

Of Interest to Women.

HEALTH, WEALTH AND HAPPINESS

I. HEALTH.

Whether there be any mystic significance about numbers or not, certain is it that various important matters "go in threes." "Mind, body and estate," sum up our condition; past, present and future, spell out our life; height, length and breadth, measure our space; and our worldly ambitions may be said to consist in "health, wealth and happiness"—but, the greatest of these is health. Without it wealth is useless and happiness impossible.

I think it probable that all men were meant to be healthy; disease is an accident, and by no means an essential of the human constitution. Generations—millions of them perhaps—have contributed their quota of intemperance, dirt and ignorance to the causes of disease, and people with really perfect health are rare. The time and effort of the medical profession are set to the cure of human ills—among us at any rate. They ought primarily to be concentrated on the prevention. Doubtless it isn't the fault of the doctors; they came on the scene too late, and have not yet even got within hail of the time when the ravages of past errors will be repaired; but scientific and public attention ought to be fastened on the prevention of further mistakes. In China, so it is alleged, the doctors are paid so long as the people remain healthy; their remuneration ceases when the subject becomes a patient. I have always had a very considerable respect for the Chinese mind since hearing this—but it may not be true of the Chinese, only of the Utopians.

An earnest campaign was begun here last year by the medical officer in charge of the primary schools, a campaign for the prevention of most of the ills that flesh is heir to, by means of a proper care for the development and preservation of children's teeth, and their protection against diseases of the throat and chest by proper habits of breathing.

Children must stop eating sweets and soft starchy bread, they must be taught to clean their teeth and keep their little mouths shut, if adults are to escape the clutches of the dentist and the doctor. The doctrine should be preached from the house-tops.

There are three most effective means to the prevention of ailments, and I am not at all sure that they are yet understood and appreciated by more than a very few. People go on paying large doctor's bills, but they will not go in for fresh air, which can be had for naught, clean water which doesn't cost much even at the present rates and the high price of soap, or exercise, which is to be obtained together with pleasure and profit at the price of a little determination.

I recently took a ride round several blocks of a residential suburb—Gladstone, no less—at the modest hour of 7 a.m., on a Sunday. There was not a chimney smoking, and of all the houses I passed, only three had the bedroom windows wide open. Fanlights opened to a cautious chink and windows raised to a half-inch, with carefully drawn blind within, were the rule.

Now unless all the people used gas-grills or electric cookers, there was nobody but me and the milk-man up; and if all the other folk were abed with that meagre allowance of ventilation, how do they expect to be healthy?

It is right enough to keep cold draughts out of our living rooms on winter evenings—provided they be aired through the day—but when you are in bed, things are different. You are warmly blanketted, with your feet helike on a hot-water bottle and your nose just peeping over the quilt. Your bedroom has perhaps no chimney, or at any rate no fire to make the draught and draw in air through every chink. You are going to be there for anything from six to ten hours, and your body needs to repair the waste tissues and eliminate the poison of fatigue from its cells. Your window must be wide open if you are to get oxygen enough for the process.

Water, applied both externally and internally, is a sovereign preventive of ailments. Cleanliness is next to godliness says the proverb; I am sure it is a cornerstone of health. And cleanliness of person requires a wash, yes, a bath all over, every day. People—even those with the requisite conveniences at hand—have not yet all realised that the "good old weekly" is not sufficient. The cold shower in the morning cannot of course be taken by everyone, but it can be taken by many who think otherwise. And as a moral discipline too, it is invaluable.

Insufficient exercise is at the bottom of most of the digestive ailments people suffer from; insufficient exercise and over-

sufficient food. Those who are sitting or standing in shops, offices, factories, probably think a game of golf, or tennis, or football, once a week, enough exercise. The house-worker thinks she gets plenty of exercise. They are both wrong. They don't get enough and they don't get the right kind of exercise. People with sedentary occupations need some exercise and that of a strenuous kind, everyday. Let them take up gardening as well as golf. The civic improvements would be immense. And housewives should learn some simple physical exercise—breathing, arm-stretching and bending, trunk-movements and son on—and take time, yes take it, to go through them every day, first thing in the morning. They don't take more than ten minutes and they would correct bad postures, keep the shoulders and hips back, put youth and suppleness into every muscle. Why need so many women look as if they were permanently stooping over a range or a wash-tub? A few simple physical exercises daily would correct the tendency, which all kinds of house-work gives, and go far to preserve self-respect and a little wholesome vanity as well.

