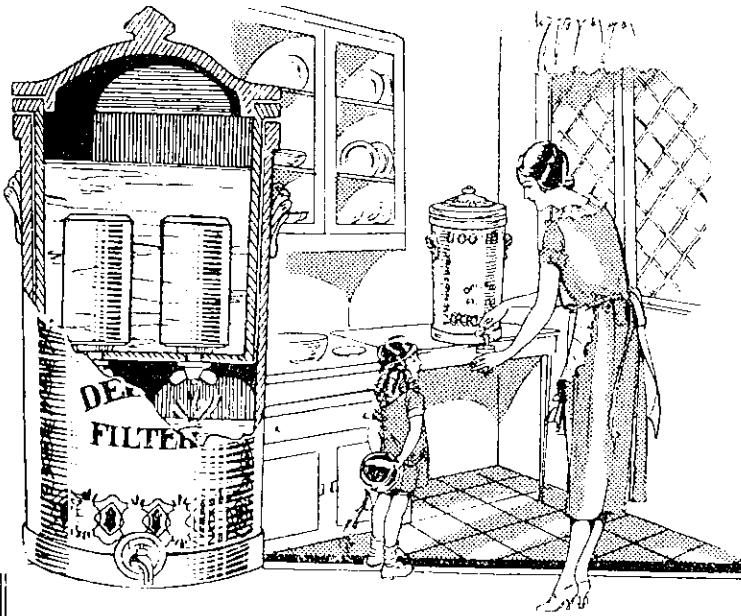
- (1) The neatest essay on "How I Spent My Holidays";
- (2) The cleverest joke, riddle, or puzzle;
- (3) The best sketch or copy of a picture;
- (4) The most interesting story; and
- (5) The brightest suggestion to make the Sunshine Circle more jolly.

Marks will also be awarded for correct answers to this month's competitions, and also for neatness.

Kiddies under ten years of age will have their work specially considered so that they will have equal chances of gaining Merit Cards and marks as older kiddies.

Write clearly on one side of the paper only. Do not cut out the competitions: only send answers. Be sure to sign your pen-name plainly on each sheet of paper.

All communications must be posted before September 13, and addressed to: "Sunshine," c/o "The Mirror," Customs Street, Auckland.



Just a Simple Little Precaution—

But it means so much

You cannot be too careful about the purity of water supplied to children for drinking. Water is so liable to be impure—so likely to be contaminated—and the delicate organs of the child constitution are not able to withstand the onslaught of harmful germs and bacteria. Always take the simple precaution of supplying FILTERED water.

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Town and country homes alike should be equipped with at least one Delphin filter; for, no matter where, water is liable to contagion. Water filtered by this container loses none of its original taste, but is pure, sparkling, thirst-quenching to the last degree! For health's sake instal a Delphin Filter—it will pay you.

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AUCKLAND

Kiddies Sunshine Circle

Continued from page 73



A Fairy Sketch, by "Bonzo"

Riddlemeree

My 1st is in maize, but not in corn.
 My 2nd is in prickle, but not in thorn.
 My 3rd is in brook, and also in stream.
 My 4th is in shriek, and also in scream.
 My 5th is in rooster, but not in gull.
 My 6th is in bright, but not in dull.
 My whole is a book, most interesting and gay.
 If only to puzzle me out, you will stay.

—“Bonzo.”

Results of August Competitions

Tokens in New Zealand. Wanganni, Masterton, Port Chalmers, Blenheim, Dannevirke, and Whangarei.

Main Trunk Stations. Dunedin and Hinds.

Cross-word Puzzle. -Across: 1 In, 3 Acts, 4 Tale, 8 Ales, 9 Pat, 10 Ah, 11 Ma, 12 Eat, 15 On, 17 Bumper, 18 Hope, 22 See, 21 Ate. Down: 2 Not, 4 Ta, 5 Alphabet, 6 Lea, 7 Esteems, 10 Am, 13 Ape, 14 Tee, 15 On, 16 No, 19 Pa.

Many Happy Returns

A number of our more enthusiastic sunshine members will be celebrating their birthdays this month. Let us all in spirit wish them joy in adding another year to their score, and hope that Dame Fortune will be good to them in the future. I give you some of their pen-names:—“Little River” (Sept. 2), “Springtime” (Sept. 11), “Echo” (Sept. 13), “Bonny” (Sept. 21), “Tom Brown” and “Humpty Dumpty” (Sept. 25), “Snow White” (Sept. 26), “Bluebell” and “Shepherd” (Sept. 30).

