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1st NOVEMBER, 1926

THE MIRROR

THE HOME JOURNAL OF NEW ZEALAND



“Peter Pan”

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RAPID HEALER



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The Girl Citizen Movement



MISS LEILA W. BRIDGMAN.

National Girls' Work Secretary
of the Young Women's Christian
Association in New
Zealand.

Belvedere Studio, Auckland

There is to-day in many parts of the world a most amazing growth of young peoples' movements. Many thousands of girls and boys in the impressionable, character-building years of adolescence, whether they live in European countries, in the Orient, throughout the vast territories of America, or in the more familiar lands of Australia and New Zealand, are eagerly responding to the ideals of comradeship and service upon which these movements are based. Only when they are seen not merely in their local manifestations but as part of an almost world wide venture, is it possible to catch something of the significance of these organisations. Their effect upon our common life must surely be felt as these young people assume the responsibilities of adult life.

The genius of these movements consists in their having found how to present an ideal in such a way as to fire the imagination and win the loyalty, and at the same time to provide as a practical application of the ideal those activities which are necessary to the growth of personality.

New Zealand, because of its geographical isolation, often tends to be cut off from the development of thought in other countries, and only now are we beginning to realise the value of such movements, both for the development of our boys and girls and for the building up of our national life.

The Young Women's Christian Association in New Zealand has been a pioneer in work among adolescent girls in this country. For the last ten years there is no part of its work which has received more consideration than the activities with younger girls, and for this a special department exists, with its committee of women and a specially-trained worker whose chief responsibility it is to study the needs and interests of girls between the ages of fourteen and twenty, and to find ways in which the Association may serve them.

The value of some standardisation form of club work has long been recognised, and six years ago the Girl Citizen movement was launched as the official movement of the Young Women's Christian Association for work with adolescent girls, and wherever the Association exists throughout Australia or New Zealand there is also a Girl Citizen community.

The Girl Citizen movement is an adventure in Christian citizenship. Through its activities, which include all the normal wholesome interests of growing girls, through the opportunity it affords for happy comradeship, both with other girls and with counsellors, it seeks to help its members to stretch the boundaries of life, giving widening interests in the world around and developing and releasing the potentialities within.

Our ideal of citizenship is that Great Citizen who, with vigour of body, strength of mind, and devotion of spirit, gave His life in service, not to His country only, but to a whole world. Accepting the challenge of its ideal, girls are striving to build up those standards of thought and action which make for strong, winsome girlhood.

While seeking the development of each of its members, the movement at the same time aims to unite the girls of a country in a consciousness of their power in shaping the life of their country and in the desire to use that power in the service of all that shall be for its true welfare.

The Girl Citizen code which every girl promises to respect is as follows:—The first civic law is the law of Health; the second, Self-control; the third, Self-respect; the fourth, Sincerity; the fifth, Honour; the sixth, Duty; the seventh, Co-operation; the eighth, Loyalty.

Regular weekly gatherings of Girl Citizens are held, the members meeting in small groups with their own counsellors. Also, from time to time what is known as a Community Gathering is held for all Girl Citizens in a local community. It takes the form of a simple yet beautiful and dignified ceremony for the enrolment of new members and for the repledging of loyalty to the code.

Opportunity for the practical working out of this code is given through the regular Girl Citizen programme. Health education is given through physical culture, sports and wholesome recreation, and talks on health.

The establishment in their group life of a tradition as to a Girl Citizen's conduct helps a girl to apply the laws of self-control and honour. Through working with other girls in her movement, a girl discovers the necessity of real co-operation and loyalty and learns how to work with others. She also attempts to make herself an intelligent member of the community, interested in its public institutions, willing to co-operate whenever possible in pieces of practical service. The New Plymouth Girl Citizens, for instance, recently collected the sum of £74 in connection with an effort the town had for improvements to Pukekura Park.

A Girl Citizen strives to increase her knowledge of homecraft, the care and entertainment of little children, learning how to prepare and serve a meal, and many such occupations are part of her programme. Nor is the aesthetic side of life forgotten. Dramatic work, singing, appreciation of art, all encourage the Girl Citizen to a fuller self-expression and to a realisation of beauty in many forms.

In addition to local camps, an annual Dominion camp is held, to which delegates are sent from every local community. St. Andrew's School, Christchurch, is to be the scene of the next gathering, which is to be held early in January. At such gatherings, in addition to sports activities and meeting of an inspirational character, the girls gain much education in the purpose and management of their movement.

The unique feature of the Girl Citizen movement is that it is an elastic form of organisation, giving the maximum of responsibility to its members, not only through the choice of the regular activities and the holding of office in the community,

but also through the giving of the power to legislate for the movement as a whole. All matters from the details of their uniform (navy skirt, white middie, navy tie, and Girl Citizen monogram) to proposed alteration to their code, are thoroughly discussed and voted upon by the girls themselves. In this way there is becoming apparent a real vitality in the movement, a sense on the part of the girls of the adventure of really building a movement and a corresponding keenness to serve it loyally.

While the movement in New Zealand is at present established only in the Young Women's Christian Association, it is a scheme which provides for its uses by any organisation willing to accept its purpose and methods.

Where Girl Citizen Communities are formed within any existing organisation, such as the Church or the Young Women's Christian Associations, they are regarded as an integral part of the organisation, and they share as far as is desirable the general life and responsibilities of the larger body. A definite emphasis in interpretation of the ideal of citizenship should be the service which Girl Citizens can give in this way. Thus any organisation which promotes the Girl Citizen movement among its younger girl members may expect therefrom greater strength and loyalty to itself. The value of this has been proved in Australia, where the use of the Girl Citizen scheme in some churches has meant not only better week-day activities, but increased numbers and a finer spirit of service.

As part of its forward work in the Dominion, the Young Women's Christian Association of New Zealand has adopted the policy of seeking the co-operation of church organisations in the use of the Girl Citizen movement; nor will the work of the movement be limited to existing organisations.

The headquarters committee has the power to grant charters of civic rights to any group wishing to affiliate, and it seems a vast field for extension in country districts where girls have few of the opportunities, leisure, and time open to their town sisters.

The national organisation of this movement is in the hands of the National Girls' Work Committee of the Young Women's Christian Association, which meets in Wellington. Miss Leila W. Bridgman, National Girls' Work Secretary of the Young Women's Christian Association, in New Zealand, who has a wide knowledge of girls' movements in various parts of the world, has recently returned from Australia, where she was engaged upon the work of the Girl Citizen movement, to further organise the movement in this country. She holds the office of National Chief Counsellor. She has the co-operation of an enthusiastic group of chief counsellors throughout the Dominion who carry the responsibility for the organisation of girls' groups and for the training of the counsellors, or leaders, of these groups. The Association is very confident that the Girl Citizen movement has an important part to play in the life of this country in challenging and helping girls to set out on the quest of the ideal.

Attention Readers!

The next issue of *THE MIRROR*, to be published on December 1, will be a much enlarged edition of our

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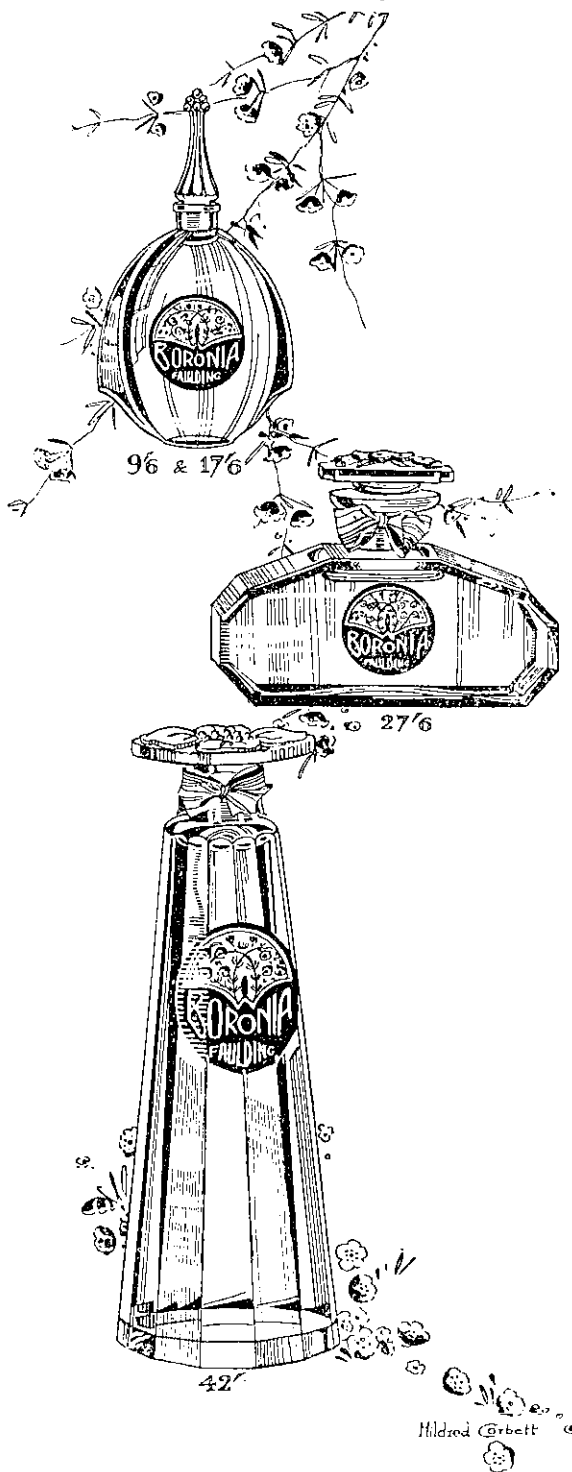
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Hildred Corbett



AUCKLAND
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. 5

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One Shilling



A Camera Study by H. H. Clifford, Christchurch.



THE WAIRO ROCKS, NEAR HIKURANGI, NORTH AUCKLAND. Government Tourist Department, photo.

These remarkable limestone rocks of curious formation are to be the centre attraction of a National Reserve, and when made more accessible for tourists, should be a popular rendezvous for nature lovers, as the surrounding country comprises some unique scenic features.

Spring at last! Half the year through, we seem merely to be marking time waiting to cast our fetters to answer the call. This is the month in which only the dullard fails to hear the Pipes of Pan, as depicted in our cover this month.

This allegorical picture is from a photograph by Mr. Gerald S. Jones of Auckland, who is an enthusiastic amateur photographer with a keen artistic sense and whose camera work has received very favourable recognition in Great Britain and France, where artistic photographic work is appreciated more than in this young country for its aesthetic worth. Mr. Jones portrays Peter Pan sounding his pipes for Spring, which ushers in the joyous season for man and nature.

We are all nomads and vagabonds at heart. It is as well to give our highest instincts rein now and again, lest we succumb to the demands of civilisation and civilisation, in its ultra-modern and mundane sense, is just what we New Zealanders should wish not to cultivate too assiduously, especially at this season of the year. We are nature lovers at heart in these Fortunate Isles, and let us foster rather than crush our natural instincts. A few hours in the sunshine and out of the hurly-burly in November restores our perspective, renews in us the ability to enjoy,

and creates a brighter outlook on life generally.

Cowes is for yachting what Ascot is for racing, Henley for river sport, Windmill for tennis, and Hurlingham for polo—a Mecca where British Society congregates in season; indeed, it is *de rigueur* for fashionable folk to be there!

There is nothing, unless it be a racehorse, which exerts so magic a spell over so many different sorts of people as a yacht, but Cowes is regarded by those who have never been there as a most exclusive social function. It is, in point of fact, the most cosmopolitan of all entertainments, although all Society, with a capital S, really takes a leading part; and for most people Cowes provides an urge for watching other people do things.

It has been said that if an Englishman puts down on his list of extravagances that are to gratify his fondest dreams when he becomes a millionaire yachting is No. 1. Cer-

tainly no scenery can be considered perfect that lacks water, and no sheet of water is so aesthetically satisfying as Cowes on regatta day. It is a sight once seen can never be forgotten. The forest of slender masts of all heights and colours, the ships of all rigs, and the blaze of lights at night are the special glory of Cowes.

If anyone wishes to be reassured about the sea-faring instincts of our race, all one has to do is to sit and listen on the waterfront at Cowes to the talk of the sailors there collected. Sea yarns were ever the best yarns—they are usually truer than fish yarns and one will discover, perhaps be surprised, that sea-going did not die out in Old England with the Vikings or with Nelson, and that Kipling's nautical romances are not so far-fetched as may be imagined. We in far-off New Zealand are proud that we have growing up a race of yachtsmen who cherish the traditions that are centred in Cowes.

In the Mirror



With tragic suddenness New Zealand has been bereft of one of its most picturesque personalities with the death of Sir James Carroll. In his long and meritorious association with public life in this young country he was always a notable figure—a sterling link between the Native race and the British stock that have so amicably associated in building up our proud nationhood. He was a chief, amongst the Maori, and a worthy Knight of the British Empire.

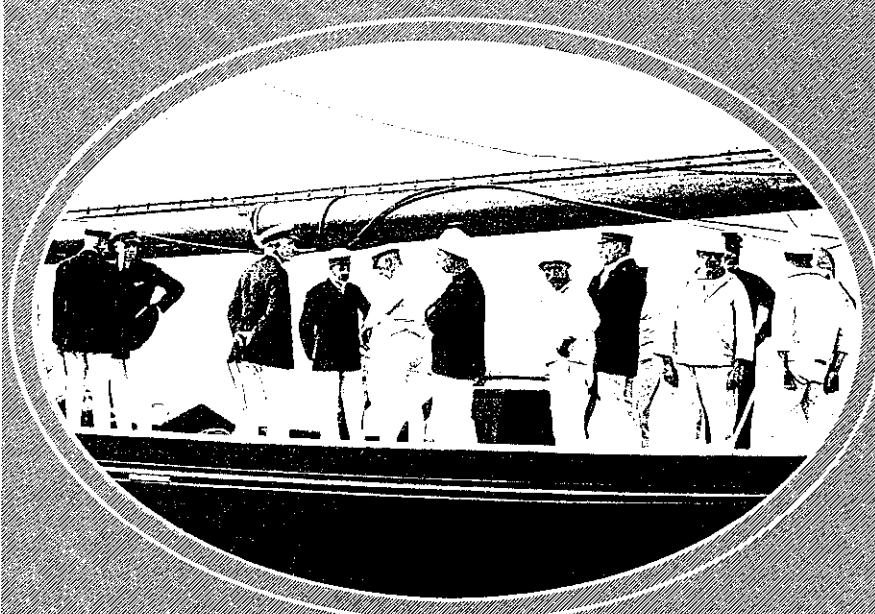
Sir James was one of the most eloquent and fluent speakers, both in the Native and English tongues that has graced our Parliament, whilst his genial and urbane qualities endeared him to a wider circle of friends than probably any single individual in his time has enjoyed.

For twenty years Sir James Carroll, as a Minister of the Crown, held the scales between the Maori and Britishers who colonised these Fortunate Isles to say nothing of the generations of New Zealanders who have been born to cherish their noble heritage, which is saying all that could be said for his tact, forbearance, breadth of vision, and efficiency as an administrator.

The departed chief has gained an enduring place in the history of the Dominion, and future generations

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Celebrities at Cowes



Top row—Col. Sir C. Wyndham Murray; H.M. the King sails on the "Britannia"; Captain Denzil Cope.
Middle Row—Lord Incheke with Princess Brinda of Kothurhali; Mr. and Mrs. C. Graham White lead a hand when taking a boat on board; Sir Howard and Lady Franks.
Bottom Row—Lady Loughborough, centre, with the Hon. Mrs. Isabel Tennison and Miss Poppy Baring; Mr. and Mrs. Cyril Potter on board the "Petronella"; Miss Leffler, centre, and the Misses K. and M. Graton.

Topical Press, photo, London

Sturdy Young New Zealanders

*"Childhood shows the Man as
Morning shows the Day."*

--MILTON



*At Left—The son of Mr. and Mrs.
Willcox, of Papamou*
Claude Ring

*At Right—Keith, son of Mr. and Mrs.
L. S. Piper, Mt. Eden*
Belwood Studio, Auckland

*Below—Dave, the son of Mr. and Mrs.
F. O'Connor, Taurimaru*
Clogg



*Above—Campbell, the son of Mr. and
Mrs. G. Jamieson, Hastings, H.B.*
Lowell Smith Studio, photo, Hastings

*Centre Circle—Raymond, son of Mr. and
Mrs. Hetherington, of Fitzroy, Taranaki*
Swainson, New Plymouth

*Right—Anthony, son of Mr. and Mrs. F.
W. Grayburn, Orari, Canterbury*
Mabel Tustin, Wellington

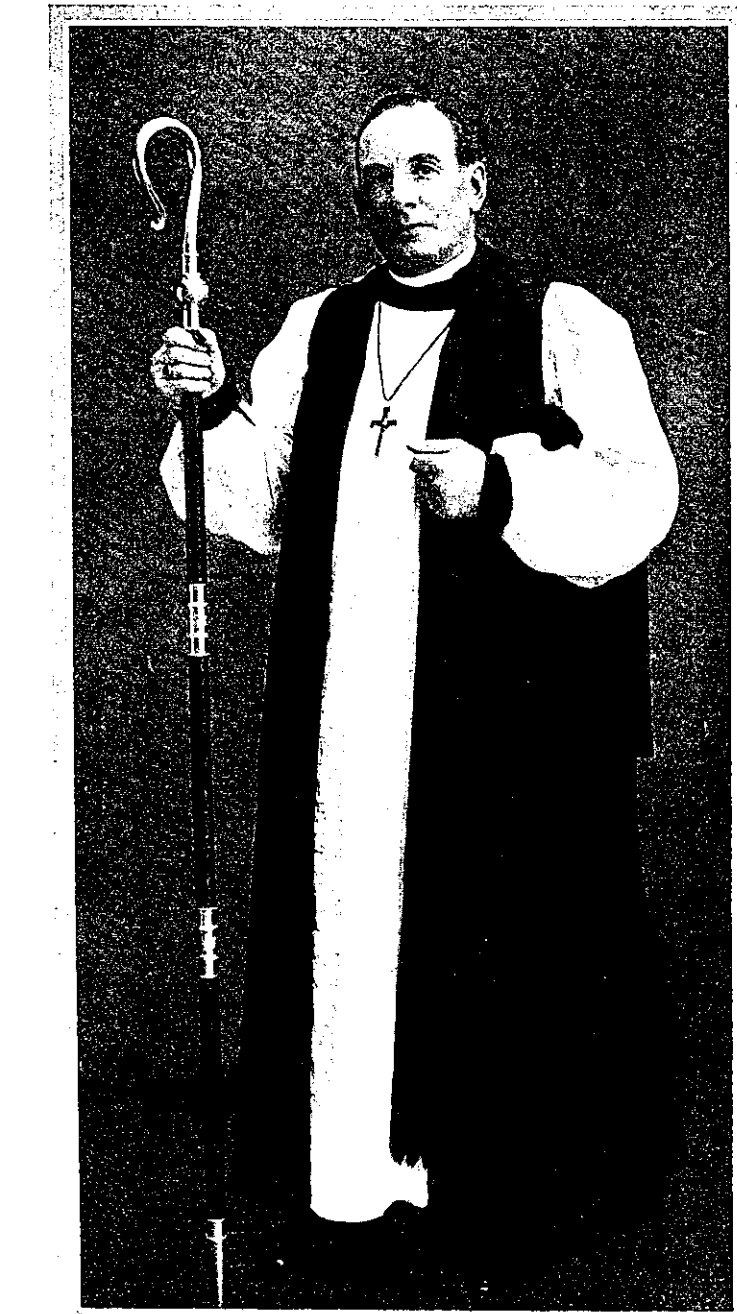


South of the Straits

Evergreen as the suburbs of Christchurch City, the weather forms the chief topic of conversation in the South. The weather clerk, in humorous mood, has unloaded a few surprises upon long-suffering citizens, and a vista of wind-swept, rain-washed streets is broken only by the gaiety of rainbow-tinted mackintoshes. Time was when the mackintosh was sober and utilitarian, but the prevailing frivolity of the day is echoed even in the garments designed to keep out the damp. Blue and red and pink dominate the streets. Even the plaid walks unashamed. "Scots wha hae wi' Wallace bled" sally forth in patriotic tartan, with fashionable stumpy umbrellas in startling design. These are peaceful days, but even after an interval of two hundred years the clan spirit dies hard, and we may yet witness the spectacle of Mrs. Jones, clad in the tartan of the Macdonald Clan, of Glencoe fame, meeting Mrs. Thompson, arrayed in Campbell tartan, and feeling suddenly constrained to stab her to the heart with her Macdonald-hued umbrella. But away with such fancies! The evolution of the mackintosh has provided a happy note in the dull streets on a wet day.

And, talking about the weather, it is a sad heart that does not rejoice with the farmer this springtime. The rain may fall, and the snow may flurry, but the crops will spring, and the little bees will buzz and provide us with honey, and all will be well with the world. Meanwhile, the sports bodies lament, and sandwiches prepared for opening ceremonies are salted with tears. In spite of the depressing daily weather bulletin—"barometer falling, snow in high country, heavy rain general"—the schools—remembering that Waterloo was fought on the playing fields of Eton and that Wellington failed to gain the favour of the weather clerk and did his bit on a wet day—have boldly made their fixtures. That day of days in the school year—sports anniversary—has come and gone for Christ's College and High School. There is a cheerful similarity about these occasions, save that where grandmothers formerly came gracefully gowned with trailing skirts, they now wear them up to the knees. With this trifling change, the spectators might be witnessing the school sports of our pilgrim forefathers. Tommy still runs his hardest, fondly watched by admiring mothers, maiden aunts, and napper sisters. Dad, with his air of boredom, adds weight to the assembly.

The muddled oaf arrived at his goal a few days ago. Very muddled and very weary he was, and even his mother would have found it difficult to discern his features beneath the stratas of rich Canterbury soil. The annual Timaru-to-Christchurch road race is one of the cycling events of the year, and non-sporting weather usually greets the occasion with showers of rain or blustering nor-wester. This year "rain's our choice," and the competitors wheeled up from the south through rivers of mud. A cheerful assembly of citizens gathered to greet them on the show grounds, but it was long before a figure, disguised as a gigantic mud-pie dug his way into the town. Cheers and a



H. H. Clifford, Christchurch

The Rt. Rev. C. West-Watson, Bishop of Christchurch

The Rt. Rev. Campbell West-Watson, the new Bishop of Christchurch, comes from England, although his name betokens Scotch ancestry. He is the third Bishop to guide the destinies of the most truly English diocese in the Dominion. His personality has already won a place for him in the affection of the Canterbury community.

Mrs. West-Watson, whose portrait appears on page 8, wife of the Bishop of Christchurch, brings to her new home a charm of manner, a ready tact, and a happy knack of always saying the right thing in the right place. Though an Englishwoman with a deep love of the Motherland, she is quite at home in the Dominion.

hastily-contributed prize were the portion of a veteran of sixty summers who, on an old-fashioned bicycle, pushed his way with a stout heart in the rear of his younger competitors. Hope of his ultimate arrival had been abandoned, and a proposal for a memorial square were being mooted, when two eyes were seen shining in an encrusted heap at the door of the room where festivities were in progress. What acute perception sportsmen have! They recognised the hero and with a joy-

ful shout bore down upon the un-daunted pillar of Canterbury's earth and shouldered him to the place of the honoured guest.

Another uplift guest has been waited our way. These angel visitors drop down on us at intervals, beautify our shores and enlighten our minds for a brief few weeks, then swarm up Jacob's ladder to their own heavens again. We are always grateful for their ideas—particularly if we have cultivated

our sense of humour. This particular shining one came to us from the land where coal is rationed and women given away overseas in batches c.i.f. and c. to any Dominion that will accept delivery. Samples of domestic workers, land girls, trained stenographers and teachers have for long been submitted for our consideration, but a new line—cultured mothers' helps for the backblocks—has recently been opened up, and good business is anticipated by the hopeful vendors.

In addressing the local Victoria League this particular Empire commercial traveller emphasised the utilitarian as well as the ornamental value of her latest goods. The cultured mother's help, delivered as per sample at the home of the bush farmer, will, we are assured, rise above loneliness on the wings of her own culture. With intellectual resources and a mind well stored, her life will be full, even if the nearest eligible bachelor is fifty miles away and the papa road fallen to the foot of the precipice. Rising with the lark, she will, should circumstances and the bush mother demand it, don gum boots and fare forth to see the "lowing kine," who, instead of "winding slowly o'er the lea," are standing knee-deep in cozy mud. "A book of verse . . . a loaf of bread, a jug of wine, and thou" will supply the necessary rustic flavour for digging potatoes for dinner—even if "thou" is still unattainable. At "twilight and evening bell" the cultured one will again proceed to the cowshed, and a dip into "Paradise Lost" while the farmer and his wife discuss the price of bullocks will revive memories of days in far-away London. Yet, why all this talk of England's surplus women? Would it not be as well for the far-seeing Briton to export a few of his muddle-headed statesmen? Surplus, indeed, they are, but they might eke out a useful living as share-milkers or "fathers' helps" on the backblocks farms.

As men may rise on stepping-stones of their dead selves to higher things, so a hospital may be raised on a foundation of gift cakes, plain sewing, vanishing teas, jazz parties, bridge evenings, and markets. An ephemeral assortment, my sisters, but a strong substratum of idealism ossifies these unsubstantial building materials. All honour to the originator of the idea, who this month materialises his dream of a hospital from a mirage of the future into the comforting reality of a vice-regally-laid foundation stone. St. George's Hospital will be an Anglican Hospital, without Anglican prejudice, wherein we may be safely restored—either to this world or another.

"When we were very young"—more than a few moons past—the thrill of a year lay in the birthday party, with its iced cake, its jam tart, and smiling mammas. Even a kindergarten may have its birthday now, and several of these charming little schools, where tiny tots up to the mature age of five are instructed in the arts of singing, paper work, and games, are celebrating their yearly festivals. The Christchurch Free Kindergar-

Continued on page 8

Sweet Childish Faces



*In Circle -
Nan Carter, of Wellin-*

ton
Elizabeth Gosnell



*Below - Barbara Taylor,
of Cambridge, Washita*

Clare & Co., Hamilton



*At Left -
Julia Lynch, of Wellington*

S. P. Jones & Sons, Wellington



THE WOOL INDUSTRY IN PLEASANT PASTURES

T. S. Collins, Maungaturoto

There is one consolation. It might have been worse. What? The weather, of course. Three weeks of moist, steamy days, when Auckland lifted a face of mute appeal to the leaden sky. There was neither justice nor mercy in the sky's answering frown, and the rain came down in sharp showers, just like raps on the knuckles. It reminded one of Somerset Maugham's play, "Rain," in which a group of tourists are marooned on a South Sea island during the wet season. The everlasting rain plays havoc with their nerves, and makes them do all sorts of dreadful things which they would never dream of doing in a sensible climate. There seems to be a run of "weather" plays at the moment. "Damp Rod" was the cause of all the unpleasant behaviour and monotonous shouting in "White Cargo." Certainly if this weather continues in Auckland, we may expect a local outburst of indignation in some form or other. However it seems to suit the complexions of the oak trees admirably, and adds freshness to their bloom. The Domain and Government House grounds have never looked so beautiful. I wonder who planted all those oaks? They bear the dignity and fullness of age, for all their youthful Spring colour. What finer monument could anyone have? Government House, in fresh white paint, peeps out between the branches, as if determined to rival its gay "white sister," the University.

Chaperones are said to be out of date, but not in Auckland. We admitted reluctantly that it might be wise to have searchlights directed on Albert Park. (Even Hyde Park has its women police.) Now all the streets in the vicinity of the Park have these watchful chaperones. Several times lately I have run to the window to look at what appeared to be dazzling white moonlight, only to find Mrs. Grundy in a new form, peering in. The poor old moon will soon be out of business in Auckland. Poets will no longer make rhymes about the pale moonbeams, nor will the moon be able to cast its silver web of romance about a workaday world.

Echoes of the North



S. P. Ambrose Studio, Auckland

Mrs. T. F. Lacey, nee Miss McFarland, of Epsom

Two interesting women travellers visited Auckland this month. One hailed from London's Street of Adventure, Fleet Street, where she was on the staff of *The Daily Telegraph*. New Zealand delighted her, and she said that it was the one place that would call her back. It reminded her of England, although she thought that everything seemed more vivid and more definite, the colours sharper, and the people certainly more British. (*Entre nous*, she found the men "bolder" but perhaps that was why she wanted to come back!) For the last few years, most of her time has been spent in the occupied territory in Germany. She was full of indignation at the treatment of German women by the French Scavenging troops. One day she was mistaken for a German housewife, and spat upon by one of these black soldiers. Of French cleanliness she had a very poor opinion, and said that wherever the French troops had been quartered the buildings had to be fumigated. Needless to say, this measure was unnecessary in connection with British troops. I took her to the top of Mount Eden one evening, and she was charmed with the lights of Auckland, and said that it reminded her of Buda Pesth, one of the most beautiful cities in Europe. The shores of our harbour, beaded with lights, looked like the Danube, with Buda on one side and Pesth on the other. One of the objects of her visit was to get facts about the film business in New Zealand for the *Daily Telegraph*. At last England realises the urgent need of British pictures in the Dominions.

Madame Huda Weersma, from Java, was the other interesting visitor. She is a tall blonde, with small, round features and speaks volubly in broken English. Her object in travelling is to encourage the interchange of ideas and to improve the women's status in Java. From her accounts, there is need of improvement. Javanese girls marry at the age of 13, or thereabouts, and are toothless and seraggy at 25. It

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Lake Okareka, near Lake Rotornua

Government Tourist Department, photo

South of the Straits

ten Association, with very little trumpet blare, supports five free kindergarten-gartens, and their unobtrusive work deserves more publicity than it receives. At the last birthday party the wee pupils, with great solemnity, watered flowers out of an empty watering can, danced as fairies, and romped as flowers. One small laddie, with a domestic instinct that boded well for his bride twenty years hence, refused to be torn from the washing tub, and the envied of all was the lady who worked the mangle. A dodo of smiling mothers drank tea, and beamed upon the small performers.

That there may be "not a possible doubt, no possible, probable shadow of doubt" of reclining on plush-covered chairs, a serpent-like procession of plutocrats waited outside a music shop in the early grey hours of a Canterbury springtime morning. Like William Shakespeare, Gilbert and Sullivan have been elevated to a pinnacle of respectability, and many who never frequent the theatre on ordinary occasion, resurrect their fascinators and rejoice in the melody offered for their approval. Music in the morn is usually associated with the lark, but the waiting line raised up voice in harmonious reminiscences, and snatches of "Flowers that bloom in the spring," and "Take a pair of sparkling eyes" floated out to delight the



B. H. Clifford, Christchurch

Mrs. West-Watson, wife of the Bishop of Christchurch

ears of the early morning milkman, and the itinerant paper vendor. On the morrow a still longer trail will adorn the metal and chilly steps leading to that purgatory of the penurious—the gallery of the theatre. There is a murmur among our city authorities, and rumour of backs to be provided to the supremely uncomfortable benches of this same gallery; at present, tier upon tier, we wipe our collective feet on our neighbour's coat tails.

We have just passed through the trials of Health Week, and obeying the dictates of the authorities have opened wide our windows, and let in the air, which, owing to a drop in the thermometer is particularly fresh; we have crept into our airy hatches and eaten lettuce; we have scooped up our back yard; and swatted the happy little spring fly. We have studied the subject in all its branches, and have familiarised ourselves with the preliminary symptoms of every known disease. We know how to cure them all—and fortunately, too, since we have developed the preliminary symptoms of no less than five complaints, all with a fatal termination. We are deeply aggrieved; we have not yet contracted nettle rash. Still, we have hopes—and now that Health Week is over, we shall have leisure to attend to our accumulated complaints. Next month we are to be Educated—mark the capital!—under the aegis of an Education Week Committee. Fearing the worst, we make our adieu while we may, in words of two syllables—Good-bye.

Happy Babyhood Days

"He that hath a wife and children hath given hostages of Fortune."—BACON.

At Right—Gloria and David, the twin children of Mr. and Mrs. A. W. Soames, of Christchurch

Claude Ring

Below—Ken, the son of Mr. and Mrs. J. M. McKay, of Blenheim

Horton Studios

Below—Donald, son of Mr. and Mrs. N. Porter, of Wellington

P. H. Jauncey, Wellington



The daughter of Mrs. C. Anderson, of Wellington

Claude Ring

Rosemary, the daughter of Mr. and Mrs. F. E. Wilson, New Plymouth

Paulyn Huggitt



A BETY OF BLITHESOME BATHERS

Claude King, Photo

in a country bereft of flappers, and however much we frown at their cigarettes and deplore their giggles, we do admit that the flapper adds to the gaiety of life. The men seem to have it their own way in Java. They even guard against being turned down when they propose by using a go-between. The most popular wives in Java are those who present their husbands with numerous sons. In this way, the men expect to get cheap labour, and be provided for in their old age. A better state of affairs prevails in Sumatra, among the Malays, where matrilineally is the form of government. The mother of the family rules the roost and property descends through the female line. To prevent girls marrying merely for a home, they are provided for by settlements of money. Apparently, Sumatra is the harem or girl's Paradise.

The League of New Zealand Pen-women, which entertained Madame Weersma, is a growing and active body. In addition to talks and lectures from its own members, distinguished visitors are entertained and invited to give informal talks. All this takes place in the Unity Hall, which belongs to the Sunday School, Union, and is the temporary club room of the League. Union wonder how a certain text, which hangs on its walls strikes the visitors. It is printed elaborately in gold, and a map of New Zealand is set in the middle. The text is an old favourite, but has been altered slightly, perhaps to give it local point. It reads like this: "God so loved the map of New Zealand that He gave His only begotten Son, and soon it's just another way of calling New Zealand 'God's Own Country'."

The Duke and Duchess of York, before leaving for New Zealand, paid their final visit to Glamis Castle. This belongs to Lord and Lady Strathmore, the parents of the Duchess of York. All sorts of romantic legends and mysterious ghost stories hang round this Old Castle. There is a haunted wing in which it is generally believed that a strange

Echoes of the North

Continued from page 7



S. P. Anderson Studios, Wellington

Miss James Doyle, nee Miss Dorothy Anderson, of Kororua

monster lives. The eldest son of the family is told the truth about it on his twenty-first birthday. Of course, he never smiles again! A short time ago a couple of mischievous girls staying at the Castle determined to find out the truth about this strange ghost. It was during the shooting season, and one day, when the men were on the moors and the ladies had left in the gigs to take them lunch, the two girls put their plan into action. They explored every room in the haunted wing, and hung a towel from every window. They then went outside to count them. They discovered that there were five windows without towels. This, of course, meant that part of the wing was walled in, and seemed to bear out the popular belief that it housed a mysterious creature that is half-man and half-animal.

The Auckland Savages were in their most frolicsome mood at the annual jellies' night, last Saturday week. Well known Aucklanders and local events furnished good material for their jests. The Beauty Competition had the lion's share, however. One Savage could not understand why so many ladies had paid the entrance fee. Another suggested the probable basis of judging the winners, which ran like this:

Beauty of Features	1%
Beauty of Brain	3%
Beauty of Complexion	1%
Beauty of Complexion	1%
Beauty of Complexion	1%
Beauty of Figure	1%
Beauty of Figure	1%
Entrance Fee	96%

The final item on the programme was a school scene, produced by Mr. Scott Gilvile, who acted as schoolmaster. His class was made up of particularly joyful and well-fed "boys" and "girls," supposedly between the ages of 12 and 14. Among the most promising pupils were Ethel M. Dell, Elinor Glyn, Nellie McVillie, and Suzanne Langlen. Original compositions were read by certain pupils, and songs rendered in a way peculiar to Savages. At

Continued on page 11

will rever his memory as a symbol of the unity of the brown and white races which together represent the people of this Britain of the South.

What hospitality have we to offer tourists we are so avidly trying to attract to this country? Unfortunately, we cannot take much pride in answering this question.

The Government is anxious to increase its revenue from tourist traffic, but displays little business acumen in the manner it goes about the proposition of inducing greater numbers of visitors to our shores.

The most serious complaint one hears from tourists and travellers concerns the lack of suitable accommodation.

Even in the chief centres and at our leading resorts the hotels and boardinghouses are quite inadequate to cope with a large influx of overseas visitors or to meet the demands in holiday times for our own people.

The bookkeepers complain that the tourist traffic is only seasonal and consequently their charges must be proportionately raised during the season, and it would be unprofitable to provide more accommodation which would be idle for many months in the year. Consequently they argue that before they are disposed to launch more capital in providing additional accommodation and better service they require the Licensing Laws amended to give them greater security of tenure.

Whatever one's convictions may be on the Licensing Question there is no gainsaying the fact that if we are to cater adequately for tourists from overseas there should be available for them all reasonable luxuries, comforts, and service commensurate with what they are prepared to pay, and for this reason it is not for us to say: "Thou shalt not drink" if our visitors are accustomed to indulge in spirituous liquors, wines, or beer. They resent being deprived of them, even in our "dry" districts, and complain of arbitrary restrictions in "wet" districts.

This being so, the Government could well afford, when revising the Licensing Laws next session to see that generous consideration should be granted to licensed houses that actually cater for tourists and the travelling public, even if it means such drastic measures as a redistribution of licenses throughout the Dominion, and the withdrawal of licenses from hotels that thrive merely on their bar trade and make no pretence to providing accommodation or meals to either visitors or residents.

It is the freedom of Australia in respect to its Licensing Laws that makes Sydney, for instance, such a Mecca for pleasure-seekers.

An Interesting Gisborne Wedding

Back Row—Mr. W. Sherratt, Mr. MacBull, Miss Joy Barker.
Middle Row—Mr. W. Barker, Miss Janet Graham, The Bride, and Miss Floris Barker.
Mr. Sattou, Miss Audrey Barker.

(Opp. Studio, Gisborne)

In the Mirror

Continued from page 2



Thousands upon thousands of New Zealanders go every year to Australia, drawn thence by the lure of a gay city, and with the knowledge that whatever their means they can, according to what they have to spend get the fullest measure of enjoyment for their money. In addition to this they also know that they are assured accommodation and service which compares more than favourably with the best to be found in their own country. This counts for much when one is holiday-making, or on a pleasure jaunt, and explains why so many Dominion visitors cross the Tasman, rather than spend their money in seeing the many attractions of their own country.

In a single week recently the Union Shipping Company carried over 800 people from New Zealand to Sydney, which represented many thousands of pounds in ster-

ling lost to this country, simply because our people prefer to take their holidays where they are assured of comfort, service, sport, and gaiety, which this country fails lamentably to provide, although we have scenic wonders far more varied than are to be found in the Commonwealth.

Hence if our Government seeks to make New Zealand a Tourists' Paradise they must tackle the problems in a statesmanlike way. It may be contended that the Licensing Laws cannot be made subservient to a country's policy to entice visitors from overseas, but if the tourist traffic is ever expected to be revenue-producing, to the extent many believe it capable of becoming, then it is incumbent upon us to provide good accommodation, efficient service, wholesome meals, and adequate transport facilities at a reasonable cost.

Un fortunately the Government Publicity Department, which has been created to broadcast the attractions of the Dominion, has in its zeal to "make a noise" overseas permits much blatant literature to be circulated which is far from reliable. For example in a recent tawdry-looking folder entitled "Sport in New Zealand" we find such misrepresentations as conveyed in this paragraph, selected at random: "The cities and towns, linked by good railways and roads, have modern provision for health and comfort. The prosperity of the country has enabled the people to encourage their Government and local bodies to undertake progressive policies to assure a standard of living which no other country has surpassed." (The italics are ours.)

This new Department of State was ostensibly created to co-ordinate and co-operate with the Railway and Tourist Departments, but it appears only to have usurped certain functions that should rightly be vested in the Tourist Department, while the Railway Department looks askance at the intruding and extravagant new channel the Government employs to make this country known overseas.



Peace seems to have settled on Wellington, socially speaking, at least, judging from a glance at the past month.

Already there is a gentle little simmer of interest rising over the coming Royal visit, and the personnel of the staff is announced. So far we have not discovered any particular connection with the Dominion, except that Mr. Batterbee was here with H.M.S. *Hood*. Then a brother of the Countess of Cavan, Captain Mulholland, was out here a few years ago and did a lot of fishing at Rotorua. One supposes that Royalty will follow the usual procedure, the Duke will specialise in returned soldiers, the Duchess in babies, and both in the school-children. So wise of them, this last, as it does strengthen the bonds between us and the Old Country.