And let not man think he can afford to despise regular physical exercise of this kind. Even out-door labourers as a rule acquire slovenly, slouching attitudes, and ungraceful gait from their daily work. They should practice corrective exercises and keep themselves straight and healthy. Many people are afraid of exercise. They love ease and lying late abed; but if they would consider it, health and youthfulness into and beyond middle age can be had by the regular application of fresh air, clean water and vigorous exercise.

Children's Column.

WHAT HAPPENED NEXT.

MOTHER HUBBARD.

Dame Hubbard—as you know, I'm sure, for story-books all say so—was really very, very poor, and seemed as though she'd stay so. Her cupboard, it was always bare, there never was a cheese-rind there.

She lived lived, you know, with her dog-friend (his name, it was good Towser); he loved the Dame and learned no end of clever tricks to rouse her. "I'd love to make her rich," thought he; "bow-wow. For she's so good to me!"

And so, one day when skies were grey, and stormy blasts were howling, why Towser thought him of a way, and up he sprang a-growling. "Lie down, good dog!" his mistress said; but Towser only shook his head.

Out through the kitchen door he raced, and down the road went flying. Dame Hubbard to the window paced, and couldn't keep from sighing. "Now, where's he gone?" she said. "Dear me! I hope he will be back for tea! Not that we've anything to eat!" she went on very sadly; "no bones and not a scrap of meat; we do need stores so badly! But I've no pennies, or I would go shopping; oh, I wish I could!"

"If I could find a Fairy-bit of money," thought Dame Hubbard. "I'd have such fun spending it. I'd stock my empty cupboard. But fairy-bits aren't often seen; they're very few and far between!"

"Oh, yes," went on the Dame, "all those who've found such fairy treasure did some great brave deeds, I suppose, which gave the Fairies pleasure. And I'm just an old woman—Why! If that's not Towser coming by!"

Yes, it was Towser, sure enough, quite panting and excited. He dashed in with his coat all rough, but looking so delighted. "Dear mistress, come and see!" he cried. "I've such a gift for you outside!"

"As I was passing by I met bad Tom, the butcher's son, ma'am; and he had stolen a fine pig, but—well, I made him run, ma'am! I bit him till he howled and flew. And now—I've brought the pig to you!"

"You haven't had a scrap of meat, no, not for a whole week, ma'am. And as for me, well, I could eat a bone as soon as speak, ma'am. If you're as hungry as I feel—let's cook the pig, and have a meal!"

"Good Towser," cried the Dame, "why, no!"—her dear old heart beat faster—"Oh, yes, I'm hungry, that is so; but—that pig has a master! I'd rather have my cupboard bare than keep a stolen pig in there!"

"Boo-woo!" howled Towser, getting cross. "Please listen, ma'am, to reason. You're hungry; so am I, of course, and—pork is just in season. I won't take that pig back—that flat!" "Then I must!" said the Dame at that.

She took a string and tied it to the hind leg of the porker. "Now start along," the Dame said, "do; I'm not much of a walker. And I must find your home to-

night, while there is still a little light!"

But oh, that pig began to play such naughty tricks upon her. "Alas, alack! and well-a-day!" cried she. "Upon my honour, he pulls first this way and then that till my old heart goes pit-a-pat!"

Thus cried the Dame, and sadly sighed, for she was old and weary. "Come piggy through this stile," she sighed; and tried to feel more cheery. But piggy would not pass that stile, but sat on his hind legs to smile!

"Dear Dame, I do not wish," he said, "to go back home to my master. If you will take me home instead I will go much, much faster! And you may eat me any day, and I'll not try to run away!"

"No, no!" Dame Hubbard said. "Oh, dear! Good piggy, do not tempt me. Though I would like you, never fear, because my cupboard's empty!" "Then I won't pass this stile to-night!" the piggy said, and sat down tight.

I cannot tell how long the Dame pulled at him to entreat him; but still the porker said the same, and at long last she beat him. "If you stay here all night," she said, "I'll stay here, too; nor go to bed!"

And so she did, all through the night she watched until the morning, but when the first faint rays of light showed that next day was dawning, down by the stile, the pig beside, A Fairy Silver Bit she spied!

"A Fairy-silver! Oh, my word! Dear me! Oh, what a treasure! Has anybody ever heard such luck!" she cried in pleasure; then stared again—the pig was gone! And by her side a Fairy shone.

"Dear Dame," said the Fairy, "you've earned that magic money clearly. The Fairy Queen has sent it you, for you were tried severely; and yet, though all your shelves were bare, no stolen pig you would place there!"

Then suddenly the Fairy went, but, while the Dame stood staring, the air with barking was quite rent, and up rushed Towser, tearing. "Dear mistress, oh, come home with me! There's food on our bare shelves!" yapped he.