My Favourite Pastime

With towels slung over our shoulders, and bathing suits in our hands, we eagerly made our way to the river.

Donning our bathing suits, we sprang into the water, and began splashing each other with the greatest glee. Gradually making our way into the deeper part, we chased each other, floated and ducked. Com-

petitions were then held, to see who could float the longest, the prize being a biscuit from the lunch basket.

Somebody then brought a spring diving board, and fresh fun began.

After staying in the water for half an hour we dressed, to boil the billy.

Lunch was very jolly under the shady willow trees, with the leaves whispering overhead as though they would have liked to enter into conversation with us.

More swimming followed, while the boys caught crayfish.

Then we wended our way homewards, as happy as sandboys.

—“Pixie” (aged 9).



“JOYBELL”

A Sunshiner who also seems to be a Mermaid, as she started swimming in Manukau Harbour on the first of August. Oh! Doesn't it sound cold and wet!!

Any Member of the Sunshine Circle will be awarded an Ever-sharp Pencil or a Fountain Pen who induces a grown-up relative or friend to enrol as an annual subscriber to THE MIRROR.

It will be necessary to have the Subscription Form, at the foot of Page 72, properly filled in and forwarded, with 12/- for the annual subscription (including free postage and the special Christmas number).

Be sure and add your own pen-name on the last line so that you will receive your reward without delay.

Continued on page 75

Kiddies Sunshine Circle

Continued from page 74



"Primrose" Pets.



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—and they can have plenty when your bathroom is fitted with an up-to-date

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OTAHUHU



The Magic Brush

I often used to wonder,
And so, perhaps, have you,
Why every little flower
Is different in hue.

The daffodil and iris,
Only buds to-day,
To-morrow will be gorgeous
In colours rich and gay.

I never saw an artist
Climb our garden wall,
With paint-box, brush and easel,
Or anyone at all.

Auntie thought that fairies
Painted the buds at night,
Then hid their wee paint-brushes
And fled with morning's light.

But she had never SEEN them,
And wasn't SURE, and so
I still was very curious
And longing just to KNOW.

Till one day, accidentally,
I found out for myself,
For I slipped down in the orchard
While looking for an elf.

In a periwinkle flower
That I didn't mean to crush,
I found the very sweetest
thing—
A tiny fairy brush.

And if you don't believe me,
There are hundreds there
to-day,
And in each little cup you'll
find

A paint-brush stowed
away.

—"RUTHYN"

Though papers come in great array,
The LADIES' MIRROR wins the day,
For boys and girls of good school
age
All look forward to the Sunshine
Circle page.

—"FLUFFY" (aged 12).

Mirrorgrams

(The numbers in brackets represent the marks awarded)

Bev—I hope you are better, dear. It is nice to know you like our Circle. **Puck** (Masterton) Yes, try the competitions. Send in another pen-name, as this one has been taken long ago. **Bubbles**—Fill in the coupon on page 72 or you cannot be entered in the Sunshine Register. **John Fabian** It is nice to get parcels. I am glad you liked yours. I hope my little sister is quite well now. (5). **Hymen**—Certainly you may join, but you must send in a coupon. **Rosebud**—Your sketch is very good. Is that you I spy in the back of the car? (15). **Dawn**—So sorry to hear this little sister has been ill. Hope she is now quite well. (5). **Matilda Day**—You clever girls to make up that cross-word puzzle. I love boating, too. (10). **Colin**—Hurray! Glad to hear from you again. (10). **Bonzo**—What pretty notepaper, dear. Your riddlemeree was excellent. Buck up, because after exams come holidays. (25). **Stingaree**—Your cross-word puzzle is correct and the sketch good. (10). **Casabianca**—You are a little explorer! No, I have escaped 'flu so far, and I really have no time to be ill with so big a family. Is this "Casabianca" on the pony's back? It is very good. (20). **Tiger Tim**—Yes, I am very happy with all my "Sunshiners"—they are very good children. Try some of our puzzles. (10). **War Trail**—We had not thought of birthdays in June the Sunshine Circle has only started lately. Better luck next time. (5). **Mary Ann**—You write a nice little story. "Bets" is about your age. I will ask her if she would care to correspond. (20). **Wendy**—Your crossword puzzle is correct, dear. (10). **Nancy O**—You did not read my instructions carefully. They refer to new subscribers, and not to circle members. (10). **Daphne**—A very pretty name, too. So glad you like the cross-word puzzles. (10). **Hiawatha**—I like printing; it is so neat. You will soon be having holidays, too. **Cherry Blossom**—Hello, dear, I like your letters. Who do you fancy you would like to write to? (20). **Wicobe**—Thanks for coupon. Have entered your name in the register. (10). **Peanut**—I shall use some of your jokes. (15). **Star**—Your entries are very neat. (15). **Tess**—The story is too long to publish, but will award marks for it. (20). **Sunny Boy**—Mother must be proud of your lovely writing, dear. I am so glad you are better. (10). **Trooper**—I shall wish hard that you will be first this time. I once knew a boy whose Father gave him a "Daisy" rifle, and a policeman took it from him because he had it in the street. Hard luck, wasn't it? (15).