It was a great moment for Marsden School when at last the opening ceremony was performed, with all the importance of a Vice-regal function. The early history of the school goes back to 1870, when Mrs. Swainson opened it. Miss Baber succeeded her, and is still headmistress, though now under the Anglican Church. Sheila and Barbara Coates, who are boarders at Marsden School while the Prime Minister and Mrs. Coates are in England, presented the bouquets, and the senior girls handed round tea, and enjoyed doing it enormously. An ex-pupil of Marsden, who became famous, was Kathleen Beauchamp, who, under her pen-name of Katherine Mansfield, won a very high place in the literary world as a writer of short stories, until her early death a few years ago.

Another "Swainson" girl, who is shortly returning to New Zealand after many years' absence, is Lady Fergusson, a sister-in-law of the Governor-General's consort. She was formerly Miss Githa Williams, one of the well-known T. C. Williams family.

Birthday greetings have poured in on Sir Robert and Lady Stout lately. Somewhere about Christmas time an exceptionally interesting wedding anniversary is due.

Health Week has kept us on the Microbe Hunt this month. As much amusement was mixed with the information, it went down well. But some of us got a surprise when we heard an apparently harmless meal of tea and bread and butter described as "a curse!" Tradespeople and confectioners who handle food with their fingers, came in for severe reproof, and also the unpleasant people who lick their fingers whenever they turn a page. So it is to be hoped we shall all be happier, and healthier, than before.

The only way in which Wellington City can get enough flat ground for any sport is by cutting off the top of a hill. Players who come from other places are apt to complain that looking over the edge makes them dizzy, and puts them off their game, but Wellingtonians are quite inured.

Just now the croquet season is opening, and the Mayoress is busy hitting the first ball through the first

Breezes from the Capital

hoop as she visits the various clubs. Mt. Victoria had a tura the other day—a new club, this.

With a team of crack Australian golfers, and the best players from all over New Zealand taking part, Miramar is the centre of interest for golf players. The very latest thing in pull-overs and plus-fours is being seen, but it is curious that so many men now play in long trousers. It must be on account of our climate, because one of the Australians complained of "the gale" when we only thought it one of our breezes from the Capital. But then, his plus-fours were very plus-y indeed, and did rather flap in the breeze. Someone has suggested that

a "minus-four" would be the right kind of nether garment.

Mrs. Massey is still very much of an invalid, so when it came to a question of investing her with the honour of Dame of the British Empire there was the quietest little ceremony at her own house, or rather her own flat, which is in the house of her daughter and son-in-law, Mr. and Mrs. Cedric Salmon.

All New Zealand is the poorer for the death of the Rev. Mother Mary Joseph Aubert, but Wellington feels it particularly, as her home was here for so many years. A most impressive sight was the funeral, when the highest and

lowest in the land followed the little old lady to her grave.

His Excellency the Governor-General is very conservative in his opinion on the subject of hair—unless, indeed, it is that he is very advanced? Each time he visits a girl's school he talks to them on the subject. At one he asked the assembled school to turn round. Much surprised, the girls did, then at his request they all turned back again. "Only six girls with long hair," observed the visitor. "I hope when next I see you there will be sixty!"

Though the Hon. Lady Cecil and her daughter paid such a flying visit, they did a good deal in the time. After speaking on Women Immigration, they dashed off to see some native bush, and were particularly delighted with the reserve of Wilton's Bush, which is now, we are told, the only open-air plant museum in the world.



A ROMANTIC WEDDING IN AN ORIGINAL SETTING

A romance which began in a bathing pool in America resulted in the marriage of Mr. Paul West, of Panama Canal, and Miss Nancy Ackerley, of Richmond, England, at the Church of Corpus Christi, Midden Lane, London. The bridegroom travelled 4,500 miles to claim his bride.

Topical Press

Portraits of Pleasant People

"For Love reflects the Thing Beloved." —TENNYSON

Circle—
Mrs. Thos. Lowes and
her granddaughter,
Elsie Watson McBeth,
of Pureri



Below—
The Children of Mr.
and Mrs. Blackley, of
Heretaunga
Elizabeth Greenwood



Above—Mrs. Cyril Gray and her infant son, of
"The Pines," Atahua Claude Ring, Photo
Below—Mrs. Langdale-Hunt and her Children, of
West Melton, Canterbury Claude Ring



At Left—
Mrs. (Dr.) G. H.
Thomson and Son,
of New Plymouth
Pauclyn Huggott



Circle—
Mrs. L. Laurenson
and her daughter,
Elizabeth, of Pal-
merston N.
D. Low, Palmerston N.



Classical Dancing on the Beach at Scarborough. The figure of the energetic young woman is that of Miss Violet Adcock, a well-known English society organiser of dancing fêtes for charity.

Topical Press, photo, London

the end of the "physical jerks" lesson, which presented overwhelming difficulties to certain competent lawyers and well-known business men, the curtain went down amid deafening applause.

Wanted—Girls as Shepherdesses" was the heading of a paragraph which appeared in the *New York Herald-Tribune*. This call for help has been broadcasted throughout Great Britain by the New Zealand and Australian Governments. To prevent applications from chorus girls who might imagine that the costume would suit them, it was made clear that Shepherdesses of the Dresden type, with heribonned crooks, were not wanted. The word "shepherdess" conjures up a vision which neither fits in with the average English factory girl immigrant, nor a New Zealand sheep station. The young women who apply for the job will undergo a preliminary training in farm work, and must be prepared to do hard manual labour. On arrival, "the shepherdesses" will be placed on various sheep farms, which are short of help. It is likely that a New Zealand version of "Little Bo-Peep" will run something like this:—

Echoes of the North

Continued from page 10



Why Shepherdesses Go Home.

Little Bo-Peep has lost her sheep,
And cries not a ray who finds them,
She's packed and gone home, swears never
to roam,
Though their tails be smudged with diamonds.

What an important month October has been for Turkish women! After midnight on October 3, no Turk could divorce his old wives and marry new ones. Divorces and marriages (even polygamous ones) under the old law are still valid, but the new code confers equal divorce rights, punishes bigamy, and substitutes 18 for 14 as women's marriageable age. Turkish women (and men) have to thank Mustafa Kemal Pasha, Turkey's dictator, for this.

He is a remarkable man in many ways, and has broken down more harmful Turkish customs than any other man. In appearance he is distinctly European, with close-cropped fair hair and moustache and steady blue-grey eyes. He has only one wife, Lutfice Hamm, daughter of the richest merchant in Syria. She is the leader of the Turkish women's movement, and goes about unveiled. People who have lived in Turkey speak favourably of the Turk and remark on his courtesy to women. It is the Greek who is avoided and distrusted.

It was really very enterprising of that Dnedin medical student to dress up as a girl and enter the

Beauty Competition. Although these contests have been held all over the world, no other male has ever been known to do it. It recalls the old story of the banquet given by Michael Angelo. He invited all his male friends, and in the slang of the day told each to bring his "crow." (Had he been a modern American, he would have said "Swizzle!"). Gellini, who was one of his pupils at that time, was too engrossed in his art to spend time in the society of ladies. Consequently, on the night of the banquet he found himself "crow-less." In desperation, he persuaded a boy friend to dress up as a girl. With make-up and feminine attire, this boy proved such an attraction that, to save an awkward situation, he had to disclose his identity. Instead of being angry, as Gellini feared, Michael Angelo thought it was a great joke. Old chronicles tell us that Mary Queen of Scots and her ladies-in-waiting used to delight in dressing up as boys at the masquerade balls. As the high-spirited Queen remarked, it was easily to understand why ladies liked to pretend to be men, but whoever heard of a man wanting to appear as a woman?

An Old-World Fashion Parade at Wellington.

A descriptive article will be found on page 30.



*Miss Marjorie Buckenridge in a costume of 1875
P. H. Jauncey, Wellington*



*Miss Dyer in dress worn at Coronation of King Edward VII.
W. H. Rainey*



*Miss Turner in a dress worn by her grandmother in 1861
W. H. Rainey*



*Miss Elliott, in a dress of 1830
P. H. Jauncey, Wellington*



Seasonable and chic apparel for all occasions—Beath's, Christchurch]

Striking Fashions at a London Fashion Parade

Studio Rahma

Spring seems to have been too long deferred this season in the Dominion: but there is consolation in the fact that the seers, who read the signs of the heavens or the tides or the winds, or the—well, anything you like, it doesn't appear to make much difference—prophesy many warm months ahead. There is quite a lot in Faith, and if we Hope serenely enough Charity may reward us with pleasant days to come! This all leads up to the suggestion that we should lose no more time in making our selection of the clothes we are to wear in the warmer days which are over-due

Of course with we New Zealanders we do not follow Home and Paris fashions slavishly; indeed, beyond comparing notes on the ten-

dencies that more or less dictate styles of the mode, which we may adopt, our womenkind are inclined to look askance at the vagaries of the vogue as reflected in the extremes the latest fashion plates depict, and instead show marked originality in choosing summer clothes.

Comfort and elegance are usually allied in our choice, and the more elaborate "furnishings" of "chic" are not considered *de rigueur* in the Dominion.

Sports and pastimes nowadays take up so much of our time out-of-doors that our minds most often turn to equipping our wardrobe with frocks that are essentially utilitarian, and will do for most occasions.

This means that our clothes must be of simple cut, executed in attractive fabrics, and so combined as to be suitable for wearing both on warm and cool days, or whilst taking part in some game, and also when resting after it.

It is easy to look one's best when our clothes are lighter, more skilfully built, and the colours prettier. The fashion designers really seem to be really anxious to make us look attractive!

The all-over patterned chiffon frocks seem to have given way to those of plain material with trimmings of the patterned part only. However, the flowery materials that have "gone out" need not be discarded altogether; they can be turned into jumpers to be worn over pleated skirts of unpatterned chiffon. Or they can reappear as hems, yokes, and scarf edgings, and end their lives usefully and fashionably by becoming coat-livings.

Continued on page 17

Vanitas Vanitatum



Always the latest at Beath's, Christchurch]

Millinery Suggestions from Paris

Studio Rahma

It is considered chic to wear plain turn-down white linen collars with your chiffon frocks, and double linen cuffs fastening with coloured pearls—artificial, of course.

All the newest materials are in brighter colours, with orange, red, and violine making insistent appearances. White is as good as ever, and black and white, and navy and white are catching up.

The Last Word From Paris

If you want to be in the very latest fashion as far as accessories are concerned, simplicity will be the keynote for the coming season. A sort of feminine edition of the top-hat is making its appearance in Paris, and although it is a type of hat which very few women can wear, still it has great interest.

Buttonholes are to be seen everywhere. An old favourite, the camelia, is worn by very chic women a delicate shade of pink and white being the most favoured. Large carnations, too, are worn, but not to the extent of the camelia.

The soft, three-quarter length suede gauntlets, perfectly plain, in some of the exquisite pastel shades of beige, go with everything.

Smartest of all footwear is the perfectly plain beige pump, with stockings matching exactly.

A scarf is also an indispensable item. Here you can let your fancy have its way, but tartan, or else a shade matching that of your suit, is the best choice. The newest way to wear it is to slip both ends into a loop drawn tight round the neck.

Felt hats prevail even during August. Some of the smartest modistes are trying a little diversity in the form of coloured, rather wide petersham ribbon on white, beige and sand-coloured felts.

The cape has invaded the beach ensemble, and I have seen some charming copies of Spanish shawls in sponge towelling, finished off with wide cotton fringes. These come generally in white grounds with great splashes of colour in the form of huge all-over flower designs, and the suit to match is generally carried out in either one or two of the outstanding shades of the wrap.

Friends—Not Twins

According to the latest suggestions in jumper outfits, the "top-piece" and skirt should be friends—not twins. No jumper should be the same as the skirt. It merely allies happily. One most effective suit shown in one of the latest English fashion journals, consists of a skirt of pleated silk striped round in many colours, and the jumper was plain with the stripes introduced on the collar. Pale blue and pink unite most charmingly, while a blue jumper and a pink pleated skirt are very chic in combination. The jumper is cut with a deep V front and inlet vest, and trimmed with pink bands. Another suit had a gaily patterned jumper also cut to a becoming V, and topping a plain skirt, which matched the inlet vest.

Vanitas Vanitatum

Continued from page 15



Most bathers in New Zealand waters are happiest when they are in the water. Our sports girls enjoy the pleasures of bathing too keenly to follow the idea that seems to prevail, particularly at the French watering-places and American beaches, where a preference is given to be promenaders rather than mermaids. Still, some of the very striking bathing suits we see in the illustrated papers of "sea-flappers" at Home are interesting enough to reproduce here, and might be adopted

to some extent to give more colour and variety on our beaches.

If you have ingenuity you can make your bathing wrap a thing of beauty and a joy for ever! A wrap in the form of a cape is both sensible and graceful. It is easily cast off when taking to the briny, and is a protection from the sun when lazing on the beach. For these accessories choose a good plain towelling in a bright colour, and beautify it with appliqué embroidery.

Stylish Sportswomen

An innovation in jumper frocks that is very becoming is to wear tops of fine jersey, sometimes of the new downy angora kind, and skirts of kasha; or one-piece frocks of tweed and kasha; or a mixture of both. These are still frequently in "natural" kasha shades, that pale greyish fawn which is so becoming, often combined with browns. Women will never give up these undyed wool shades: they go too well with modern make-up. Sometimes a very neat *tailleur*, its short jacket with two buttons, one on top of the other, or a double-breasted group of four, replaces the frock.

When it is warmer the vogue favours ensembles of jumper frock in light wool and crêpe and straight coat, trimmed with such fur as lynx, badger, or fox in natural beige, light brown or grey shades. If the day is really warm, the frock will be of crêpe, with pleats almost invariably in its skirt, and the coat may be one of the new straight crêpe ones to match, without fur.

Tendencies In Millinery

The chief note in hats as depicted in the millinery catalogues appears to be the gradual widening of brims—a commendable fashion in a strong sun. The felts are usually

trimmed only with simple gros-grain ribbon bands, and here again the new note is the use of two colours together, or two shades of the same colour. Crowns are often high and uneven, dented and crumpled in various becoming ways; but in one of the new Reboux hats, with an inch and a half brim turned down all round, the crown is quite low and almost round. This turning down of the brim, even at the back, is new. Jewels in hats are still worn, and the two-pointed crystal pins, both on the same side, continue to be a smart addition.

The Vogue Of The Scarf

Scarves have come back. They are essential, you see, with cropped hair. They match the hats, and sometimes scarf and hat are the only bit of colour in an otherwise neutral costume. They occasionally take a handkerchief form, and indulge in wide coloured borders, sometimes two in different shades. A flower to match hat and scarf is very smart on the lapel of the coat or the shoulder of a gown.

A Holiday Ensemble

A famous designer once said: "Take a bird's-eye view of yourself from top to toe," to emphasise the one sure way to appear smart. Instead of the odd hat, odd coat, choose a frock and coat ensemble together with a hat and bag that are real accessories to the scheme. Make two frocks to one coat if you like, but see to it that they are both part of the whole effect.

Here is an ideal summer ensemble for the modern woman. Two frocks, one in white linen and the other in chintz, with a reversible coat in the two fabrics. Picture first, if you please, a sleeveless frock of white linen, ideal for sports wear, worn with a short chintz coat lined with the linen of the frock, which is brought over to form a facing on the right side.

To complete the scheme, visualise a smart little pull-on in oyster-beige felt, and a white linen bag finished with a chintz appliqué of the frock material.

With the second frock of patterned chintz the coat is worn inside out, giving you a white coat lined with the same fabric as your frock; the accessories remain, of course, as before. If you want a lighter chintz coat, it can equally well be made unlined and finished with a white facing.

Linen and chintz are ideal fabrics for holiday wear, but patterned crêpe or poplin are pleasing alternatives.

Erratum

The picture of the baby on page 51 is Ken, the son of Mr. and Mrs. J. M. McKay, of Blenheim. The photographer was the Hariton Studios, Blenheim.

These notes, culled from the latest notions upon the vagaries of the vogue at Home, are given as mere Reflections in the Mirror. Whether they are acceptable to the ideas of our readers is entirely a matter of choice. Perhaps they are too far in advance, but in season may receive consideration.

No More Matches

The three and four colour ensemble has proved only the thin end of the wedge for some of the newest summer outfits do not match at all. A dress is worn of one colour, a coat of another, and a hat completely different again, while latitude is even allowed in shoes, bags and gloves. This colour mixing has to be extremely skilfully done, or the effect is merely patchy, but Paris has produced some very cheerful and attractive suits for holiday wear on these completely new lines.

Evening Wraps

Shawls and large squares of material—velvet tissue or silk—edged with fur and worn shawl-wise are the most favoured evening wraps. Some shawls are being given a rouleau of velvet along the line of the old fold which forms a soft frame to the face. Wide scarves, some shaped in an oval or with the centre in a different colour, are liked.

Knee Posies

Just above the left knee is now the correct position for posies worn with dance frocks. The day-time

buttonhole is being placed rather lower, just above the heart, in fact, so that it no longer deserves its name, being of little use to adorn a buttonhole.

More Glass

Glass is being daily more used in the home. Not only are almost all tables topped with a sheet of plate-glass, but glass handles, towel rails, and even stair rods are found to save labour. A fluted glass scrubbing board, which cannot split, like wood, or cause iron mould like metal, is new. Glass utensils for cooking are of proved value, and low glass spoons and rolling-pins stock the modern kitchen.

Arms

Bare arms from shoulder to wrist are universal at night, while long sleeves, if transparent ones, are the rule in the day. To adorn the bare expanse in the evening a string of pearls is twisted twice round the upper arm and then looped round the wrist. Plain gold bangles by the dozen are liked. Sleeves ending in a huge cuff of looped ribbon or frayed crepe-de-chine are new.

Some Scarves

Voluminous scarves of silk brocade or chiffon are replacing the cloak as a wrap for evening wear. Chiffon embroidered in raffia makes

one of the most original of these. Plain-coloured chiffon scarves are worn with a chiffon rose to match attached to the dress. For sports wear thick surah silk or woollen materials are used to form rather short scarves, and the fur scarf of two fox skins has an appeal all its own.

Neck Novelties

There is a growing feeling for fluffiness round the neck. When one of the new pierrot feather ruffles is not worn a frilled collar of the Toby persuasion circling the throat and falling to a depth of four or five inches is new. Cowboy handkerchiefs are back again, but are knotted under one ear, rather than worn fichu fashion.

Bands

Wide bands of a spotted or patterned material are being used in an original way on ensembles. The bodice of the dress or the jumper, which must be in plain material, is circled by such a band, beginning below the arms and ending about the natural waist line. A similar band is inserted in the coat lining. Sometimes the spotted material appears elsewhere also, as a narrow border to the coat, or a scarf or handkerchief. The bands on the dress are intended partly to accustom the eye to a higher waist-line.

Insect Life

The lucky ladybird craze has died, but dragon flies are enjoying a reign of popularity where dress is concerned. Beautifully imitated, they form the newest hat ornaments, their quivering wings hovering in the front. A parasol was completely covered with a myriad flashing dragonflies, while a painted tulle model was poised on the shoulder of an evening frock.

Bathing Scarves

The newest scarves to be worn with bathing dresses supply long sleeves which cover the arms and have also a wee hood at the back. Lobsters embroidered on the taffeta frilled skirt of a black stockinette costume are a novel note, and silver kid fishes sport round a model in old rose silk.

Safety First

The most nervous bather should enjoy her swim this year, for certain bathing caps are provided with a rubber neck piece which can be easily inflated by the mouth till it acts as a lifebuoy.

No Sunburn

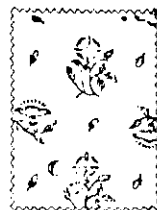
It will not be chic this summer to be sunburnt. Accordingly, long sleeves and stockings are threatened for bathing suits—many are made to button high to the throat, scarves and capes will be carefully worn, and the wide trimmed hat is already here to shield complexions from the sun.



Miss Muffet and the spider are living happily ever after in Tobralco-land.



This cute little piccaninny has a ride on a golden lion every day.



Lots of little girls will want a frock of this pretty design.

Mummy was brought up in Holland—

the dull brown kind. Or in butcher-blue linen. Practical wear, of course, but hardly inspiring. Even a red sash tied round the brown holland couldn't make it really interesting.

To-day what joyous raiment for little folk! Frocks and suits of Tobralco in all sorts of delightful designs. Lovely patterns for Mummy too to atone for the dull, dull past. Even special Tobralco designs for Daddy's shirts. And all without sacrifice of service or washability, for all Tobralco colours are guaranteed and the beautiful fabric is woven for long, long wear. Name always on selvedge.

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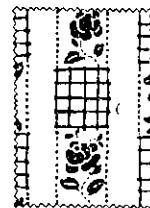
it's Tootal's too!

2/11 a yard 38 inches wide.

TOTAL BROADHURST LEE COMPANY LIMITED, MANCHESTER, ENGLAND.



Here is a smart multi-colour design for Mummy's own wear.



There are lovely roses in the Tobralco gardens and they never never fade.



This pretty pattern comes in flame-orange, blue-black, red-black and blue-gold effects.

Monotony in Meals

May Lead to a Variety of Grimes, says one who does not have to prepare Meals

By Allen Harker

Monotony, says the dictionary, "is irksome sameness or want of variety"—and surely there never was a time in the world's history when such irksome sameness was more disliked than in this, the third decade of the twentieth century.

The motor-car, the telephone, the aeroplane, wireless, and the week-end habit all contribute to the elim-

Take Sunday, for instance—no one would dream of attending a church where the parson preached the same sermon week after week; yet how rarely does one find any household where a roast joint is not the *pièce de résistance* at Sunday lunch-con?

There is no fault to be found with a roast—when it is not tough;



Mrs. Gatenby, wife of Mr. W. J. Gatenby, of Auckland. As Miss Green Hughes she is well-known in musical circles, being a F.S.M., University piano medalist, and a gold medalist for singing.

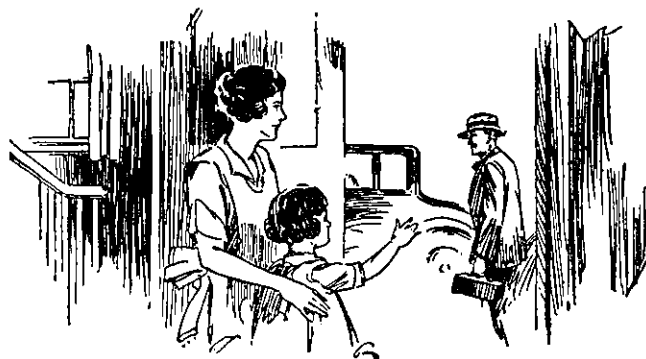
Torquist Studio, Auckland

ination of irksome sameness from the lives of most of us. Yet there does remain one department of modern life where unnecessary monotony is not only tolerated but persisted in by quite a large number of people, who would be the first to resent it in any other. The ever-recurring question of the daily meals is answered by many in the laziest fashion possible by giving their household the same food on the same day of the week, irrespective of the time of year or of climatic change.

but why always on Sunday? One knows that in these short-handed days it is often, for domestic reasons, desirable to have a cold joint ready for Monday, but surely it need not always be that particular joint.

There is something depressing in the assurance that you will be expected to eat the same dish, cooked in the same way, at the same time on the same day, year in, year out. Even hotels, good hotels, are not

Continued on page 22



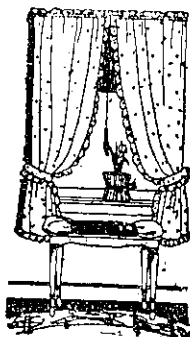
It's hard to keep smiling, isn't it?

Those achy feet! They seem to make one cross in spite of everything. Even when you know you are happy. Why don't you get rid of your foot aches? It really is easy. Just wear the Arch Preserver Shoe, and your feet will be vigorous and comfortable through the busiest day. And you have lovely style, too.



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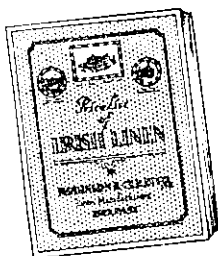
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NORTHERN IRELAND.

The Straight Coat Returns

A Useful Outfit

A typical little summer rig is the one illustrated. It was designed in three materials, all in the same shade of bois-de-rose. The coat jumper is of wool jersey, bound and collared with crepe-de-chine to match. The box-pleated skirt and the top coat are of a herring-bone weave of tweed in bois-de-rose.

This same herring-bone weave of tweed is particularly smart just now, and you will see it carried out in all the leading colours, including the more useful ones of beige and grey. I have seen it in hyacinth blue also, so you can imagine that the possibilities of a coat carried out in this material in a pretty colour are many.

A Touch of Colour

I think nothing looks better on sunny days than some pretty touch of colour about one's dress. Let us be thankful, therefore, for the tweeds of bois-de-rose, of golden brown and hyacinth blue which, with their frocks to match, will serve to brighten up our holidays this year.

And summer clothes need not be expensive. Little jumper suits in pretty colours can be bought ready-made for from three guineas and upwards. The coats are equally moderately priced, and so are the hats *en suite*.

The great thing is to choose the right colour and the right type of frock. Another good notion if you want to be suitably garbed for any occasion is to have a mackintosh to match your ensemble. You can get macks in most colourings these days, either in silk, satin or crepe-de-chine, very well tailored and at most moderate prices.

And be sure to wear the right shoes out of doors—low-heeled lizard skin and crocodile shoes are very smart just now.

Choosing her outfit for the summer is apt to be a problem for the woman whose dress allowance is limited; but summertime is the time of the year when the best show can be made for the least expenditure, as most women with the right dress sense have found out for themselves.

The great thing is to provide yourself with clothes suitable for all weathers, not, for instance, to fill your wardrobe with light cotton and crepe-de-chine frocks for summer days, leaving out altogether wraps and frocks suitable for those days when the weather is not fine.

Fashion has been kind this year in putting within our reach wraps and frocks which, though they look light and dainty on a fine day, can do duty on days when the weather is unkind, and an essential item in every well-dressed woman's wardrobe is one of the new slim-fitting light tweed outdoor coats.

Tweed Coats

In spite of the vogue for capes, the slim-fitting, little double-breasted tweed coat will be *de rigueur* for wear at the seaside resorts and in the country. Some of these tweeds are carried out in the prettiest of colourings so that they are smart enough even for town wear, and it is a good plan to have at least two jumper frocks to go with them, one of crepe-de-chine and the other of jersey or stockinette.

Have the jumpers made separately from the skirts, which should be mounted on the deep silk lining yokes. I prefer this style to the lining bodices, as it makes the skirt hang better. You can vary your dress by wearing the jersey jumper with the crepe-de-chine skirt and the crepe-de-chine jumper with the jersey skirt. On other occasions wear the complete crepe-de-chine or jersey suit, and by this method one has four outfits, instead of two.

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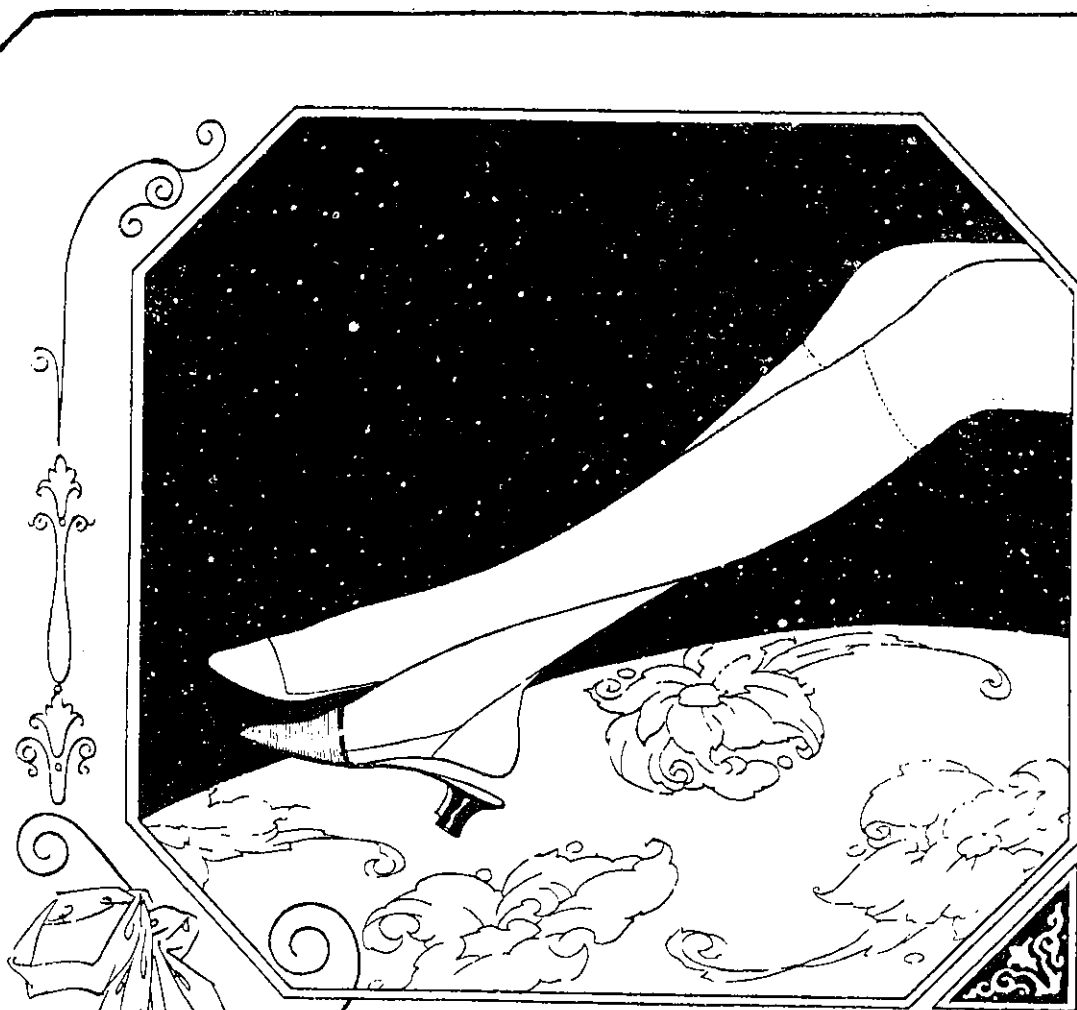
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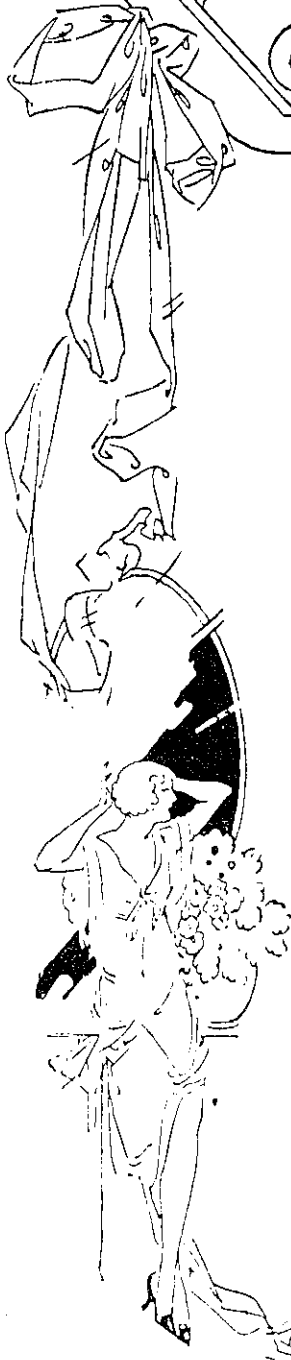
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Monotony in Meals

Continued from page 19

quite free from the worship of the roast meat fetish—but there, as a rule, one gets a choice of something else.

Boarding-houses are the worst offenders in this matter of monotonous meals, especially those "homes from home."

Two women I know had, for health reasons, to spend the first three months of this year at a place of the kind in the south island. They are cheerful intelligent, middle-

There are some ways of using up cold meat. In the cookery books we constantly come across admirable recipes; but too many people appear to look upon all such aids to a better table from a purely academic standpoint, and rarely apply them to the material they have in hand.

Every Saturday evening, my friends said, there was boiled fowl for dinner. Two boiled fowls, garnished with a species of sauce that tasted exactly like the paste with



Mrs. D. C. Macfarlane, of Mount Paul, Waiau, Canterbury.
Mrs. Macfarlane was formerly Miss Alice MacLaren, of Highfield, Timaru
H. B. Clifford, Christchurch

aged women with many interests, and both had "kept house" for years. They said that their hostess was a lady, the house was a good house, their bedrooms were delightful, the food was plentiful and on the whole good, but of a monotony to ruin your temper and seriously affect your digestion.

When you'd been there for three weeks you could forecast the meals for any given day. It had this advantage, that if there happened to be one you particularly disliked, you could absent yourself and miss it. They generally tried to miss luncheon when it consisted of mince. Mince in the average household is indeed a dismal dish.

which, in the nursery, they stuck pictures in their scrap-albums. One fowl was eaten, and the other invariably reappeared cold for Sunday night's supper. Another thing that tried them was the frequency with which junket appeared as a pudding—junket, with stewed prunes or tinned apricots. Junket in summer is all right, in moderation, but in winter it is chilly and depressing.

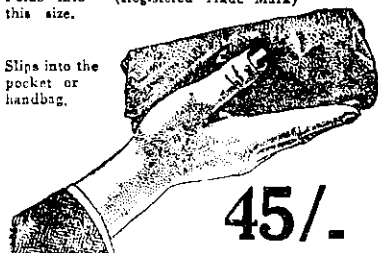
A feature of boarding-house menus is the prevalence of roots as vegetables, in preference to those that mature above-ground in the air and sun, and are, by the way, so much richer in vitamins than roots.

It is that lack of imagination, that

Continued on page 23

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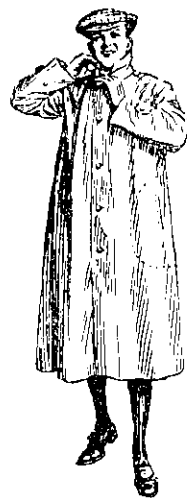


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Monotony in Meals

Continued from page 22

unreadiness to benefit by the prevailing plenty in the market, that makes so much monotony in our housekeeping. It seems as though having once made a menu, it forthwith becomes a sacred ritual.

My friends declare that they believe a great deal of the "cat-tiness" that is said to characterise people who live in boarding-houses arises from the stupid sameness in the food. They used to go out walk-

telligent conversation went hand-in-hand with varied and amusing food. We never knew what we were going to have. There was no dreadful rigidity as to Sundays or any other day, and the boys were given fruit, fresh fruit, quite often instead of pudding.

The time has gone by when it was considered "greedy" to care about one's food. For people who work, and most of us work nowa-



"BE PREPARED" T. H. Ashe, photo, Onchunga.
Two efficient members of the Onchunga Boy Scouts Troop

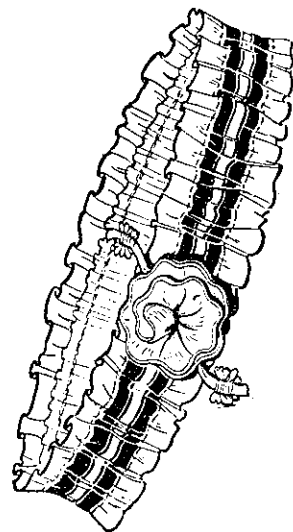
ing together, and always, however much they tried not to, the first five minutes was spent in exasperated discussion of the tiresome food. Then they would both burst out laughing and their sense of proportion was restored to them.

Just after I heard of their experience it was my lot to stay as guest where my host was headmaster of a boys' school with forty boys in his house. And I must confess, with the recent revelations of my friends fresh in my mind, I was prepared to face a monotony of meals even more tedious than what they described. But my host and hostess are such delightful people that I felt their society would make up for even unlimited libations of mince. The headmaster's wife is young, and an enthusiastic housekeeper, who mixes her multifarious duties with brains; and I found that brains permeated everywhere, and that varied and in-

days, it is recognised that they can work better and for longer hours if they enjoy what they eat. And that digestions are less likely to be troublesome—even those of the most sedentary, if food is appetising and, above all, varied.

To feed a family cleverly is as much a proof of ability as to paint a good picture or write a good story. In that school I spoke of there is a delightful atmosphere of friendliness and cheer that one feels directly one enters its doors; an atmosphere which is, I venture to think, not quite so usual in schools as it might be.

Again, to quote Joseph Conrad, "The influence of conscientious cooking, by rendering easy the processes of digestion, promotes the serenity of mind, the graciousness of thought, and that indulgent view of our neighbours' failings which is the only genuine form of optimism."



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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 mercolized 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 mercolized wax to remove the ugly old one and disclose the new pretty one.

Just get a little mercolized 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 horanium 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.

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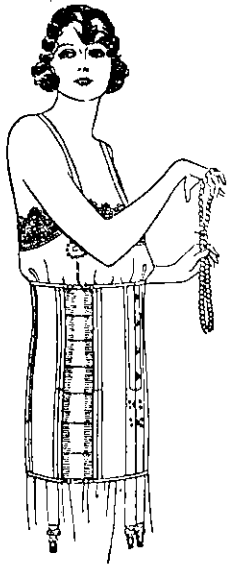
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Clothes & Character

Dress has a great influence upon character. I realise this more and more every day. This is how Yvonne Printemps, who is now starring in "Mozart," the "catch of the season" in London, expresses herself. She goes on to say: To be able to act a part as it should be acted, an actor or actress must *live* in the part, not only the costume, but the environment in the way of stage setting must be correct in every detail.

A woman cannot possibly be herself if, in following fashion, she loses sight of her own type, her own individuality. Think of the fashion for cropped hair, for instance. Nowadays almost every woman seems to have had her hair shingled—and this irrespective of her type.

Short hair may suit the boyish-looking sports girl, I will admit; but, personally, I think it rarely

suits the very feminine type of woman, and yet hundreds and thousands of women have sacrificed their long, luxuriant locks to fashion.

Just as on the stage dress helps you to live in the part you represent, so in real life dress helps you to be yourself and to make the most of yourself. It is a kind of mental tonic to every woman to realise that she is looking her best; but the knowledge that she is not looking her best, on the other hand, robs her of self-confidence and is most depressing in its effect.

No woman can look her best if she wears a colour or a style of dress which does not suit her.

The moral of all this should be, therefore, that a woman should express her individuality by the fashions she adopts, and not lose sight of her individuality by blindly following any fashion either in her surroundings or in her dress.



MRS. WALKER, the President of the Gisborne Branch of the National Council of Women, was a member of the first National Council to be formed in New Zealand. On the revival of the Council a few years ago, she was elected President in Gisborne, which office she still holds. For the past twenty years, Mrs. Walker has devoted herself to women's movements. She was for some time local secretary for the Women's Christian Temperance Union, and is now a New Zealand Superintendent of one of that Society's departments of work. As a member also of the Voluntary Bible Teachers' Association, she has taken classes in the public school, and was for many years on the Gisborne School Committee. As Secretary and Treasurer for the Society for Prevention of Cruelty to Animals, Mrs. Walker has also done good work.



November

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SIMPLE FROCKS FOR WARMER DAYS
(Exclusive seasonable frocks at Beath's, Christchurch)



The New Silk Wraps



Wraps of georgette, of satin and of taffetas will be seen at all the smartest functions this summer in the Motherland. Not only black taffetas—when there is a touch of chiffon and crepe-de-chine toilettes, but wraps of navy blue georgette or taffetas—when there is a touch of navy blue about the frock worn underneath.

For some time now we have relegated navy blue to strictly useful wear in the way of coats and skirts. Paris seems to have got a veritable craze for navy blue, and this craze will materialise in the form, not only of smart frocks, but of smart capes and wraps as well.

Some of the little black crepe-de-chine wraps are artistically trimmed with appliqué bands of the material worked on it to form a dainty design. They are trimmed with pleated frills of taffetas which outline the wrap from neck to all round the hem; being narrow at the neck and broadened at the hem. The same

type of frill adorns the wide, oriental sleeves.

The oriental type of sleeve is the sleeve par excellence for silk wraps this summer. The reason is obvious—it is the type of sleeve which will not crush the dainty sleeves of the frock underneath.

Although the black silk wrap is smart, the Parisienne wears silk wraps in delicate colours also to match her toilette.

Chartreuse green is building many of the summer ensembles. One pretty one consisted of a little jumper crepe-de-chine frock with a georgette pleated shirt front vest and a novel kind of cape which buttoned up in front almost like a coat, in a soft woollen cashmere-like material of the same shade. With this ensemble was worn a gros grain ribbon hat to match.

For afternoon outdoor occasions much lace is to be worn, and some of the lace frocks are carried out in very dainty colourings.

The Picture Hat

The picture hat made its re-appearance this summer in England, and the fashion journals tell us it is rapidly coming back to favour for ordinary wear.

Black crinoline seemed to be the prevailing mode, but white is popular with the "younger set." A particularly fascinating toilette illustrated was that of a girl in a white frock with a large shady hat tilted on one side in popular Spanish fashion, with a large red rose on the underneath side of the brim.