So home they went, and found a store of good things in the cupboard; and Fairies from that day brought more nice food for Mother Hubbard whenever any space was bare; so there was always plenty there!

The Home.

CLEANING GLASS BOTTLES.

To clean soiled glass bottles use strong soda water (warm). If furred as water bottles always become when in constant use, a small drop of spirits of salts (muriatic acid) will soon render them bright. If stained, as with port or elder wine, a teaspoonful of oxalic acid in a quarter of a gill of water instantly cleanses them. French chambermaids adopt a very simple and effective method. Before emptying the bottles, put in some pieces of soft paper, shake these in the bottle empty, and rinse with fresh water; the bottles will then keep as bright as possible. Broken egg shells are also excellent.

TO CLEAN A COPPER KETTLE.

There are many methods of cleaning copper, but in the case of a kettle which has been blackened by continued use on the fire the first thing is to remove the black caused by the smoke of the coal which has been deposited and burnt on hard. Remove this with an old knife as far as possible, without scratching the metal, and then soak well in hot water, and rub with silver sand until the black is entirely removed. To polish the copper itself, a solution of oxalic acid is often recommended, but a lemon cut in half and dipped in salt and rubbed well over the metal will do the work as well, and it not poisonous as in the acid. Finish with a leather and whitening, or rottenstone or turpentine, or one of the numerous metal polishes.

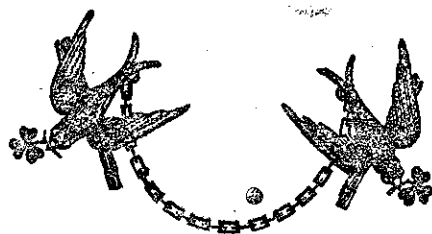
Fill the kettle with water, add table-spoonful carbonate of soda to each quart of water in kettle. Boil the water, and well scrub the inside of the kettle with a stiff brush. Pour out the soda water and fill up with plain water, and boil up again.

PACKING AND CARE OF MEN'S CLOTHES.

To pack a bag properly is an art, and one which should be cultivated by every man. In packing a dress suit the coat should be folded so that the outside is inside. It should be kept, if possible, in one fold, in the middle of the pack, after the sleeves and wings have been folded, so that they will not be wrinkled. Brown wrapping or white tissue paper, such as is used for putting up bundles in stationery shops, should be placed between the

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folds. This prevents the slightest wrinkle and your clothes will come out of the bag without the slightest suggestion of their having been packed. Pyjamas are more handy than nightshirts, especially when travelling. Remember that nothing tends to crease coats so much as hanging them up. Men's clothes should never be hung. When you go to bed you should take your suit which you have been wearing, shake, brush, and dust it. Afterwards fold the trousers, doubling them at the second waist button, which gives them just one fold down the leg, and preserves the slight crease, now so fashionable, much better than any patented machine. Your trousers should be then thrown over a chair. Your waistcoat folded once, in half, the inside outside, and the coat according to previous directions, and both these garments laid on the seat of the chair over the back of which the trousers are thrown.

Linseed oil applied with a soft cloth is the best polish for dining-tables.

A troublesome cough may often be eased by dissolving a small piece of borax in the mouth.

Tea-stains come out quicker if immersed in cold water first, then covered with borax and afterwards dipped in boiling water.

Never wash a baby's clothes in water containing soda. This is a frequent source of irritation and chafing.

When knives are stained after rubbing them with bathbrick, sprinkle the board with a little carbonate of soda, and rub them on it.

Soak a cauliflower prior to cooking it in unsalted water. This draws out the insects. If the water is salted the insects are killed, but remain in the vegetable.

Two drops of camphor on your tooth brush makes a good tooth cleanser; it will also make your gums rosy and prevent anything like cold sores or affections on your tongue.

Carbonate of soda gives instant relief to a burn or scald. It may be applied either wet or dry to the burned part.

It is a mistake to use soda when scrubbing floors and tables. It makes the boards a bad colour. Plenty of soap and water cleanses just as well.

Corks may be made air-tight and watertight by being immersed in oil for five minutes. A cork will fit any bottle if boiled for five minutes previously.

Bottled Tomatoes.—Ingredients.—Two pints of boiling water, a teaspoonful of salt, a teaspoonful of vinegar, tomatoes. Method.—Add the salt and vinegar to the water. Bring to the boil. Place the fruit in and cook till the skin breaks (about five minutes). Place the fruit in screw-topped bottles and pour the liquid they were cooked in over them. Stand the bottles in a basin and fill to overflowing. Fasten securely. Must be airtight.

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