Continued on page 76

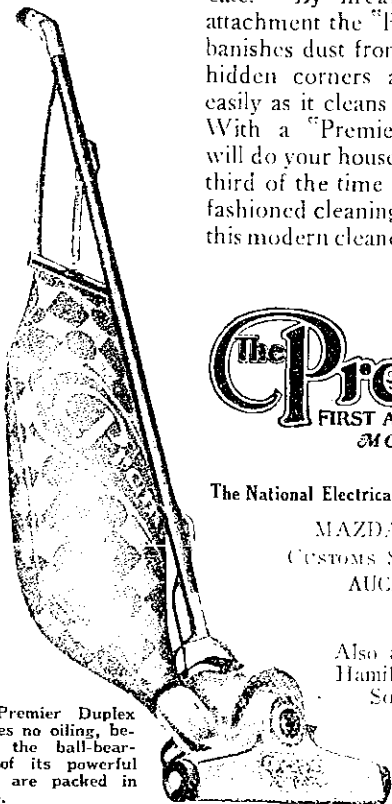
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Hamilton, and all main
Southern Towns.

The Premier Duplex requires no oiling, because the ball-bearings of its powerful motor are packed in grease.

Kiddies Sunshine Circle

Mirrorgrams

Continued from page 75

Gnome—What a nice letter! Brownie comes from Dunedin, so probably she belongs to the company you mention. (15). **Laughing Water**—You must have extra marks for that pretty sketch. Yes, I liked arithmetic, and loved algebra, but geometry was always a horror to me. (15). **Powder Puff**—What a dear pussy that must be. I liked your letter, and your work was good. (15). **Buzz**—I was disappointed not to get "Midget's" photo. Better luck next month. You have done well. (20). **Tabby Cat**—I wish I could have seen you dancing. You must be fond of dressing up. (10). **Meg Morries**—Well done; but too many mistakes in your letter. (20). **Till**—So glad to hear from you again; you ought to be especially interested in "The Mirror" then. (10). **Joan**

What fun you will have after the 20th. I hope your father is better, dear. (10). **Kitten**—I am sure Mother would enjoy the party you made for her. It does make you happy doing things for others, doesn't it? (10). **Periwinkle**—You are a very ambitious young lady, so I am sorry to have to tell you that your verses are not so good as previously. Your metre is rather faulty. Yes, I am glad you like our name. (25). **Portobello**—Your story of the "Bad Boy" did make me laugh; it is really good. (10). **Penelope**—What a nice sunny photo. I shall add it to my "Sunshine Gallery," and try to publish it later. (10). **Coppertop**—Splendid work, old boy. Your sketches are good. (20). **Puella**—It is so nice to get your nice letters and to know you like your Circle. I hope Mother and Daddy will enjoy their visit to Sydney. It is a lovely place. (15). **Ray**—No, dear; do just what you like best; don't bother about the drawing. (15). **Tinkerbell** (Martinhoro)—Your jokes were not nice at all—too vulgar to publish. I want all my Sunshiners to have bright and clean thoughts. **Primrose**—I hope you are quite better, dear. Your puzzles are well done. (15). **Fluffy**—It would be nice for you and "Primrose" to correspond. You are about the same age. Let me know if you would like to, and I will send addresses through our page next month. (20). **Rahiri**—I love your pen-name. What a nice name for a home, too. I know a lovely all-white cat which has one beautiful blue eye and the other one is green. Its name is Topsy; how would it suit your pussy. (15). **Banner**—You print beautifully, dear, and I am sure you have done well at school. **June**—I think the cross-word puzzle was too easy, or my Sunshiners are very smart; nearly all of them got it right. (20). **Pixie**—You have done a lot of work, dear, and very well done, too! You certainly would need extra sleep after such a late night. (30). **Hinic Snitchel**—What fun you would have at Brown's Bay. I love holidays, don't you? Don't tell "Banner," because she likes school best! (10). **Snow White**—Look out for a "Sunshiner's" address next month somewhere on our page. It was sweet of you to send the pussy. (10). **Bev**—I will ask "Fluffy" to write to you. Look out for her address. I send out Merit Cards every two or three months. **Yenadizzie**—You have not written for some time. Have you been ill? (10). **Busy Bee**—Pleased to hear from you. The puzzles are correct. (15). **Spark**—Your letter is most interesting. What a great distance you have to go to school. I suppose it takes over an hour each way. (10). **Bunnie**—Your neat letter was a joy to me. Yes; I am still "Merry and Bright" and no flu, thanks! I am so sorry you have toothache, dear. The "Sunshiner" you mention is fifteen; she is a dear, and I am glad you think so. (20). **John Fabian**—Little tinker, tearing your puzzle up; but I am glad you wrote. (5). **Bets**—Never mind, dear; your lessons must come first, and as you have tried I shall award some marks. (15). **Dornic**—It is always a pleasure to see your beautiful writing, but I like to get a little letter too, please, as I want to know lots and lots about my "Sunshiners." (25). **Nairobi**—Yes, dear; try some puzzles and win marks. So pleased you have joined. **Red Queen**—Welcome. Hope you will enjoy the Sunshine Circle. (5). **Tom Brown**