"They are, of course, much favoured by women on sunny days," says a London correspondent. "This year the big hat is not so large as before, but it is worn in all colours. Women have always shown a leaning towards them during the summer months," she said. "Shingled heads, however, are stumbling blocks, for although big hats are made to fit the head closely many women are nervous of the experiment.

"Women are realising that shady hats act as efficient sunshades and protect the complexion."

Line Effects in Dress

It is an axiom that short women should cultivate up and down line effects in their dress. Their taller sisters however, should avoid them. Lines running up and down the figure tend to increase the length and reduce the width. It is optical illusion of course, but to use a paradox, the effect is very *Real*. The accompanying illustrations of two oblongs are illuminating.

Figure 1, in which an up and down line effect is produced, seems both taller and narrower than Figure 2, yet both figures are exactly the same size. This is a vital principle in dress.

It says much therefore for the thought and enterprise of the manufacturer that this principle is now being given effect to in hosiery. Slender ankles are the desire of every woman, and the beauty of already trim ankles is further enhanced by the up and down line.

The Kayser people are to be complimented on the result achieved by their famous Slipper Heel. Its slenderising effect on the ankle is an added beauty to a product bearing the stamp of excellence.—Advt.

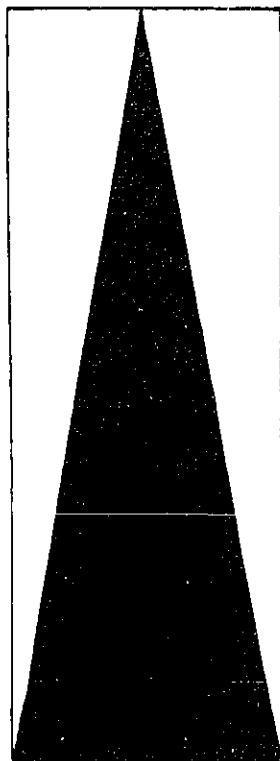


Fig. 1

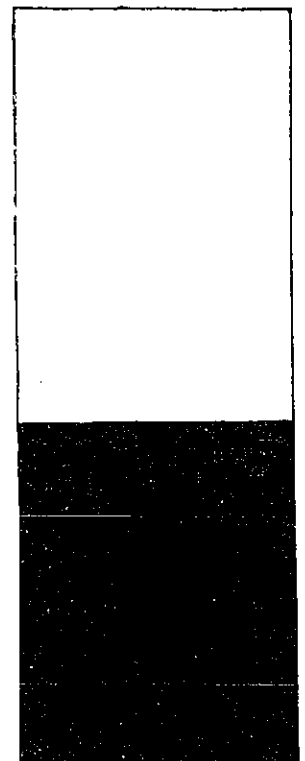


Fig. 2



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.

It is proposed to hold the next Conference of the National Council of Women of New Zealand early in March at Christchurch.

At the close of the financial year the Dominion Treasurer, Mrs. S. E. Jackson, was able to report the payment of £25 towards travelling expenses in connection with the next quinquennial conference, and £25 towards capital account, the aim being to bring the latter up to £2000.

The suggestion has been made that the establishment of more Housewives' Leagues throughout the Dominion would have an appreciable effect on the high cost of primary products such as meat, vegetables and fruit.

Are the Government not intending to take any preparatory steps to give effect to the recommendations of the Commission on Mental Defectives and Sexual Offenders until Mr. Gray's return?

The quinquennial conference of 1926 was surely a vindication of women's advance along the lines of progress. To begin there was the matter of travelling expenses. The President, Mrs. Phillip Moore, and her First Vice-President, immediately undertook to raise the sum of \$20,000, thus affording monetary assistance to every delegate requiring it. Each of the United States furnished its quota, and the Carnegie Foundation in America made a grant to ensure the attendance of all general officers. The Norwegian Government also came to light with assistance towards the expenses of the honorary corresponding secretary.

The working expenses of the International Council of Women are £2000 per annum, and it represents 35,000,000 women. It is not for the promotion of any particular propaganda, but to make heard the voice of organised womanhood on various subjects of world interest. Federations are from U.S.A., Canada, Germany, Sweden, Great Britain, Denmark, Netherlands, Australia, New Zealand, Italy, France, Argentina, Schweiz, Oesterreich, Ungarin, Norway, Belgium, Greece, Bulgaria, Yugo-Slavia, Finland, South Africa, Portugal, Uruguay, Iceland, Ukraina, Mexico, Estonia, Roumania, Chile, Cuba, Latvia, Czecho-Slovakia, Poland, Ireland, Guatemala, Palestine, India and China.

An interesting resolution was adopted at the I.C.W. Conference in regard to women's groups in political parties, to the effect "that in order to get the best results from their voting power, women, when they are enfranchised should join political parties, and should form groups within their own parties for the discussion of the specific woman's point of view on all political



Mrs. C. A. Fraer, President Christchurch Branch of the National Council of Women

Mrs. C. A. Fraer is a daughter of the late Sir Geo. McLean, of Dunedin. She is also a Vice-President of the Canterbury Mothers' Union and a member of the Executive of the Christchurch League of Nations Union. Mrs. Fraer was one of the New Zealand representatives of the National Council of Women at the International Conference held in Washington last year. Harris & Ewing, Washington, U.S.A.

questions, so as to be able to influence their respective political parties. Further, that these different party groups should get into touch with one another, so that when they agree on any subject they can act unitedly to further their common interests."

In Roumania it is lawful for a married woman to retain her nationality if she so demands in writing before her marriage. Children take the father's nationality until they are of age, when they choose between the nationality of their parents.

There seems to be an impression abroad that New Zealand would welcome professional women, but the growth of educational facilities here and a long period of comparative prosperity, is providing all required in this direction particularly in the medical and legal professions.

A beautiful banner, presented by Frau Anna Backer at the recent quinquennial conference was design-

ed by a Norwegian architect. The silks were given by the Municipality of Lyons. All the work was carried out in Norway.

Delegates who attended the U.S.A. conference had wonderful hospitality showered upon them, including an official reception at White House by President and Mrs. Coolidge, a formal welcome by Mr. Herbert Hoover on behalf of the Government; and entertainments by ambassadors, ministers and judge. A week was spent in Canada, where delegates were received and housed by the local councils, the Prime Minister and Government. They were banquetted there at Parliament Buildings, the guests numbering 500.

In Sweden two women members have been elected substitutes of Standing Parliamentary Committees. Denmark has about 100 women members of the various municipal councils. Copenhagen last year nominated a woman as substitute of the

Lord Mayor. The Netherlands has eight women M.P.'s, sixteen of Finland's 200 M.P.'s are women.

The Standing Committees of the I.C.W. are Finance, Press, Peace and Arbitration, Laws and Legal Position of Women, Suffrage and Rights of Citizenship, Equal Moral Standards and Traffic in Women, Public Health, Education, Emigration and Immigration, Trades and Professions and Child Welfare.

The following figures are some indication of the growth of the work of the I.C.W. Secretariat:—

	1922-23	1923-24	1924-25
Letters in	1125	1603	2053
Letters out	1650	3674	4505

This does not include papers.

Infant Mortality

1,000 Births of Legitimate and Illegitimate Children under one year

Country	Year	1916	1917	1918	1919	1920	1921	1922
Belgium	Legitimate	-	-	-	99	-	-	112
	Illegitimate	-	-	-	163	-	-	170
Denmark	Legitimate	-	-	-	84	-	-	84
	Illegitimate	-	-	-	180	-	-	139
Finland	Legitimate	1916	1920	1922	104	93	93	-
	Illegitimate	176	140	161	-	-	-	-
France	Legitimate	1913	1919	-	102	98	-	-
	Illegitimate	-	-	-	220	295	-	-
Germany	Legitimate	1917	1921	1923	136	122	-	-
	Illegitimate	250	235	129	-	-	-	-
Italy	Legitimate	-	-	1914	126	151	-	-
	Illegitimate	-	-	-	227	304	-	-
Netherlands	Legitimate	1917	1921	1922	86	75	66	-
	Illegitimate	157	123	113	-	-	-	-
Norway	Legitimate	1914	1919	1916-1920	64	60	59	-
	Illegitimate	123	99	97	-	-	-	-
Portugal	Legitimate	-	-	1913	154	135	-	-
	Illegitimate	-	-	-	173	166	-	-
Sweden	Legitimate	1914	1918	1920	66	60	59	-
	Illegitimate	-	-	-	112	95	86	-
Switzerland	Legitimate	-	-	1914	89	67	-	-
	Illegitimate	-	-	-	138	128	-	-
New Zealand	Legitimate	-	-	1921	46	41	-	-
	Illegitimate	-	-	-	75	73	-	-
Japan	Legitimate	-	-	-	-	-	162	-
	Illegitimate	-	-	-	-	-	250	-
England and Wales	Legitimate	1920	1921	1922	76	79	74	-
	Illegitimate	156	158	139	-	-	-	-

Scotland—Mortality statistics not given separately.

Irish Free State 1923
Legitimate - - - - 66
Illegitimate - - - - 34

Total number of illegitimate births in the Free State in 1923 was 559.

The Book of Hosiery

THE revealed knee must now be covered with lovely silk and it is, therefore, almost imperative that women's stockings should be clear silk to correctly cover the knee.

Phoenix Pure Silk Stockings are designed to be in keeping with the trend of modern dress. They are fashioned to fit every curve and are reinforced where wear is greatest.

The leading shops—right throughout New Zealand—can show you various "Phoenix" Selections in all shades and prices—from the most reasonable to the most exclusive.

Wholesale Distributor:

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WELLINGTON



PHOENIX HOSIERY

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Every Woman



who has a Home, or who is about to make one, is invited to send for a complimentary copy of the Brochure described on this page. It will tell you many helpful things about your Home, and will describe to you the wonderful new assistance that you can get for a merely nominal outlay. EVERY MARRIED COUPLE needs the advice given in this book. Here is just the discussion and suggestion you have always wanted, the solutions to every household problem. THOSE ABOUT TO MARRY could not have a more complete guide. Young or old, you can learn here how to run your home more economically and efficiently, how to increase the comfort, improve the "homeliness" of home. Whatever your problem, from health to cooking, you'll find the answer in

THE BOOK OF THE HOME

This is a new English Edition, of which a limited number of sets are to be sent to New Zealand. It is a complete guide and reference to all matters of household interest, and deals faithfully with every side of the home: domestic, health, social, etc. The Editor, Davide C. Minter, has had the assistance of experts, including the Lady Jekyll, the Marchioness of Aberdeen and Temair, Lady Bentinck, Dr. Saleeby, and many others. You must be sure to send for your copy of the Free Booklet—it tells you many fascinating things about your personality in your home, and explains how you can get one of the genuine sets of the English Edition, which is sure to become a permanent and constant helpmate to all who possess it.

A FEW OF THE SUBJECTS TREATED:

Planning the Home	Entertaining	Health and Sickness
Building and Re-building	Correct Etiquette	Physical Culture
Modernising	The Kitchen	The First Baby
Decorating	Cooking Recipes	Our Children
Furnishing	Cleaning, Repairs	Beauty Treatments
Colour Schemes	Needlework	Home Crafts
Economical Management	Dressmaking	Holidays
Household Organisation	Millinery	Proper Gifts, etc.
Care of Linen, etc.	Household Law	Etc., etc.
Social Duties	Care of Money	

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The Well-Dressed Englishwoman

By Andree Spinelly

"Englishwomen have acquired the dress sense, which is the most valuable sixth sense a woman can have," says Mlle. Spinelly, the French actress now in London

Attention to detail is essential to good dressing, and in this respect I think the Englishwoman is still a little behind the Parisienne. Take shoes, for instance. What a lot of money the Frenchwoman will cheerfully spend on shoes!

Fifty Pairs of Shoes

They are my one great luxury, and I never have fewer than fifty pairs from which to choose. I love beautiful shoes, and in Mr. Cochran's revue I wear some lovely ones, including an oriental pair made of mother-of-pearl with a narrow strap across the instep, from which falls a cascade of pearls.

Each "toilette" deserves its shoes, and no Frenchwoman would dream of wearing the shoes intended to accompany a sports costume or a "trotteur" with a crepe-de-chine ensemble. Yet I have seen this mistake made by Englishwomen whose "dress sense" was not fully developed.

The announcements of my appearance in England all spoke of my figure, which is, as you know, insured for a very large sum—more than £10,000 in English money.

Short Skirts and Dancing

My figure is, in fact, my fortune, and what I wear is consequently of great importance to me. The fashions of to-day in their insistence upon "line" I find most becoming. There is nothing ridiculous in modern dress, not even the short skirt is ridiculous, though it is often amusing in the couturiere's sense of the word.

I do not think the skirts will lengthen: they are too pretty as they are. To me, the mere thought of dancing in a long skirt is horrible.

And, speaking of dancing, how well you English people dance! You foxtrot and waltz so gracefully, but, like the French, you have not the right mentality or physique for the tango.

Each nation has its own characteristic dance, and ours is not the tango. In spite of that I love the tango; but I never dance it with a Frenchman! My tango partner is always a Spaniard or a South American.

To come back to England after six years' absence is to be immediately struck by the wonderful change that has come over the Englishwoman's dress in that comparatively short period.

Of course, present-day fashions are charming, but in the old days, however pretty the fashion, there were Englishwomen who could always be relied upon to transform it into something unbecoming—to rob it of all "chic."

These were the women of whom the French caricaturists made a type, laughable and grotesque, yet accepted as true by the majority of French people. Where are they to-day? They are not to be found in London, nor yet in Manchester, for in both cities one sees charming Englishwomen, whose complexions and colourings are the envy of the world, wearing clothes that are well cut and well made and, what is more important, wearing them well.

In some clever way the Englishwoman has achieved what we in France call "chic"—an impossible achievement unless you have the "dress sense" as it is called in your country.

The Parisienne can no longer claim a monopoly of "chic" but the Englishwoman is smart in a rather different way. The Frenchwoman must admit that in sports dress she cannot rival her English sisters, and the latter are wiser to avoid the essentially Parisian, ultra-smart toilettes which the Frenchwoman carries off so well.

There are national characteristics in fashion as well as in character, and the Frenchwoman has the art of wearing the more eccentric type of dress in which an Englishwoman would look over-dressed and perhaps slightly ridiculous. On the other hand, there are Frenchwomen who envy the Englishwoman's tailored "chic" and the grace and "insouciance" with which she wears her adorable little sports suits.

This "clothes sense," without which no one can hope to dress well, which Englishwomen have now apparently acquired, is the most valuable "sixth sense" a woman can have. It seems to be ingrained in the Frenchwoman whatever her social position, and I have seen poor women in the streets of Paris hatless, but with their hair well brushed and neatly dressed, wearing clothes which, although of necessity cheap, proved them to have this instinctive dress sense.

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An Exhibition of Water Colour Drawings and Cretia Art Craft Novelties at the Click Clack Cabaret,

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Friday, Nov. 12: 2.50-6

Saturday, Nov. 13: 10-5

Admission 1/6, including Catalogue and Afternoon Tea

Engagements

We have pleasure in announcing the following recent engagements of:—

Miss Gwendoline Edwards, Mt. Eden, to Mr. Frederick Maslin Osmond, Bayswater Auckland.

Miss Thelma Jack, Auckland, to Mr. Ian McIntosh, Totara North.

Miss Jean Kirk, Waipukurau, to Mr. Walter Harry Bickley, Hastings, H.B.

Miss Gladys Eileen Parkes, Auckland, to Mr. P. J. McClatchie, Melbourne.

Miss Grace Alma Gilbert, Hamilton, to Mr. Cecil Rutherford Whalley, Auckland.

Miss Maisie J. Gee, Northcote, to Mr. Edgar L. Thompson, Birkenhead, Auckland.

Miss Mary Maud Baker, Hastings, to Mr. Robert T. Baillie, H.M.S. *Dunedin*.

Miss Dorothy E. Moline, Melbourne and New Plymouth, to Mr. Trevor G. Kissling, Parnell, Auckland.

Miss Helen Mary (Molly) Bruce, Geraldine, to Mr. Arthur Roland Charlton, Nelson.

Miss Muriel Young, Stratford, to Mr. Harry Ralph Baddeley, Kakahahi, Wanganui.

Miss Sally Hawke, youngest daughter of the Hon. A. F. Hawke and Mrs. Hawke, to Mr. Rex Royds, Waikiki.

Miss Margaret Robinson, Oakwood, to Mr. G. H. R. Ulrich, Timaru.

Miss Betty Overton, Christchurch, to Mr. Paul Acland Thomson, of Geraldine.

Miss Barbara Pinckney, Hastings, to Mr. Peter Chambers Harris, Lower Riccarton, Christchurch.

Miss Arita Howe, Wellington, to Mr. R. P. Adams, Lower Hutt.

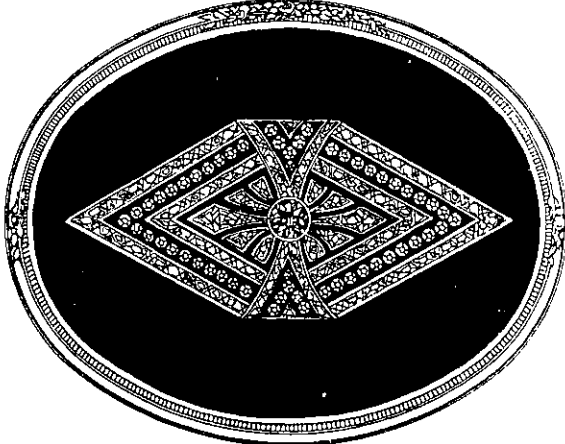
Miss Johannah Smith, Dannevirke, to Mr. Rupert Davies, Masterton.

Miss Vivian Vera Knapp, to Mr. Noel William Parker, both of Pukio, Kahutara, Carterton.

Miss Effie Davey, Masterton, to Mr. James Coe, Kahutara, Featherston.

Miss Violet May Herbert, Herbertville, Dannevirke, to Mr. Thomas Begg Lockyer, Napier.

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Thrilled with the historic interest, touched with the pathos, and convulsed with laughter at some of the vagaries of Dame Fashion, were the experiences of the spectators of the "Old World Fashion Parade" recently seen in Wellington.

Unique and beautiful dresses and wonderful shawls, many over a hundred years old, appeared in the parade, many of them worn by descendants of the original wearers, whose names are historic in New Zealand annals.

Perhaps the most noteworthy was the attire worn by a bridegroom on his wedding day one hundred years ago: Blue broadcloth coat with brass buttons and high collar, and long pantaloons that buttoned at the ankle and were finished with knots of riband. His grand-daughter, Miss Chalmers, lent the clothes, and wore his miniature with her old-fashioned dress.

There was no fancy dress allowed in the parade—only the genuine old garments—though some had been slightly altered in the passage of years. Quaint and charming frocks of the late eighteenth century—one was dated 1790—of Jane Austen's days, and of the early days of Queen Victoria were all seen. Real crinolines, one of which was picked out with purple and trimmed with large purple buttons, the polonaise of the 'seventies and the bustle of the 'eighties all followed in correct sequence.

A group of dresses worn before Royalty at Queen Victoria's Diamond Jubilee, at King Edwards' Coronation, and during the visit to

New Zealand of our present King and Queen were very imposing.

Romantic interest attached to a series of brides—1809, 1870, 1899,

1904, and 1907—in full panoply of veils—some heirlooms of lace over a century old—and orange blossom. The enormous sleeves and tiny

waists of 1897 caused gasps of astonishment, while the huge hats and trailing dresses of 1911 concluded the series.

Some children's frocks of the 'seventies were charmingly quaint in their low-necked, stiff-skirted styles.

One of the most successful exhibits was a tailormade of thirty years ago that caused shrieks of laughter, though in its day it was very smart indeed.

A series of contrasts was dramatically effective, including Mrs. Gamp and a Karitane nurse, the ancient and modern grandmother, an old-fashioned nightgown and up-to-date pyjamas, etc.

As for the sports section, the spectators were convulsed by the old-time golf girl, in her voluminous skirts, tight blouse and small waist; and by the tennis girl of the nineties, in a large trimmed hat, and elaborate muslin blouse with balloon sleeves. Their companions, a trim girl in plus fours and a "Helen Wills," were very up to date.

The "shawls" item brought forth some glowing with marvellous colours and intricate designs, and of wonderful size and marvellously soft texture.

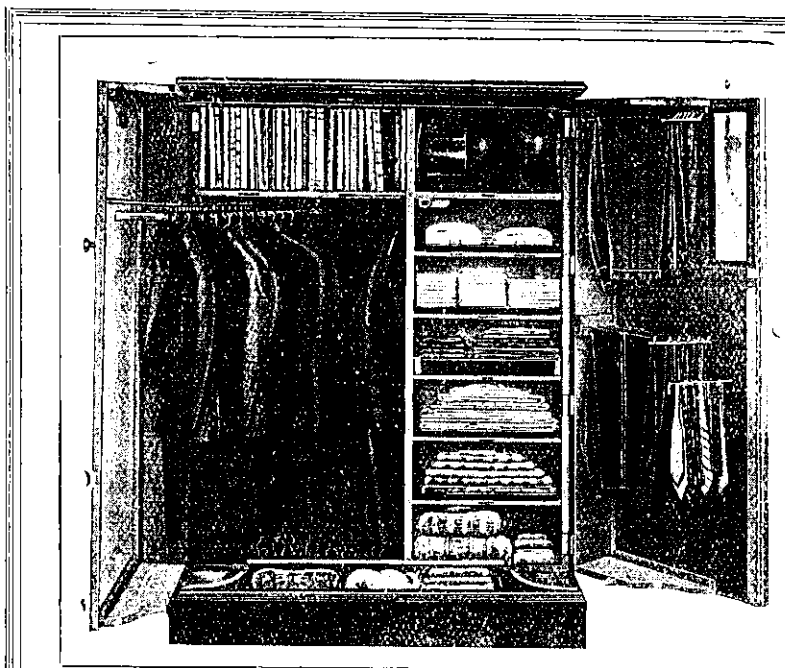
Navy League girls were the mannequins, and the entertainment helped to provide funds for the activities of the Ladies' Auxiliary.

Many beautiful and valuable things were brought to light after years of seclusion and disuse, and once more gained the admiration that is their due, owing to their appearance in the Old World Fashion Parade.

An Old-World Fashion Parade



PAULINE,
Daughter of Mr. and Mrs. De Vere Staepole, of Takapanu.
Mary Billens, Palmerston N.



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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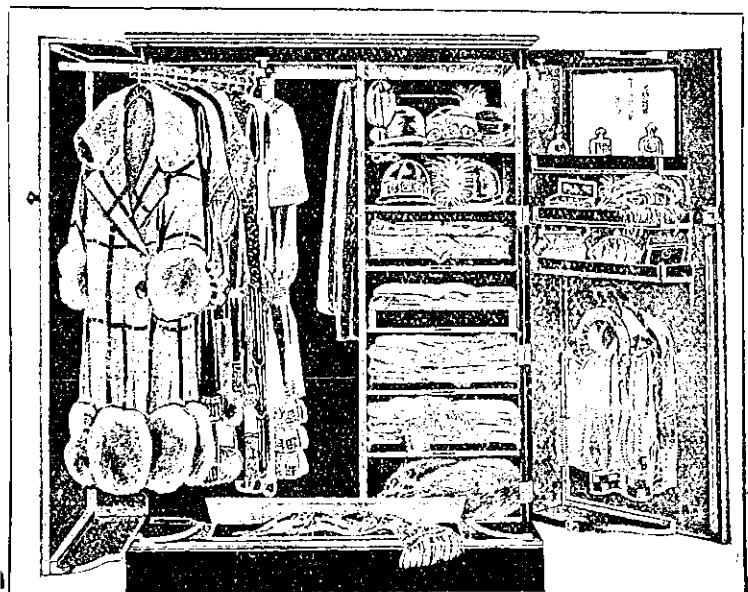
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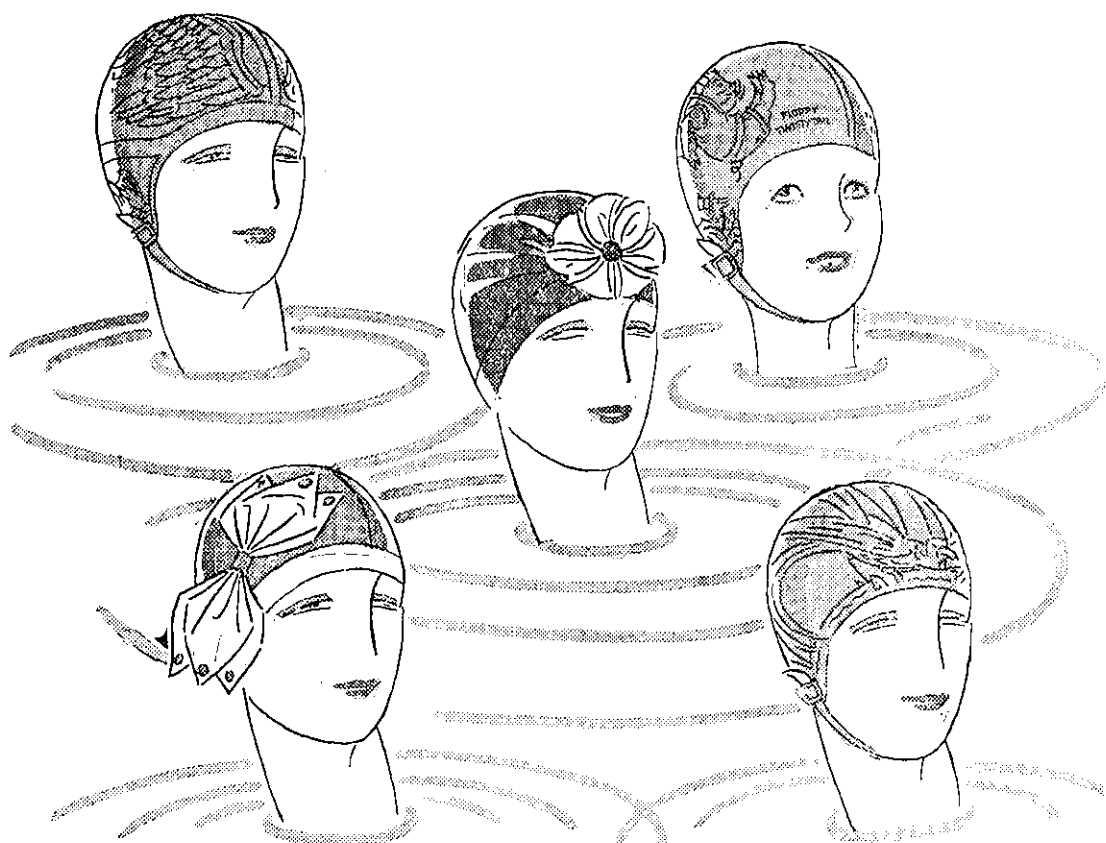
Possession of a Compactom Clothing Cabinet not only ensures a well-groomed appearance always, but its use makes clothes last twice or three times as long, and still look good, so Compactom pays for itself.

THE CONVENIENCE OF COMPACTOM—You may keep all your clothes, footwear, and hats in perfect condition in a Compactom Cabinet.

LADIES' AND GENTLEMEN'S COMPACTOM CLOTHING CABINETS

The illustration shows a ladies' and a gentlemen's Compactom Clothing Cabinet fitted up. Note how easy it is to reach any article—and how everything is kept free from creases and dust. A touch will swing any desired article outside the cabinet.





Brilliant New Bathing Caps

In Exquisite Colours and the Latest Modes

THE new Kleinert Bathing Cap creations add distinctive beauty to your beach costume. The latest aviator models, with chin straps, give a dainty attractiveness and keep the hair perfectly dry while bathing.

There are hundreds of other charming models, too, with pretty rubber flowers and lovely rosettes. Among the large assortment of Kleinert Bathing Caps, you are sure to find a style and colour to suit your particular taste.

Exceptionally beautiful, Kleinert's Bathing Caps are superlative in quality. The purest high-grade rubber makes them waterproof and unusually durable.

Select a lovely Kleinert Bathing Cap to match your bathing attire. Be sure to ask for it by name and look for the Kleinert trade mark—it is your guarantee of quality and longer wear.

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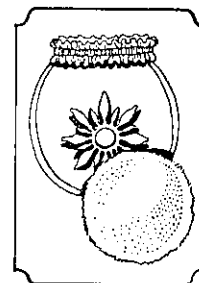
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Kleinert Powder Puff Pockets are indispensable at the beach, and are practical for everyday use, too.



Kleinert Rubber Aprons in lovely styles and colorful patterns, protect your dresses and always look charming.



Dainty Kleinert Garters are made in many pretty colours and styles to match any dress or hosiery.

Gossard Corsets —in Italy

In Rome, in Florence—yes, even in Venice, where race traditions are strongest, Gossard Foundation Garments find their place in the the realm of fashionable attire.

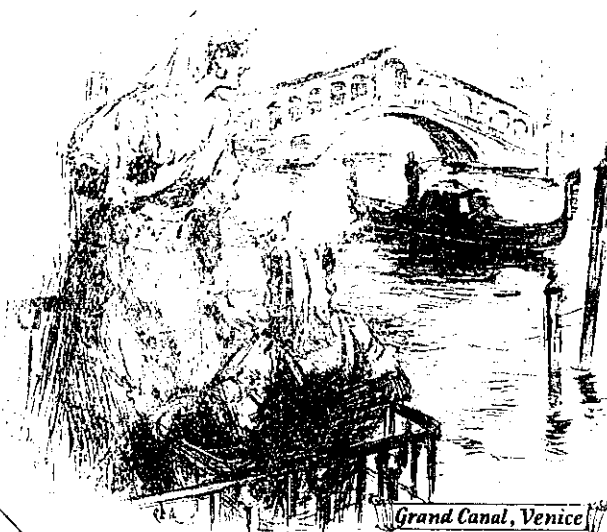
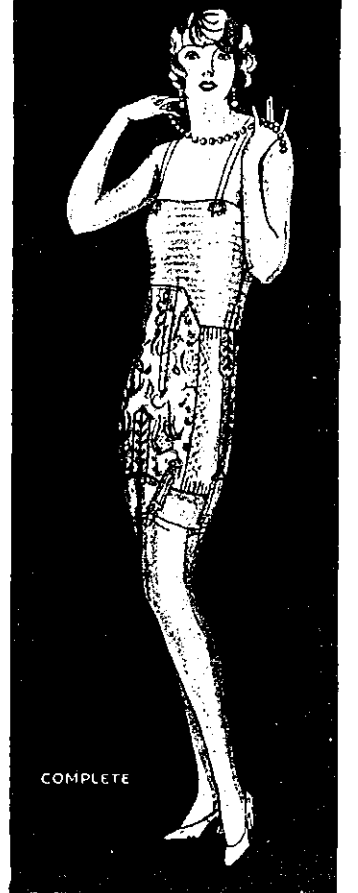
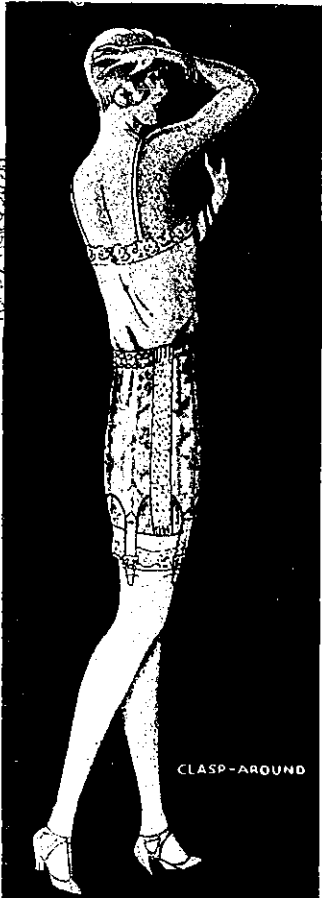
In court and salon, at the opera or festival, the Gossard line of beauty is ever in evidence. That Gossard garments are obtainable in the leading shops of Italy's principal cities is a compliment from a race most sensitive to beauty and appreciative of life's comforts and luxuries.

As a foundation for fashionable dress, Gossards make the whole world kin.

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Makers of The Gossard Line of Beauty



The Gossard Line of Beauty

Treatment of Tiny Babies

By Muriel Wrinch

There appear to be two current views about babies. According to one theory, they are merely little animals, to be fed regularly and kept reasonably clean and warm and comfortable; according to the other they need constant stimulus, continual caressing and poking and tickling. Neither of these theories, taken alone, seems to have particularly brilliant results in practice. The baby brought up only according to strict physiological principles, who is never played with or stimulated at all, is apt to be a solid, stolid little creature—healthy without much intelligence. On the other hand, the baby who is jogged and trotted and stimulated without reference to his needs is generally at one year old on the way to becoming a nervous wreck; he has been allowed insufficient rest, he has formed the habit of demanding constant attention and entertainment, and he

many new powers have to be practised! Certainly there is little need for further stimulus.

For the tiny baby lying awake in his cot for a few minutes life must be exceedingly entertaining and crammed full of surprises. He is experiencing for the first time sensations of hunger and thirst. He is experiencing the feeling of clothes against his body—a feeling made up of interesting sensations of warmth and touch and pressure. The dull light is striking on his eyes, and, judging by the way he turns his head towards it, he likes it. He makes little movements of his arms and legs, and though these are made instinctively and without set purpose, he begins to realise, through what is called his muscle-sense, that he is making them. An occasional caress, a little conversation carried on with him in a soft, low voice, the sight of faces bending over him,



A bright-eyed product of Maoriland

is handicapped for life because he has never had the opportunity to acquire proper habits of rest and sleep and feeding.

To bring up babies successfully, one needs to steer midway between two extremes—to recognise, on the one hand, that babies have physical needs which must be respected if they are to form good, healthy habits; to understand, on the other, that every baby is a member of the human race, and therefore has great potential intelligence that he often needs help to develop.

For the first three months of life, healthy babies, suitably fed and well managed, sleep twenty-one hours out of the twenty-four. Feeding—twenty minutes, five times a day—takes the greater part of two of the three waking hours, and bathing and washing and dressing most of the third, so that there is very little time in the new-born baby's life for any other activities. Occasionally during the day he will lie awake for a few minutes, but during those few minutes how many impressions come pouring in, and how

blurred and indistinct to his vision, serve to awaken the baby into awareness of others.

During the first ten or twelve weeks the wisest course, then, is to leave Baby much alone to take in the world as best he may. He needs time to learn to interpret what he sees—a very complicated mental process; he even has to learn to manage his eyelids so that both eyes open and shut at once! He needs time to compare objects and find out their resemblance and differences.

At three months old the little one seems to enter on a new phase. From this time on until he is six months old he should need only nineteen hours of sleep a day, and thus there is an hour in the morning and an hour in the evening when he lies awake in his cot. Part of this time is utilised in making little sounds—the baby purses up his wee mouth to make various noises, and constantly surprises himself in making new syllables. He blows bubbles and gurgles. The movements of his arms and legs become purposeful. All this argues a new power over the mus-

Continued on page 37

CHARM



KEEP YOUR SKIN YOUTHFUL

YOU'RE as young as your complexion—and your skin only needs proper care and the right treatment to retain all the radiance of youth.

Oatine Cream takes health into the pores of the skin—use it night and morning and say good-bye to blemishes and blotches.

Take a pride in your complexion, use OATINE, and you will know the secret of personal charm.

Buy a 1/3 tube or a jar at your chemist's, and prove this for yourself.

Oatine

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Christchurch and Auckland.

Whiter Teeth in 10 Days

Make this free test. Combat the film



This is how countless people get the whiter teeth you admire. They combat the film that makes teeth cloudy. Millions do it daily. And so will you when you make this test and see what it means to your teeth.

It hides the lustre

Film is that viscous coat you feel. No ordinary tooth paste can effectively combat it, so much of it remains. Soon it becomes discolored, then forms dingy coats. That is how teeth lose their beauty.

Film also ruins teeth. It holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay.

Germens breed by millions in it. They, with tartar, are the chief cause of pyorrhea. Few escape such troubles when they brush teeth in the old ways. Dental science has now found two ways to fight that film.

Able authorities have proved these methods effective. A new-type tooth paste has been created to apply them daily. The name is Pepsodent.

Watch it act

Send the form for a 10-Day Tube. Note how clean the teeth feel after using. Mark the absence of the viscous film. See how teeth become whiter as the film-coats disappear. Make this test. Cut out form now.



The New-Day Quality Dentifrice
Endorsed by World's Dental Authorities

Two Sizes. Price, 2/6 and 1/6
TRADE NOTE—Supplies available through all wholesalers

FREE—Mail for 10-Day Tube

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Address.....

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Neither Oily nor Greasy!

Customer's Confirmation

"I have tried several hair preparations but find KOKO the best. My hair had been falling out so much that I was afraid I would lose it all. One bottle of KOKO made a wonderful difference. My hair is now growing better than ever it did and is beautifully soft and glossy."

"I find KOKO just lovely to use as a dressing to keep my hair fluffy and wavy and it is the only thing I ever used that would stop my hair falling. I never knew I had such pretty tints in my hair until I used KOKO."

Voluntary Testimony.



§ It is time you tried this world famous dressing for shingled hair. So utterly clean and delightfully refreshing that thousands use KOKO merely for its exhilarating effect on the scalp.

§ You will never know what an ideal hair dressing is like until you try KOKO. You will not get KOKO unless you ask for it by name. You may not get KOKO unless you insist on getting "the cleanest dressing for shingled hair."

All Chemists and Leading Stores sell KOKO in three sizes.

Problems of The Middle-Aged Woman

Sign-posts to the straight and narrow way of keeping fit are here indicated by Dr. Cecil Webb-Johnson.

WE have travelled a long way from the days when married women, whatever their age, wore caps—you can see them in du Maurier's drawings in "Punch" of the 'seventies and 'eighties—and when the "frisky matron" was a phenomenon to be regarded with more curiosity than approval. Nowadays grandmothers kick up their heels in night-clubs and dress in knee-length modes, shingle their hair, drink cocktails, and generally conduct themselves as if time had stood still. While it is true that we are living longer as well as faster—thanks to more enlightened ideas on hygiene—still, Nature will not be denied. Nature, the wise old mother, did not intend a woman of forty-eight to behave like a girl of eighteen, and disregard of this fundamental fact will lead to disaster.

glands. Unfortunately, it is at this very time that women are apt to take an exaggerated interest in the "pleasures of the table." The flagging appetite demands artificial stimulation, the cook is taxed to provide rich and savoury foods, and this in turn leads to over-eating. In middle life, the relief of a sick headache is often denied by Nature. Instead, the excess of food goes to the formation of fat, or to tissue which clogs the internal organs. Often the excess material causes disease of the liver, or brings on gout or rheumatism.

The regulation of the diet is therefore the first consideration. Believing, as I do, that if only people could be persuaded to eat sensibly ninety-nine per cent. of illnesses would be prevented. I am inclined to lay stress on this, remembering the Japanese proverb which says: "All diseases enter by the mouth."

In middle age, therefore, the intake of food must be diminished. The continual and heavy waste that



Mrs. E. C. Cooke and children of Lincoln, Canterbury.

Steffan Webb, Christchurch

It is comparatively easy for a young woman to throw off the effects of a succession of late suppers with rich and stimulating food. The modern girl takes abundance of exercise, and her organs are, as a rule, actively functioning in a satisfactory manner, and in this way a large quantity of food can be disposed of without much harm being done—always provided that excess is not habitual. Occasionally the over-charged system is relieved by a "sick headache"—or what our mothers called a bilious attack—and this, though intensely disagreeable and humiliating at the time, is Nature's safeguard.

The woman between forty and sixty is in a very different category. The functional activity has already begun to "slow up." If one may speak colloquially, there is less power of assimilating and digesting food, on account of changes in the alimentary canal and the secreting

goes on in a young girl actively engaged in work or exercise has no longer to be repaired. Occasionally one hears a woman exclaim, "Oh, I am not as young as I was; I need more support." She means that she intends to "support" herself by burdening her degenerating digestive processes with more food than they were called upon to tackle at their healthiest and most active period! The utter fatuity of this view needs no demonstrating. One might as well say, "This horse is old and falling; his shaky old legs will scarcely bear him along the road. Let us therefore pile upon him a bigger load than if he were young and strong."

Unfortunately, this error, gigantic as it is, is widespread; which is why one often sees a middle-aged woman working her way doggedly through an enormous meal which a healthy young woman athlete could hardly

Continued on page 38

CHARM and its Preservation

CHARM is a precious thing, a constant source of pleasure and power that is well worth safeguarding.

The complexion with its sensitive skin tissues, its susceptibility to heat, damp, cold and climatic change is one of the most important elements of charm.

