



"Why is your hair always so lovely, Joan?"

"Well, I use a certain American soap called 'Packer's' Pine tar, not coal tar. It makes a wonderful creamy lather that gets right in to the scalp no matter how thick the hair is."

"But how do you ever get it out again?"

"That's the beauty of the soap—it rinses out easily and leaves the scalp tingling with health. You can really feel it tingle!"

**PACKER'S TAR SOAP**

Made with Pine Tar, 2/- a Tablet.

**PACKER'S SHAMPOO**

Made with Olive Oil, 4/6 a Bottle. R2



### The Seductive Touch of the Orient

—this alluring, fascinating attractive beauty with its subtle, mystic appeal can be yours. Possess this bewitching appearance thru.

### GOURAUD'S ORIENTAL CREAM

Made in White - Flesh - Rachel  
Ferd. T. Hopkins & Son, Props.  
CONNELLY BROS., Reps.  
Auckland

## FITS CURED

Positively and permanently by a simple home-made medicine. Never fails to give relief. Miraculous results. One man says: "I am now driving a 4-ton motor lorry, a job I dare not tackle before having had your treatment." Another says: "He had fits so bad that it took five men to hold him down, but he has not had one attack since." You can secure equally good results. Booklet and full particulars free from Whitby & Co., Desk 54, Winsford, Cheshire, England.

## SYDAL HAND EMOLLIENT

Household duties will not affect your hands if you rub a little Sydal into them every day. In jars 2/- and 7/6 at all Chemists.

Don't marry a saint. They're better to watch than to live with.

A howling success—the first baby.

## Common Sense and the Complexion

(Continued From Page 44)

Face peeling is another operation to be avoided. This is not as common as it was a few years ago, but it still seems to arouse the curiosity of many women.

Peeling is done with a chemical, which eats off the outer layer of the skin. You know how tender and sore the spot is if you so much as tear off a tiny bit around your nail? Fancy having your whole face in that condition! The risk of infection and of scarring here is very great. With the outer layer gone, the need for precaution is multiplied a thousand times. It is several days before the patient can go out into the light and air, so sensitive is the face. Even water is torture. It must be cleansed with ointments.

After all this agony the result is only temporary. When the under layer of the skin becomes tough enough to endure exposure, it is just an outer layer again and soon takes on the appearance of the old familiar complexion. You will see how much easier and safer and surer it is to keep the skin clear and fine and soft by caring for it correctly each day.

Another don't is this. Don't think of paraffin injections to fill out hollows and wrinkles. Why should you, anyhow when you can fill them out so easily and sanely with good nourishing creams? The paraffin method is risky, too. You may have heard of the matinee idol who had it done and had to retire from the stage and all public life, because the paraffin melted down under the skin in little balls that made bumps in odd places all over the face.

These are my warnings against attempting drastic methods of improving the skin. Take good care of it every morning and night cleansing your skin carefully to keep the pores clean and free from the impurities that cause blackheads, toning it to keep the cells active and the muscles firm, nourishing it, to supply the needs of the skin and to round out lines and wrinkles—and you will have no need to think of any other method.

### Freckles

Freckles are by no means unattractive—clearing—to a certain type they provide chic. But deep and persistent freckles, beyond the mere faint powdering of nose or forehead, are not only ugly but actually injurious to the skin.

Prevention is better than cure. All women with red hair and a milky skin or the sensitive blonde type freckle easily. Such should wear wide-brimmed felt or linen hats, preferably lined with orange, carry orange sunshades, and use a specially protective vanishing cream.

If freckles do appear, there are several easy remedies.

The simplest consists of equal parts of fresh lemon juice and glycerine dabbed on and left to dry. This or boracic lotion painted on with a brush will cure light freckles. Deeper ones may yield to a lotion made from 1oz. peroxide of hydro-

gen (10 vols.) glycerine, eau de Cologne, and rosewater.