Hurray! Do some puzzles next month. **Dawn East**—I am sorry somebody else chose this name last month. Try again! No; we only require the form once for the purpose of entering in the Sunshine Register. **Kewpie**—Clever little girl to be able to work out the puzzle. (5). **Poppy**—Do some puzzles next time, dear. **Springtime**—I like your pen-name very much. Spring is a delightful time and seaside cottages are nice, too. You are a lucky girl to have one. **Moonbeam**—You must be a clever girl to be in Standard IV. You put "Tinker Bell" on your companion. Is it a mistake? **Sunny Boy**—Welcome to the Sunshine Circle. **White Queen**—Am glad you enjoy the puzzles. Yes; we are now a very big family. (15). **Will o' the Wisp**—No; you are not too old. There are several members your age. Send some stories and try our competi-

tions. **Heather**—So glad to welcome you. Next month try some competitions and gain marks. **Shepherd**—Welcome! Write to me next month. **Happy Jack**—I am pleased you have joined us. **Kitten**—No; this name is not taken. Hope you will soon gain marks. **Echo**—I like your neatly written letter. What a pity you cannot do the puzzles. You will have to persuade Mother to take another "Mirror." **Firefly**—Welcome, new Sunshiner. Love to baby sister. **Sunflower**—We have such a lot of members from your part of the world. **Humpty Dumpty**—Your sister has made a mistake about the fountain pen—they are for those children who get a new subscriber to "The Mirror." **Puck**—Poor girl; so sorry to hear you have been ill. My favourite animals are dogs and birds (not caged ones). **Sunbeam** (Clevedon)—I hope your interest in the Circle will continue. You are too late for this name. (Choose another, please. **Snowflake**—Hope you will enjoy being one of us. Have entered your name in the Sunshine Register. **Riro**—Welcome, dear. Your writing is very much like Pixie's; she lives in your town, too. **Snowball**—Try some of our puzzles. **Beany**—I have entered your name in the Sunshine Register. **Kewpie** (Dunedin)—Too late for this name, dear. (Choose some other, please. **Tin Lizzy**—Your name has been added to the register. (5). **Radio Ray**—How nice of you to think of me. It has been very wet up here, but no frosts. (5). **Bumble Bee**—I should love to have a peep at your roses in the summer. I have to make the puzzles more difficult you kiddies as so clever. (10). **Bobbie**—Puzzle correct. (10). **Okahau**—Very good, dear! Write and tell me something about yourself. (15). **Cupid**—Our gardens are full of spring flowers. Your story is pretty; shall publish it next time. I hope you are quite strong again. (10). **Brownie**—Your nice, chatty letter was very welcome, and I love the photo. Are these grey-blue eyes I am looking at? How neatly you did the puzzle. (15). **Marguerite**—Try some of our puzzles, and you will gain more marks. (5). **Rambling Rose**—It is indeed a nice name you have chosen. I hope you will have a jolly party.

P.S. There are dozens of letters that have come to hand since the closing-day, August 15, and space will not now permit of their being answered this month. I want you all to try to send your letters and contributions in as early as possible each month.

"SUNSHINE."



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