No woman can retain her charm of complexion for long if she is careless in her choice of protective powders. The wise woman who will carry her charm into maturity chooses such protective mediums as Roger & Gallet's powders, especially those recommended for Australian conditions after exhaustive research and tests.

Three of the most prominent of these series are:

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FLEURS D'AMOUR

Intangibly alluring and delightfully delicate.

LE JADE

The 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.

Order a box of one, or all, to-day.

Roger & Gallet EXQUISITE FACE POWDERS

Beauty

may be more than skin-deep, but the care of the skin goes a long way towards making beauty. The right skin tonic and one which gets well into the skin cells, nourishes them, and makes the complexion glow with vivid health and beauty, is

BEETHAM'S La-rola

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If effectually removes all Roughness, Redness, Tan, Irritation, etc., and is delightfully Soothing and Refreshing at all times.

Of all High-class Chemists and Serris.

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FACE
POWDER

A subtle witchery of delicate scent allures you, as you lift the lid. Fine as silk between your finger-tips is the fragrant powder—Peaches and Cream, Peaches, Rose, Rachel, Natural, Brunette — YOUR shade in exquisite exactitude to enhance the texture and tint of your complexion. Noted, too, for its purity, and the soft "Bloom-like" finish it gives to your appearance, and for its delicate guardianship of your skin, for Java is a pure rice powder delicately protective, and French in finish, subtlety, and charm.

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Young's Buildings, Customhouse Quay,
Wellington. P.O. Box 1102

Please send to the following address. Free sample box of JAVA POWDER. I enclose 3d. in stamps for packing and postage.

Name _____

Street _____

Town _____

Treatment of Tiny Babies

Continued from page 33

cles, and we should be particularly careful that Baby is dressed in simple, loose clothing that does not hinder his actions. During the fourth month Baby shows a definite desire to hold up his head and look around him. He begins to stretch out his hand towards objects that attract him, though it is some time before he learns to locate an object, so that he hits it at the first attempt.

During this second quarter of the year it is a good plan to prop the baby up with cushions for a short time every day. He seems to need a wider range of vision, and surveys the new objects of the environment with great interest. When the baby is looking around him it is very unwise needlessly to distract his gaze—the baby's power of concentrating his attention on one object is quite remarkable, and should be respected.

Any amusement provided for the baby should be in the form of practising some power he has already

partially acquired. By the fifth month or so, for instance, the little hands have learned to close over attractive objects, and it is well to give the baby various articles to handle—strings of beads and buttons, little rubber toys, rattles, and so on. He should be allowed, in fact, to make acquaintance with anything clean that attracts him, provided someone is near enough to prevent him doing himself any injury. A good deal of fretfulness amongst babies may be traced to the fact that so often their natural desire to examine and investigate is thwarted. It is worth remembering, too, that it is much more entertaining for any baby to learn how to shake a rattle himself than to have it shaken for him—the human baby wants to *do* things, and his sturdy desire for independence should be gratified rather than suppressed.

—MURIEL WRINCH in *Evening*.



The Door-to-Door Selling Nuisance

Hints on How to Deal With It

"Oh, bother! Another of those people selling things!" This is no infrequent exclamation of the busy lady of the house nowadays. All manner of people with wares to sell are causing interruptions and distracting attention from duties in hand through their efforts to sell goods by calling at the home.

Invariably the seller has goods to sell which, he claims, are much cheaper than can be purchased elsewhere. But will his claims bear analysis? Or is he merely making a statement, wasting your time, and inducing you to waste your money? As most of us cannot judge the value of a particular material, garment or commodity except by comparison, the only really safe course in buying such goods is to buy where the comparison can be made—in the stores.

But there is one other very important factor in the buying of goods which must not be ignored. The sheer joy of buying new things where one can pick, choose and compare is more than half of the tonic effect which comes from *acquiring* them. The beneficial, the tonic effect of buying, and using or wearing new things is a fundamental principle which is becoming generally recognised. There is a lot of wisdom under Stephen Leacock's fun when he describes one of his characters as having "all the mental vigour of a man in a new suit."

The wise woman therefore, will not permit herself to be robbed of

this pleasure for the claimed saving of a shilling, which claim, by the way, has no foundation in truth. She cannot prove value without close comparison.

But there is another side to the question of buying in the home—namely, that some goods can be bought *better* in the home than anywhere else. No woman can extract any elation from buying a new floor scrubber or pot cleaner, yet both articles have real use and importance in the household. Throughout the world, men and women are devoting their time and thought to means of reducing the labour entailed in the running of the ordinary household.

One of the greatest contributions to this end is that of the Fuller Brush Company. Yet in the very nature of things the only really sound place in which to buy brushes is in the home—where a demonstration of their uses can be given.

The products of this Company are the result of concentrated thought on the problems of home cleaning, and are built to change a labour to a light duty. But the accomplishment of the purpose for which they were built depends upon their proper use. In no way can this be better shown than by the demonstration given by the Fuller Man.

The Fuller Men are trained in the science of home management, and bring to the woman in the home a fund of help and information. But, more than that, give it freely and happily, whether one has a need for Fuller products or not. Advt.

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

New Zealand Representatives:

W. Holdsworth & Son, Ltd.

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Specimen of Permanent Waving executed at Hendy's, Dunedin

Most ladies of taste appreciate the finer things of life. They learn to discriminate, and select the best. Thus when deciding on a permanent wave, shampoo, shingle or Marcel, the first name that comes to the mind is Hendy's, whose toilet rooms are associated with the best the world can produce for skill and artistry in Hairdressing.

Likewise, in cases of premature greyness, ladies do not always care to resort to dyes. For this reason thousands to-day are using Dr. Wilson's Regenerator, the specific for positively checking greyness and keeping the hair in its natural healthy condition. It is NOT a dye, but an excellent tonic, guaranteed free of any poisonous drugs.

Sold everywhere by leading Chemists, also at J. R. McKenzie's Fancy Stores throughout the Dominion. PRICE, 4/- Bottle. Or direct from

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YARDLEY'S
Old English
LAVENDER SOAP

THE knowledge gained by more than a century of experience is used in the making of this, the finest of all fine Toilet Soaps.

Its exquisite purity, its mellow lather, and the beauty of the delightful Lavender fragrance with which it is so lavishly perfumed, proclaim it "The Luxury Soap of the World."

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USE ALSO THE FAMOUS YARDLEY Lavender Water, Lavender Face Powder, Lavender Face Cream, Lavender Talcum Powder, Compressed Lavender Blossoms.

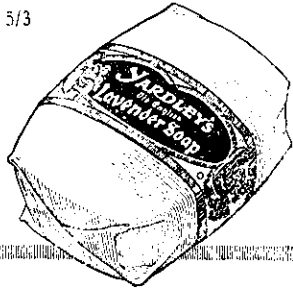
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Skin health and Zam-Buk go together. Whenever your skin worries you, Zam-Buk will prove a kindly soothing friend. It is the most widely-used skin remedy in the world.

Zam-Buk is a unique combination of healing, soothing, antiseptic and germicidal properties, and is quite free from every trace of animal fat and from coarse insoluble mineral drugs. Every home needs a box of Zam-Buk.

Price 1/6 a box, or 3/6 family size. All Chemist & Stores.

Problems of the Middle Aged Woman

Continued from page 35

tackle. The mistaken notion that, as one grows older, one needs to be "supported" by larger quantities of food, has caused much needless suffering and cut short many a life. A little observation only is needed to show the falsity of this idea. One always finds that elderly people who enjoy extraordinarily good health for their time of life are strictly moderate in their eating and drinking.

heavy and elaborate dishes, should be avoided by the middle-aged; and unfortunately, it is precisely at this time of life that they make their greatest appeal! However, the practice of self-denial is good for the soul, or so we are told, and it is indubitably good for the body. Of course, a good deal depends on the personal idiosyncrasy. Some constitutions are better suited by small meals at fairly short intervals while



Mrs. Leslie Grey, of Auckland, nee Miss Doris Savage, of Waimana

Fantek Studio

Moderation in the matter of animal food is especially to be observed by the woman no longer young. In the immature, animal food may be a necessity, as it helps to build up the constitution and repair the waste which is constantly going on. With the mature woman, especially when approaching middle life, meat is not required so urgently. Dishes containing flesh meat should only be taken at one meal of the day—preferably at the evening dinner. Long menus, containing

others flourish best when some time elapses between each meal.

Caution in the use of alcoholic beverages is especially wise at this time. All opinion is agreed that in the middle period of life, when regrets for lost youth invade the mind, and the pleasures of early life can be nothing but memories, the temporary comfort of alcohol makes a special appeal. Care must be taken that a habit is not formed. It has been observed in innumerable cases

Continued on page 39



The Gift of Natural Beauty

is rare and possessed only by a favoured few. But beauty closely rivalling Nature's own can be attained by every woman desirous of satisfying her own self-vanity, inspiring the admiration of men, and provoking the envy of other women.

The secret of Instant Beauty has at last been revealed to the women of the world. The desire for youthful, enchanting beauty can at last be fulfilled. The only requisites are the **Pompeian Beauty Trio**—

Pompeian

Day Cream (Vanishing)
Beauty Powder (four shades)
Bloom (a perfect rouge)

First, **Pompeian Day Cream** (vanishing) with its soft, creamy quality which makes the skin delightfully smooth and prepares it for the **Beauty Powder** to follow. The film of **Pompeian Beauty Powder** lies so close and velvety that it is barely visible, and adheres for hours, exhaling a captivating perfume that allures and attracts. And finally, for that healthy bloom of youth in the cheeks—that faint pink of delicate loveliness—just a dab of **Pompeian Bloom**, the choice of discriminating women. Start today—these three for Instant Beauty!

Ask also for **Pompeian Fragrance (Talc)**
Pompeian Massage Cream, and
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Cleveland, Ohio, U. S. A.

Sales Representatives
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RITCHIE & CO., Ltd.

72 Dixon St., Wellington



Problems of the Middle-Aged Woman

Continued from page 38

that the alcoholic habit appears in middle-aged women who as girls and young matrons scarcely knew the taste of distilled or fermented beverages. This may seem a harsh saying, and happily it does not apply to millions of cases; but there are exceptions, and no good can be done by blinking the facts.

In middle life the digestion should be carefully watched, for the organs tend to lose their tone in time; and this may give rise to unpleasant symptoms unless the appropriate measures are taken. The woman no longer young, however, will probably escape these ills if she takes for her motto: "Moderation in all things."

Exercise is necessary at all ages; but the woman of middle age tends to fall into one of two extremes. She either becomes extremely slack and lazy, or, on the other hand, she continues to practise games and sports with desperate energy, in order to show the world that she is not so middle-aged, after all. Both these courses should be avoided; for each has its peculiar dangers. The perils that beset the armchair woman need no stressing. Obesity creeps upon her; she becomes shapeless; while the very real dangers (of apoplexy, etc.) which obesity brings in its train menace her health and even life itself! However much of an effort it may be, she should force herself to take a certain amount of open-air exercise every day. It is no use relying on what the Victorians, with unconscious humour, called "carriage exercise"; that is no exercise at all. In fact, the woman who wishes to keep fit in middle age should do some walking every day. It is no doubt a great temptation to avail oneself of the handy omnibus and the convenient taxi-cab; but a determination to walk to the shops, instead of being carried there, will be rewarded by improved health and looks.

Gardening is another pleasant and healthful occupation, in which the woman no longer young will find not only interest but improved looks and well-being. For one thing, it keeps a person out in the open air and sunlight—both health-giving—and the various little tasks to be found among the flower-beds and the shrubs and rose-bushes insensibly provide the body with needed exercise. It is not suggested that a woman unused to manual toil should actually take a spade and dig; there

are many other ways in a garden of benefiting both body and mind.

The benefits of fresh air and sunshine are impossible to over-estimate. The blood is oxygenated when a person exercises under the blue canopy of the sky, the nervous system is toned up, the functions of the skin are stimulated, and almost the most important thing of all, the resistance to infection is improved. Disease holds sway in darksome corners of the town where fresh air and sunlight seldom penetrate; the same holds good of the human body. Busy professional women, who are precluded from open-air exercise to a great extent, may obtain much benefit from deep breathing. This can be practised for a few moments in the bedroom, both night and morning. The corsets should be discarded, as they interfere with the movements of the chest and the abdomen.

While a certain amount of exercise is absolutely necessary, moderation should be practised in this as in all things. It is a saddening sight to see a woman with grown-up sons and daughters floundering about a tennis-court in a desperate but vain attempt to keep up with the younger generation. It may be far from palatable, but the unpleasant truth must be faced that the middle-aged heart and the middle-aged blood-vessels are no longer in a condition to bear the strain of violent exercise. Golf is not so trying for the woman who is "getting on"; but it must not be overdone.

It is just as well for the middle-aged woman to face facts, and acknowledge that the framework is inevitably showing signs of wear and tear. The middle-aged heart, lungs, blood-vessels, and digestion must lose some of their tone in the passage of years, and undergo the natural degenerative changes. Probably if we all lived strictly according to the rules of health, we should not begin to go down the hill until later on in life; but this is pure speculation, and incapable of actual first-hand demonstration. We must therefore be prepared to acknowledge that at fifty-five few of us can behave as if we were twenty-five, with any satisfaction to ourselves or pleasure to the spectators. There is, however, no need for the middle-aged woman to resign herself to a shawl and an armchair. With a due observance of a wise moderation, she can continue to lead a normal life, and be "among those present" till a good deal later on.

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These features, allied to a riding comfort duplicated nowhere else within hundreds of pounds of its price, would be remarkable in any car but more so in the ESSEX SIX COACH, which can be bought for the price of an open car and is more economical to run than most "Fours."

The New ESSEX SIX COACH is the greatest car value in the world.

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ESSEX "6" COACH £325

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Agents throughout New Zealand.



The sports of motoring and racing nowadays go hand-in-hand, and al fresco meals are becoming popular. Even when the weather is not exactly propitious, and mackintoshes are necessary, refreshments in the open add zest to the day's enjoyment. —Topical Press

The King's Highway

A Motoring Causerie

By Sancho

With summer coming on it is satisfactory to know that on the whole the motor tourist will find the roads throughout the country better than before. Moreover, thanks to the activity of the Automobile Associations, they will in the main be better signposted. Then again there will be more road guides obtainable than ever before. The pioneers in this work, Messrs. Andrews, Baty and Coy., of Christchurch, have brought out a new edition of their New Zealand road guide. There is a good little book issued by Messrs. Aard, and the Wellington Automobile Club have greatly expanded their useful little volume.

All these books have features of their own. The Andrews, Baty guide gives the most minute information for getting from place to place without taking the wrong turning anywhere. The Aard guide does this, though not to the same extent, but makes up by showing a fine lot of elevation plans along the main roads showing the hills, and with a plan beneath indicating where side roads go off. The Wellington

Automobile Club, on the other hand, specialises in its book (now in the press) on notes on the natural features of interest en route, exact information as to what occurred at historic spots passed, interesting side excursions and good viewpoints, and a surprising mass of matter relative to each town—population, half-holiday day, racing and show dates, picture theatres, golf links, telegraph and telephone hours, speed limits in fifty boroughs, standing time for cars unattended, and parking places, together with copious notes on camping sites. This little volume, however, does not cover the country north of Auckland, space not permitting. Fourteen handy in-and-out plans of the principal towns are also included. This useful book is distributed free to its members by the Wellington Automobile Club, and the Wairarapa Automobile Association is also making a free distribution of it to its members.

The main thing lacking is an adequate topographical map of the North Island. It is an amazing thing how difficult it is to secure complete information about the roads for the compilation of an up-to-date road map. The Survey Department knows what roads have been surveyed, but it hasn't a ghost of an idea which of these surveyed roads have been formed to dray road width, which have been metalled, and which have been surfaced with tar, bitumen or concrete. The Main Highways Board has this information about the main highways, but these only total about 3000 miles out of the 22,000 miles of rural roads in the North Island. The Public Works Department has a record of roads metalled by Government grants, but of the metalling done by the county councils nobody has a record but the counties themselves, and there are about eighty of them in the North Island.

It will thus be seen that getting at the facts about the roads is an extremely difficult business. The maps at present issued by the Government are wholly unreliable as a guide to where one can drive a motor-car, to say nothing of indicating where one can drive it in comfort. Even such information as is in the possession of the Main Highways Board and the Public Works Department appears to reach the map-making office more by chance than as the result of a proper system of co-operation, and as for what the counties are doing independently nobody bothers about that. The situation is farcical in view of the fact there are 150,000 motor-vehicles in the country, and about two-thirds of them in the North Island.

A road system to which there is no key is a road system whose value is very greatly reduced. It is like a railway system without any timetable for the trains and everybody left to guess and make private enquiries as to how to get to anywhere. This map muddle is, however, just one natural conse-

Continued on page 45

14-40 VAUXHALL

To women, Vauxhall Cars appeal particularly. If they drive they enjoy the exhilarating liveliness characteristic of Vauxhall performance. If they are passengers the restful comfort of the seating is always appreciated. And whether they drive or merely ride they know that their's is a car that is admired everywhere for its graceful lines, its style and its finish.

All this makes it decidedly worth while to go further than make a comparison of list prices—to see this BRITISH Car, try it, and form your own opinion.

General Motors New Zealand Ltd.

WORKS: PETONE, WELLINGTON



14-40 Models



ROADSTER - £790

TOURER - - £795

SALOON - £1,085

(f.o.b. main ports)

Light Car Construction

What an Australian Motor Expert Says

The statement printed here is from a letter written by Mr. F. Z. Edgar, who is a member of the Motor Traders' Association of Queensland and New South Wales, and is engaged in the distribution of automobiles for Australia and New Zealand

Word of the interest being taken in the United States in the European type of small, light car reached me in Sydney just before I left for the United States a little over a month ago. At that time I learned that certain French manufacturers were also looking over the American market with the idea of possible tie-up with American manufacturing companies to secure an outlet for a part of their large production.

This was interesting in the extreme, for Australia faces many of the conditions which face the motor-ing public in the United States, with this exception: we have by no means the fine roads which you have here. The great bulk of importation of cars into Australia is from the United States, and American-built cars are in the majority in all of our cities. What developments are made here are, for that reason, of great importance to us.

Such cars as Ford, Chevrolet, Overland, Dodge, Hudson, Willys-Knight and others make up the great proportions of our registrations. We have been closely in touch with the European trend toward smaller cars, but have not been in accord with the narrow treads and restricted body room of the average English or French car of small motor dimensions.

We have liked their speed, for when we get a chance at a good stretch of road we like to travel; but we want the room of the American car in which feature your present cheaper cars present very distinct advantages over the much higher priced small car of the European makers.

We have often wondered why our engineers, with their well-known tendencies in advanced motor construction, have not developed the light car to incorporate in its design the high motor speed features, low fuel consumption, and good road speed capacities which are possessed by the European small cars. In fact, your development in the small-car field has not been at all in line with what you have done in your larger cars, as we look at it.

The ideal small car for Australia, and I should say this would be true of the ideal small car for America and many other countries where American cars are popular, would have a wheel base in line with your present light, four-cylinder cars. It would have a standard 56in. tread to meet your road require-

ments, and this would permit of your standard body specifications as they relate to interior dimensions.

If you go in for European speed standards in the light-car class, you will have to adopt lower bodies in their overall dimensions, but expert fitting of the body to the chassis will permit this, and it is not stretching the imagination to believe that you may have closed cars as low as 5ft. 8in. from roof to ground, which would give real stability over the road at good speeds. Touring models would be of corresponding low and graceful lines.

Tyre sizes will also come down, and I understand that there are certain tyre makers in the United States who are all ready to go ahead on balloon tyres full three inches less in diameter than your present small balloon sizes. These would aid materially in keeping the body height down while retaining ample ground clearance. There have been some striking reductions in the height of American-built cars during the past two or three years, but this has not as yet extended into your light-car production. When it comes, it will bring with it a pronounced change for the better in appearance.

It is likely that the entrance of the European type light, low car, adapted to American methods of design and construction, and made for use on American roads, will sound a field of sales that will be quite different from the field now occupied by your lighter cars.

If it hits at the same class of buyers that the European light car reaches, it will be accepted by your owners of large cars as a second car to use for city driving. This does not mean that it will not reach your big field of buyers of low-priced cars. It will appeal to them for the very features of construction which will make it immediately acceptable to the buyers of higher-priced cars.

To utilise the European principles of design and combine them with the best features of American construction will require the use of the finest materials, the most advanced engineering construction, and the finest mechanical operations, for the European small motor is a highly organised and highly efficient power plant. These will mean things not common to your present car of the dimensions which will characterise the new type of low, light, fast motor-car."

SHE: "I've just read that a man out West exchanged his wife for a horse. You wouldn't exchange me for a horse, would you, darling?"

He: "Of course not, but I'd hate to have anyone tempt me with a darn good car!"

Phone for a DIAMOND CAB anytime. The same Charges day and night 1/6 for the first mile, 9d. for every additional mile. Four can ride for the price of one.



PHONES 44-505 & 44-585 . PLENTY OF CABS
"DIAMONDS ARE TRUMPS"



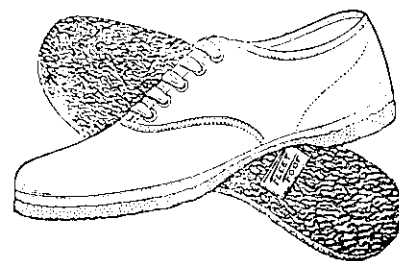
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And Fleet Foot Shoes are made in the latest styles.

For tennis we recommend the Wimbledon and Stroke Shoe, with the crepe sole, for hard courts; and the Benson and Bedford lace-up Shoes with honeycomb rubber soles, for grass courts.

For walking, picnics and the beach there is a Fleet Foot Shoe to suit every style and taste, and their combination of neatness, style and strength will prove a source of comfort and delight to the wearer.



The "Wimbledon"

Be sure the name "Fleet Foot" is on the soles of your next pair of sport shoes. Stocked by all up-to-date Shoe Stores.

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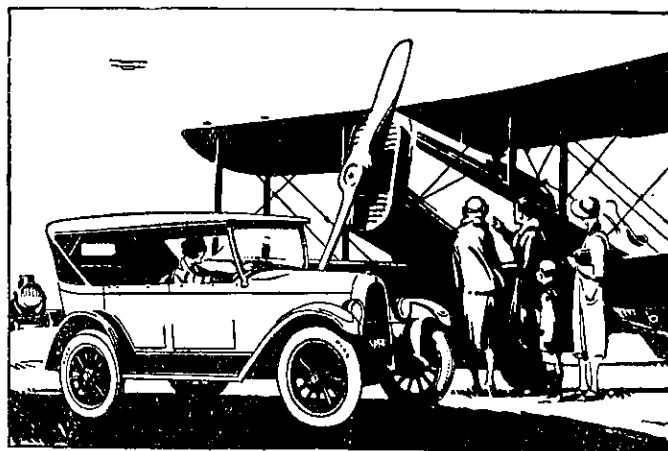
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Now — a New-Type High-Speed Light Car *[With Four- Wheel Brakes]* ↖ ↗ ↖ ↗



THIS is the announcement of a revolutionary new-type car . . . radically different from any you have ever known before.

A car that combines the advanced engineering practice of Europe with new and improved standards of American performance.

A car that will travel over 55 miles an hour in perfect comfort.

That will pick up in 13 seconds from 5 to 30 miles an hour.

A car that will go 35 miles on an Imperial gallon of petrol . . . more than 1,000 miles on a gallon of oil.

This new-type car is a challenge to all former engineering practice. It casts aside every old



tradition. And marks the most important light car engineering improvement during the past 16 years.

* * * *

This new car has a long, low body of modern design, finished in durable Appenine blue lacquer, with black beading and gold stripe.

It is 5 feet 9 inches high . . . not as tall as the average man. Yet it provides more room and comfort than you've ever found in any motor car of this class before.

High-power design

It has a "high-torque," 31 horsepower motor of small bore and long stroke—the same engineering principle used in the fastest racing cars of America and Europe.

It turns in a 34-foot circle . . . that's less than the width of an average city street. You can park in 14 feet . . . which is much less than the space required for the ordinary car.

4-wheel brakes are an integral part of this new car's chassis design.

Measured tests show that it will stop in two car lengths from a speed of 25 miles an hour.

Its center of gravity is extremely low . . . with ample road clearance . . . thus giving a sense of security you have never found in any light car before.

In traffic the Overland Whippet gets away with lightning pick-up—stop-watch tests show that it accelerates up to 40 miles an hour, 18% faster than other four cylinder cars.

It runs like a "six" . . . pulls with irresistible power . . . goes over any average hill on high-gear.

With the introduction of this new-type car the whole motor car situation is bound to change.

It establishes entirely new standards of performance and value, by which all light cars from now on must be judged.

See this modern car. Ride in it. Drive it. A demonstration may save you from buying some old-fashioned car of obsolete type.

North Island Distributors

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South Island Distributors

SOUTH ISLAND MOTORS LTD

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OVERLAND Whippet

WILLYS · OVERLAND FINE MOTOR CARS

Our Advertisements are Guaranteed—See Page 72

The King's Highway

Continued from page 41



quence of our wholly chaotic system of local government—which is a great sink into which endless money is poured with precious little idea of how much real value is being got for it. It is one of the maddest local government systems on which the sun shines, and until it is ended or mended we shall have, it seems, to submit to tiddly-winking road mending and next to no information—except what the automobile associations can discover—as to what roads there are in the country.

As an example of what we might have in the way of maps if our Government took any interest in motorists, let us have a look at Wisconsin's road map. Under the law of Wisconsin the State Highway Superintendent is required to supply every person paying motor tax with an up-to-date road map of the State, along with his number-plates, together with a digest of the laws affecting motorists, the rules of the road and similar matter. This map is on a scale of 15 miles to an inch. Extra copies of it can be had at 2d each. In New Zealand a motorist pays his tax, but his Government does not care twopence about what benefit he gets from his motor-car.

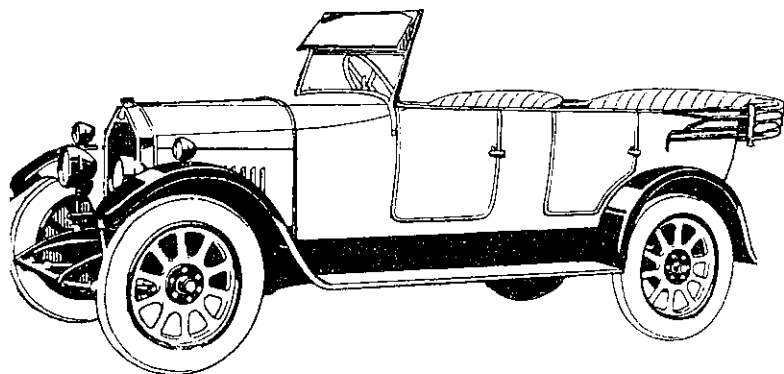
If the Wisconsin motorist wants a more detailed map he pays his shilling and gets the pocket folder map, this on a scale of 8 miles to an inch. By ten different markings in colour, the type of surface on every section of road is indicated. Concrete roads are solid red, and all other types of surface down to light gravel are shown by different sorts of red markings. A solid green line indicates an unmetalled road which is good in any weather. Another sort of green marking means that a road is slippery after showers and heavy driving after prolonged rains. Still another marking is used for sandy roads that are all right in rain but dusty and heavy in dry weather. A motorist contemplating a tour thus knows exactly what is ahead of him if the weather breaks and rain comes. Furthermore, by red and green stars, circles, and crosses, etc., Wisconsin's map shows historic spots, spots of scenic interest, spots of industrial interest, tree camping sites, public parks and domains, and so on. In each case a reference number is given and in the mass of reading matter on the backs of the maps are details of each point of interest.

This Wisconsin pocket folding map has also a distance table giving 3486 separate distances ready calculated out. There is a reference index for finding every place on the map, statistics of population, rates

of motor taxation, an outline history of Wisconsin, facts and figures about the State, and very interesting particulars of just what happened at all the historic spots marked. All this one gets along with the excellent map for a modest shilling.

In this benighted Dominion a Government eight-mile map of the North Island (which is a fifth less in area than Wisconsin) costs 16/- And when one buys it, it is not worth having for motoring purposes, and would prove a trap rather than a help in many parts. No doubt the official answer would be that the demand for maps is so small in New Zealand that they can't be sold for less. The demand for an article which everyone knows to be an utterly useless production is always small. If a man made chairs which nobody could sit on, and failed to sell them, nobody but an idiot would argue that chairs you can sit on were thus irrefutably proved to be an unsaleable article. The real truth of the matter is that motorists of New Zealand are treated like dirt by the Government. Even the Main Highways Board, fought for by motorists, is a hamstrung body that as a matter of cold, hard, indisputable fact, has not the power to engage so much as an office boy. Mentally a big section of our politicians and county councillors still live in somewhere around about the bullock-dray era, and it is high time that motorists got together and gave the whole road administration of the country the bump of its life.

But this reminds me that I haven't finished with Wisconsin's road map! There is another map that State's Highway Commission issues. It is a wall map on an eight-mile scale, and it is issued weekly to subscribers for £2 10s a year, single copies selling for 2s each. On it is printed every week all the latest information as to the state of the roads, and where road construction work is in progress all the detours needed to avoid it are shown. This map is subscribed for largely by hotels all over the State, automobile associations, and persons who do a large amount of travelling and need the latest information. What would not New Zealand motorists do for a Government that was prepared to treat them right and give them maps like Wisconsin issues? And Wisconsin, remember, is only one State among dozens in America that are out to serve the interests of motor vehicle owners. Don't you think that we motorists in New Zealand are worms to stand for the treatment that is meted out to us? The maps they give us are just one detail, of course, but nearly all the rest is of a piece with it.



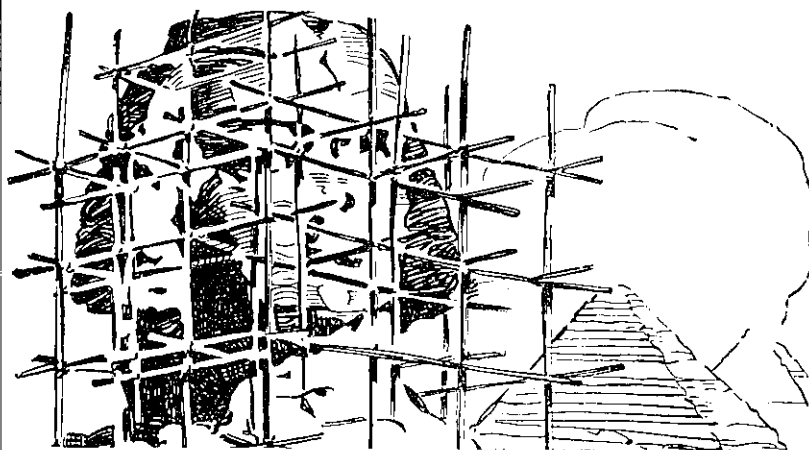
£338 buys the New Humber 9/20 h.p. Tourer. Luxurious coachwork and many engine refinements place this English car far ahead of anything else at the price. 40 miles to the gallon of benzine—see this Economy Car.

Humber

Auckland District Distributors:

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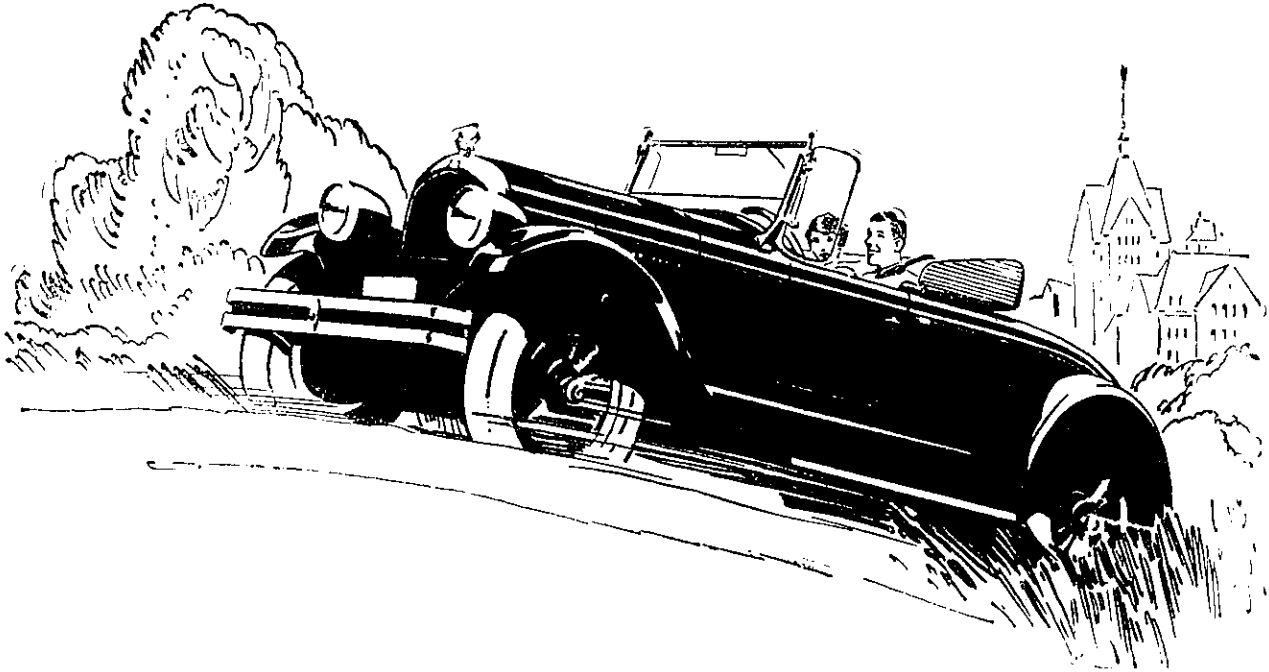


GRIT the Destroyer

Just as surely as grit has marred the beauty of the Sphinx so surely will gritty tooth pastes or powders destroy the precious enamel which alone can preserve your teeth from decay. There's no grit of any kind in Kolynos; its twice-a-day use preserves the teeth and leaves the mouth fresh and fragrant.

QUIT USING GRIT—USE
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The New—Lower-Priced CHRYSLER SIX



WALTER P. CHRYSLER now presents the new Chrysler Six (Model 60) the latest sensational product of Chrysler engineering—the first Chrysler Six at so low a price.

At last, all the supreme value and performance you naturally expect from Chrysler, in a size and at a price that revolutionizes values and quality among lower priced Sixes.

Remarkable power and performance. Lightning acceleration. Extraordinary gasoline economy. The beauty of Chrysler dynamic symmetry. Genuine Chrysler quality and Chrysler long life. Riding ease which only Chrysler gives. The supreme safety of Chrysler four-wheel Hydraulic Brakes. Oil-filter and air-cleaner. Seven-bearing crankshaft. Full pressure lubrication. Extraordinary strength. Roomy, luxurious bodies.

The lowest priced Six ever built which combines all these fine car features. The car which removes the price obstacle—the only hindrance to the fulfilment of your desire to own a Chrysler Six.

Test for yourself what this new Chrysler can do—demonstration will prove every claim we make for it.

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NOTE

This new Model 60 is additional to and does not replace either the Six Cylinder Model 70 or the Four Cylinder, both of which are being continued.

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DEALERS AT EVERY POINT

Short Skirts & Cars

Short skirts, low necks, and the popularity of the motor-car and wireless are blamed for a serious slump in the wool textile industry.

"We have all laughed at the jests on low necks and short skirts, but there is a very serious side to this curtailment of the quantity of material required to provide ladies with the clothing deemed necessary," says a textile expert, writing from Bradford, England.

Already it has created difficult problems in our wool textile manufacturing districts, for not only is very much less material required for outer garments, but there has been economy also in the wearing of under-skirts.

To make matters worse, the popularity of the motor-car and money spent on wireless instruments have reduced the demand for cloth for men's wear, and so wool textile industries the world over have had their difficulties intensified.

Anything is good enough to wear when out on a motor excursion. Consequently, there is not the old inclination and fashion to keep a special suit for the Sabbath, quite apart from the fact that many, having pledged their credit to acquire a motor-car, are compelled to economise on clothing.

Winning Trade Back

These modern developments have brought about grave adverse conditions in the wool textile industries of the United States, so that combined action is being taken by the leading firms affected, with the object of winning back all, or part, of the trade they have lost because of the vagaries of fashion or expenditure on luxuries.

The Americans have gone well ahead of ourselves in these changes and extravagances, and it is interesting to hear from those who frequently take trips to the other side of the Atlantic what is taking place there and to note that there are not lacking in this country indications that we are steadily following in their trail.

A traveller recently back from the United States said that the craze for motor-cars is undoubtedly the most serious factor which manufacturers of cloth and makers-up of wool clothing have to reckon with.

The craze for possession of a motor-car is spreading in this country at a rapid rate, and they are now within the reach of almost all

of moderate means because of the cheap, small cars available and the easy terms of payment which are offered by some makers.

American cloth manufacturers and clothiers are trying to check indifference to clothing by a publicity campaign, but it is doubtful whether much success will attend it. The motor-car will carry the day, and the other industries affected will simply have to adjust themselves to changed circumstances.

Manners and Motors

"Manners began to go out when motors came in." That is what one of my old friends said the other day; and he said it with such unction that I rather suspect he was quoting from his favourite paper.

Why should it be supposed that motoring means bad manners, extravagance, vulgar ostentation, frivolity, and recklessness? Such faults are not uncommon everywhere; but, in actual fact, they are rarer among motorists than elsewhere. The average driver exercises the greatest possible caution; and if one considers the millions of motors on the roads, the straying dogs and hens and children, and the sheer "cussedness" of some pedestrians, the small number of accidents is almost miraculous.

The essence of good manners is a fine regard for the feelings and interests of others. There are those who lack that kindly consideration; but, once they begin to motor, they usually pass through a process of regeneration. For the beginner, in his timidity and nervousness, is painfully anxious to yield to all other occupants of the road. His own safety depends on caution. And he soon discovers that other motorists are making allowances for him, and that he is sharing in an experience where mutual courtesy is a necessity.

Courtesy begets courtesy; and the man must be a boor indeed whose manners do not mend under the gracious influence of motoring.

We are constantly being threatened with additional motor taxation. If this means that more must be paid for purely luxury motoring, no great harm will be done. But if new charges be applied in such a way as to postpone the day of the poor man's motor, it will be a deplorable set-back to the prospects of progressive civilisation. For as cheaper motors come in, bad manners will tend to go out.

"There's nothing comic about beer," says a Judge. There's not much gravity about it these days either.

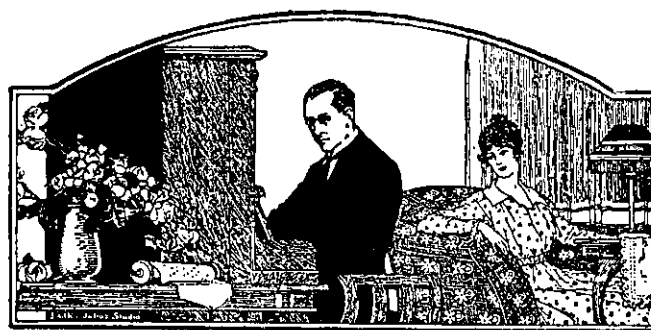
Longer dresses are announced for evening wear. But what most husbands want is longer wear for evening dresses.

In a recent competition a Ford car was won by a three months old baby. Until she grows up she'll have to be content with her other rattle.

A doctor says we can work hard and play hard if we eat plenty of fat. This sounds like burning the candle at both ends and snatching a mouthful from the middle.

It is complained that some motor-horns are so strident that they are a positive danger to nervous people. The only solution is to have a universal silent horn of such great air pressure that it will blow pedestrians safely out of the way.

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WHY be satisfied with an inferior piano of tawdry appearance and with a harsh, metallic tone, when this master instrument, so rich and mellow in tone, so dignified yet beautiful in appearance, can so easily be yours. The equal, and in many cases the superior of pianos costing up to 100 guineas, the Squire and Longson stands to-day, unrivalled, the greatest piano value in the Dominion. The mellow tone of the Squire and Longson endures as does its fine appearance. It is guaranteed for ten years, and is available on easy terms. E. & F. are the sole agents and will send this instrument to any address in New Zealand.

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and its superiority over all other preparations lie in its natural action, its fresh, invigorating, pleasant taste, and in the fact that ENO assists Nature without supplanting her methods.

As a safeguard against those digestive ailments which often beset us—as a blood purifier—as a gentle corrective for liver troubles—as an aid to those who are subject to rheumatism or gout—as a refreshing thirst quencher—ENO's "Fruit Salt" is unequalled.

All who value health and internal cleanliness should drink a glass of water first thing every morning with a dash of

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FRUIT SALT

THE WORLD-FAMED EFFERVESCENT SALINE

SOLD EVERYWHERE IN

HANDY SIZE — Most convenient for travellers, office use and week-end bag. **TWO SIZES** HOUSEHOLD SIZE — Best for family use, the most economical size.

