

VEN-YUSA *For the Outdoor Girl*

The out-door girl is distinguished by the clearness and sweetness of her skin and complexion. She has learned the art of always "looking nice" by adopting the Ven-Yusa habit.

Ven-Yusa is a new beauty aid possessing rare properties never found in other face creams. *In effect Ven-Yusa gives the skin a bath of pure revitalizing oxygen.*

When excessive heat, pore-choking dust, or over-exertion spoil your looks, Ven-Yusa will freshen and cool the heated skin and prevent or remove sunburn, chafing, tan and freckles.

The refreshing fragrance and refined character of Ven-Yusa appeals at once to all who appreciate a choice and superior toilet cream. Every lady should keep a dainty jar of Ven-Yusa Cream on her dressing-table.



Ven-Yusa the oxygen cream which melts on the skin like snow is obtainable of all chemists in dainty jars at 2/-.

WHEN AND WHAT TO READ—Continued

The Right Setting

THIS question of environment is important. It helps to induce and to sustain the mood. Montaigne takes us fully into his confidence as to when and how he used his books—and who used them to more profitable account? But he must be secluded, sequestered, in his "third storey of the tower"; otherwise he was in no mood for reading. So with Southey, who required complete silence.

"I entrench myself in my books equally against sorrow and the weather," said Leigh Hunt. "If a melancholy thought is importunate I give another glance at my Spenser." A proper environment, then, is essential for most. How well we remember Dominic Sampson's unrestrained joy, his frantic gestures when he found himself in the crowded library—"He grinned like an ogre, swung his arms like the sails of a windmill, shouted 'Prodigious!' till the roof rang to his raptures." We remember how he gloated over the antique folios, the sets of the Fathers, the classics, and the books of science. He despised his dinner, "boiled his food down his capacious throat in squares of three inches," and hurried back to the paradise of books with his napkin hanging round his neck like a pinafore. What a glorious mood for the old book-lover! "Prodigious!"

A Table Relish

TO be thorough he should, of course, have read at his meals, but here we come to sharp controversy, for reading at meal-times has been severely deprecated, presumably by those who cannot appreciate that luxury, and who put food before grace.

Can anything more delightful and exhilarating be imagined, say, at breakfast, while you linger over the steaming tea or coffee, than a chapter of Jane Austin, a scene from Goldsmith or Sheridan, a Roundabout Paper of Thackeray, an essay by Elia, a few pages of Boswell's Johnson, some vivid paragraphs from Macaulay, or half-a-dozen of the letters of Horace Walpole? They refresh, they fortify, they prepare. Reading at breakfast is a glorious privilege. I do not advocate books at the dinner-table; the temper is apt to be contrary. We must surrender to baser nature at times, and I confess (though sadly) that the hors d'œuvres, the soup, fish, entree, sweets, and cheese do not easily combine with Locke on the "Human Understanding," or the transcendentalism of Emerson, or the reflections of Paracelsus. Tea provides a rapturous hour for your favourite poet or essayist, for a dipping into well-beloved handy books; and then comes the evening, when the real, deep, serious, settled mood of reader and student is upon you, and your library is dukedom enough.

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You
hold
baby's
future
in your hand



Think of it! That tiny helpless creature looks to you to provide not only his present bodily comforts and requirements, but also to build up the foundations of health and stamina which will determine the length and happiness of his whole life.

Feed baby yourself—and to enable you to do so take Virol and Milk (a teaspoonful of Virol to half a pint of milk). Many mothers who could not feed their little ones, have been able to do so by taking Virol and Milk. Then wean him on a Virol diet.

Virol has been compounded by Medical Experts so as to supply every constituent necessary to the nourishment and normal growth of the human frame. It is natural food, rich in vitamins and strengthening elements. With milk, Virol is a complete and well-balanced diet for babies. That has been proved in thousands of infant clinics and hospitals the world over.

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