

### Hand-Wrought Jewellery

In Oxidised Silver and Gold

STONES RE-SET IN  
ORIGINAL DESIGNS

## Elsie Reeve

21 H.B. Bldgs. (3rd Floor) QUEEN ST.  
Phone 2259 AUCKLAND

One of "Teofani's" Best

## SONIA Cigarettes

are delicately perfumed and perfectly delightful

## CHASING THE HOURS

IN the ordinary woman's life there are about ten hours in the day over which she has "dominion." She may have many calls on her during this time. Calls about which the ordinary stupid man who says "What on earth do you do with yourself?" is devastatingly and irritatingly ignorant—but the fact remains that for that 10 hours she is in supreme command.

Now, nothing brings wrinkles and other signs of age more quickly than worry and fuss, and no form of worry or fuss is more exhausting than a perpetual race against time. The unwise woman sets out upon her day like a ship without a chart or a compass. She has a vague idea that there are a very great many things she ought to do, and she drifts forth to do them without any settled plan and without any clear calculation as to the time each item will take to perform, and the necessary period that must be allowed for in getting from place to place for each engagement.

Often and often I have watched women at corners where buses stop, on tube platforms, in shops, chafing horribly against little delays. They make noises of despair with their tongues, glance fussily at every clock within sight, and are too restless to sit or stand with any appearance of repose. This chasing of the hours is a disaster; the woman is conscious of exhausting inefficiency, and her friends soon learn to regard her as incapable of keeping time.

The cure is easy. First recognise that your hours of "dominion" are ten each day and no more. Certain duties or pleasures are inevitable, such as meals, the ordering of your household, the care of your children, writing letters, etc.

Then make out a little time chart of your day, allowing sufficient time for the "inevitables." And in the making of your chart, especially where social matters are concerned, give yourself reasonable time and a little over to get from place to place, for trains will be missed and buses will be full. And forget not that the putting on of a hat is not—as with a man—a momentary affair. It is rather momentous. Allow for it! M.T.

# 25 FOR 1/6

## A SCIENTIFIC TRIUMPH



### CONCENTRATED HEALING POWER IN TABLET FORM

—that's the big factor behind ASPRO. You don't buy water or colouring matter—just condensed medicine. In every tablet you obtain full effectiveness. One small tablet will give SIGNS of Relief for Pain and two tablets will give DEFINITE RELIEF in from five to ten minutes. Average two tablets to a 2-oz. bottle of medicine and you'll find that

OVER 350 TONS OF MEDICINE IN 2-OUNCE BOTTLES WOULD BE REQUIRED EACH MONTH TO TAKE THE PLACE OF ASPRO TABLETS.

(Based on our sales of 14,000,000 Tablets each month).

Doesn't that visualise to you the wonderful importance of

# ASPRO

### TRY THEM FOR

HEADACHES INFLUENZA RHEUMATISM  
SLEEPLESSNESS COLDS DENGUE FEVER  
LUMBAGO SCIATICA NEURITIS MALARIA  
NEURALGIA TOOTHACHE ASTHMA

## THEY NEVER FAIL!



Photo of Federal Parliament House, Melbourne where "ASPRO" Tablets were declared a Necessary Commodity by the Australian Commonwealth Government.

MINIMUM PRICES  
**1/ 1/6 2/6 4/6**  
OBTAINABLE EVERYWHERE

ASPRO is now made in New Zealand by ASPRO LTD., 15-17 Marion Street, Wellington (P.O. Box 29), under direction of the holder of the original Australian formula.

## Carpet Slippers

They are a symbol. Nowadays other materials may replace carpet in their fabrication, but the idea for which carpet slippers stand is unchanged—the idea of well-earned rest after worth-while achievement.

Yet both achievement and rest depend upon physical and mental vigour, and the way Britishers the world over keep themselves at concert pitch is through the Golden Rule of Health—by drinking first thing every morning a glass of water sparkling with a dash of

# ENO'S FRUIT SALT

Adopt this simple plan and you will always feel keen and alert, ready to welcome strenuous work or vigorous play. Eno's purifies the bloodstream, stimulates the digestive organs, and fortifies the whole system against attacks of those minor disorders which are often so disturbing.

ENO'S benefits young and old, the strong or the delicate.  
Creates no harmful "habit"; has no lowering effects.

ENO'S—for fifty years the world's standard saline—is sold throughout the Dominion at all Chemists and Stores.

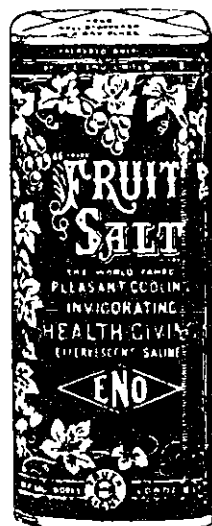
HANDY SIZE—Widely used by travellers, for office use and week-end bag, 2/6

HOUSEHOLD SIZE—Best for family use; most economical - 4/-

The words "FRUIT SALT" and "ENO" are the registered trade marks of J. C. ENO LIMITED, LONDON, S.E. 14, ENGLAND.

Sales Representatives in New Zealand—

The British Harold F. Ritchie & Co., Ltd., 20 Brandon Street, Wellington.



Become a Subscriber.  
Fill up a Form  
TO-DAY.

When Writing to Advertisers Please Mention the "Mirror."

Please pass this  
copy on to your  
friends.