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SUBNORMAL BOYS

The Elmsdale Special School for Backward Children is endorsed by leading members of the profession. Special methods, which have proved most successful are employed to ensure satisfactory progress. The school is ideally situated in a health-giving district. Good accommodation and liberal fare provided. Provision is also made for skilled medical attention where necessary. There are a limited number of vacancies only. Parents are invited to communicate with the Principal, Mr. George Benstead.

ELMSDALE SPECIAL SCHOOL, TIMARU

To Prolong the Life of the Engine

Although written primarily for the use of the heavy goods-carrying vehicle, a note in a recent issue of *The Commercial Motor* has considerable interest for the private car owner. After pointing out that although design and efficiency of engines have greatly advanced during the past few years, the writer goes on to say that the length of life of the modern engine is much the same as it always has been, and to ask why this is so.

From one point of view it is, of course, a sign of progress that the life of the engine remains much the same as in the past, for the modern engine does much more work, for its size, than did its ancestor, and that this extra work can be obtained from it without any loss in durability is an emphatic sign that real progress has taken place. But, as has been pointed out in these pages on previous occasions, the search for still higher efficiency and performance from the modern engine is not now so vigorous as it has been during the past few years. It is felt that, under present general conditions, the engine of a modern typical car gives all the power output that is necessary or desirable, and that further progress should be directed towards increasing the already long life and already satisfactory reliability of the engine rather than towards still higher efficiency. Evidence of the working of this tendency is generously provided by the diminution of high efficiency small cars on our roads and by the adoption of slightly larger engines by many makers of well-reputed cars. Small cars, of course, still exist in large numbers, and they actually are increasing; but the number of makers catering for this market is decreasing rather than otherwise, and it is the success of established models and not the introduction of

new which maintains the small car in its present position.

It is pointed out in *The Commercial Motor* that one of the chief wearing factors in the modern engine is the abrasive material drawn in with the air through the carburettor, and that with higher engine speeds than used to be common the effect of this abrasive material is, naturally accentuated. If, therefore, anything could be done to purify the air entering through the carburettor, the life of the engine should be much prolonged.

There is no great difficulty about providing this cleansing, and that something for the purpose is not already standard on British cars is largely due to the fact that the need for it is only just becoming evident. If we had the dusty macadam roads of a decade ago, then our high-speed engines would long ago have demanded some protection in the form of an air cleanser, and in America, where roads are dustier than they are here, "air washers" are fitted to the majority of good-class cars. It is certainly strange that no such device is usual on cars made on the Continent of Europe, and especially Italy, where the dust of the majority of the highways lies several inches thick throughout the long summers, except when it is disturbed by passing vehicles to form vast and choking clouds.

An air washer does not involve added mechanical complication in a car. It consists essentially of a fan mounted in the main air intake pipe, and the fan is turned at high speed simply by the air rushing past it—it does not need an independent drive. Centrifugal dispersion by the fan throws particles of dust and solid matter out of the air into a receptacle in the side of the fan chamber, and the air passes into the engine deprived of much, if not all, of its solid impurities.

"If"---with apologies to Kipling

- | | |
|--|---|
| If you can keep your head when all about you
Are tooting horns and racing motors, too. | If you can make a turn where there's
"No Turning,"
Or drive the wrong way in a "one-way street." |
| If you can laugh when hard-boiled cops shout out: "You!
Get back in line until I let you through!" | If you can smile when all your brakes are burning,
And the motor baulks each ten or twenty feet. |
| If you can wait, and not be tired by waiting,
While some dub wrecks your bumper and your lights;
Or, being cussed at, don't give way to cussing. | If you can keep on going without worry
When you know the gasoline is getting low;
If you can loaf along while others hurry, |
| Or pull a gun and line up both the sights. | And then speed past those warnings: "School-Go Slow." |
| If you can guess the other chap's intention,
And know if he'll turn left or turn to right; | If you can drive through crowds and never falter,
And miss pedestrians by an inch or two. |
| If you're familiar with the fourth dimension,
And know just what to do when traffic's tight. | If you can wear a smile that will not alter
When five and ten-ton trucks lurch out at you. |
| If you can watch the "Stop" and "Go" signs flutter. | If you can see your wheels and fenders crumpled,
And greet the man who did it with a grin; |
| Assisted by knaves to make a trap for fools. | You'll have no trouble driving in the city--- |
| If you can sass a cop without a stutter,
Each time you're stopped for violating rules. | But you're a better man than I am, Gunga Din! |

Presents for Baby

Some Hints on the Choice of Suitable Gifts

In these practical days gifts to a tiny baby are frequently useful articles to supplement his trousseau or toilet equipment. Fifty years ago every baby was given a string of coral to go round his small neck. This was a "lucky" present; but the baby of 1926, unless he has come to a family where traditional superstitions are still honoured, rarely receives a coral necklace.

When choosing a brooch, be sure the clasp is really a safety clasp, and see that it has no sharp angles, or the baby may be badly scratched.

Gifts for the baby's trousseau should be chosen with some regard to the provision already made by the mother. The basket and cot are usually ready for baby's use, but dainty accessories in the way of powder boxes and tiny hair brushes are welcome gifts. The perambulator is usually bought a little later, and a delightful present for baby is a coverlet which may be either a

A summer baby does not need so many woollies, and a charming gift is a hand-knitted matinee jacket and hat or bonnet of silk, trimmed, perhaps, with borderings of brushed rabbit wool.

In former years one would hesitate to give anything but white baby garments. Now, however, when mothers like to dress quite tiny babies in pale pink and blue, one is not so restricted. Delicate-coloured frocks in knitted wool or silk are welcome gifts for the short-coated baby.

A silver rattle is often presented to a baby long before he is able to interest himself in its brightness and jingle. It is, however, a more lasting gift than clothes which baby grows out of, and is chosen for this reason.

Godparents and close relatives usually bring the child something that will endure beyond his babyhood. A small silver porringer is a suitable christening gift, and small silver spoons and forks are frequently given.



ULTRA-MODERN WIFE (keeping pace with the times): "It's all right, old bean; this is the very latest thing in evening wear and—er—your dinner jacket just fits me."

light and dainty affair for present use or a warm cover of wool, down-filled silk, or fur, for use in the winter. A pillow case of fine muslin, hand-embroidered and edged with narrow Valenciennes lace, is another useful gift.

For 'Baby's Wardrobe

To choose gifts for baby's wardrobe is a delightful occupation. The baby linen shops have such pretty little frocks, coats, bonnets and boots. A present that would adorn any baby and greatly please his mother is a pair of tiny white mocassins, softly lined and bordered with white rabbit fur and tied in front with blue ribbon. Little woolly boots are pretty, too, and less expensive to buy. A soft lacy shawl of Shetland wool is a most useful gift for baby, who will enjoy, although he cannot tell you, the cosy comfort it provides.

Family treasures in the way of old lace or embroidered shawls are sometimes presented for the baby's wear at his christening.

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A few years after New Zealand was discovered by Tasman, Joseph Rodgers and Sons, Ltd., of Sheffield, started making knife blades. In 1682 the cutlery was branded by a six-pointed star and a Maltese Cross. In all little known parts of the earth it became known and sought after. To-day there is no place where civilisation has set its mark where you won't find Joseph Rodgers cutlery. The quality of the famous Sheffield cutlery has never been excelled. Look for the two and a-half century trade-mark on every blade—the Star and Cross.

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Eleven days' delightful and exhilarating sea travel from Auckland by the finest vessels on the Pacific, with a call at Fiji.

Nearly three weeks in Hawaii, the home of surf-riding; warmth and colour and perfume; the perfection of climate; exquisite mountain-island scenery; gorgeous tropic vegetation, wonderful flowers and strange fruits; coral reefs and great volcanoes; charming natives and fascinating immigrant races; sports of every kind.

Honolulu, a big American city, in a tropical setting; excellent accommodation at moderate rates.

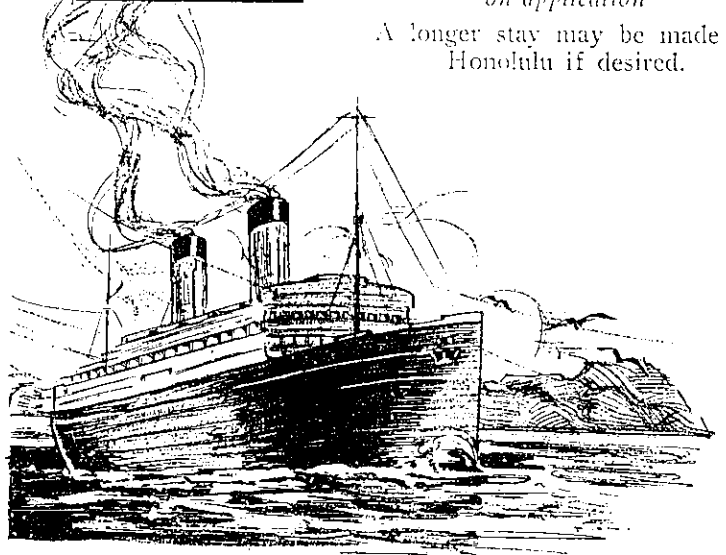
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Party Sweets

ALMOND SQUARES

- Ingredients.
- 1 level cup sugar
 - 3 level dessertspoons Davis Gelatine
 - Few drops essence almond
 - 1 cup water
 - 2 small pieces citric acid
 - 1 dozen almonds

DIRECTIONS

Moisten gelatine in cold water, place sugar, water, and acid in a saucepan, and boil for 20 minutes, then dissolve thoroughly the moistened gelatine. Remove from fire and allow to cool; whisk till white and thick, then add the essence of almonds and chopped almonds. Pour into a greased tin, and allow to set; cut into squares, and roll in icing sugar and a little corn-flour added.

Send for a free copy of our beautifully illustrated Cookery Book, and enclose 2d stamp to cover postage, wrapping, etc., to:

DAVIS GELATINE [N.Z.] LTD., CHRISTCHURCH

Spring Cleaning

Efficient Methods of using Tested Household Cleansers

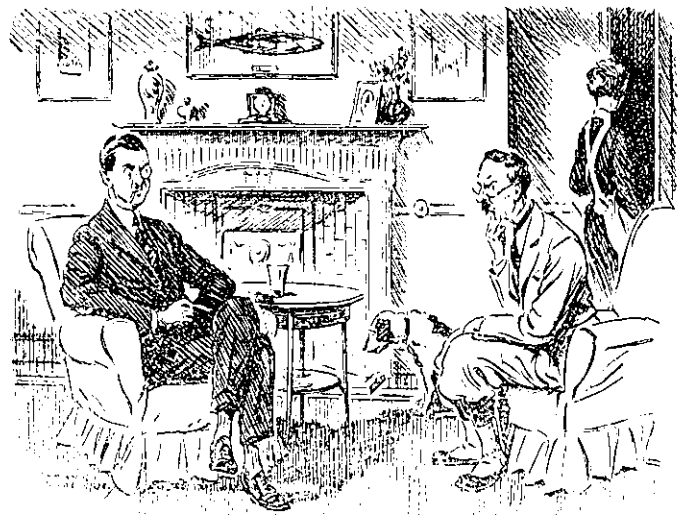
The constant removal of dust and dirt is without doubt "the trivial round, the common task" of a large majority of housewives, for dirt of all kinds is continually collecting, and in order to avoid undue waste of energy, it is necessary to remove it as regularly as it collects. The subject of cleansers and the various methods of using them will, therefore, be discussed in this article. Before doing so, however, a little information on the different types of "dirt" will suggest common-sense methods of removal. The discussion will be confined to the removal of household dirt, as the cleansing of clothing is a different subject.

Dust consists of fine, minute particles of various solid substances, so light, however, that they are readily carried from place to place. In windy weather, or when the air in a room is disturbed and agitated by any brisk movement such as brush-

ing, if allowed to remain in the pile of carpets, may on examination prove to be minute pieces of sandstone, granite, etc.

Grease and oil, with which dust and dirt of all kinds combine so readily to soil clothing, carpets, furniture, pails, baths, sinks, etc., demand the use of either a grease solvent or hot soapy water and friction. As soon as the grease is removed, either by solution in a suitable liquid or by the emulsifying action of soap and water, the dust and oil which are so closely associated with the grease are removed by mechanical means, and oscillate freely in the water.

Stains.—Although stains cannot strictly be regarded as dirt, the two are closely allied. Knowledge of the type of stain is of great assistance in choosing a suitable remover. Thus, rust stain on an enam-



ENTHUSIASTIC ANGLER (resuming interrupted story): "Let me see now—where was I?"

WEARIED GUEST (resourcefully): "You'd just finished telling me about a fish you once caught!"

ing, a very much larger quantity of dust is raised, which settles elsewhere.

It requires little thought to realise that dust may be of animal, vegetable, or mineral origin. If soft, fluffy dust be examined under a microscope, it is found to consist of either cotton, silk, wool, or linen fibres, small hairs, or a mixture of two or more. The friction occasioned by the rubbing of clothing and by walking upon carpets is a common cause of wear. The fibres of which the fabric is composed break off, as a result of the friction to which they are subjected, to form minute specks of dust.

Gritty dust generally consists of small particles of insoluble solids which have also been worn off larger objects by friction, or have been produced by the combustion of solid bodies such as coal or coke; e.g., grit which is brought into the house from the roads, and which works

elled bowl, being of a basic nature, can quick be removed by the application of an acid, provided all oil or grease is first removed to allow the acid to come into contact with the stain.

Tarnish, which so rapidly collects on the surface of metals, consists of a thin film or deposit of an entirely new substance formed by the combination of the metal with various gases present in the atmosphere. If silver be neglected, it soon acquires a brownish-black tone and a characteristic, metallic smell. This deposit consists chiefly of silver sulphide, a compound formed by the action of the sulphur present in the air upon the metal. Similarly, verdigris and rust are other metallic compounds which the housemaid is called upon to remove.

The brilliant green deposit, verdigris, is found on copper, or alloys

Continued on page 51

Spring Cleaning

Continued from page 50



containing copper, whilst rust is an oxide of iron which forms readily, but particularly rapidly in a warm, moist atmosphere.

Having thus briefly discussed some of the more common forms of dirt, reference will now be made to suitable methods of removal.

The value of the cleansers depends upon their abrasive or scratching power: the particles of dirt are scoured or scratched away by the friction of the particles of powder. Needless to say their efficiency depends to a very large extent on the amount of "elbow-grease" employed. Care and discretion must also be used in their selec-

tion. For hard metals, coarse emery cloth could be used, but it must be followed by a finer grade in order that the deep scratches made by the coarse paper may be removed. Some kind of lubricant may be sparingly applied to the cloth to facilitate the removal of stubborn stains. A few drops of turpentine, linseed oil, or paraffin oil, if applied to emery cloth when cleansing rusty and stained steelwork, save a considerable amount of energy.

Salt is not, strictly speaking, an abrasive, because immediately water is applied it dissolves and ceases to act as a scourer. If applied vigorously with a damp cloth, it is, however, a valuable method of removing burnt-on particles from pic-



Mrs. W. R. Patterson's bull-dog "Punch"

ton. A very hard, abrasive sand (silicon oxide) for instance, should only be used for objects which are able to stand the wear, such as solid copper saucepans, pewter mugs, zinc or lead sheets. When used in conjunction with soft soap, silver sand is an excellent and rapid cleanser for neglected wooden floors, tables, etc., and rough unglazed tiles, but it is too drastic a method to employ under ordinary circumstances.

Emery paper or cloth consists of sheets covered with particles of aluminium oxide. It is obtainable in different grades, from extra fine to very coarse. The housewife should, therefore, order the number best suited to her particular requirements, rather than leave it to the tradesman's discretion, as is so frequently the case. The coarse grades are rarely needed in ordinary household cleansing, but in some circumstances they might be necessary; e.g., to remove accumulated rust from heavy ironwork or corrosion from other

dishes, casseroles, etc., while salt and lemon-juice used together clean lacquered brass excellently. As the scouring ability of salt is very limited, it does not wear off the lacquer. It is, however, essential that the brass-work be rinsed immediately and very thoroughly, as any lemon-juice left on would cause the metal to tarnish.

Coarse steel wool removes stains from such hard substances as stone or artificial stone floors, steps, etc., without doing any damage, by actually moving away a little of the surface. Steel wool of medium fine texture has been proved of real help for cleaning hardwood floors preparatory to applying wax polish, whilst the very finest steel wool cleans aluminium utensils, including saucepans, with a minimum of effort, and without damage.

Steel wool can be obtained from any hardware shop.

Continued on page 55



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Modern Daughters

By Miss Eva Moore

From a mother's point of view, a daughter is a success if she is companionable; if, with all the charm of youth, she bridges the gap of years between them and is friend as well as daughter. There is a frank friendliness about the girl of to-day which makes her a perfect companion. A mother is no longer compelled to be her girls' chaperone, but is allowed to enter into all the joys and pleasures of her life; and this is another reason for friendliness.

Of late years the stage "ingénue" has given place to a young person who is supposed to be typical of the girl of to-day. She smokes incessantly; she drinks cocktails and whisky; she uses language, quite casually, that no man would dream of using before a woman; and she has apparently no respect and very little affection for her parents.

This young person may be true to a certain extreme type; but I, personally, have never come across the girls who use bad language. I am told occasionally that Miss So-and-So does so, and I am sorry, for I think a mother whose daughter habitually uses bad language must suffer torture. I see no humour in it, and I fail to see why it is done.

I do not like extreme types—whether of girls or older women. For that reason I do not care very much for the Eton crop and the masculine severity affected by some girls to-day. I do like a girl to look *soignée*; but that is an ideal that can be achieved without going to extremes.

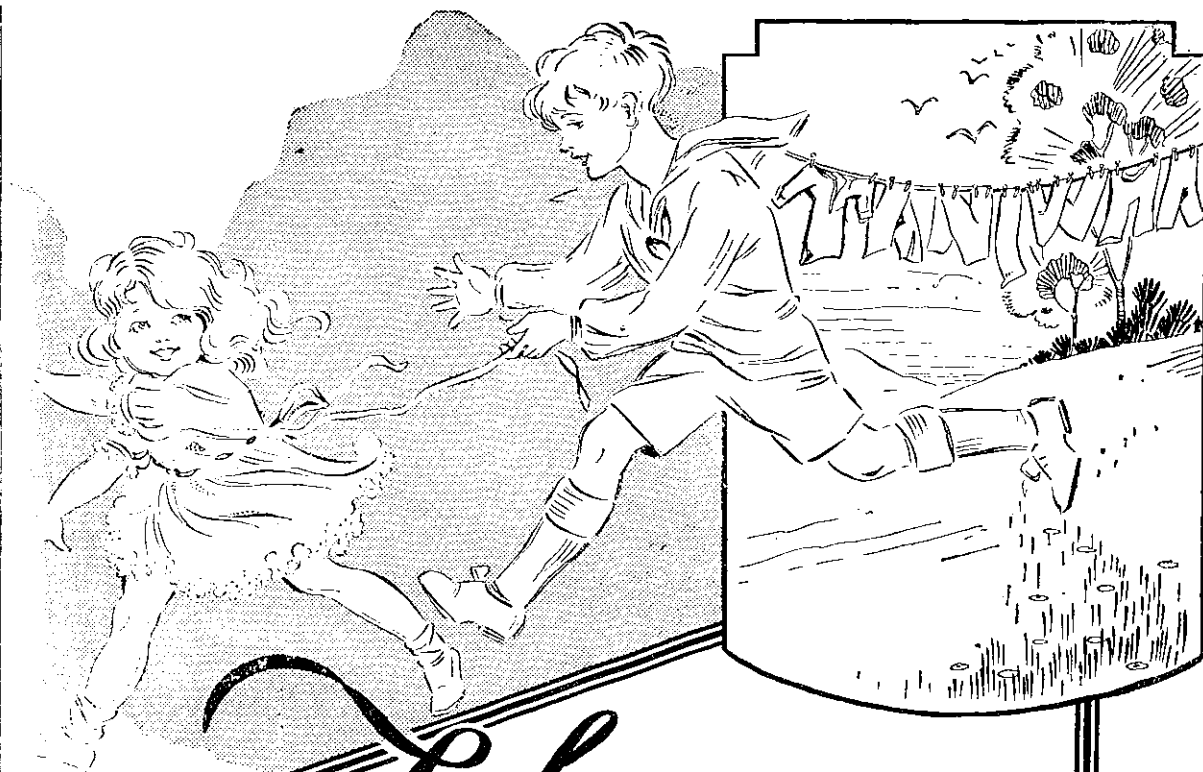
Modern Mothers, Too

The mother of a modern daughter should, if possible, be modern in her outlook. An old-fashioned mother is bound to receive many shocks from an up-to-date daughter, and the easiest way to avoid them is to be up to date, too. Comradeship is only possible if interests and outlook upon life coincide.

I believe in freedom for the young. My own girl was brought up at a co-educational school—a method of education of which I thoroughly approve.

There is a foolish tendency in these days to classify everything, and so, when we talk of the modern girl, we are apt to think of the ultra-modern girl. When one thinks of an "outdoor girl," one conjures up visions of a tweed-clad figure; or, if a girl is described as a "dancing girl," one thinks of her as flitting from ballroom to ballroom or hotel to hotel. The daughter of to-day has something in her of each of these "types": she is modern, she is sports-loving, she dances divinely, and, moreover, she still has, if not to quite the same extent as her mother or grandmother, the "womanly" arts of housewifery and needlework.

Let her avoid extremes—and she is charming: when she is good, like the girl with the curl, she is very, very good; but—one must admit it—when she is bad, she is horrid!



To keep pace

with the family's incessant demands for clean clothes is one of Mother's chief cares.

Small wonder that she insists upon Taniwha Soap for wash-days.

Pure, mild, and powerfully cleansing, "Taniwha" cleanses linen quickly, saves wear and tear, and reduces labour to a minimum.

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The Pleasant Land of Play

"All work and no play makes Jack a dull boy." "Play," says the eminent child psychologist, Dr. Alice Hutchison, "is a valuable preparation for life, especially if children are allowed to create their own."

These have much in common, while both are an absolute necessity to every normal healthy child and serve a purpose, or rather purposes, which are not fully appreciated by many parents.

By means of both, the child develops and educates himself.

Let us trace this development in the baby. From the moment he is born (indeed, prior to it) he kicks his limbs about freely and continuously, thus promoting their growth in length and in strength, till the day arrives when he can not only hold up his head and support himself on his legs, but walk and run.

and play, while her work progresses but slowly through divided attention. Great, indeed, would be the boon to such mothers, in the poorer parts of any town, possessed of playgrounds into which the children could be turned for the entire morning, incurring none of the risks attendant upon play in the streets.

[In most of the large centres in the Dominion these playgrounds have become quite a feature in some localities. The smaller towns are, for the most part, rather dilatory in embracing the great advantages of these playgrounds.—Ed.]

But even the well-to-do mother, with her ampler surroundings, sometimes creates difficulties for herself in two ways.

On a day of rain, she may keep the children within doors instead of permitting them to follow the usual



ASSISTANT: "This is the finest cigarette lighter on the market, madam!"

YOUNG THING: "It certainly looks cute. How many cigarettes does it light to the gallon?"

Through his organs of sight, hearing and touch, combined with muscular movements, he at the same time acquires information about all the objects in his limited environment and further adds to this information during his daily outings.

To the mother who owns a nursery and a garden, this impulse in the child to exercise himself freely is, in the main, regarded as a blessing, since she can thus leave her children to their own devices and set to household work or sewing.

But to the working-class mother who owns neither nursery nor garden, the impulse is more often apt to be looked upon as an intolerable nuisance, since her children soon fret at the limitation of their home and crave ampler space for exercise

routine of play in the garden, but clad in mackintosh coat and cap, and shod with thick shoes. Thus armed, a child can spend a whole morning playing in rain, suffer no harm, and when the hour of the midday meal approaches he seats himself at table in excellent spirits and with a healthiness of appetite which delights mother.

Difficulties are also met with through ignorance of the truth, that children must create their own play, if they are to enjoy prolonged happiness. In too many homes, someone is always at hand to engage the children in play, more especially if he be the "only child." He thus learns to depend on being entertained and cannot bear to be left to his own devices.

Continued on page 56

Five years guarantee

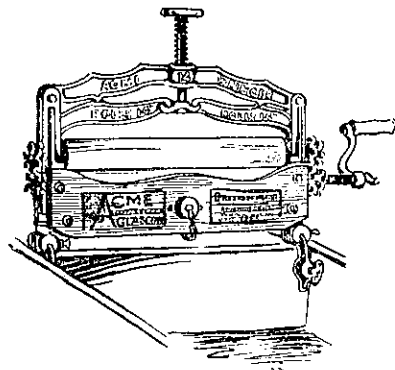


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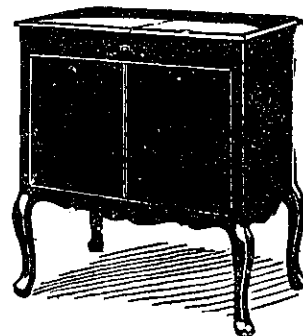
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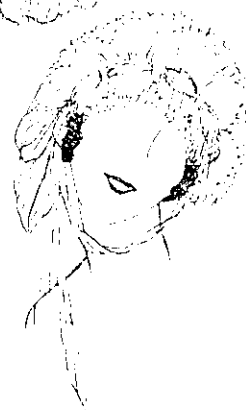
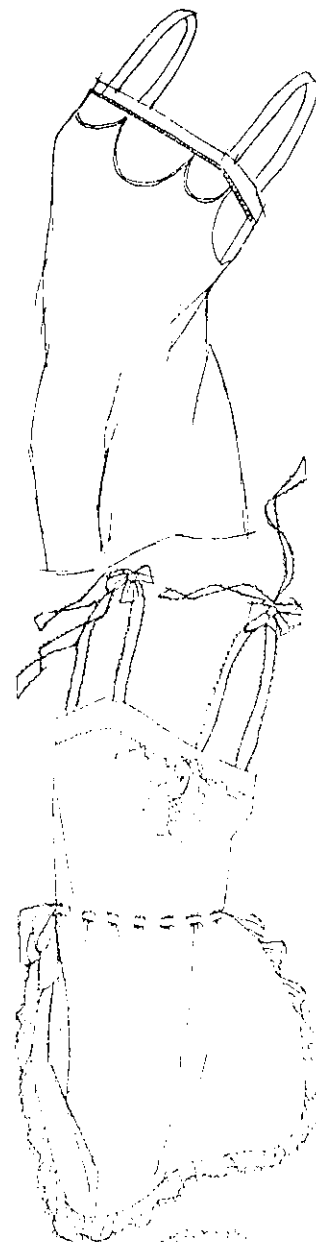
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LUX



Spring Cleaning

Continued from page 51



Whiting, or calcium carbonate, hardly requires any introduction. It is a soft powder used for polishing metals that do not require, and which would be damaged by, a coarse abrasive. As whiting not infrequently contains gritty particles, it is advisable to precipitate it before using it as a polish for silver or plate.

To precipitate whiting, break up a lump, put it in a basin, cover with cold water, mix well, allow to settle, and pour off the water. Allow the whiting to dry completely, when it can be lifted from the basin in a cake. Carefully cut or scrape off the bottom layer and so remove any grit. If a specially fine powder is required, the whiting may be re-precipitated.

Pumice powder, powdered bath brick, rottenstone, putty powder, and rouge are other abrasives used for cleaning and polishing metals, etc.

If the surface of marble has become roughened by cleaning with a coarse abrasive, the surface can be repolished with putty powder (tin oxide), moistened with water. A polishing pad made of a small block of wood over which a piece of felt is held firmly should be used to apply the powder.

Ammonia and soda are used to soften water, and help in the removal of greasy dirt by their emulsifying action.

Carpet soap needs no comment, except that after use the carpet should be well rinsed and dried as thoroughly as possible by rubbing briskly with an absorbent cloth.

A mixture of equal parts of soap powder and pumice powder makes an inexpensive scouring cleanser. The soda in the soap powder helps to remove grease and the soap and grit together remove obstinate stains and dirt.

Soft soap is only recommended for cleansing very soiled surfaces, and should be used either alone or

with sand. It is made chiefly from cheap soft fats and oils, and caustic potash, and most makes contain some free alkali. It is for this reason that it roughens and chaps the skin if used frequently.

Vinegar and lemon are acids which are frequently used together with salt or sand for cleansing brass and copper. The use of vinegar for cleansing copper saucepans is to be deprecated, unless every trace of vinegar is removed, as copper acetate, a poisonous salt, bright green in colour, may be formed. Moreover, copper cleaned with vinegar tarnishes very readily.

Methylated spirit and water are valuable mediums for preventing the production of dust when using a soft powder for polishing purposes, such as whiting. They also act as lubricants and prevent undue scratching.

The use of methylated spirit in place of water for the cleaning of silver has the advantage that, being a spirit, it evaporates quickly and should any be left on the silver it is less liable to tarnish so readily.

Methylated spirit, vinegar, linseed oil, and turpentine, mixed together in suitable proportions, make a valuable cleanser for all kinds of polished woods.

"The fit's upon me now, Come quickly!" BEAUMONT.

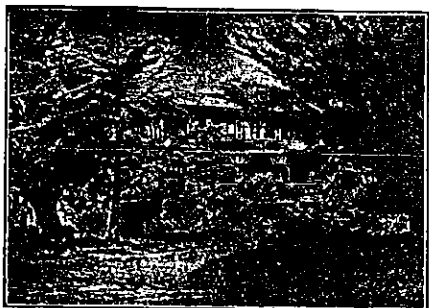
Fits of coughing are not only troublesome but dangerous. They can be quickly relieved, however, with Baxter's Lung Preserver.

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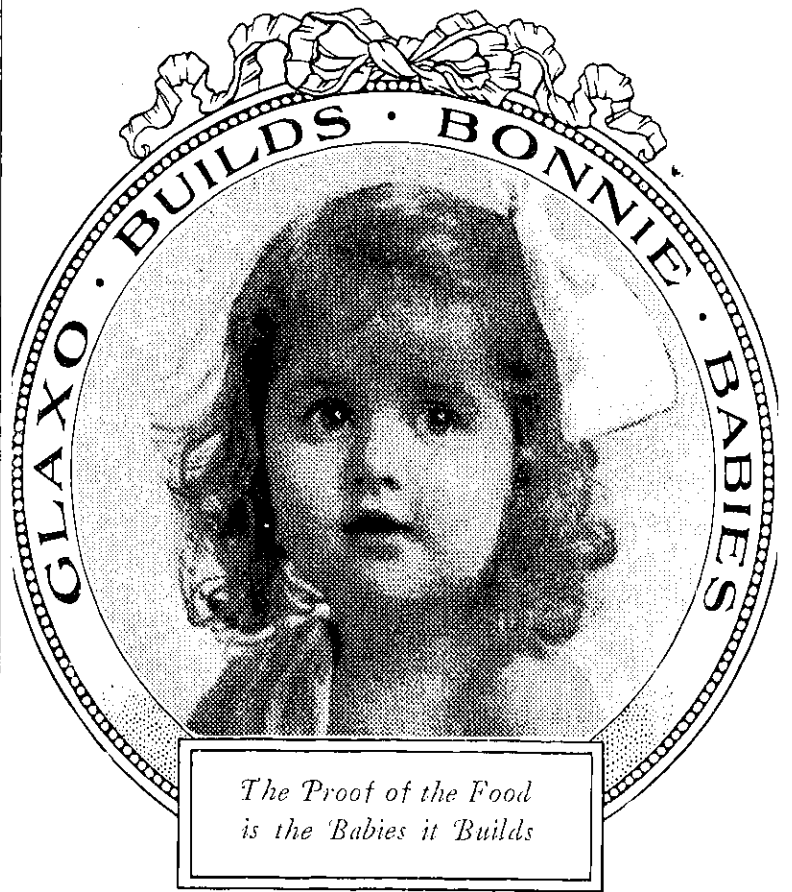
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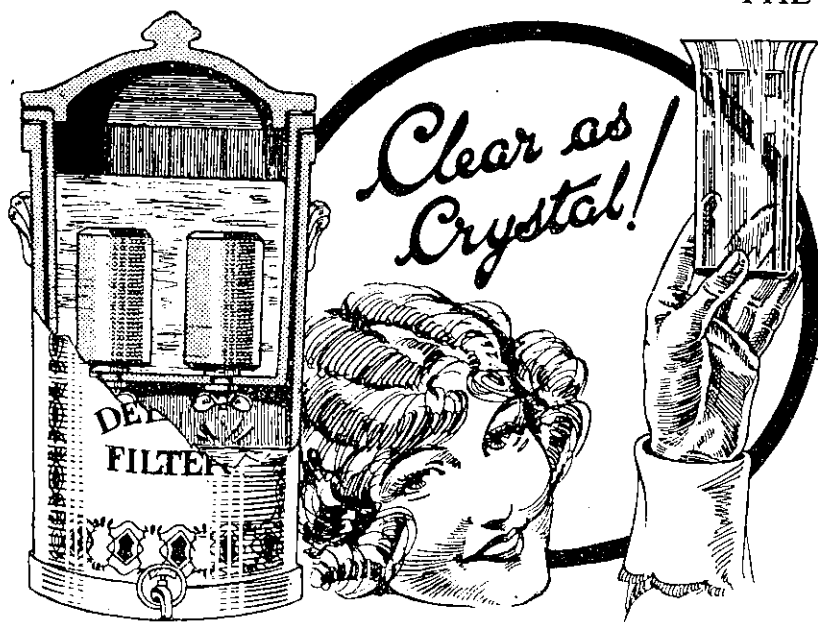
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The Pleasant Land of Play

Continued from page 53



But a worse fate than this befalls him. Because he is finding no true and satisfactory outlet for his energy, he soon becomes bad-tempered and may often be seen hurling his toys at the well-meaning big sister, auntie or friend of the family who strives to amuse him, and who, naturally, feels hurt at this poor return for her kindness, while failing to link up cause and effect.

While we fully realise that solitary play is not the ideal thing, it is at least an immense advance upon play which is kept going by spoon-feeding.

Through play, the child has the opportunity of preparing himself for life. This he does by developing certain qualities which are later utilised in work and which influence his conduct throughout life.

The most important of these is initiative. Some children show keen aptitude for overcoming difficulties, while others tend rather to follow

wisdom of damming the stream at that point, was yet so interested in this demonstration of play as a preparation for life-work, that she offered no interference.

When a group of children play together, they can only do so day after day if a policy of give and take is pursued. No better proof can be furnished of the difficulty of learning this lesson than the fact that in process of acquiring it many disputes arise among children. What commoner phrases reach us from a band of children at play than one variation or another of this theme as: "You always want your own way"; or, "I want to build it like that, you mustn't change it"; or, "You said it would be my turn next." And if we are wise we leave them alone to educate themselves.

The free criticism in which children indulge towards one another's efforts is also invaluable as a preparation for life, more especi-



COMIC ARTIST: "I don't think that's a bad joke."

EDITOR: "Nor did Noah."

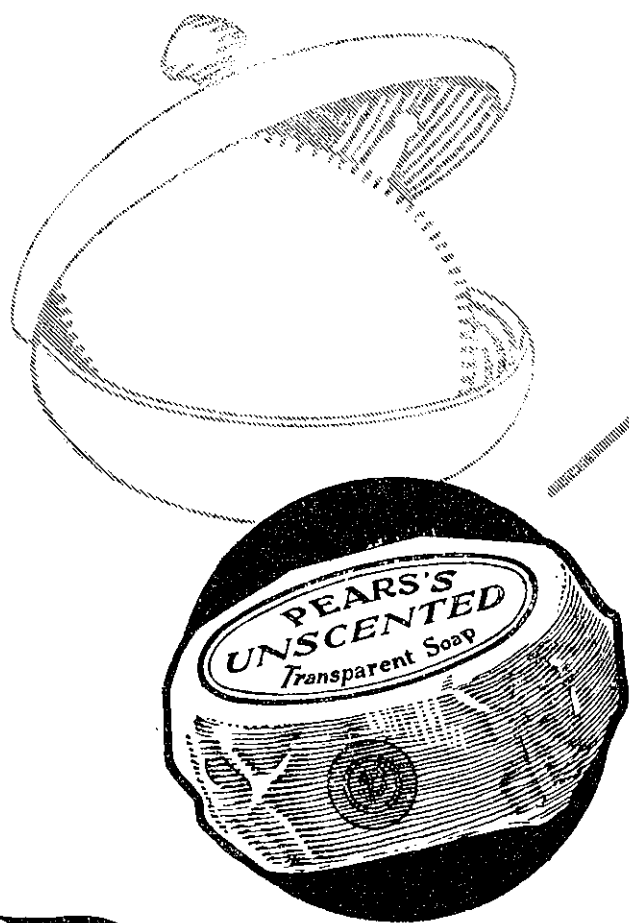
any lead which is given by a playmate and perhaps these eventually sharpen their wits upon those of their playmates.

Last summer the writer one day watched two children (a boy and a girl) trying to build a dam across a small stream. Not only were they most persevering in the face of great difficulties (for the stream always found a way of escape through one gap or another), but they displayed an increasing initiative by first altering the lie of the larger stones, then hunting about for every shape and size of small stones with which to fill up chinks. Finally they pulled up handfuls of grass-tufts growing in sticky mud, and with them still further diminished the escape of water. The writer, although doubtful of the

ally for those children who do not take kindly to such criticism and who are on the high road to regarding themselves as little gods in the home. Perhaps from the lack of this, quite as much as of companionship do "only children" suffer, and in after life realise how much help they might have received from the corrective salt of juvenile criticism. And so in due time children pass from play to work, having, quite unconsciously, either learned helpful lessons or failed to learn them.

Don't interfere in children's quarrels, unless you must. Leave them alone. There's no more helpful criticism than that dealt out by our contemporaries. The attitude of mind that bids someone "go and see what the children are doing and tell them to stop" is very typical.

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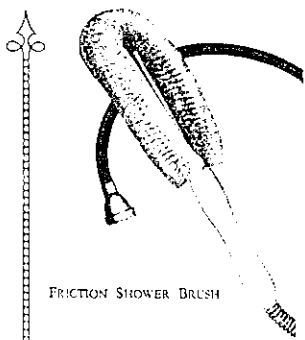
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Preparations for Christmas

Although it is two months yet until Christmas, it is not too early to consider the preparation of cakes, puddings, and mincemeat.

Those who are looking forward to icing and decorating cakes for their own family, or for seasonable gifts, should not delay with the preparation and baking, for the final work cannot be hurried if hopes are entertained of good results.

Most of us have family "receipts" for Christmas fare which have been used successfully by two or three generations, but those who do not own such time-honoured recipes, or who are anxious to try new ones, may find the following tested recipes useful. A thorough blending and mixing of ingredients is essential, and it is for this reason that the housewife asks each member of the family to stir the pudding "for luck," as it is a heavy task for one to perform.

1 lemon; 1 teaspoonful salt; 1 dessertspoonful mixed spices; 6 eggs; 1 or 2 glasses rum; milk.

Prepare the fruit. Chop the suet, raisins, peel, and apples. Grate the lemon-rind and make the bread-crumbs by passing through the mincer or rubbing through a coarse wire sieve (rather stale bread is best for this purpose). Mix all the dry ingredients together in a large basin or crock. Beat the eggs and mix them with the marmalade, lemon-juice, and rum. Add to the dry ingredients, stirring well, and, if more moisture is necessary, add a little milk. Leave the ingredients to blend for 24 hours, then mix thoroughly again before putting into the greased basins. This mixture is sufficient to make two good-sized puddings.

The following is another recipe for a rich Christmas pudding which has been in use in one family



"Oh, mummy, do let us stop and hear what the lady palmist is telling the gentleman."

When money and charms are added, these should be sterilised by boiling, and only silver or gold used.

Special attention must be paid to the greasing of the basin. Lard or oil is excellent for this purpose, but on no account should margarine or salt butter be used, as they are apt to make the pudding stick when it is turned out. The basin must be filled, a piece of greased paper screwed over the top, and a pudding-cloth tied firmly on. The method of tying it on top is not altogether desirable, as the knot becomes sodden with water and, consequently, does not improve the pudding.

Christmas puddings may be either boiled or steamed. A large pudding will require from 8-10 hours' boiling; for steaming, an additional two hours should be allowed. When several puddings are to be cooked, it is a good plan to utilise the copper. The water must be kept boiling the whole time, and more boiling water added when necessary. When cooked, re-cover the pudding with fresh paper dipped in spirit; tie on a fresh clean cloth and store in a cool place.

for over thirty years. The pudding is prepared in the same way as above, but the following quantities are required: 2½lb. raisins; 1½lb. sultanas; 1½lb. currants; ½lb. peel; 2oz. sweet almonds; 2oz. bitter almonds; 1lb. dark brown sugar; ½lb. bread-crumbs; 1lb. flour; 1lb. suet; 6 eggs; rind and juice of 2 lemons; ½ teaspoonful grated nutmeg; ½ teaspoonful ground cinnamon.