An old-fashioned remedy is made from an ounce of red rose petals infused in 12 fluid ounces of hot water. After macerating the petals and straining off the fluid, add 30 grains of citric acid to each half-pint. Dissolve, leave to stand 12 hours and draw off all the clear part of the mixture. This needs to be applied regularly twice a day, as do the anti-freckles lotion made from 1oz. alum, a teacupful of fresh milk, and a few drops of eau de Cologne, or the zinc preparations, or the freshly expressed juice of a cucumber mixed with buttermilk, all of which are effective freckle antidotes.

### A NEW SKIN OVER NIGHT.

### COMPLEXIONS REMADE WHILE YOU SLEEP.

It sounds incredible but it is just plain truth. Did you know that the epidermis—in other words, the outer layer or scarf-skin of your face—is constantly dying and being replaced by new cells? The dead skin-scales are what give your complexion that dull yellow look which face powder only temporarily disguises. Ask yourself why you use powder, anyway? You would not if you were satisfied with your complexion in its natural state. Just a little quiet thinking will show you that if your skin is undergoing this drying-up, dying-off process there is something you can do to assist Nature in her rejuvenating efforts. The dead scarf-skin will not come away of its own accord. On the contrary, the tiny dead scales clog the pores and cause impurities to form, hiding the perfect skin which is struggling to show itself and to breathe just underneath.

Remove this outer scarf-skin which has served its turn, by applications of mercolized wax. This fragrant compound is a most marvelous discovery, for it dissolves and completely removes the dead discoloured veil, revealing the smooth, clear skin underneath. All facial eruptions and blemishes arise from allowing the dead epidermis to remain. Mercolized wax contains wonderful absorptive properties which clear the complexion while you sleep.

Ask your chemist to supply you with a small quantity and after washing the face in warm water, apply it as you would any ordinary face cream, and do not wash it off until the morning. If you do this every night on retiring, for ten days or so, you will see amazing results.

### FRECKLES

Can be removed entirely, no matter how disfigured you are. MYSTIC FRECKLE CREAM will gently whiten your skin and at the same time improve its texture wonderfully. 4/6 jar. Post Free.

Send for Price List of Mystic Preparations.  
BAINLEY AGENCY CO.,  
22 Security Buildings,  
198 QUEEN ST. AUCKLAND

## Food Poisoning

By A DOCTOR.

Ice-cream poisoning is a danger that should be guarded against during the summer season. Much of the fruit displayed on hawkler's barrows or on the window-ledges of small shops is more or less decayed, and the process of decomposition is always much quicker in summer than in winter, and wherever fruit lies rotting there are to be seen swarms of bacteria-bearing flies continuously infecting the exposed fruit with innumerable disease germs. When buying fruit one should be careful to see that its skin is unbroken.

Ice-cream, as sold by many of the smaller seaside storekeepers and sweet shops, is made from milk which is only used for that purpose when it could no longer be sold as milk on account of its deteriorated condition. It is often seething with infective germs, myriads of which are actually preserved by the process of making it into ice-cream.

Potato salad, too, is a frequent cause of hot-weather poisoning. There is a particular bacillus which has a predilection for this food, and in the past it has been responsible for much discomfort.

It is wise to take precautions before eating any fruit or food that may have been exposed to infection. The best thing to do with fruit is to wash it thoroughly in very hot water; it is then safe, and this enables the most nutritious part of edible-skinned fruits to be eaten with impunity. Ice-cream and similar commodities should only be purchased where the consumer is satisfied as to the cleanliness of the conditions under which it is manufactured.

The symptoms of food poisoning can be distinguished by the onset of stomach pains about an hour after eating, the face becoming flushed to an unusual degree and being distinctly puffed. The skin becomes dry, and vomiting usually accompanies this stage of the outbreak, frequently with severe attacks of diarrhoea.

The doctor should be sent for, but while waiting his arrival, much helpful attention may be given the patient. Vomiting should be encouraged, so as to rid the stomach of as much of the toxic agent as possible, and the best way to do this is to give an emetic of mustard in warm water.

To ease the pain, hot water bottles, or hot metal, well wrapped in covering material, should be applied to the abdomen. Between periods of vomiting the patient should be kept as quiet as possible, lying flat on the back, as this tends to prevent the circulation of the poison, and so to retard the onset of general toxæmia.

## Q-TOL

An ideal emollient for the

2/- HANDS 2/-