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conclusively that gritty dentifrices destroy the enamel of the teeth. Avoid this danger! Cleanse your teeth thoroughly without the aid of grit by using

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Obtainable at all Chemists and Stores.

LADIES!

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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

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They are British Manufacture

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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 aniline 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!