The following is a plainer pudding, which many mothers may consider more suitable for young children: 8oz. flour; 8 oz. bread-crumbs; 16oz. suet; 8oz. currants; 8oz. raisins; 2oz. almonds; 4oz. lemon peel; 8oz. brown sugar; 2oz. cherries; 2 lemons (rind and juice); ½ teaspoonful grated nutmeg; ½ teaspoonful ground cinnamon; 4 eggs; brandy or milk to mix. Again the method of preparation is the same.

Making mincemeat is a tedious task, especially picking stalks from currants and sultanas, and removing pips from raisins. The quickest method of removing the stalks from fruit is to rub them (after they have been washed and dried) on a coarse wire sieve with a little flour. The stalks then quickly separate and fall through with the flour on to the paper below.

Christmas Pudding

Ingredients: ½lb. flour; ½lb. bread-crumbs; 1lb. suet; 1lb. sugar; ½lb. currants; ½lb. sultanas; 1lb. raisins (seeded); 6oz. candied peel; 1 teacupful marmalade; 2 large apples;

To save time when stoning raisins, it is a good plan to dip the thumb and forefinger into flour or

Continued on page 62

Wasn't it a Dainty Dish?



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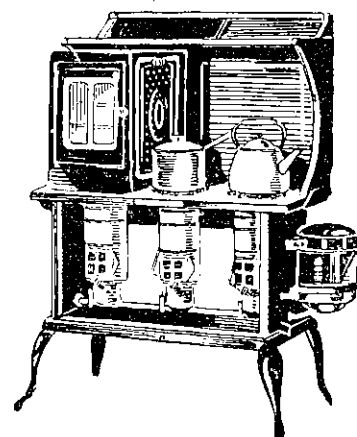
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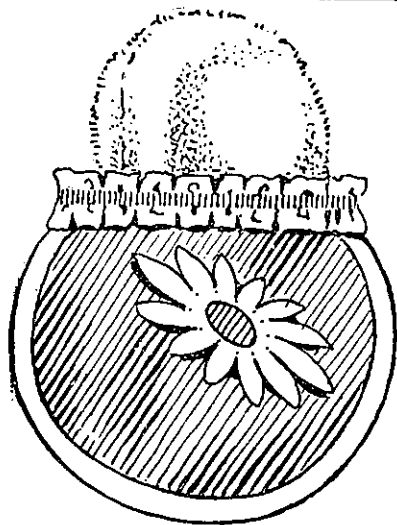
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Bringing up the Young Idea



The frank expressions of opinion in this striking article by Major Theodore Faithfull, which first appeared in "Woman," are worthy of careful consideration by every mother. The question of the repression of sex ideas in young children is certainly unnatural, and after reading this article we fancy most parents will agree that there is much logic in the writer's remarks.

Our ideas about life in general have been shaken up very profoundly of late years. We have discarded a good many foolish dogmas and superstitions. Since the Victorian era our ideas of morality have undergone a profound change—a change for the better.

The great problem that confronts mankind now is to bring up the young idea so that it reaches maturity clean and open in mind and sound in body and soul. Too many

To arrive at the answer it is necessary to study the fundamental child. The old and unscientific system of education—unfortunately we have not yet grown out of it—takes hold of the child as if it were the inmate of a reformatory. It is told that it must be good, clean, obedient, and that it must believe everything that its teacher tells it. Its natural curiosity is regarded as something that ought to be checked, its imperative wants are something it ought not to have. It is subjected to an insane system of memorising—endless memorising of facts and figures which convey little to it, and which, often enough, actively bore it.

But a child's mind is a wonderful thing that should be encouraged to grow, rather than be forcibly driven into certain directions along which its teacher considers it desirable to go. Its insatiate curiosity,



PLUMBER: "I suppose you haven't got a bit of a stick I could do a bit of prodding with in this pipe, ma'am?"
HOUSEWIFE: "I'm afraid I haven't, for I couldn't let you use my husband's gold-knobbed malacca cane."
PLUMBER: "I've got that down the pipe already, ma'am."

children reach puberty now in a more or less neurotic state. A very large proportion of men and women to-day suffer from some sort of repression or warp, of which they are only vaguely conscious, but which tends to make them unhappy. There are dark spots in their natures. They are afflicted with jealousies, envies, suspicions, lusts. They are super-sensitive, shy, uneasy. In short, life for them is rather spoiled. There are frictions and clashes . . .

And all this can be traced to their early upbringing. They are not born with the neuroses which torment them later in life. The seeds are planted in the first twelve or fifteen years—the formative period of human life.

Enlightened educationists have long realised that there is something drastically wrong with our general system of education. The question is: What is wrong, and what is to be done about it?

instead of being repressed, should be encouraged, so that it will gradually be taught to find out all about life by a process of active interest in the people and things all about it. This is free development as opposed to dragging.

A child of three is not a little grown-up person that must be kept from the ways of childhood by repressive measures. If one could enter into its mind one would find there a little cave-man, with the instincts, greed, cunning, and streak of cruelty that man had in that remote period of his evolution. A child of seven is a little savage at heart, with all sorts of queer longings for a life unlettered by discipline, routine, monotony. A child of twelve is an egotistical little creature, with only the first glimmerings of a sense of service.

There is only one sane and sound way of educating these ever-

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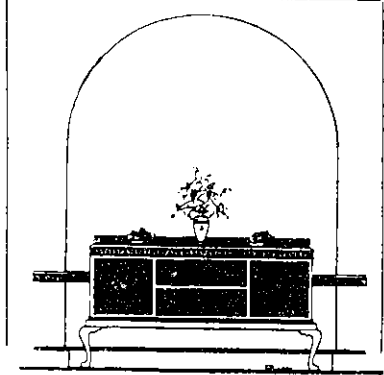
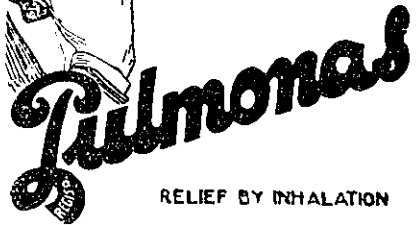
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Bringing Up the Young Idea

Continued from page 60



changing little creatures so that they will attain maturity without those underlying repressions, which, when they are men and women, emerge as unpleasant and anti-social traits of character.

There is much in the idea of taking the child, a small barbarian, back to Nature, and in the natural surroundings of woods and fields let it work off in games, sports, pastimes and picturesque ceremonies its appetite for the primitive. Let the children play hunting games. Let them climb trees and build camp-fires. Tell them about the lives of the birds, the secrets of the plants and flowers. And gradually instil into them the elements of co-operation and mutual service.

In the schoolroom the rigid routine of the ordinary school gives way to a programme of work for each child covering a month. The child is not kept sitting at a desk for so many hours in the morning

the origin of life. Nothing could be so cowardly, or harmful, as to answer with some stupid fable, as that babies are found under gooseberry bushes, or dropped down the chimney by storks. Sooner or later the child will get its knowledge, and in ninety-nine cases out of a hundred it will get it in the worst possible way, from nasty whispers and gossip.

The whole sex idea, instead of striking the youthful mind as one of the pure and beautiful things of life, becomes shameful and unhealthy. It comes as secret, forbidden knowledge. The sudden revelation upsets the immature mental balance. It assumes a disproportionate importance in the mind.

Free the child's mind from sex preoccupation by a plain statement of fact, and there is neither shock nor strain. The mind is released for normal activities and it is often many months before a further ques-



HAIRDRESSER (to customer, who wants an Eton crop): "Ah, no, Mademoiselle, not an Eton crop. The air of Mademoiselle is so strong that, should I cut it short, she would be like the little 'edge'oy."

and so many in the afternoon, obliged to focus attention on arithmetic at ten, history at eleven, and geography at twelve. The new system, based on a sympathetic understanding of the child-mind, gives each child a programme of work covering a month. The arithmetic may be worked off in two or three days if the child likes, or taken half an hour at a time; and so on. The children can move about and talk to one another.

One finds that for some time the child is perplexed at having to make its own arrangements. But this soon passes, and the sense of initiative and self-dependence is quickly developed.

The new system of education does not, as does the old system, evade the problem of sex. Sooner or later, a child is bound to ask about

tion pushes itself into prominence in the mind.

Children are born without shame of the body and its functions. That has to be put there by some adult, and the result is too often an unpleasant attitude towards sex. The enlightened educationist early accustoms children to the nude. The children accept their natural condition simply enough; there are neither concealed thoughts nor unwholesome broodings, and children of both sexes can bathe together without prudery.

The sense of beauty is stimulated by the study of all natural things, from the fields and the flowers to the human body. It is only by allowing children to learn to love and admire the human form that one fosters the love of Nature and of art and instils the ideal of a mind free from sex prepossessions.

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Preparations for Christmas

Continued from page 58

to smear them with a little butter; the pips may then be removed quickly and cleanly.

A large pointed cooks' knife is excellent for chopping the ingredients, but a much quicker method is to pass everything through a mincing machine. Some mincers, however, pulp and crush the ingredients instead of cutting them into definite pieces and care is therefore necessary when buying these machines.

Mince-meat improves in flavour with keeping, and for this reason it is advisable to choose the best quality fruit and beef suet. The recipes given below offer a choice to the cook.

A delicious mince-meat is made with the following: 4oz. suet; 4oz. apples (peeled and cored); 8oz. sugar; 4oz. currants; 4oz. raisins; 4oz. sultanas; 2oz. peel; 2oz. cherries (if liked); 2oz. walnuts; brandy, rum, or raisin wine to mix.

A slight variation can be obtained by using: ½lb. beef suet (chopped fine); ½lb. raisins; 1lb. currants; 1lb. apples; 2oz. mixed powdered spice (mace and cinnamon); 12oz. castor sugar; 4oz. mixed peel; 2 lemons (rind and juice); 1 gill brandy; 1 gill port.

A third recipe for mince-meat: 8oz. suet; 1lb. apples; 1lb. currants; 1lb. peel; 1lb. sultanas; 1lb. raisins; 1lb. dark brown sugar; 4oz. sweet almonds; 2oz. bitter almonds; ½ teaspoonful powdered cinnamon; ½ teaspoonful grated nutmeg; grated rind and juice of 2 lemons.

The Christmas Cake

The Christmas cake, if it is to be a rich fruit one with marzipan and sugar-icing top, should be prepared as soon as possible, to allow plenty of time for the cake to stand before icing is commenced, as each layer of marzipan and icing must set and harden before the next is applied.

The following Christmas Cake recipe has also stood the test of time: 6oz. butter; 9oz. flour; ½lb. currants; ½lb. sultanas; 2oz. cherries; 3oz. peel; 2oz. almonds; ½lb. dark brown sugar; 6 eggs; grated rind and juice of 1 lemon.

Second Recipe for Christmas Cake: 10oz. butter; 11oz. sugar; 12 oz. flour; 1lb. currants; ½lb. sultanas; ½lb. almonds; ½lb. cherries; ½lb. peel; 1 teaspoonful spice; 6 to 8 eggs; 1 wineglassful brandy.

Beat the butter and sugar to a cream, add the eggs one at a time and beat each well in. If the mixture shows signs of curdling add a little of the flour. Lightly stir in the flour and, last of all, the prepared fruit. Mix thoroughly, pour into lined cake tins and bake in a cool oven of approximately 300° F. for 6 to 8 hours reducing the temperature when the cakes begin to brown.

The method is the same for both cakes.

A plainer cake will be better appreciated by those who find Christmas fare rather too rich.

The ingredients required are: 10

oz. flour; 8oz. fresh butter; 8oz. castor sugar; 4oz. peel; one lemon; ½lb. sultanas; 5 eggs; 1 teaspoonful baking powder. Beat the butter and sugar to a cream; add the eggs, one at a time, beating each one in thoroughly with your hand, then stir in lightly the sifted flour. Now add the sultanas, the candied peel chopped up, and the grated rind of the lemon; mix all well together with a spoon. Line a cake-tin with buttered paper, putting two rounds of buttered paper at the bottom of the tin; pour in the cake, and bake for two hours in a moderate oven (340 deg. F.). When baked, turn it out on to a sieve to cool.

The lining of the tin is not difficult if the directions given below are followed.

First grease the tin. Then cut a strip of paper 4in. wider than the height of the tin and 1in. longer than the circumference. Fold over and crease 2in. along the bottom and snip slanting cuts 2in. apart along the entire length of the fold. Grease and fit this into the tin; the slanting cuts enable the paper to fit neatly. Stand the tin on a double piece of paper and mark the exact size of the bottom with a pencil or the pointed end of a pair of scissors. Cut this out, grease and lay into the tin over the 2in. folded piece. This will prevent the cake sticking or burning, and it can easily be removed.

It is also a wise precaution to tie a piece of brown paper round the outside of cake tins containing rich mixtures requiring many hours' cooking. Also, if the bottom heat of the oven is very great, it is advisable to stand the tin in a bed of silver sand.

To cure unbroken chilblains, mix a teaspoonful of mustard with half a pint of turpentine. Leave for 24 hours, strain off, and rub the liquid on the chilblains, and they will depart.

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Page 72

To Keep Flowers Fresh

To the flower-loving woman with a slender purse, the problem of keeping her supply of flowers fresh is sometimes rather a problem. Even those who have gardens are glad to prolong the life of their supplies as much as possible, and this can usually be done by taking a few precautions.

As plants are at their best in the morning and evenings, cuttings should then be done rather than in the middle of the day, when they are feeling the effects of the hot sunshine. Shirley and Iceland poppies are graceful as flowers for indoor use, but as they often begin to fall in two or three hours they are not used as much as they might be. If, however, they are gathered in the evening when the buds are just bursting to show the colour of the petals, they will be open and delightfully "crinkly" and full of freshness the next morning.

Flowers which grow in spikes, such as gladioli and lupins, should be cut when only the lower flowers have expanded, and sweet peas when the dew is on them, either in the early morning or in the late evening. The buds of roses, too, are best cut with the dew on them. Be sure to get as long a stalk as possible, as they do not last well if the stalk is

short. Always cut stems in a sloping direction.

All flowers should be cut and not snapped off the plants. Those having woody stems, such as the various flowering shrubs and chrysanthemums, should have an inch or two of the bark removed and the stem split before being placed in water, as they cannot absorb sufficient if this be not done. Cutting off an eighth of an inch of the stem daily is a good plan, so as to reopen the cells at the cut end, and fresh water, too, should then be given. In fact, roses will enjoy the addition of a small lump of ice, as the water in vases and bowls soon becomes almost tepid in the summer.

Tapering vases are pretty, but they are bad for flowers, as they press the stalks too closely together, making it difficult for the cells to absorb moisture. As some flowers, such as the nasturtium and mignonette, are antagonistic to others, causing them to droop quickly, they should never be placed in the same receptacle.

Do not throw away flowers that are only beginning to wither. First try if they cannot be revived by placing them in very hot water in which a lump of camphor has been dissolved.

Like Father, Like — ?

Who is it thinks his father is the country's greatest man?
 Who is it helps his mother out in every way he can?
 Who is it, on the playing field, sticks till the game is done?
 Who is the greatest pal on earth?
 You guessed it, friend,
 My son!

Who is it keeps me waiting for my favourite barber's chair?
 Who is it steals my cigarettes? Who is it I hear swear?
 Who is it will drink anything in liquid form but water?
 Who is it wears my golfing togs?
 You said it, friend,
 My daughter!

If and the Man

If he recognises his wife as boss, he's henpecked; if he disputes her authority, he's a brute.

If he gives her all his money, he's an idiot; if he withholds it from her, he's a miser.

If he smokes in his den, he's a sullen hermit; if he smokes in the drawing-room, he's a slovenly old thing.

If he remembers all the little sentimental anniversaries, he's a bank-

rupt; if he forgets them, he's a heartless wretch.

If he offers advice for the upbringing of the kiddies, he's a meddler; if he doesn't, he an undutiful parent.

If he plunges himself into business and becomes a millionaire, he's neglectful; if he takes business cares lightly and devotes himself to his family, he's a poor provider.

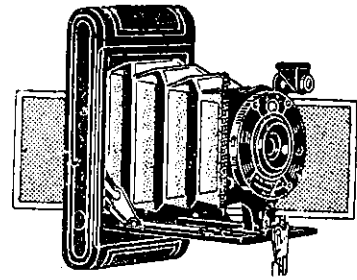
What is he to do?—

Endeavour

CAN'T be done? I don't believe it. Anyway, I'm going to try. If I fail there's none to grieve it. Only I to sigh. Can't be done! Who dares to say it? Give me time to prove I can. I as well as you can weigh it—don't condemn my half-formed plan.

Scoffing's easy. Thousands do it. Faith's a harder thing to own. If I fail, there's none to rue it. Only I, alone. Cease your jeering, some voice calls me. I must climb ambition's hill. You'll applaud when luck befalls me. Yes, indeed, you will.

I won't let your words deter me. Doubting spirit ne'er prevails. Can't be done! How those words spur me. 'Tis the coward who fails. Come, my friend, here's to endeavour—till the setting of life's sun. Admit defeat? Not I, not ever—till the "can't be" has been done.



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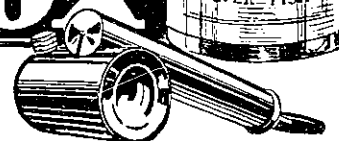
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In the Kitchen



Apple Creams

Make half a pint of apple puree by rubbing baked or stewed apples through a fine sieve. Strain into this, while still warm, 3oz. of gelatine, dissolved in a little water or apple-juice, and mix well. Then add 1 gill of thick custard, sugar (if necessary), 2 or 3 drops cochineal and 3 drops ratafia essence. Mix again and set aside to cool. Then pile into small glasses, top each with whipped cream, and serve with wafer biscuits. Other fruit creams could be made in the same way.

Light Orange Cake

Take 3lb. of self-raising flour, 4 eggs, 1lb. sugar, 6oz. butter, 2 oranges, orange icing. Cream butter and sugar, add eggs gradually, then grated rind of 1 orange and juice of 2 oranges; add flour and mix lightly. Put into prepared cake-tin and bake 45 minutes. When cold, add the icing. This mixture may be divided into two and each portion baked in a sandwich-tin for 20 minutes. Orange icing or cream may be spread between.

Banana and Orange Sponge

Grease a piedish, peel and slice 12 bananas (lengthways), place in pie-dish and sprinkle sugar over each layer. Squeeze juice of 6 oranges into a cup, remove pips, pour juice over the bananas, and put into oven to bake. Now put ½ cup sugar in a basin with 2 eggs beaten well, add a breakfastcup of self-raising flour and a pinch of salt; melt 1 tablespoon butter in ½ cup hot water or milk, stir in quickly and beat well. Pour this mixture over the bananas, completely covering them; put back into oven and bake until a rich brown. Serve hot or cold with boiled custard.

Milk Rolls for Tea

Add to four teacupfuls (1lb.) of flour a half-teaspoonful each of bicarbonate of soda, cream of tartar, and salt. Rub in a piece of butter, margarine, or lard the size of an egg (2oz.), and mix to a light dough with a half-pint of milk. Mould into about a dozen small, plump, round or oval shapes, which bake quickly. When nearly done, brush them over with a little butter and hot milk; or one-half of the dough may be rolled by the hand into three strands and plaited, tapering the ends.

Lemon Cakes

Required: Flour, 5oz.; sugar, 5oz.; eggs, 2; baking powder, 1 teaspoonful; lemon, 1.—Lightly grease some small cake tins. Sieve the flour

and baking-powder. Grate the lemon rind on to it. Beat the eggs till frothy, add the sugar, and stand the basin over a saucepan of hot water and whisk over the fire till the mixture is thick and rosy. Then take the basin to the table and whisk again till the mixture is cool and very thick. Fold in the flour very lightly. Strain in the lemon juice and half-fill the tins with the mixture. Bake in a rather quick oven for about 10 to 15 minutes. Be careful that they do not get too dark. Leave for a minute or so in the tins before removing them.

Cornish Saffron Buns

Take one teaspoon of saffron (dried in the oven overnight and then soaked in a little water, with a pinch of salt to bring out colour), 1oz. of yeast (set to sponge), 4lb. of flour, 1lb. of lard, ½lb. of butter, or margarine, 1lb. of currants, ½lb. of lemon peel (cut fine), ½lb. of sultanas, ½lb. of white sugar, and a little salt. Mix dry ingredients together, then add yeast and saffron, and mix all together with hot water; allow sufficient time for dough to rise. Then make into buns. Bake in a moderate oven for 15 minutes.

Cream Gingerbread

Cream together one cup of brown sugar and one-fourth cup of vegetable oil. Mix and sift together one teaspoon of soda, one teaspoon each of cinnamon and ginger, and 3½ cups of flour. Add alternately with one cup of sour milk and one-half cup of molasses to the first mixture. When thoroughly mixed, add one cup of raisins and turn into an oiled bread-tin. Bake in a moderate oven for one hour.

Walnut Bread

Beat 1 egg, adding gradually ¾ cup of sugar, then 1½ cup milk. Sift in 4 cups of flour, 4 teaspoons baking powder, and 1 teaspoon salt. Add 1 cup chopped walnuts and mix well. Put mixture into greased deep pie-dish, and place in a warm place (on the stove rack, if possible) to rise for 20 minutes. Then bake from one hour to an hour and a quarter.

Carrot Mould

Ingredients: 1lb. carrots, 1 egg 1oz. butter, salt, pepper, tablespoon of chopped parsley.

Well mash the carrots, scrape and boil till tender. Drain and rub through a sieve. Melt the butter and add to the carrots, heating them thoroughly. Beat the egg and add salt and pepper. Grease mould and

Continued on page 68



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

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Your Children's Food

A great deal is written nowadays about the proper balance of food, and we are told we must absorb so much protein, carbohydrate and mineral matter daily, and, above all, how important it is to have the "live" elements, or vitamins, without which no diet is complete. In normal health, however, this question of proper balance only requires attention in a general way because it is largely regulated by taste and custom, and with a good mixed diet one is not likely to go wrong.

Children thrive best on simple and comparatively inexpensive foods. There are two important points, however, which must be borne in mind when arranging their menus, and these are to give them *variety*, and to give them *fresh* food. Monotony in their food robs them of appetite. Children who become accustomed to different foods and flavours are less likely to become faddists when they grow up.

Use fresh foods in preference to those which are tinned or preserved—fresh vegetables and fruit, pure milk, new-laid eggs, and good butter, in particular. If these are used freely there will be no lack of the essential vitamins.

In warm weather the food given should be light, nourishing, and as appetising as possible. The meat consumption should be reduced, and replaced by the more easily digested eggs and fish. More cold dishes, too, may be introduced, although it is always well to give some warm food at every meal.

Vegetables are of special importance and especially the green vegetables, as they help to keep the body in health. Care should be taken to give an adequate amount, and more especially while they are in season and at their best. They should be young, fresh, and carefully washed before cooking. Their juices, too, should be preserved as far as possible, and on no account must soda be used to keep the colour. Vegetables should also be removed from the fire as soon as they are ready, as over-cooking destroys some of their valuable properties. They are best when served quite simply with a little butter or milk to improve their flavour. A good white sauce is an improvement to some vegetables, but this must be made with pure butter, and not a substitute. Butter is one of the most valuable of fats for a growing child, and should never be withheld, even for cooking purposes. Almost all vegetables are suitable if properly cooked, although for young children some of the raw vegetables should be avoided, and sometimes it is better to serve the vegetable in the form of a purée.

Many delicious soups, too, can be made by combining a purée of vegetable with milk or meat broth, and adding a thickening, suitable seasoning, and a good piece of butter. These soups are very wholesome, and can be given at the mid-day meal or at supper. Soups made from

fresh meat or fish are also good, and cold soup in the form of a jelly is often relished. Soup should always be served with bread, dry toast or croutons.

With regard to bread, wholemeal bread, at least a day old, should be served every day, as it has more value from a food point of view than the white variety. Oatmeal and wheaten meal biscuits are also good, as they give work to the jaws and teeth.

Simply roasted, grilled, or steamed meats are best at this time of year. All rich stews and fried meats should be avoided. White fish, too, is to be preferred to the more oily kinds, and care taken to have this absolutely fresh.



Gordon, the son of Dr. and Mrs. McGhie, Hawera

Haughton Studios

211, THE MIRROR BUILDINGS, WELLINGTON

It must also be remembered that, although oatmeal porridge is a valuable food for children in ordinary times, it is apt to be too heating in summer, and might well be replaced by something lighter. There are plenty of excellent ready-prepared cereals on the market.

Fresh fruit is another most important item in the diet, as it helps to keep the blood cool. It forms one of the best of desserts, and should be given in some form or other at least once a day. Needless to say, it must be fresh, sound, and in good condition. For young children the seeds and skins should be removed; in fact, for these, the pulp of cooked fruit is often the safest.

Blancmange, rice or tapioca cream, junket, custard (made with eggs), jellies, light steamed puddings and simple ices, are all good. Well-made short pastry is also wholesome, and can be combined with fruit of different kinds.

Household Chemicals



Nowadays many young housewives have a theoretical knowledge of chemistry, but often do not make much practical use of it. For they fail to realise that every efficient housewife is an unwitting chemist, for so often the chemistry of cooking and cleaning is carried out with little or no thought of the processes involved. When stock is taken, it will surprise many housewives to learn what a number of different chemicals they regularly use. Some of these are only wanted occasionally, and consequently most people do not store them, but run out and buy small amounts when the need arises. Too often the remains of chemicals not used at the time are left in a paper package, and become damaged, with the result that next time a fresh supply has to be bought. All this means unnecessary waste of time and money which could well be saved if care were given to storing the chemicals in suitable bottles.

The common chemicals needed at some time or other in practically every home include certain acids and acid salts, alkaline substances, bleaching agents and other substances for the removal of stains.

Spirits of Salts.—Among the substances of an acid nature, spirits of salts may be mentioned. This is known to the chemist as hydrochloric acid, and is useful for cleaning very neglected lavatory pans and sinks such as a careless tenant sometimes leaves in an old house. It should never be necessary to use it regularly for this purpose in the well-kept house, and it should only then be employed when drastic means are necessary, as such a strong acid is likely to cause injury to any surface if used continually. This same acid is also excellent for removing tarnish from neglected brass or copper, but articles treated with it need to be very carefully washed, rinsed, and then cleansed with ordinary metal polish.

Oxalic Acid.—Either oxalic acid or salts of lemon, which is very similar in chemical composition, is useful for the removal of iron mould and ink stains. A little should be sprinkled over the stain and boiling water poured through. This dissolves the iron from the stain, and in the case of ink simply leaves a light blue mark which can easily be boiled out.

The above-mentioned chemicals are poisonous, and therefore need to be most carefully labelled and stored out of the reach of children—and carefully locked up.

Tartaric Acid or Cream of Tartar.—These are both used in conjunction with bicarbonate of soda as raising agents. They may be mixed together with rice flour for making home-made baking powder.

A good baking powder can be made with: 2 oz. of bicarbonate of soda, 2 oz. of cream of tartar and

1 oz. tartaric acid, 6 oz. of rice flour. If preferred, 4 oz. of cream of tartar can be used in place of the 2oz. of cream of tartar and 1 oz. of tartaric acid.

Baking soda or sodium bicarbonate can be used as described above for making baking powder. Either it, or washing soda, is useful for adding to the water in which pulses are cooked, and the addition of a small amount saves much time and gas in cooking. When milk is "on the turn," the addition of a pinch neutralises the acidity and often makes it possible to boil it without curdling.

There are several other uses, but these are known to every housewife, so no more need be said here.

Continued on page 71



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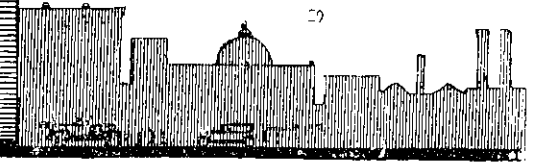
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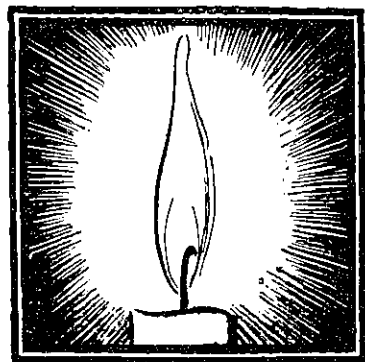
My reason for writing you is that my little grandson, Clive Dean whose photo I enclose, has been brought up on your "Kruskits." He is nine months old, and has been noticed by so many mothers of delicate babies that my sales of your Rusks have increased enormously.

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(Signed) W. E. BUSCH, Storekeeper.

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In the Kitchen

Continued from page 65

pour in mixture, and press down well. Place in oven ten minutes; turn on hot dish, and sprinkle on top the parsley, and serve with sauce of melted butter.

Savoury Cabbage

Boil a large head of cabbage not quite tender. Carefully take out the middle and fill with a mixture: 1 tablespoonful of minced suet, 2 of bacon or ham, a like amount of cold meat, 1 raw egg, a little lemon, nutmeg and salt and pepper. Tie up and bake for 20 minutes. The cabbage should be basted frequently with dripping or butter. Serve with brown gravy round it.

Pickled Beetroot

Wash the beet, being careful not to prick the skin and so cause them to lose their colour. Put them into boiling water and simmer till nearly cooked (about an hour). Take out and let them cool. Boil vinegar sufficient to cover the beet for 10 minutes with whole pepper and allspice, allowing 2oz. of each to a gallon of vinegar. When this is cool, pour over the beet, peeled and cut in slices a quarter-inch thick. Seal up, and in a week it will be ready for use.

Novel Steak Dish

Beat a tender rump steak well on both sides to break the fibre, soak for a little while in vinegar with a sliced onion in it and a little salad oil or lard. Do not sprinkle the meat with salt, as that hardens it. Over one side of it spread a thick layer of mashed potatoes and then a layer of fried onions. Roll up, tie and put into a baking dish, sprinkle with about a tablespoon of flour, and pour into the dish enough water to half cover the meat. While baking, baste frequently. Sprinkle with salt before taking from the oven. Serve hot with the gravy that it makes while cooking.

Brawn

Take one knuckle of veal, 1lb. shin of beef, 1 sheep's tongue, and 1lb. pork bones. Put all in saucepan and just cover with water; bring to the boil. When boiled two hours, add salt and pepper to taste, lift out pork bones and veal, and boil remainder an hour longer. Take all meat from bones, cut up in pieces and dissolve two dessertspoons of gelatine in the liquid. Wet a mould, put slices of hard-boiled egg in the bottom, add the meat, then pour over the liquid and let set.

Steamed Chops

Wash the required number of nice lean shoulder or leg chops, season with pepper and salt, place in a buttered basin, tie some greased butter-paper over, and steam for three hours. Do not put any water in the basin. When the chops are

done, remove paper, strain the liquor off into a saucepan add a little milk and chopped parsley, and thicken with a little flour. Serve with green peas, new potatoes, or carrots and mashed potatoes.

Tasty Egg Dishes

Recipes that do not require meat, and a variety of egg dishes, may be of much value to some households. Egg cookery is the most fascinating and, with reasonable care, perhaps the easiest. There are several golden rules to be observed which never vary but which are essential to the success of all egg dishes. For instance, if you are going to make an omelette, never beat your eggs till they are required.

Eggs With Sweet Herbs.—Put into a deep frying-pan 1½oz. fresh butter, a little onion, a few button mushrooms, and a little chopped parsley. Fry this mixture a light brown; put a little into some buttered china egg shapes. Break a new-laid egg into each, and stand the shapes in a frying-pan of water that must be well below the top of the shapes. Boil till the egg is lightly set, and serve with a little cream poured over each.

Eggs With Italian Paste.—Boil six eggs hard; place them in cold water and remove the shells. Have ready cooked half a pound of spaghetti. Put the paste round the dish, mix your eggs cut into quarters with half a pint of tomato sauce, and serve them in the centre of your spaghetti very hot.

Eggs in Black Butter.—Put into an enamelled frying-pan 1½oz. butter (fresh) and let it get brown. Drop into it as many eggs as required, and a little sprinkled salt. Add a tablespoonful of malt vinegar just before serving the eggs.

Eggs on a Plate.—Pour into a flat stone dish which has a deep rim half a teacupful of salad oil and place the dish on the top of the stove. Break into a cup quickly but carefully four eggs, one at a time, and drop them into the boiling oil. Add pepper and salt, and serve on the same dish very hot. (Note: These eggs may be served in the same way using cream, instead of oil.)

Eggs in Cream.—This form of preparing eggs has the advantage of forming a dish for lunch and carefully prepared it is very tasty and appetising. Boil four or more eggs hard, and separate the yolks from the whites. Cut the whites into rings, not too thin, and put them aside for a time. Break the yolks with a dinner fork; add them to 2oz. of butter and the yolks of two eggs in a frying-pan and half a pint of cream, pepper and salt. Stir the mixture till smooth, being careful it does not burn; add the cut whites and make

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In the Kitchen

Continued from page 68

them hot in the pan. These must not be broken. Turn on to a hot dish and serve.

Eggs a la Bonne Femme.—Cut an onion into fine dice, fry it lightly in a tablespoonful of butter, then dash in a teaspoonful of vinegar. Butter a shallow dish, sprinkle the fried onions over it, and break in five eggs, being careful to keep the yolks whole. Bake in a moderate oven until jellylike. Dust with salt and pepper, sprinkle over all some coarse dried butter crumbs, garnish with parsley, and serve.

Cheese and Egg Scallops.—Take 3 hard-boiled eggs, 3 tablespoonfuls grated cheese, 1½ oz. flour, 1½ oz. butter 1½ gills milk, salt, pepper, and browned crumbs. Well butter some scallop shells and coarsely chop the eggs. Melt an ounce of butter in a pan, add the flour, mix well, and cook for a few minutes without browning. Add the milk and stir until boiling, then remove the pan from the fire. Put in the eggs and cheese and season to taste. Put a nice quantity of this mixture into each shell. Mix the crumbs with an equal quantity of cheese, and cover the tops of each scallop with them. Put tiny pieces of butter on top of the crumbs and bake in a quick oven until very hot, and well browned. Serve quickly in the shells. For four or five persons.

Custard

The making of steamed or baked custard is not quite the simple matter it would appear, for so many cooks fail to get it just right. It should not rise during cooking, nor yet be sent to table full of holes. Over-heating of the eggs is as bad as under-heating. Whisking should be continued just as long as is necessary to mix the yolks and the whites. If carried beyond that point the custard is certain to be full of holes instead of having an even texture. The sugar should be beaten in with the eggs, which makes it dissolve more rapidly and thoroughly. After the milk has been added the whole mixture should be strained before being placed in the oven. This will prevent any specks of albumen showing when the custard is cooked. In the case of a boiled custard the milk should be heated before it is added to the eggs. This reduces the time needed for the actual cooking of the custard.

Paradise Pudding

Put a quart of milk in a pan and heat gently. Dissolve 2oz. of gelatine in a little hot water and add to the milk. Keep stirring, and add two tablespoons of sugar and the beaten yolks of two eggs. Let the milk boil up and set aside to cool. When cool, add lemon essence to taste. Pour into a mould with a hollow centre. When cold turn out and fill with whipped cream.

Warm days are salad days. No matter how hot the weather, a salad is always cool and appetising. A simple one every night at dinner and a more elaborate one for the main dish of luncheons, make the task of planning Summer meals easier, provided, of course, the housekeeper has plenty of good salad recipes at her finger's ends.

The dinner salad in warm weather should be simple. Lettuce or any other salad green, washed, crisped (on the ice, if possible) and dressed with oil and vinegar, is always sufficient. The vinegar can be variously flavoured—steeped for a few hours with a few cloves or some minced parsley or a slice of onion or some nasturtium leaves, and then strained. Sometimes a little cheese smoothed out or grated can be added to the French dressing. Sometimes sliced cucumber or tomatoes or a few tips of asparagus, some sliced radishes, minced capsicums or tiny new onions can be served on the lettuce. But the Summer dinner salad should always be simple.

For luncheon the more elaborate salads are reserved, and as these may well form the main dish of Summer luncheons, they may be as elaborate as one wishes. A substantial salad with bread and butter, and some fresh fruit make a delicious Summer luncheon. So does a little creamed fish or an omelet, followed by a salad with fresh fruit for dessert.

Onion Tasty Salad.—Place very thin slices of young white onions between one-third inch slices of orange. Put them on lettuce leaves and serve with highly-seasoned French dressing. (French dressing consists of equal quantities of best malt vinegar and olive oil. Lemon-juice may take the place of vinegar.)

Stuffed Celery Salad.—Mash any preferred cheese to a paste with olive oil, then add pepper and chopped shallots. Select well-shaped pieces of celery and fill each piece with the mixture. Chill before serving.

Cucumber Dressing.—Take 1 cup of cream, 1 cucumber (medium size), ½ teaspoon of salt, 3 table-spoons of vinegar. Peel cucumber, cut into dice, and drain. Beat cream till stiff, add slowly vinegar and salt. Just before needed add cucumber. This is delicious for cold fish or vegetable salad.

Dressing for Tomatoes.—To mayonnaise add some chopped green of shallots, chopped walnuts and a pinch of mustard. Mix well. Use on thick slices of tomatoes.

Sweets for Fetes

Nothing sells so quickly or brings in such ample profit at the out-of-door fetes and bazaars which are now being organised wherever there is a sunny garden as home-made sweets.

Continued on page 73

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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Malted Oats
DOMINION
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The Bookman's Corner

A Great Book of Travel

An outstanding book on travel is that entitled "Head Hunters of the Amazon," by Mr. F. W. Up de Graff. The book is a record of adventure and exploration in South America between the years 1894-1900. Mr. de Graff, an electrical engineer by profession, went to South America to the Republic of Ecuador to engage in his profession, but his affairs not prospering, he decided to leave the country and make his way home via the Amazon. He crossed the Andes dropping down to the head waters of the Napo River. Here he made the acquaintance of another American, who accompanied him on his trip. Shortly after starting, the adventurers were deserted by their native canoe-men, and afterwards were also robbed by an unscrupulous trader. At the first trading post they re-outfitted and set off on an exploring expedition, only to lose their outfit again when many hundreds of miles from civilisation. The two men wandered, lost in the forest, and were nearly starving when they stumbled across a native village. After numerous adventures, they reached Iquitos, at that time the centre of the rubber trade and the principal river port. The main interest of the book, however, is centred in the expedition organised by de Graff which penetrated into the Pongo de Mansriche, the centre of the Head Hunting country. They established friendly relations with the natives, and Mr. de Graff gives a very interesting account of the life and customs of these primitive and little-known people. The members of the expedition even accompanied the natives on a raid, and were probably the first white men to witness the gruesome, yet very interesting, process used by the natives in preparing and preserving the heads of their enemies. The book is full of thrills and excitement from beginning to end, and is certainly a most notable contribution to literature on travel.

This book, with J. H. Curle's "Shadow Show" and Ossendowsky's "Men, Beasts and Gods" form a trilogy that represents the best travel books of the past generation. Corastalk Co., through Whitcombe and Tombs Ltd.

From Collins come three really good novels: "That Kind of a Man," by J. J. Beresford, is the story of a middle-aged novelist who, breaking away from his wife and family, finds a new interest in life when he makes the acquaintance of a Mrs. Thurlow. Mr. Beresford here gives us a searching and clever analysis of a sensitive, fair-minded and rather unusual type of individual, of how he meets and solves a vital problem in his life. It is very well done.

W. C. Tuttle is responsible for a remarkably fine Western novel, "The Flood of Fate." He gives a story of ranches, cowboys, sheriffs, posses and bandits, all complete. Mr. Tuttle's characters, however, are really more human and understandable than the usual type of

character delineated in most books of this style. This author is well worth reading and worth while watching.

"The Professor on Paws," by A. B. Cox, is a humorous and clever novel concerning the experiments of two professors, Ridgley and Cantrell, and their success in grafting the brain process of one animal on to that of another. For instance, they develop a rabbit that responds to a whistle and wags its tail. Ridgley dies, and his colleague carries out a previous compact made with Ridgley and grafts a portion of the late professor's brain on to that of a cat. The experiment is a distinct success and, with the professor now inhabiting the body of a cat, many extraordinary situations are created. A clever and witty book.

