



## At Business

**T**O retain freshness and charm throughout a trying day is the wish of every business girl. That wish can be realized by the selection of the correct face powder. Roger and Gallet's powders will give to the skin evenness of shade and texture, and the delicate transparency which is so much admired and which is such an important element of charm. The Roger and Gallet powders scientifically selected and specially recommended for the Australian climate are:—

*FLEURS D'AMOUR*—Intangibly alluring and delightfully delicate.

*LE YADE*—The ideal powder for use over vanishing cream. With a fragrance which whispers of the Orient.

*VELOUTE SERIES*—In many exquisite floral perfumes of which Flores de Tokio is the most popular.

Order a box of one, or all to-day

## Roger & Gallet

EXQUISITE FACE POWDERS

Put Sunshine in  
Your Hair With

### "HENNALINE" SHAMPOOS

Where the natural beauty and gloss of the hair has been lost through illness, worry, or too much indoor confinement,

"Hennaline" is of exceptional benefit. Its tonic qualities give new strength and fresh life by revitalising the hair glands, while the herbal properties bring back the lovely natural tints and gloss which every woman's hair possesses in its natural state. "Hennaline" Beauty Shampoo will not fail to make it glisten again with all its youthful radiance and freshness.

It is sold in Jars at 1/6 and 2/6 each. The small size contains sufficient for eight or ten delightful shampoos.

Sold by all leading Chemists in New Zealand. Also at J. R. McKenzie's Toilet Depots. If any difficulty to procure, send 1/6 direct to

## A. M. HENDY

HAIR SPECIALIST

DUNEDIN

Who controls the Australasian agency, and he will send you a Jar, post free, direct.



## Hints for the Holidays

**D**uring holiday time the hair often becomes greasy and lifeless, especially if close-fitting hats are worn. Half a teaspoonful of oil of rosemary added to four tablespoonsful of rum makes a refreshing tonic lotion. Sea water, provided that the hair has not been artificially brightened or tinted, strengthens it and brings out all sorts of pretty bright natural tints, so that it is worth while enduring temporary stickiness, apart from the fact that it is much better for the health to wet the head while bathing.

**A**nd talking of sea bathing, an extraordinarily ill advised notion suggests to many women that bathing doesn't suit them. This is a bogey that should be shooed as remorselessly away as is the hen who is merrily scratching up one's choicest salad bed.

If bathing disagrees, in nine cases out of ten it is due to lack of common sense, for unless there is real organic disease or unusual delicacy of constitution, sea bathing is one of the best tonics that exist for both body and nerves.

The following rules are worthy of committal to memory:

Don't go into the water at all times and seasons; between 11 a.m. and 1 p.m., is an ideal time for a dip.

Don't go into the water when overheated or chilly.

Don't stand shivering on the brink if you are not a swimmer testing the water with one toe, plunge right in, head and all.

Don't stay in the water more than ten minutes the first day, gradually increase the length of time, but never stay in long enough to become chilly. If the dip has done good you should glow all over when you leave the water and feel as fit as the proverbial fiddle.

Dress quickly after a brisk rub down with a dry rough towel, eat a couple of biscuits or a stick of plain chocolate, and do two or three physical exercises, or go for a short walk along the shore.

**M**any women, especially those who do not walk very much during the greater part of the year, suffer very much from tender and swollen feet during their holidays. Remember that it is quite impossible to walk far with any ease or comfort in high-heeled shoes, or shoes with barricades of tight straps across the instep, or court shoes.

Feet that are unaccustomed to the weight and thickness of brogues, should wear light lace-up shoes with medium heels and be sure to have both shoes and stockings long enough and broad enough, for not only does the pain and discomfort take all pleasure away, but it lines the face with surprising rapidity as well.

If the feet are sore from over-much walking or dancing wash them first of all with very hot water, then with cold, and rub them well

with eau-de-Cologne or methylated spirit, letting the spirit dry on.

Two or three grains of permanganate of potash added to the water or a little peroxide of hydrogen will remove all odour of perspiration from both feet and axillae. Sponging with a weak solution of ammonia will do the same thing.

To prevent the heels and toes from blistering, see that there are no hard darns or creases in the stockings, dip a cake of soap in water and rub it over them, letting the soap dry on. Dust the feet with a powder consisting of equal parts of boracic powder and starch; never use scented powder for either the feet or underarms.

**T**he hands are often not improved by holiday making, the wearing of gloves is considered by many women a superfluity, and holiday avocations both stain and blister them. They should be rubbed with the juice of a fresh lemon frequently, and stains rubbed off with cold water before they are washed in the ordinary way. The palms should be rubbed with eau-de-Cologne to prevent their blistering while sculling or pushing a punt.

**T**wo really disagreeable holiday ordeals confront many a hopeful traveller, namely train and seasickness—I do not know which is the worst.

Whether the journey be by land or sea or a combination of both, it is advisable to take an aperient two days before starting and to be very careful not to eat rich or indigestible food.

It is also advisable to bind a strong calico bandage measuring six or seven inches in width firmly round one's middle before starting. If it is impossible to obtain a deck cabin lie nearly full length on a deck chair with a hot water bottle. Then talk or read and don't think about being sick.

A light meal should be taken at the usual time and squeamishness is often relieved by taking a cup of Bovril or meat extract well seasoned with pepper.

Train sickness is very tiresome, try and get the corner facing the engine and put a soft pillow in the nape of your neck and close the eyes. Spend part of the journey standing in the corridor by an open window, change of position helps. Don't travel by night unless you can afford to travel comfortably.

**T**here are very excellent remedies now on the market for travel sickness of all descriptions, which, if taken exactly as directed, are a sure preventative. I frequently "go down to the sea in ships," and though an indifferent sailor, thanks to them, the Bay of Biscay has no terrors for me, so that to be intensely vulgar, seasickness is a bogey that most people now can afford to cock a metaphorical snook at.