"Desert," by Martin Armstrong, is a powerful and unusual novel, depicting a man's struggle between the desires of his flesh and the freedom of his spirit. Malchus, a wealthy young Alexandrian sunk in vice, is seized with a loathing of his mode of life, and, under the guidance of a monk, seeks regeneration amidst the peace of desert solitudes. His struggles and adventures, bodily and spiritual, are very vividly drawn. This clever study is based on a tale in Palladius' "Paradise of the Holy Fathers." A feature of the book is the unusual wood cuts by E. Ravelious. Jonathan Cape, through Whitcombe and Tombs Ltd.

The same publishers also forward a copy of "The Comedians." This is an English translation of a novel by a well-known Dutch author, Louis Couperus. The story takes us back to ancient Rome to the Imperial City's greatest period, and deals with the doings of a troupe of actors who came to enact the Greek tragedies during the festival period. The book is an extremely good account of Rome and its people, looked at from a most unusual angle. The dialogue is witty and sparkling, and the plot moves briskly.

A romantic and adventurous story is "Youth Rides West," by Will Irwin. It is a Western novel of the goldrush days of the seventies. Into the Rockies ventures a young man in search of adventure and fortune. He finds adventure aplenty in a rapidly expanding district then populated by some honest men and plenty of claim-jumpers, highwaymen and card sharps. He also finds romance and reward and the love of a mysterious woman. — Jonathan Cape, through Whitcombe and Tombs Ltd.

Jeffery Farnol's new book, "The High Adventure," is a romance

of the latter part of the Eighteenth Century. The plot is rather reminiscent of "The Broad Highway," though, perhaps, not quite so well constructed or so unerringly handled as was the novel that made the author's name.

The hero is Jeremy Veyan, a lovable giant of 24, and heir to vast estates. He is an orphan, whose patrimony is administered by his uncle, Sir James Trevor, until Jeremy's coming of age at 25. There is a mystery surrounding the deaths of both Jeremy's father and mother. To escape an uncongenial home atmosphere, Jeremy decides to leave and find adventure on the broad highway, and adventure meets him early. He rescues a lady in distress, and meets the sinister Chevalier de Ravenac. Of his attempted murder, and how he falls in love and how he goes to London with Shrigg, a Bow Street runner, becomes a great gentleman, and helps to solve the mystery of his parents' death, all makes fascinating reading.

Of course, no Farnol romance is complete without its boxing scene, and there is a particularly good one in "The High Adventure." Besides the principals, there are a number of lesser characters, all admirably drawn. — Sampson Low, through Whitcombe and Tombs Ltd.

In an American exchange, in a note concerning the popularity of Rafael Sabatini, it is said that he has put more than six hundred thousand dollars into the pockets of American booksellers during the last five years. Nothing, however, is said about his English sales, though these must be considerable. Since the filming of the "Sea Hawk" and "Scaramouche" he has rapidly risen as a best seller. We doubt if many authors at the present time enjoy such a wide sale as does Sabatini.

His new book, entitled "Bellarion," is a story of fifteenth century Italy. The story is of how Bellarion, called The Fortunate, from the shelter of a monastery, became a great soldier of fortune whose fame rang through Italy.

Bellarion, described in a fit of petulance by Valeria, his lady, as half-beast, half-god, moves imperiously through this tumultuous period carving with his sword a great name and fortune, and retaining both by his wit and personality. He is fortunate in war, fortunate in peace, fortunate in love. It is a romantic and exciting story.

Mr. Sabatini is thoroughly at home in medieval Italy; the country and the period has been the subject of special study and research on his part. — Hutchinson, through Whitcombe and Tombs Ltd.

In "The Silver Spoon," John Galsworthy continues the story of Fleur and Michael Mont, of Soames and other members of the Forsyte family who appeared in "The White Monkey" and previous Forsyte books. "The Silver Spoon" is the second book of a new trilogy and brings the narrative of the fortunes of the Forsyte family down to modern times. Many of our readers will be delighted to again follow the doings of the Forsytes under the masterly guidance of Mr. Galsworthy. — Heinemann, through Whitcombe and Tombs Ltd.

Recommended Book List

FICTION.

- Buchan, John—*The Dancing Floor* - - - - - 6/-
 Curwood James Oliver—*The Black Hunter* - - - - - 6/-
 Douglas, O.—*The Proper Place* 6/-
 Hay, Ian—*Half a Sovereign* - 6/-
 Oemler, Marie Conway—*Shop-herds* - - - - - 6/-
 Pedler, Margaret—*Yesterday's Harvest* - - - - - 6/-
 Sabatini, Rafael—*Bellarion* - 6/
 Dell, Ethel M.—*The Unknown Quantity* - - - - - 3/6
 Gibbs, Sir Philip—*Heirs Apparent* - - - - - 3/6
 Min, Louise Jordan—*In a Shanting Garden* - - - - - 3/6
 Oppenheim, E. Phillips—*Stolen Idols* - - - - - 3/6
 Wallace Edgar—*The Man from Morocco* - - - - - 3/6

GENERAL LITERATURE.

- Austin, B., and Lloyd, W. T.—*The Secret of High Wages* 4/6
 Brown, Lady Richmond—*Unknown Tribes, Unchartered Seas* 52 Illustrations - - 10/6
Canny Tales From Aberdeen (Illustrated by G. McGregor) 2/-
 Ebermann, C.—*Cornerstones of Auction Bridge* - - - - 7/6
 Chesterton, G. K.—*The Everlasting Man* - - - - 12/6
 Inge, W. R.—*Lay Thoughts of a Dean* - - - - - 7/6
 McDonald, S.—*Sally in Rhodesia* 6/-
Road Map of the North Island: For Tourists, Motorists and Sportsmen - - - - - 2/6
 Robinson, J. W., and Williams, G.—*Wireless Handbook of Instructions for Radio Enthusiasts* 4/-

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 Dunedin, Wellington

Household Chemicals

Continued from page 67

Washing soda or sodium carbonate.—The uses of washing soda are also too well known to bear repetition. It might perhaps be mentioned that, being so much cheaper than sodium bicarbonate, it should be used in preference to it in all cases where it is suitable. One special use of washing soda may be stated, and that is, its great value in conjunction with aluminium for cleaning silver. A short article on this subject will be given in an early number of the magazine.

Borax.—This, again, is used for many well-known purposes, especially in the laundry, but its valuable uses in removing stains are not always remembered and utilised. It is specially good for removing fruit stains, and most red-ink stains.

Ammonia.—This is very largely used for various laundry purposes, and like borax it is useful in the washing of silk and woollen articles.

Hydrogen Peroxide.—The 10-volume strength diluted 10 times is a slow but extremely safe bleaching agent. It is also useful as an antiseptic and is specially good as a lotion for boils and similar troubles.

Potassium Permanganate.—A solution of this, used in conjunction with hydrogen peroxide, is invaluable for bleaching and removing stains. A solution made by dissolving 2 oz. of the crystals in 1 pint of boiling water gives a cheap floor stain.

Small supplies of certain solvents used especially for removing greasy marks, and even for home dry-cleaning, should be conveniently kept in bottles, but it must be remembered that they are mostly extremely inflammable and must be stored well away from any fire or gas burner. Below are some examples of such chemicals.

Petrol, or benzine, as it is often called, is a solvent used very extensively. To remove a greasy mark, the stained fabric should be spread over a pad of clean material and the solvent applied with another clean piece of material.

Benzene, or benzol, is also useful for greasy marks, and for tar and paint stains.

Carbon tetrachloride is particularly excellent for greasy marks, especially on very delicate materials, and is not inflammable. A gravy stain can often be quite successfully removed even from a light evening frock, by using the solvent in the same way as described for petrol.

Glycerine, in addition to its medicinal uses, may be mentioned as being particularly good for removing coffee stains from either white or coloured materials. After treatment, the excess glycerine can be readily removed by methylated spirit.

Methylated spirit will remove grass stains as it dissolves the chlorophyll, or, in other words, the green colouring matter.

Sodium thiosulphate, the "hypo" of the photographer, is a useful chemical to keep in the home laboratory, since a solution of it quickly removes iodine stains.

The above-mentioned are only a few of the more important chemicals of general household use, but their numbers are quite enough to call for a special place for storage.

Laboratory chemists store their chemicals as far as possible in glass bottles. The shelves hold little bottles, big bottles, wide-necked bottles, bottles with narrow openings, some with glass stoppers, a few with rubber stoppers, and some of blue glass, but each bottle is suited to the substance it is called upon to hold.

Powders, such as bicarbonate of soda or boric acid, are kept in wide-mouthed bottles, the capacity being determined by the demands that are to be met. A few powders, such as sodium bicarbonate, must be kept air-tight or moisture will spoil them.

Washing soda and common salt are used in comparatively large quantities in every home. Storage in glass bottles is, of course, quite out of the question. Earthenware jars with wide mouths make the best receptacles, and though dust must be excluded it is not necessary to exclude air from either unless clear soda crystals are desired.

Bottles provided with glass stoppers and narrow neck are excellent for the inflammable liquids such as paraffin, benzine, methylated spirit, or turpentine. Rubber stoppers are much better than corks, because they do not break and are quite air-tight, but at the same time a glass stopper looks better than either, and it need never stick if it is covered with the smallest trace of vaseline. If a stopper should have become fast through omission of this treatment, try gently tapping; if this is not enough, warm the neck of the bottle with a cloth dipped in hot water and repeat the tapping, but never exert violence, or the neck of the bottle will break off at the shoulder.

All the bottles should be carefully labelled, using good paper and Indian ink, and those containing substances of a poisonous nature should receive special attention, the contents being indicated by bold letters in red ink.

Why are the poor so poor and sad?
 Why are the rich so seldom glad?
 Why do the sports-crowds push and shove?
 Why does the lover fall in love?
 Why do we each look prim and meek
 When of another's sins we speak?
 Why do some folks bad coughs endure
 Without Wood's Great Peppermint Cure?

Don't Let Monday Mornings Worry You!

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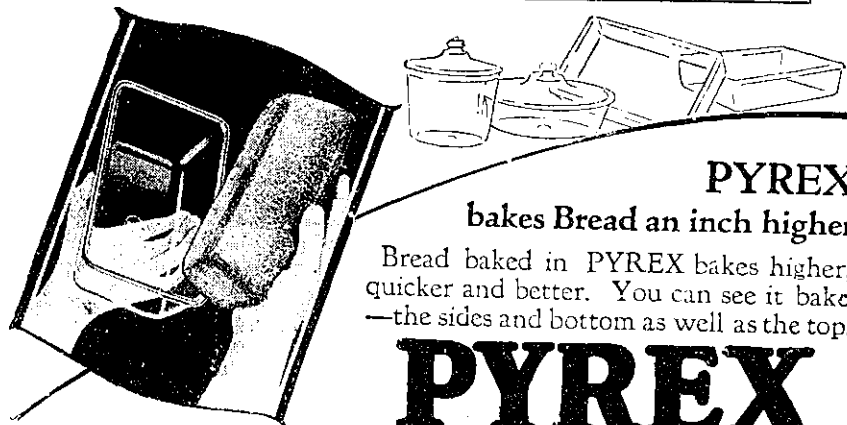
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TRANSPARENT OVEN DISHES FOR BAKING AND SERVING.

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breakfasts.

Oatie Nuts

for breakfast

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In the Kitchen



PASTRY-MAKING SIMPLIFIED

THE fundamentals of pastry-making must be mastered before one can achieve success in pie-making. Whether the finished result is to be just a plain, substantial, every-day sort of pie or a thistle-down creation of puff paste, or any one of the many variations between the two, one must understand the rules of the process; in fact, one must, in a way, have the deft touch of the artist! to be able to make really fine pastry, but fortunately this touch may be acquired by practice and experiment and attention to the rules.

There are three classes of pastry: a plain but flaky and tender sort that answers excellently for the usual pie, or as a foundation for a baked fruit pudding or a hearty meat pie or some other dish which must be appetising, though not too rich or expensive; the second type is slightly richer, rather more delicate, very flaky and finer than the first variety, and is usually reserved for fine pies, for various little entrées and savouries, and for making patty shells, tarts and similar dainties when puff paste is not desired. Puff paste, the third form of pastry, is that very fine, rather spectacular variety of which the handsome vol-au-vent or the genuine patty shell and other rich and sumptuous dishes are made; and when one has learned the method of its manufacture it is no more difficult, though a little more tedious, than the ordinary pie crust to make.

IN making all three types of pastry the same four ingredients are required: flour, shortening, salt, and cold water, though there are modifications of the foundation recipes in this branch of cookery just as there are in every other. For instance, in the plain pastry a small quantity of baking powder is sometimes added, as will be explained later; in the flaky pastry two varieties of shortening are used; while in the puff paste only butter is permissible.

Flour for pastry may be of the kind which we know as pastry flour, or one may use any good all-round sort, taking care always that the brand is a reliable one; lard for pastry must be always fresh and firm, and of the best quality. If one of the commercial substitutes is preferred it also should be cold and firm. Butter must be hard or, as the bakers say, tough; water must be icy cold and the pastry should, if possible, be made in a cool place; and if convenient the finished pie or tart or other produce, even if made of the plain pastry, should be chilled for fifteen minutes to half an hour before it is baked. This will make the crust more flaky and prevent its shrinking from the sides of the pan during the baking.

If a cooked filling is to be used in a two-crust pie, always cool it

before it is placed in the pan, for a hot filling will cause the upper crust to shrink and will spoil the appearance of the finished pie. On the other hand, the filling for a custard or other one-crust pie should be placed in the pan hot; then the pie will bake more evenly, and the outer part will not be finished before the centre. Grease the pans for plain or flaky pastry—then the crust will be browner on the underside—but wet them with cold water for puff paste. It is well, even when using fine pastry for the upper crust of a pie, to make the lower crust of the plain pastry, for the richer sort will absorb juices and become heavy and indigestible.

A few directions now as to the correct oven temperature for pastries of all varieties will be appropriate, for the baking is very important. All classes of pastry require a hot oven for their baking; what old-fashioned folks would have termed a quick oven but what we who know the value of the oven thermometer understand to mean from 425 to 450 degrees Fahrenheit. For plain pastry or pies with two crusts 425 to 450 degrees will be correct. Flaky pastry, if used for pies or for the upper crust on a two-crust pie, will require the same temperature, while small articles made from flaky pastry will need 450 degrees to make them perfect. Puff paste demands an oven temperature of 450 to 500 degrees, according to the size of the article made from it. A hot oven and cold pastry form one of the surest roads to perfection. The temperatures given are intended for use with a reliable oven thermometer which can be placed inside the oven.

Now for our first foundation formula. This is one in which I have included baking powder. It is intended for the beginner in pie-making, or for the housewife who has difficulty in achieving good plain pastry: 1½ cups of flour, ¼ teaspoonful of baking powder, ½ cupful of lard, about ¼ cupful of cold water, ½ teaspoonful of salt.

Sift flour, salt and baking powder together, and chop in the cold shortening—which may be either lard or one of the good commercial substitutes—or rub it in with the tips of the fingers; when thoroughly blended make a well in the centre of the mixture and pour the water in a little at a time, tossing some of the flour and lard into it gradually. It is of great importance that the water should be thoroughly incorporated with the dry ingredients, for unless it is well distributed the pastry will be tough or brittle, instead of tender and flaky. Never use any more water than the flour will bare-

Continued on page 76

In the Kitchen

Continued from page 69

Most people pull up short at the thought of the apparatus and the testing needed for the more elaborate kinds of confectionery, but there are a dozen recipes which are simplicity itself and need no special skill from the amateur sweet-maker.

Chocolate Fudge is one of these, and it is so popular that any quantity can usually be sold. Try making a couple of pounds first, in the following way: Grate two cakes of good plain chocolate and put on one side. Now rinse out a strong enamel pan with cold water and put into it a pound of granulated sugar and half a teacupful of milk. When these have mixed thoroughly and the sugar is beginning to melt, add your grated chocolate and about half an ounce of butter. Cook the mixture on a very low gas flame, taking care not to let it come to the boil until both sugar and chocolate have thoroughly melted. Stir all the time, and as soon as it does come to the boil watch it most carefully and stir well for fully five minutes. Now take it off the fire and beat with a wooden spoon until it turns sugary, which it will do in a minute or two. Have ready a flat, buttered tin: spread the fudge on this, mark into squares and leave until cold and set.

Toothsome Toffees

Toffee always sells well where there are children, and this is a reliable recipe for the ordinary brown kind. Melt a quarter of a pound of fresh butter—the best, if possible—in an enamelled pan. Add to it slowly eight ounces of brown sugar, half a flat teaspoonful of flour, and a good dessertspoonful of treacle or golden syrup. Bring it to the boil quickly, and then stir without stopping for twenty minutes. It should be cooked by this time, but to make quite sure drop a little into a cup of cold water and see if it sets. When ready, pour into a buttered tin, cutting it into squares when partly set.

For cream toffee, use the same quantity of sugar, four ounces of treacle, a small tin of condensed milk, and a quarter of a pint of water. Cook in the same way.

Stuffed dates, preferably those with half-walnut filling, might be another contribution to the sweet stall.

Cocanut ice is quickly made by putting half a pint of milk and a pound of granulated sugar into a pan and bringing them—not too quickly—to a boil. Stir, while boiling fast, for ten minutes, and then add six ounces of desiccated cocanut, boil up, and go on stirring until the mixture thickens.

This should be coloured a very delicate pink with just a drop of cochineal, and a second lot might be made and flavoured and coloured with chocolate. To do this, melt a dessertspoonful of grated chocolate in a very little warm milk, and then add to the cocanut mixture. Cool in a buttered tin and cut into slabs.

Make nourishing Custard with MARMITE



NOW try custard made with Marmite. It's a welcome change from sweet custard—and considerably more nourishing. Serve it to your guests as an extra delicacy. They will appreciate the novelty, enjoy the piquant savoury taste.

Apart from its zestful flavour, Marmite contains vitamin-B, mineral salts and digestible proteins, thus supplying precious elements which many foods lack. Marmite aids greatly in the digestion of other foods.

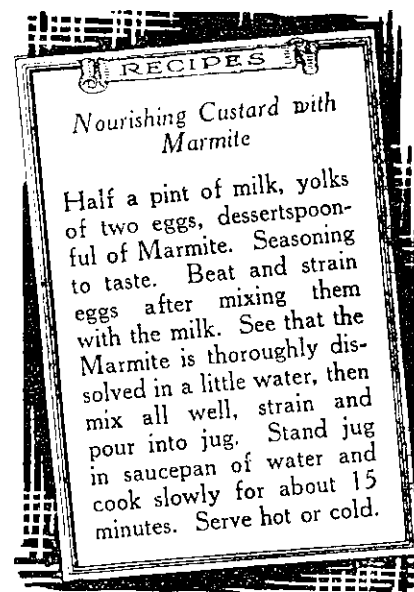
Remember that Marmite is of unique value as a summer food because it is nourishment and not fuel; it contains no heat and fat producing carbohydrates.

Use Marmite then as sandwich spread; use it to enrich custard, soup and savouries. A teaspoonful of Marmite dissolved in a cup of boiling water makes a delicious and invigorating "cup."

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Household Hints



To Preserve Your Hairbrush

If you value the beautiful polish on your hairbrush, you will find it a good plan to smear the back, handle and sides with vaseline before you wash it. Should any water splash the back, it will run off the greased surface without causing any damage.

When the brush is thoroughly clean, suspend it by the handle in a draught, and leave it to dry. Then remove the vaseline with a soft cloth and polish with a velvet pad kept for the purpose.

The Children's Washing Frocks

It is a very good plan when making cotton frocks or washing suits for children, to allow an extra quarter of a yard of material for mending and renovating. It often happens, however, that the frock fades, and the original material cannot be used for mending purposes. The best way to obviate this is to wash the extra piece every time the frock is washed, so that when sleeves have to be lengthened or a patch is required, the material matches perfectly.

Cleaning Decanters

If you have difficulty in cleaning your decanters and glass vases which have become so discoloured that the usual treatment is not successful, fill them with finely-chopped potato skins, cork tightly, and let stand for three days, during which time the skins will ferment. Then empty the liquid and rinse the decanter with clear water, and the glass will be as clear and bright as when new.

Mending Woollen Garments

When mending a sweater or other knitted article that has a rib, do not darn the usual way; instead, take yarn and run stitches across the rent. Then begin at the top left hand, and chain stitch down the row of cross threads, taking a thread at every stitch. These chain stitches have the same effect as the knitted rib; and if the yarn matches, the darn will not be noticed.

Grease on Carpets

An excellent paste for extracting grease from carpets is made by mixing fuller's earth with a little ammonia. The mixture should be quite thick, and should be applied with a lavish hand. Let it remain on the carpet over-night, and brush it off with a stiff brush. Sometimes it is necessary to put on a second supply. If the colours of the carpets are delicate and there is danger of discolouring, the ammonia may be omitted. Should the tone of the car-

pet seem to be dull after the grease is out, the colour may be freshened by sweeping the carpet with moist salt.

Home-made Fruit Saline

With the warmer weather coming on, it is very desirable that all members of the family, and especially the children, require a blood-cooling and tonic saline. A healthful, inexpensive and pleasant drink can be made up at home by taking 2oz. of Epsom salts, 1oz. of magnesia, 1oz. of carbonate of soda, 1oz. of cream of tartar, 2oz. of tartaric acid, and 3lb. of refined sugar.



Doris, daughter of Dr. and Mrs. McGhie, Hawera
Houghan Studios

Roll all these together with a bottle and slit two or three times. Put in a dry tin or bottle, and use a teaspoonful to a glass or cup of water.

This drink can be further improved by adding to each glassful one dessertspoonful of the following mixture: Pour 1 quart of boiling water over 2oz. of tartaric acid and 2lb. of sugar. When cold, add a teaspoonful of essence of lemon, and bottle.

A saline thus made and used in moderation is splendid for toning up the system, through the spring and summer months particularly.

To Clean White Knife Handles

Dissolve a little salt in lemon juice and rub with a soft rag. Rinse in clean water, dry thoroughly and polish with a soft leather.

Continued on page 75

Household Hints

Continued from page 74

Iodine in the Home

No home should be without iodine, particularly in the country. It is invaluable for cuts, scratches, bruises, etc. When children run in with a cut or scratch, apply iodine at once (it stings a little), and many a bad sore or poisoned wound will be obviated. Iodine is a strong antiseptic. It is also good for minor burns. If applied to the bite of a mosquito or any other insect, it nullifies the poison and takes the itch away almost at once.

Soothing Bath Mixture

First get 4oz. of sea salt, 2oz. of spirits of ammonia, 2oz. spirits of camphor 8oz. pure alcohol or spirits of wine, and one quart of hot water. Dissolve the sea salt in the hot water and let it stand till cold, pour in the spirits of wine, the spirits of ammonia and camphor, and mix well by shaking; lastly add the salt water, shake well before using. Keep the bottle well corked, and use just a little in the bath water. This is known to be a splendid mixture, used in the bath last thing at night.

Marrow as Hair Restorer

Soak ½ lb. of beef marrow in water for two or three days, changing the water daily. Put it into a sieve, and when dry, into a jar, and the jar into a saucepan of water; set over the fire, and boil until melted. When melted, pour it into a basin, and beat with two dessertspoonfuls of brandy. Drain off surplus brandy, and add ½ oz. of cocoa-nut oil and 20 to 30 drops (according to strength and odour) of oil of bergamot; well beat, and put into small pots. This will keep sweet for a long time; the brandy acts as a preservative. It promotes the growth of hair, and prevents it from thinning.

Sensitive Hands

Try the following for sensitive hands, and the texture of skin. Whiteness and softness of hands will remain the same as if housework had never been attempted. When washing up, put borax in water. This possesses same properties as soda (dissolving grease and softening the water), but is not so strong, and therefore cannot do injury to most sensitive skin. After doing housework of any sort, wash the hands with white pumice stone soap. This softens and whitens them wonderfully, as it probes the pores of the skin. It is also the best remedy for any sort of stains on the hands. Vegetable stains, as of potatoes or carrots, ink stains, etc., yield easily to this soap. It is also excellent for removing smell of onions from hands. When the day's work is finished, well rub hands with glycerine and lemon both to soften and whiten. During sleep, gloves which have previously been smeared with cold cream or some other cos-

metic should be worn. Manicure nails regularly night and morning, and if there is any fear of their becoming brittle, soak occasionally in olive oil.

Cleaning Aluminium

Aluminium saucepans should not be allowed to stand with soda-water in them; neither should very strong soap be used, as these have a deleterious effect on the metal. For regular cleaning, hot water and a simple, neutral soap are advised. Steel-wool, which can be bought in packets, or some simple cleansing powder free from soda, is useful for removing any discolouration. A weak solution of vinegar boiled in the saucepan will also remove tarnish.

Useful Home Hints

Dry the green tops of celery in an oven, rub them down to powder, store in jars, and use as flavouring for soups and stews.

To remove coffee stains from a delicate material, brush the marks with pure glycerine, rinse in lukewarm water, and press on the wrong side.

To remove tea-stains from linen, mix the yolk of an egg with an equal quantity of glycerine; rub on the stain, and leave till dry. Rinse in cold water, and the stain will disappear.

Meat will be hard, however good in quality it may be if, when being roasted, it is not put for the first five minutes into an oven hot enough to seal the outside of the meat, and so prevent the juices from escaping.

When you wish to warm up a joint, let it stand in cold water for about three minutes before putting it into the oven. This will make it taste almost exactly like freshly-cooked meat.

When you have upset grease on the kitchen floor, sprinkle powdered bathbrick on it and leave for a time. Then, when the kitchen is cleaned, scrubbing with hot soda water will remove all traces.

If a patent shoe pinches any part of the foot, a rag well soaked in boiling water should be placed over the part. If this is done while the foot is in the shoe, the leather will soften to the shape of the foot.

For cleaning hair brushes, borax is excellent. Dip the brush up and down in a warm solution of water, a teaspoonful of borax, and a tablespoonful of soda. Do not wet the backs of the brushes.

To mend a tear in a mackintosh, try adhesive tape which is used for strapping cuts, and can be obtained at the chemist's. Draw the torn edges together, then place a strip of the tape over this on the wrong side and press gently with a warm iron. If this is done carefully the join looks very neat.

A few drops of ammonia added to the hot water or suds used for scrubbing will whiten pine boards with a minimum of labour.



COOKING -to a Turn

Every woman knows the difficulty of judging the temperature of the ordinary oven. But with the "New World" Gas Cooker, a turn of the wonderful "Regulo" (illustrated in the circle above), and you can fix the temperature so that every dish is "cooked to a turn."

This is but one of the many remarkable features of

The "New World" GAS COOKER

Then you have the "Rado" High-Efficiency Boiling Burners. Quicker boiling, they can yet be turned down for the gentlest simmering. They save a great deal of Gas, and cannot become choked or extinguished by food boiling over on them.

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Contains many
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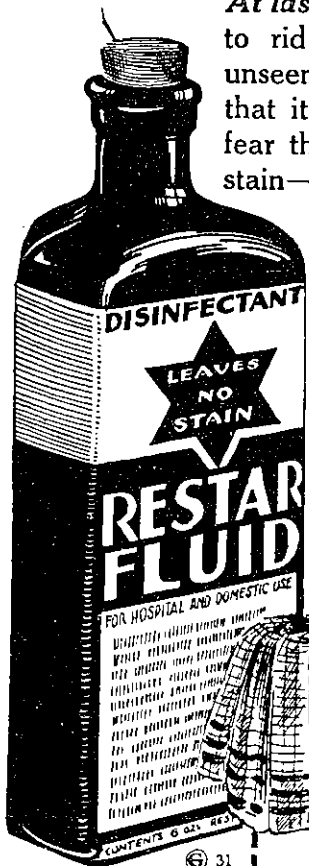
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Restar Fluid
PURE DISINFECTANT

Pour a few drops mixed with water in sinks, toilet bowls and drains, and add it to your scrubbing water—it is the most economical safeguard of health you can employ. A 6oz. bottle costs only 1/3 at all chemists and grocers.

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I am anxious to test the merits of Restar-fluid. Please send me Free Sample Bottle.

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In the Kitchen

PASTRY-MAKING SIMPLIFIED

Continued from page 72

ly absorb, for too much liquid will be ruination of any pie.

Next turn the mass out on a scantily-floured moulding board and, without kneading it or handling it any more than you can possibly help, roll it out with a floured rolling pin, using long, swift, deft motions; when it has become a sheet of a quarter of an inch in thickness it is ready to use. Be very careful in handling the dough to be light-handed; too vigorous manipulations, too much zealousness in working it, spell failure. Try to regard the ingredients in your pastry as so much gossamer and chiffon, rather than prosaic flour and lard, and handle them accordingly.

Flaky pastry may be made on the same foundation rule, or one may use a separate and distinct recipe for it. For the first method, roll the plain pastry out in a sheet, as directed, then cut two tablespoonfuls of butter into tiny pieces and scatter them over the surface of half the sheet and just dust with flour, fold the other half of the pastry over this, press the edges together all round, and roll out again the same way; this time sprinkle only a teaspoonful of cold crumbly butter over the paste, with a dusting of flour, and fold again. Roll out and the pastry is ready for use; but if you can conveniently give it a half-hour's sojourn in the refrigerator it will be vastly improved.

But if you are desirous of making only some dainty little patisseries for luncheon or afternoon tea and have no wish to prepare the foundation of plain pastry, then you may use this formula for flaky pastry: 1½ cupfuls of flour, ½ teaspoonful of salt, ½ cupful of lard, ¼ cupful of butter, about ¼ cupful of ice water.

Place the butter in a bowl of cold water and wash all the salt and buttermilk from it. When it has become waxy and pliable pat it in a little cake, fold in cheesecloth and set away in the refrigerator. Sift the flour and the salt together and chop in the cold lard or rub it in with the finger tips, then moisten with the very cold water, as in making the plain pastry, and turn out on a floured board. Roll the pastry out in a sheet and place the butter pat on one half of it, fold the other half over, tuck in the edges all round, and roll it out in a sheet; dust with flour and fold in three, then roll it out again, dust with flour and fold, place on a pan in the refrigerator, to become thoroughly cold, then roll out in a sheet and cut as desired.

Now we arrive at puff paste, the aspiration of every woman who likes to cook, but too often her *bête noire* as well. Formerly puff pastry was made with eggs, but modern meth-

ods require only flour, salt, butter, and ice water. To expert makers of puff paste it may seem a sacrilege to suggest a quick, short method for its making, but the modern housewife must needs learn short cuts, and she will welcome this modern method which has done away with much of the labour and mystery of puff-pastry manufacture, so that by this simple and easy process this type of pastry becomes as light and incomplex a matter as the making of the most homely or frugal pie.

There are, however, a few preliminaries that must not be overlooked if one would succeed in producing really fine puff paste. First, the ingredients for the pastry must be cold, the room in which it is made should be at least cool, and the utensils themselves also should be chilled for a while in the refrigerator before the work is begun. These preparatory steps having been taken, one may proceed to the formula for the pastry: 2 cupfuls of sifted flour, ½ teaspoonful of salt, 1 cupful of butter, about ½ cupful of cold water.

A chopping bowl is one of the best utensils for making puff paste. It should of course be very clean and very cold. Sift the flour and salt into it, then cut the chilled butter into pieces and drop them into the flour. Now with the cold chopping knife cut the butter into the flour until it is well incorporated with it but still remains in distinct pieces about the size of peas. Then make a little well in the centre of the flour-and-butter mixture and pour in a part of the cold water; toss the dry ingredients into the water and see that the latter is well distributed. Add more as necessary, and finally turn the cold pastry, which up to this moment has not been handled at all, out on a cold moulding board—an old marble slab which has been well scoured is ideal for this work—and without kneading it or working it in the least press it into a square; then roll it out, letting the bits of butter fall as they will, into a sheet longer than wide; fold this in three, gathering in any crumbs, and turn it halfway round, then roll again, and turn the pastry about. Do this in all four times, placing the pastry in the refrigerator between rollings if it seems to be growing warm, then fold it once more and place it on a pan, cover with a piece of cheesecloth and chill it for an hour, or longer if convenient.

When you are ready to bake your pie or other desserts be very sure that your oven is hot—before you take the pastry from the refrigerator. Puff pastry must be baked in an oven heated to at least 450 degrees Fahrenheit. Five hundred degrees will be better if the heat of the oven

Continued on page 80



Hot Breakfasts- for Rosy Cheeks

"MOTHER says 'there's nothing so good for grown-ups or little boys and girls as Quaker Oats'."

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

Your Grocer has It!

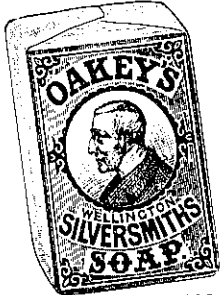


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KEEP YOUR SILVER BRIGHT!



For keeping Silver, Electro-plate, Marble, Plate Glass, etc., in tip-top condition, there's nothing to equal Oakey's Wellington Silver Smiths' Soap.

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WELLINGTON SILVERSMITHS SOAP
WELLINGTON MILLS, LONDON, ENG.

The Housewife's A.B.C.

A stands for Ashes. These are very useful for cleansing purposes. Apply with a piece of moistened rag to steel or brass fire-irons. Used in the same manner, they will also remove burn marks from crockery.

B stands for Bottles. To take out a glass stopper that has become stuck in a bottle, begin by pouring hot water all round the neck and edge, then tap the stopper gently on the edge of a table, after which it can usually be removed with ease.

C stands for cedar-wood. This is a pleasant way of preventing a carpet or rugs being attacked by moth. Purchase a small quantity of cedar-wood powder and sprinkle freely on the underside before laying.

D stands for Dusters. Old silk handkerchiefs or lingerie torn into squares make excellent dusters for use on ornaments of china or glass.

E stands for Epsom Salts. An inexpensive method of rendering a scullery or lavatory window opaque is obtained by dissolving a quarter of a pound of Epsom salts in a pint of hot water and painting over the inside surface of the glass.

F stands for Flies. These pests will never enter a room in which a bunch of sweet clover is kept.

G stands for Glass. A dull or spotted looking-glass can be made bright and clear again by a vigorous polish with a wad of clean tissue-paper.

H stands for Hearth-stone. After steps have been hearth-stoned, the water that has been used is excellent for washing stone window-sills. The traces of hearth-stone remaining in the water will whiten them, but is sufficiently slight to prevent them appearing streaky after rain.

I stands for Iron. If, before using, you rub a piece of soap over the surface, your iron will never stick, but run smoothly and easily over the most delicate fabrics.

J stands for Jug. To keep a milk-jug sweet, rinse first after use with cold water, as this removes any cream or skin more efficaciously than water that is hot. After this, scald with boiling water.

K stands for Kettle. When buying a new kettle, purchase also a marble. Kept inside, this will prevent the kettle from becoming "furry."

L stands for Linen. Verbena sachets scattered on the shelves of the linen cupboard will impart a delightful fragrance to its contents, and are a change from the universal lavender.

M stands for Mice. Place a handful of fresh mint in a vase on the kitchen floor, and mice will never appear.

N stands for Newspaper. All furs and clothing to be stored away should be packed in newspaper, if possible obtained direct from the press. This will keep them quite free from attacks by moth.

O stands for Orange Peel. A few pieces of fresh peel placed in a ewer overnight will make the hardest water soft and fragrant. Dried orange peel is an excellent fire-lighter.

P stands for Pillow-Cases. To prevent the discomfort of escaping feathers, turn pillow-case inside out and before filling smear all over with a very small quantity of soap. The case will remain as soft as before.

Q stands for Quantity. If you have no measures, the following table will prove accurate for the average commodities:—
4 tablespoons—1lb.
1 tablespoonful—1oz.
1 dessertspoon—½oz.
1 teaspoon—¼oz.

R stands for Rats. An ordinary trap, if baited with sunflower seeds, will prove irresistible to these vermin.

Continued on page 90

FRY'S RICHMOND CHOCOLATES

Fresh Centres of Delight

You'll find new and wonderfully delightful centres covered with superfine chocolate, in the distinctive Richmond Box—turquoise and gold.

In two sizes :
3/9 & 7/6

No Rubbing Laundry Help FOR WASHING CLOTHES

Women as Friends



It is often asserted by persons of both sexes that women lack the virtue of real friendship with one another; that they are incapable of loyal and disinterested companionship. Like all other sweeping statements of its kind, it contains an element of truth as well as of untruth. The former element is, however, infinitesimal.

A "catty" woman is, in some ways, worse than a brutal man, as mental cruelty is worse than physical. Women who are enemies often do a great deal more harm than men would; as we are told, "The female of the species is more deadly than the male."

But the friendship of men seems to be based more on a sort of blind herd instinct rather than on a reasoned personal liking for a particular being. This is found in his early devotion to such institutions as clubs and societies. Here he meets his own kind in the mass, and displays his bent for social intercourse with his fellowmen, sedulously fostered from early school-days. Hence his alleged superiority in the matter of friendship.

Satisfied with their Own Sex

Meanwhile, women, with no such advantages (till quite recently), have been held to be deficient in "clamishness." No doubt they have been from one point of view, but through no fault of their own. Women have, however, always been able to be friends and to show discrimination in their friendships. They have admired and liked one another, and this admiration or liking is based on qualities (real or imaginary) possessed by either or both.

It seems that in the rare cases of friendship between women there is a wonderfully deep and constant vein of affection; a personal feeling of liking not seeking its own ends or based on a vague desire for popularity.

In a world so full of women and so denuded of "complementary" men it is, I think, a very good thing that some women can be perfectly satisfied with their own sex for love and friendship. These women, for whom I venture to speak, beg unbelievers not to impugn the veracity and sincerity of their friendships, even if such a state of affairs seems foreign to them. For it is certainly time that this hoary fallacy received decent burial.

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Auckland Wellington Christchurch

Teaching Children to Swim

By A Mother

The children have decided that they are going to do more than splash about in the waves at the seaside this summer—they are really going to swim. So every day we have swimming drill in the nursery, a stool being requisitioned as "the sea."

In turn the children lie face downwards across the stool and go through the movements of the breast stroke while I (as I shall do later in the sea) stand by and support them with one hand under the chin.

"One, two, three!" I say, in the manner of all the best swimming instructors, and arms and legs shoot out at the word of command. We learn the arm movements first. The hands are brought level with the chest, palms facing downwards and fingers pointing straight ahead, with

the first fingers touching. At "one" the hands shoot out until the arms are extended straight in front of the swimmer; at "two" the backs of the hands are turned outwards and the arms swing backwards until they are level with the shoulders; and at "three" they are brought round sharply to their first position in readiness for the next stroke.

Next the leg strokes are practised, and these are found just a little more difficult. First the feet, with heels together, are drawn up as closely as possible to the body, the knees being kept widely apart; secondly, the legs are shot out widely with feet far apart; lastly, the legs and feet are brought together, stretched out straight in line with the body.

When the leg strokes can be per-

formed easily and naturally they are practised in conjunction with the arm strokes, and the children learn also how to fit their breathing in with the strokes.

This is most important, and is much better learned beforehand on dry land, for in the excitement and certain amount of nervousness of the first attempts to swim, breathing is apt to degenerate into a series of gasps. If, however, correct breathing has come to be a part of the strokes themselves, progress in the water will be much more rapid.

Often one sees children holding their breath while they swim, stopping every few strokes to stand and take a breath. They will never swim far while that is allowed. The lungs should be filled (through the nose, of course) every time the hands are brought level with the chest.

The children still have the hardest lesson in front of them: the lesson of confidence, which can only be learned in the water. This learned, they will soon swim easily.



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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.

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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.

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TOMIC FOOD BEVERAGE

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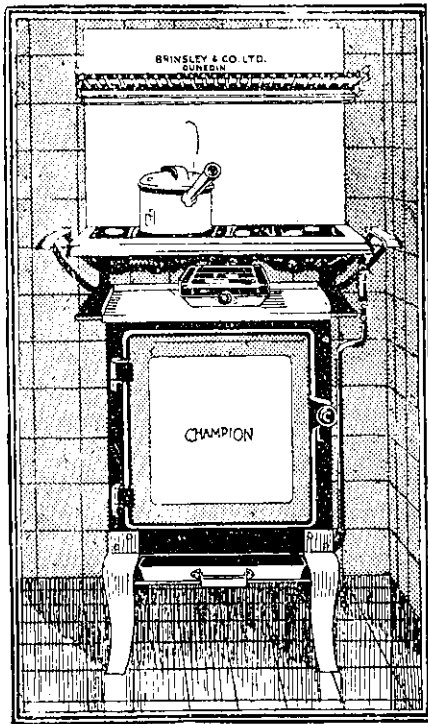
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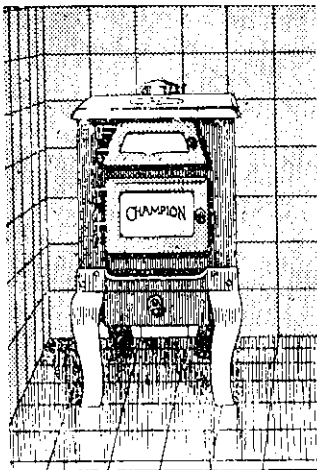
Cook with Gas

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Hot Water as well!



¶ The Independent Boiler burns coal, coke, wood or refuse, and can be installed alongside your "CHAMPION" Cooker. It will give four baths per hour with the usual draw-offs for sink and bathroom basin, and is an inestimable boon where hot water is required at short notice.



¶ 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

¶ Have the benefits of cooking by gas and an efficient Hot Water Service as well—

Install the

CHAMPION GAS COOKER

and Independent Hot Water Supply Boiler

Full range of "Champion" Gas Cookers on view at the Gas Company's Showrooms.

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Family Medicine Chest

In installing a family medicine-chest in the home, the problem is to strike a happy medium between a small chemist's shop and the packet of Epsom salts and jar of vaseline. There are, however, a number of chemicals and articles that are always handy in an emergency, and should be stocked in every well-ordered household.

Here are some of the most necessary items, with the reason for their place in the family medicine chest:

Lime Water.—This is inexpensive to buy, and is invaluable for young children. To be given to correct a sour stomach or as an antidote for acid poisoning. A small dose after meals often helps digestive troubles.

Heat-producing Cotton-wool.—There are several good proprietary brands of this. Keep a packet on hand, as when applied over bronchial tubes and the back of the thorax at the outset of chest symptoms it will often prevent bronchitis or pneumonia. Useful for earache and rheumatic pains in joints.

Olive Oil.—Given internally with equal parts of castor oil, this is a safe aperient. Used externally, it is a lubricant and flesh food, and is also useful to apply to burns or scalds.

Kerosene.—Keep about 2oz. in a bottle labelled "Kerosene for Croup." Half to one teaspoon in a cup of warm milk is the dose. Equal parts of kerosene and olive oil will kill all head vermin and nits. It also dispels dandruff and promotes the growth of hair.

Tincture of Iodine.—This will prove useful to clean a cut before bandage is applied. It can be used also as a counter-irritant for swollen joints. Five drops to an ounce of tepid water makes a good throat gargle.

Piece of Bluestone.—When damp and rubbed on unbroken chilblains, this will give instantaneous and permanent relief.

Boracic Powder.—Used dry on healing sores. A weak solution for eye-wash, etc.

Bandages of various lengths and widths and squares of soft rag can be torn from discarded linen.

Don't overlook a couple of squares of flannel for hot packs and a length of new flannel to wrap round a sore throat. Another necessary provision is a square of oil-silk to bind over moist application to keep heat and moisture in.

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A Trial will convince you of their Value for HEADACHES, SLEEPLESSNESS, RHEUMATISM, INFLUENZA and All Nerve Pains

MINIMUM PRICES

1/- 1/6 2/6 4/6

Obtainable Everywhere

FULL FIVE GRAINS IN EVERY TABLET

The Housewife's A. B. C.

Continued from page 77

S stands for Suet. If not needed immediately, this will remain fresh if kept in the flour-bin.

T stands for Tea-leaves. Strained and washed, they will lighten the housewife's task if a handful or so be scattered on carpets and rugs before sweeping. Also a blue sugar-bag filled with tea-leaves and coal dust, and placed on top of a fire that has to be left, will keep it alight for several hours, and only needs a subsequent poking to burst into flame.

U stands for Utensils. All sauce-pans, etc., when not in use, should be placed up-side down and sufficiently tilted to allow the air inside. This keeps them absolutely fresh-smelling.

V stands for Vinegar. A dessert-spoonful of this and a pinch of salt should be added to the water used for washing bottles and glass. It will also remove all wine stains from decanters. Rinse after with plain water.

W stands for Water. If there is any doubt as to its purity, the following is an infallible test: Fill a glass-stoppered bottle with the water, adding a lump or two of pure cane sugar. Expose to the light for a few hours in a warm room. Pure water will remain absolutely clear; if there is the slightest suspicion of cloudiness it is dangerous for drinking purposes.

X stands for Experience. The young housewife will be well advised to collect a small book of household "tips" garnered from older friends.

Y stands for Yarn. Dark-coloured yarn twisted round 1ft. high pegs will effectually keep birds from harming a small kitchen garden.

Z for Zinc. Perforated zinc fitted into a pantry window will prevent flies and wasps entering, but allow plenty of passage for air.



In the Kitchen

PASTRY-MAKING SIMPLIFIED

Continued from page 76

can be controlled quickly and one has no other duties to prevent her from watching the baking rather closely.

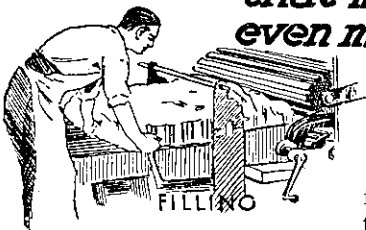
Very cold pastry and a very hot oven are the only secrets to successful puff-pastry making; the baking must be practically finished before the butter has an opportunity to melt. Then, and then only, will the puffing be entirely satisfactory.

Fruit pies may be made from the plain pastry or from a combination of the plain and flaky pastry. In the latter variety the pans will be lined with the plain and the pies topped with the flaky pastry. Such a pie is usually very fine if the baking has been carefully managed.

From the flaky pastry one may make very fine out-of-the-ordinary pies, or the same pastry may be used in preparing any of the delicate little pastisseries usually made from the puff paste. Tarts, turnovers, rissoles, cheese puffs and patties are all very satisfactory when made from it. Whichever pastry may be selected the method for its use should be the same, and one must always observe the rule of very little handling, cold pastry and a hot oven.

Patty cases are cut from the pastry rolled about a quarter of an inch thick. They may be of any desired size. Cut the rounds for the foundations, and if puff paste is used place them on pans which have been slightly dampened with cold water; then with a small cutter press the centre of the pastry almost through, set the pan aside to chill the patty cases for half an hour, then brush gently with the yolk of an egg beaten with two or three tablespoonfuls of milk or water. As the pastry will not rise to its full height where the egg yolk touches it, care must be taken not to permit the glaze to spread over the sides of the patty cases. Place the pan containing the pastry on the lower shelf of the oven, and bake in a temperature of 500 degrees Fahrenheit to a russet brown. When the cases are taken from the pan lift the little centre lid and scoop out the soft inside portion with a small spoon; then the patty cases are ready to be filled with some delectable mixture to be served as a dessert. Patty cases may be built with rims if preferred, and if the flaky pastry is used this is always advisable.

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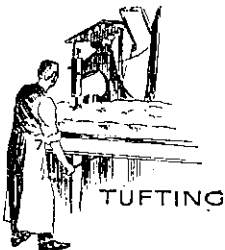
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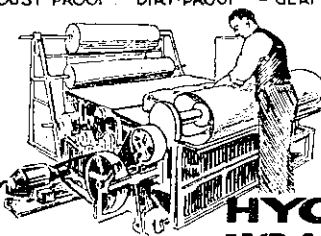
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GREEN A 112/1

This article has been contributed to THE MIRROR by an experienced New Zealand nurse, who for the past three years has been engaged in the Child Welfare branch of London County Council's vast organisation in tending to the children of the poorer people attending their schools. There is food for much careful thought by those public-spirited women of the Dominion who have done so much to further the interests of our children and the future of our young nation.—Ed. MIRROR.

Two women, prominent in education circles in New Zealand, visited me the other day, and we were comparing notes about the work of the Dominion Government towards bettering the conditions of the children who attend the public schools, and that of the London County Council. I study my work here with interest. However, I oftentimes wonder, having lived my life in New Zealand and had much nursing experience there until three years ago, how women in New Zealand, who take such an interest in child welfare work, and doubtless some of them would care to read some of the detail of the manner in which the London County Council provides for the care of the children in this vast metropolis.

The schools are huge, of course—1700 children in some of them. Each nurse has charge of a set of schools—about five or seven, according to the size. In each school during the term she is expected to examine the head and clothing of all children once, and those who fall below an average standard of cleanliness three times during the term are reported. A report is made of each child found unclean and steps are taken to have them cleaned.

At the cleansing stations the nurses-in charge have the names of the unclean, and they send notices to the parents giving dates upon which their children can attend for cleansing. Those with body vermin or scabies (they are few comparatively) are bathed and the clothes baked; while those with head vermin are cleansed perfectly with wonderful combs invented for the purpose.

Considering the conditions under which the children live, the crowded tenements, and often squalid environments, their condition from an hygienic point of view is splendid. Nevertheless, if it was not for the work of the London County Council in forcing the mothers to keep their children clean, conditions would be appalling.

In looking round the women of one's acquaintance nowadays, one finds that most of them are charmingly dressed, but some of them possess the subtle faculty of looking different—distinguished (says Lady Ossulston, in a London exchange). In trying to analyse this, one is surprised to find that often it has nothing to do with money, physical attraction, nor is it even exclusively pertaining to taste.

Many women have an unerring taste in dress for colour, for line, and for chic, and yet they always look just like the fashion plates from which their frocks were copied—

Child Welfare in England

The Work of the London County Council

There are special women at the cleansing stations who do the crude work, while the nurses check the heads when they are finished. (I hope this description is not too graphic!)

Another important branch of the work is the medical examination of the children by the school doctors. Each child is seen at least four times during the years at school and more often if there is any de-

fect. If treatment is found necessary for dental work, vision, tonsils, adenoids or minor ailments, such as impetigo, cuts, warts, they are sent to the various L.C.C. treatment centres where they get treatment practically free, or are sent, if they so prefer, to hospitals.

The "care" committee visits the parents and encourages them to have the children treated. For the really physically defective or mentally deficient there are special schools. At the physically defective schools there is always a nurse on duty. She is in charge of an ambulance, which picks the children up at their homes in the morning, takes them to school, and returns them in the afternoon. The whole system is simply splendid and works admirably.

There is a great deal more that I could tell you about the help the working class receives from the L.C.C., but those who interest themselves in child welfare probably know it already.

Many people from overseas ask me if there is much misery and distress evidenced in the London schools. My experience often is reassuring to them. We do not, nowadays, see poor, starving infants huddled up on door-steps in the London slums, as I, at least, used to imagine when I lived in New Zealand, but still there is a great deal of poverty, and even destitution.

I would like your readers to see some of the fighting mothers who come up to the schools to punch the nurse who "dared to say her Lily wasn't clean"! They wave their arms about and shriek and swear at us in a very fearsome way. But, by exercising a little patience and tact, we generally manage to pacify them, with the result that they go away eventually, humbly begging our pardon and declaring that they would not interfere with our work for anything. Indeed, these poor mothers often admit that they do not know what they would do without our help. Most of them are really very simple and kind-hearted, if understood and treated properly.

Taken all in all, the welfare work of the London County Council amongst the school children under their charge is very wonderful, and New Zealand has much to learn from the reforms this great body has inaugurated. As time goes on, the Dominion will doubtless bring its organisation into line with the Homeland, especially as women are coming much to the fore and studying the well-being of the future generations.

Fortunate is the woman who possesses this "flair."

Amusing Baby

If you have a gramophone it is quite easy to keep baby amused while you do your work. He can be in his pram or chair near the gramophone. Place a small toy or a number of small objects, such as a penny doll, animal, or bird, on the turntable, wind it up and set it going. He will love to watch the toys apparently chasing each other, and the watching tends to send him to sleep.



Mrs. Vigers (Lucretia Johnson), the well-known painter of Flower Gardens, who has recently arrived from England, where she was an Exhibitor at the Royal Academy and many other prominent galleries. Mrs. Vigers' speciality is the reproducing, with their glowing tints the flowers and trees that go to make a beautiful garden picture. She also finds time for landscape work, which she treats with the same delightful and delicate touch that distinguishes her garden pieces.



—Photos by Mr. Treloar, Hamilton.

Clothes & Ego

charming and ladylike mannequins. These women use their clothes to adorn, to embellish, and to proclaim them women of fashion. In the case of the others, Lady Ossulston remarks that their personality transcends their clothes—and their lies the crux of the whole matter.

They use their clothes rather to frame and express their personality

and charm. They dress not merely by the mirror, but by instinct; and one is so attracted by the "ego" which the clothes serve to frame that one notices only their general effect and that they are altogether delightful.

To take in their detail one is obliged consciously and deliberately to switch one's centre of interest.

Kiddies Sunshine Circle

Greetings dears.

What wonderful Kiddies you have been this month. Such budgets of interesting letters, and although you have kept me very busy, I enjoy every line you write.

Your letter this month is being written in the garden with all the beautiful ideas of Peter Pan reflected by the spring-like surroundings. The birds seem to be singing "Spring has come at last": it is such a glorious day. After so much rain nothing could be more cheerful than Sunshine—could it? We all love Sunshine, hence our name.

One of our little brothers suggests that each Sunshiner should send a small sum of money to the Circle to be donated at Christmas to some deserving charity. His idea is a very generous one, and he no doubt thinks like the great Petrarch that "A small present may be the testimony to a great love." However the difficulty is that THE MIRROR is a national journal and it would be difficult to distribute donations received throughout New Zealand.

I think the best thing we can do in the circumstances is to abide by the ancient proverb, which tells us that "Charity begins at home," and each Sunshiner, who can spare some of his savings or can make little presents, would do well to make his donations to some orphanage, which would bring gladness and sunshine into the lives of some lonely little children, who know not the joys of a home and loving parents.

Several of our Kiddies are asking for a motto for our Circle. When it first started we decided on "Always merry and bright," which seemed very suitable. Any of my Sunshiners could banish sadness and care by always being cheerful in the presence of others. "Laugh and the world laughs with you; weep, and you weep alone," is a saying we should all take to heart.

I like to get your photographs and snapshots, because when they are suitable they may be published to make our pages brighter, but it is difficult to make use of them unless they are very clear and of fair size.

There are numbers of our members now writing to one another and making new friends through the Sunshine Circle and I am very pleased to think you are enjoying the experience of getting to know one another, even it is only by the exchange of letters for the time being. There is no knowing but that friendships started in this way will bring some of you together later in life and add fresh joys inspired by the goodwill brought about by our Circle.

I must leave you now, dears, as there is a bee buzzing round me, and surely you would not like me to be stung and go about with a big swollen nose. A thousand kisses to you and the best of good wishes from

Your Big Sister,

"SUNSHINE."

OUR FIRST OFFICER



"PIXIE" (Miss Jean Sandel), of Tauranga, who is only ten years of age, is the first member of the Sunshine Circle to obtain 100 marks. Her brother and sister "Sunshiners" should be proud of their clever and very youthful Officer. H. S. Glegg.

November Competitions.

Riddlemeeres

My first is in fête but not in soir,
My second in fox but not in lair,
My third is in quiet, but not in loud,
My fourth is in hunt, but not in crowd,
My fifth is in dim, and also in bright,
My sixth is in darkness but not in light,
My seventh is in fit, but not in gall,
My eighth is in either, but not in all,
My last is in gobble, and also in eat,
My whole means dainty, and pretty, and sweet.

--NAIROBI.

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 "What I would like most for Christmas."
- (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.

My first is in pen but not in ink,
My next is in powder, never in think,
My third is in one, but not in two,
My fourth is many, but not in few,
My fifth is in warm, but not in cold,
My sixth is in maintain, not in hold,
My last is in flew, but not in flown,
My whole is something all Sunshiners own.

--FELIX.

Results Of October

Competitions

Jumble Word Puzzle -- Kowhai, Clematis, Rata, Manuka
Square Word Puzzle-- Dora Opal, Kant, Alto,
Riddlemeeres--Mirror and Sister.

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 November 15, and addressed to: "Sunshine," c/o THE MIRROR, Customs Street, Auckland.

Crossword Puzzle—The answer to this was published, by mistake, under the clues last month.

A Spring Sweet

Choccy custard is just the sweet to eat on a warm November day. You use the ordinary custard powder, and when it is nearly cooked, stir through it an ounce of cocoa moistened with milk. Prunella, a little girl I know (who ought, I suppose, only to eat prunes), tells me that she puts this into a tiny custard glass and eats it with cocoa-nut sprinkled on top, quite cold.

Why I Love New Zealand

First and foremost, my main reason for loving New Zealand is because it is my native land. Then again, New Zealand has such wild and rugged scenery, which is what I love. There are no smoky, overcrowded towns, as there are in other countries.

There is the wonderful hush, with all the native ferns and trees, such as the punga fern, and the rata and manuka trees as well as many more. And what pleasant hours may be spent in wandering through this bushland, listening to the hum of insects, the singing of birds or the low murmuring of some fern-fringed brook! Children of other lands, who have not known these delights, may well envy us.

There are so many beautiful bays and inlets where one may bathe and bask in the sun, and what could be more arresting than the sight of the snow-capped Alps, or Mount Cook, or Tongariro; in fact, any of our mountain peaks. The rivers are something to be proud of, for the Wanganui is known as "The Rhine of New Zealand," because of its splendid scenery. There are many more reasons why I love New Zealand, but I think I love it most just because it is New Zealand.

--"RONZO."

In England there are castles high,
Brazil there, rarest birds still cry;
And ruins old in ancient Rome,
But I prefer to anywhere,
If crowded or with room to spare,
The country I can call my home,
Bush-birds sing the sweetest here,
Our trees are green the whole long year.

Our forests tall of kahikatea
Are more majestic to our sight
Than English towers, whatever
height.

Their gloomy grey stone crowns
they rear.

O, have you heard our bell-bird
chime,

Our tui sing his notes sublime?

Parrots with these can not compare.

O, for New Zealand in the Spring,
When rata blooms and bush-birds
sing.

Rather than countries rich and
fair!

--"MEG MERRILLIES."

Jumblies in Boxes

Both boys and girls can make these delicious sweets, and if they are arranged carefully in pretty boxes, they will make delightful presents. Beat up an egg, add half a tea-cupful of sugar, a quarter of a pound of desiccated coconut, and a tablespoonful of flour. Place in small heaps on a greased tin, and baked for about fifteen minutes in a moderate oven.

A History Question

The teacher was hearing the class in history. "Now, Thelma," she said, who followed Edward VI.?

"Queen Mary," said Thelma. "Very good. And who followed Mary?"

The class was silent, but small Elsie waved her hand wildly.

"Well, Elsie," said the teacher, "you tell us."

"Her little lamb" —"DEWDROP."

Magistrate—"Why did you get drunk?"

Prisoner—"Oh, just for a lark." Magistrate—"Indeed! We have cages here for larks. You can have the use of one for fourteen days." ("Tiger Tim.")

It Was True

"I've bought a thousand musical instruments!" said little Freda proudly.

"Goodness! Whatever are they!" asked her friend.

"Gramophone needles!" laughed Freda. ("Rudval.")

Joan, aged six, had been listening to a Bible story.

"Now, Joan," asked her mother, "can you tell me what we must do before we can expect our sins to be forgiven?"

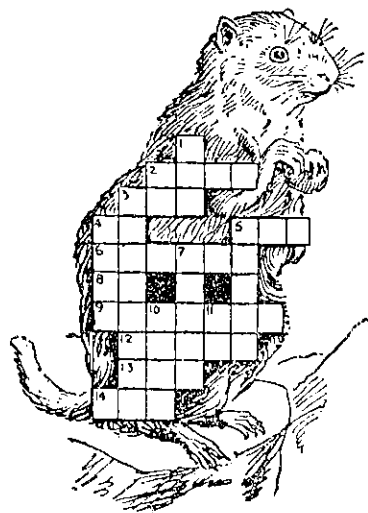
"Course I can," she replied; "we've got to sin first."

Blotting Paper

The blotting paper, soft and white,
Is put where grown-up people write,
And I am very sad to think
I am too young to write in ink.
For grown-ups never seem to see
How lovely inky things can be;
They scribble, with a busy frown,
Then blot their letters upside down.

While I, if I could have a pen,
Would draw the dearest little men,
And spider's webs, and horrid skulls,
And steaming ships with great black hulls
And elephants and spouting whales,
And devils with enormous tails
(For blotting paper spreads, you see,
And swells things out most beautifully).

But Mummy only says, "I think
You are too young to play with ink."



Crossword Puzzle

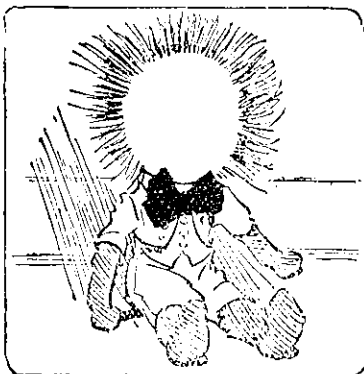
(For Kiddies of 10, 11 and 12 years)

CLUES ACROSS

2. Small lake or pool.
3. Fold.
4. Suffix denoting a deer.
5. Quagmire.
6. Place of residence.
8. An exclamation.
9. Speakers.
12. Fetters.
13. Ever (poetical).
14. Beast of burden.

DOWN

1. A lair.
2. Myself.
3. Grass-lands of America.
4. Resound.
5. Animals of the Rockies.
7. Teacher.
10. Square Decametres.
11. Upon.



The Golliwog's Face

(For Kiddies under 10 years)

To encourage our very young Sunshiners this very simple picture has been drawn, but it has no face. I want you to fill in the face with your pencil. Then paste the drawing on a piece of paper with your pen-name under it.

I love New Zealand most of all because I was born here.

It is so beautiful with its lovely native bush and ferns, free, open country, and pretty seaside towns. There are no wild animals to frighten us, either.

People should all be strong and healthy, for we have no shams like bigger countries.

The bush is full of singing birds all the year round and even when it is pouring with rain we can hear the little warblers. In the spring the native flowers look so pretty as they hang so gracefully from the trees. The country is so near to the towns that people can get there very easily.

—"FIREFLY."

Making Calendars

Nothing, perhaps, is more sure of a welcome at Christmas-time than a calendar. You must hunt out a clean bit of white cardboard and for a few pence you can buy a bottle of orange or green ink. It is great fun, carefully ruling squares for the months and putting in the days of the week.

Leave a space on which to paste the prettiest picture you can cut out from magazine or better still, paste on a snapshot that will interest the person who is to receive the calendar.

It is a very good plan to get busy over this calendar making, and you may easily make your work of art more charming by printing carefully on the calendar some pretty quotation that you like very much, such as:

"May the birdies sing you
Songs through all the showers,
May the New Year bring you
Kisses, hopes, and flowers!"



The Finishing School

Some of our clever Sunshine members are great cooks, but this is hardly the way to do it! One can be too studious in following recipes!

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Mirrorgrams

(The numbers in brackets represent the marks awarded for last month's work.)

Shepherd—I thought you would like your birthday surprise. Yes, I love animals, especially dogs and birds. I once picnicked at Kaituna—it is a pretty spot. (5). **Mavourneen**—You did not mention your age; some of my "kiddies" are sixteen. Just fill in a coupon (page 79) and send it to me. **Daniel Boone**—That is a good joke about the Irishman. (5). **Dawn**—I hope you passed the doctor's test. It is an excellent idea to be examined when you are young—you should not dread his visit. Lots of Sunshiners are sending congratulations to Pixie. (10). **Tiger Tim**—So sorry you have been ill, old chap. Hope you are back at school now. Give "Little Sister" my love. (10). **Firefly (Huntly)**—Your essay is very good, dear. I get mixed up with my two "Fireflies." (15). **Wisteria**—Welcome, dear. Try some of the competitions and gain marks. **Rata Blossom**—This name is not taken, and a very pretty one it is! You are very welcome, dear, and I hope you will soon gain lots of marks. (15). **Banner**—I always know your neat printing—it is splendid. (15). **Hinie Snitchel**—Your marks are chiefly for your nice printing, too. Thanks for riddles. (10). **Bluebell**—It's rather a pity the solution to the crossword was printed in error. (15). **Puck**—Why not order the "Mirror" direct. Then you would get it much earlier. Have you read "The Cradle Ship"? (15). **Humpty Dumpty**—Yes, the weather clerk has been pretty severe lately; never mind, he will be sending us heaps of sunny days soon. (5). **Spouncer**—Your answer was correct. Glad to hear from you again. (5). **Kitten**—That was a pretty picture, dear, but I really don't have any spare time. Yes, it would be nice to meet all my little Sisters. I should love it! (15). **Matilda Day**—Yes, I missed your little letter. Did Mother enjoy her holiday? You will be making a great fuss of her, I am sure, now you have her back. (15). **Nancy O**—What clever little drawings these are. I hope Humpty Dumpty is better now. I will send you Mabel's address. Our gardens are getting lots of watering, aren't they. Mine is not very gay yet. (15). **Happy Jack**—You are getting too big for Christmas presents. It is nearly your turn to give some to Mother and Daddy. (5). **Tess**—What a dear, newsy letter. You will look like a primrose at the wedding. I hope Esme will be very happy. There are so many Sunshiners' birthdays that I have nearly forgotten when mine is. (15). **Casablanca**—It is just the same here—rain all the time; but your pretty daffodils brought the spring right into my office. I hope your pony wins another prize. (15). **Peanut**—It was quite a mistake printing the crossword puzzle solution. I am so sorry about it. (15). **Tinkerbell**—Are you quite well again now, dear? I missed your letters. (5). **Dewdrop**—That joke is pretty good. I may publish it for you. (15). **Girlie**—That is a

great idea about the "Thankful box." Rover looks a serious-minded boy. What does he think of Mother's hopes for his future? (10). **Wyford**—Your answers are correct. (10). **Marguerite**—You have done a lot of good work. I hope to be able to publish some. (15). **Wicobe**—Write me a little letter sometimes. (20). **Star**—I don't get to know you so well if you never write a letter to your big Sister. (15). **Veronique**—What a lot of snow you had down your way. Was the photo taken lately? Thanks so much for it. The solution of the crossword puzzle was printed in error, dear. So sorry about it. (10). **Rover**—I often listen to IYA too. It is wonderful, isn't it? So glad you were pleased with the photo. (15). **Curly**—My Sunshiners are so clever I must make the puzzles more difficult. Yes, I will send you a correspondent's name and address. (15). **Dornic**—Do you keep a list of your marks, because I can easily make a mistake with such a big family. I put your marks in the register each month. (20). **Bev**—You lucky girl, having so many presents. The fairy is very well drawn. I will see if your photo is clear enough to publish. What a bonnie little girl my Bev is. (10). **Bubbles**—So glad you like our Circle. The puzzles are too easy this month. (10). **Ray**—Yes, Pixie is a clever little worker. Your butterfly sketch is very pretty. I hope you had a nice party. (20). **Rio**—Thanks for dear little letter. I love to hear all about my Sunshiners' doings of the month. **Bonny**—You lucky girl to get a bicycle for your birthday. (5). **Popsy**—Welcome to the Sunshine Circle. Try some competitions. **Hyacinth**—Welcome, dear. Your writing is quite good for one so young. **Cherry Blossom**—Did you enjoy the Dunedin Competitions? Yes, there was a mistake. (10). **Wendy**—You will be glad you "practised" when you are a little older. (10). **Essayani**—I suppose you meant the Y.W.C.A. It is a splendid institution. Shingled!! (15). **Meg Merrilies**—Your sketches are very good. I hope to publish one next month. You should ask Mother to subscribe to "The Mirror," and then you would get a pen or pencil (which ever you prefer). I won't have you say your letter was uninteresting. I loved it. (25). **Colleen**—You are very energetic for your first attempt. Your work is good, too. We welcome you to the "Sunshine Circle," dear. (20). **Snow White**—I forget my birthday, as it is too close to Christmas. It is not at all rude to ask, dear, and I like you for your kind thoughts. (15). **Fluffy**—You will enjoy being a Girl Guide. How nice to be able to swim well. (15). **Winkie**—I wish I could get to like mice, but I cannot. Aren't I a silly baby! Poor pussy; I am sorry about his rheumatism. (15). **Rahiri**—I am sorry about the crossword puzzle. I will give you a few marks as you spent some time over it. Your other work is right. (15). **Yenadize**—Hello, little stranger. You did not write last month. (15). **Oliver Twist**—Welcome, old boy! I envy you your ponies and all those acres. I should get lost in them. I am not used to the country—but I know I should love it all the animals and beautiful trees and views. (10). **Copper Top**—Your writing is like "Collie's." When I open your envelope I usually think it is from him. Kind wishes to grandfather. He is a good judge of magazines. (15). **Bonzo**—Hurray. I must congratulate you on being an officer. A lot of Sunshiners are now trying very hard for their 100 marks. I am looking forward to your photo. (15). **Mary Ann**—So glad to hear you have found a nice friend. Thanks for those kisses. Your work is very good. (20). **Rawi**—Welcome, dear. I hope you will enjoy our Circle. Try the competitions. **Rudval**—Thanks for the jokes. They are very good ones, and shall publish some. (10). **Pixie**—Nearly all the Sunshiners have sent nice messages to you. Thanks for the snaps. Don't spend time on the "Sunshine Circle" if Mother should need you, dear. I don't want to take my Sunshiners away from their duties. The Circle is intended to occupy any spare time they may have. I don't think the Editor would allow me to put my photo in. (25). **Scotch Lass**—I am looking forward to your photo. The competitions should occupy your spare time these wet days. Will see what I can do about the sewing. (10). **Tom Brown**—So pleased you liked your present. **White Queen**—I am sorry the answer to the crossword puzzle was given by mistake. (15). **Runa**—Have I mislaid your coupon? Perhaps you did not enclose one. (5). **Springtime**—Your poetry is very pretty, dear, but not quite right to publish. Never mind, I will try to print your jokes. (10). **Cock Pheasant**—Just do your best in your spare time. I am pleased to enrol you in the Sunshine Register. **Pippity-Pop**—I am not very far from where you used to live. I hope you enjoy being a member. **Ted (Dunedin)**—What penname have you decided to take? **Aurora**—Yes, dear, I will certainly enter your name in the "Sunshine Register." Your work is excellent. Write to me again. (20). **Rutie** Poor little chicks, they are so lovely when they are wee. Take great care of the six that are left. Expecting to have your photo soon. **Poor Parson**—Your letter arrived just in time. (10). **Rambling Rose**—I hope this "Sunshiner's" card is better. We shall all have to do some kind acts and see if we can't coax the sun to come out or, we shall have to change our names. (15). **Sparks**—It is a nice idea of yours about the money for the orphanages, but I am afraid it would hardly do for me to accept donations because "The Mirror" is a national



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paper, and naturally the distribution would have to be so widespread throughout the country. **Nairobi**—You must have worked hard at your story, dear. It is very good, but I am afraid too long to publish. I will see if I can persuade the Editor to let me have a little more space—so look out for it! (20). **Rustie**—We published the answer to the crossword puzzle by mistake. (10). **Pertobello Lad**—What a pretty title to your play. I shall give you five marks for your attempt at the puzzle, which was published. (15). **Moonshine**—I like your name, and will enter it. Hope you enjoy our Circle. **Powder Puff**—Some of your jokes are very good. (10). **Bumble Bee**—Yes, the McGlashan College is a splendid school for boys. I was glad to hear from you again. (10). **Joan**—Cheer up, the sun will soon be shining again properly. (10). **Tabby Cat**—Yes, I missed your letter last month. Never mind, you will soon catch up to the others. (10). **Brownie**—I couldn't lose this dear "Sunshiner." So glad you had such a ripping holiday. Your photo did not reproduce well—it was so small. Send me another some time. Did you receive your present? (15). **Puella**—Don't forget me; but don't neglect your studies, dear. I lived in Australia once. Your last card was your total marks. You did not enclose the photo. I should like one. Poor Anethyst, I must see what happened that she was neglected. Give her my love. (20). **Buzz**—You ought to have tried the essay, old boy—you write a good story. (15). **Success**—Try another story, dear. The idea is good, but you have repeated the names too many times. (15). **Felix**—One of my Sunshiners cross! Now I know why the sun has not been shining of late. You joined too late for a present, dear; but gain your 100 marks and you will not be forgotten. I quite expected you would be first officer the way you started. However, "better late, etc." (15). **Bunnie**—So glad to hear from you again. I will ask the children about the motto. The one I like is "Always merry and bright." It has been mine for many years. I find that a bright, merry face often drives away others' worries and cares. I will ask Brownie and let you have her address. (10). **Okahau**—I will send you Mabel's address as soon as I have finished your page (10). **Firefly**—Good girl to get a new member and subscriber. Look out for the postman! **Country Bumpkin**—Your sketch conjured up visions of anxious moments spent in the dentist's chair. (5). **Farmer**—Yes, I am very well, thanks; no time to be ill with so many hairs to write to. (15). **Bets**—I also heard the Orchunga Citizens' Band. No, I cannot answer everybody's letter—there are too many. You must be a great athlete. I should love to see your gardens. I will send you Mary Ann's address. **Pinkie**—I hope you do as well in your next music exam, dear! What school did you go to? So glad you enjoy our pages. (10). **Sunray**—What a pretty name you must try to live up to it, dear. Try some competitions next month. **June**—There are heaps of Sunshiners living in Dunedin, so it must be a nice, bright place. So sorry about the crossword puzzle. (10). **Keroru**—Thanks so much for the wild lears' tusks. It was very kind of you to think of me. I shall hang them up in my little den. Now I should like a snapshot of you to put inside the tusks. (10). **Kea**—I hope you do well at the sports. So glad you have joined the Guides. It is a splendid movement. (15). **Tom Mix**—Hurray. You did not write last month. So glad to hear from you again. (5). **Pertinette**—What a quaint name, dear! We have a "Pansy" already. Send your photo by all means I love to see you all. (10).

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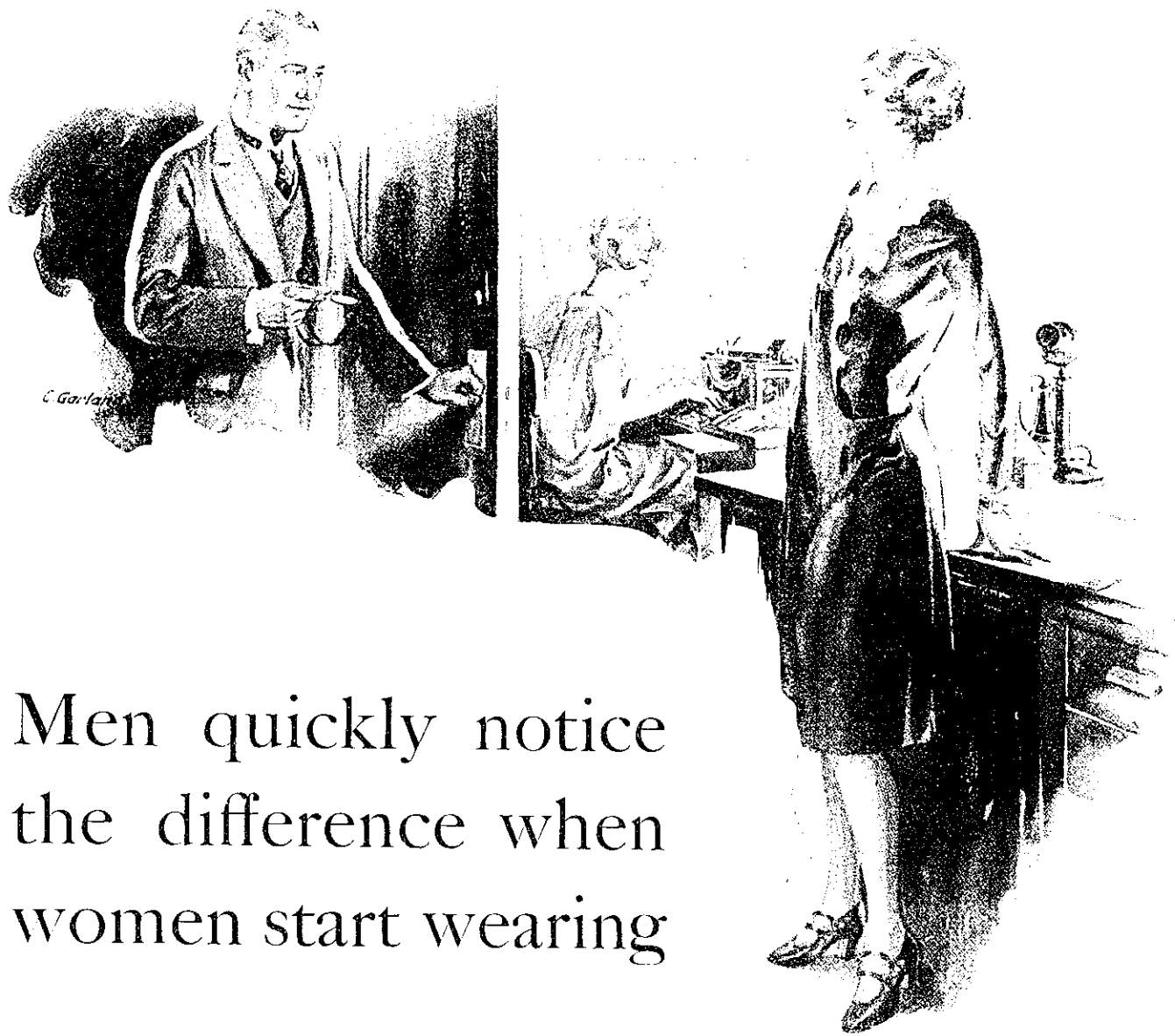
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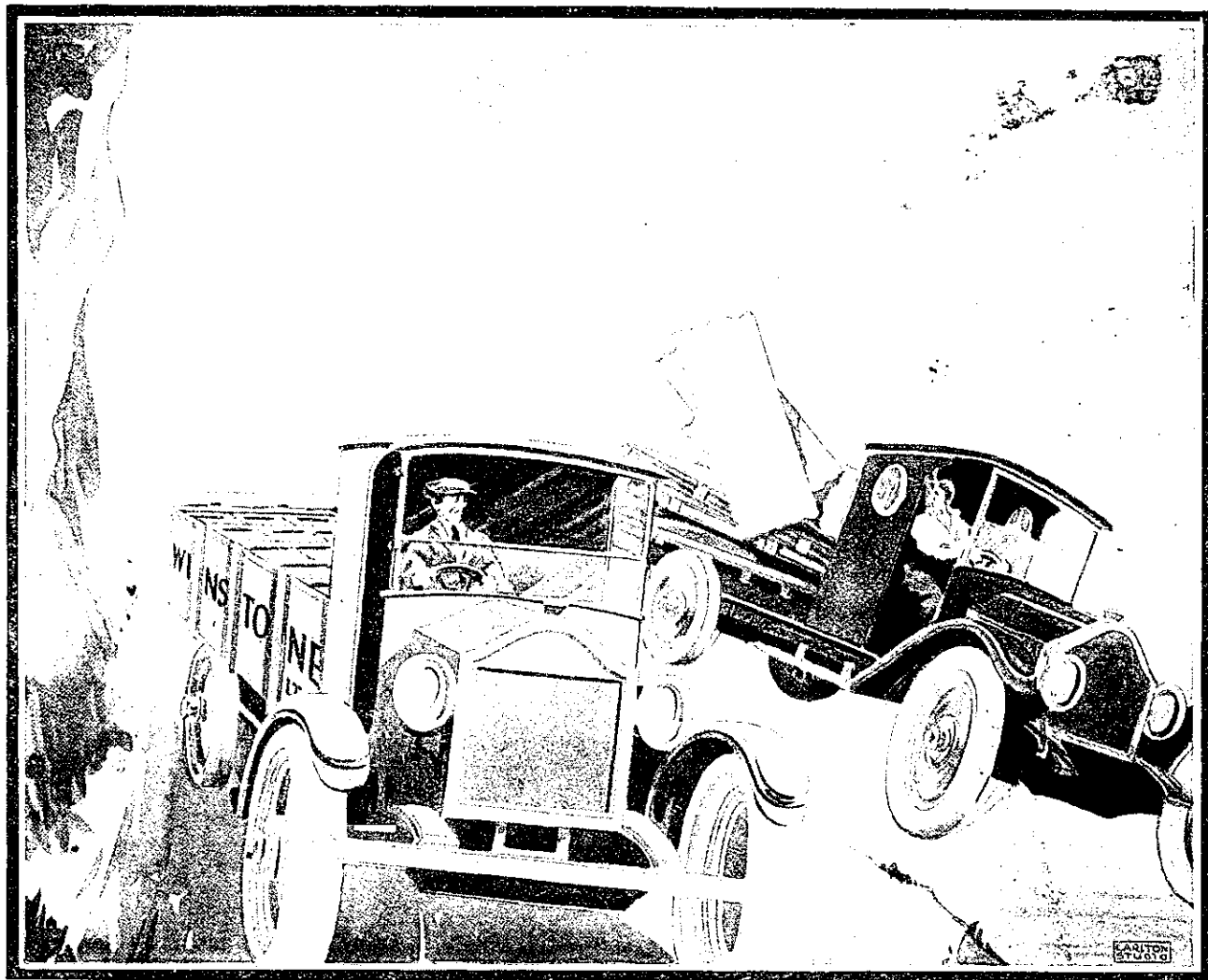
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