

EA-CLARK'S
Extra Strong **MINERS COUGH CURE**
FOR
**COUGHS, COLDS,
ASTHMA, BRONCHITIS, ETC.**

(Continued from previous page)

the good feathers from any poultry, and make use of them, either for oneself, or for the refugees. Really, there must be terrible waste in this direction, and if only the women on farms saved the soft feathers, particularly from ducks, in no time there would be enough for a "down"

quilt. Of course, they would have to be scalded, and then hung on the line in a bag—they soon fluff up again when dry. Also, the bag has to be of fine weave—a good calico is excellent. I know that every pound of wool is needed for our war effort, and thought that this suggestion might appeal to your listeners. —"A Soldier's Wife," (Epsom).

Yes, indeed, an excellent idea. I hope it will be taken up enthusiastically. It is a good idea to rub thoroughly over the inside of the ticking with soap—or beeswax—before filling up with feathers, which prevents the feathers working through. Beeswax was the old-time cure for this, but I'm told that soap does nearly as well.

Not Gelatine

Dear Aunt Daisy,

Another S.O.S., sincerely hoping you will oblige.

Can you tell me what to use for clearing home-made hop beer? I have tried gelatine but without success. Perhaps my method was wrong. I feel sure you can help.—"Happiness to You," (Ponsonby).

It is isinglass which you should use, not gelatine. I think the quantity is about an ounce to 8 or 10 gallons. Just dissolve it in boiling water and let it get quite cool before adding to the beer. Stir it a little. Some people prefer to use Brewer's finings, which can be bought at most big grocers. Follow the instructions on the bottle.

Cramp

Dear Aunt Daisy,

I thought I would send you a note to tell those who suffer from cramp in the legs about a very simple cure. Perhaps you have heard of it; at any rate it is an old cure. I have used it for years, and so have several people I have told about it. It is this—simply tie a piece of wool below the knee, and always wear it there. Anyone suffering from cramp will soon find out and prove the truth of this simple little cure. Cramp is such a painful thing; and I feel sure there are numerous folk who would be pleased to know of such an easy way of being safe from it.—"M," (Berhampore).

Uses for Paper Bags

Dear Aunt Daisy,

It is not often that I have time to sit down to listen to your session, but when I can I do enjoy it.

Some time ago I heard you asking for suggestions for using up paper bags. I may say I find them very handy for keeping the chopping block tidy. The

(Continued on next page)



**THE SECRETS OF
MONTEREY**
the new Personalized
Make-up sensation
are



Here is Monterey's
Free Booklet . . .

Monterey is not only a make-up . . . is also a beauty treatment. In this Free Booklet—"The Secret of Successful

Make-up," Monterey beauty experts explain how to personalize your make-up, how to care for your skin, and how to make the most of your beauty. Post this coupon today to 'Monterey', P.O. Box 210, Christchurch, for your personalized make-up analysis, your own particular shade of powder, rouge and lipstick, and your free Booklet.

NAME _____

ADDRESS _____

MARK YOUR COLOURINGS WITH AN "X" L.4.40

HAIR	LASHES	COMPLEXION
BLONDE Light <input type="checkbox"/> Dark <input type="checkbox"/>	Light <input type="checkbox"/> Dark <input type="checkbox"/>	Very Fair <input type="checkbox"/>
BROWNETTE Light <input type="checkbox"/> Dark <input type="checkbox"/>	Blue <input type="checkbox"/>	Fair <input type="checkbox"/>
BRUNETTE Light <input type="checkbox"/> Dark <input type="checkbox"/>	Green <input type="checkbox"/>	Creamy <input type="checkbox"/>
REDHEAD Light <input type="checkbox"/> Dark <input type="checkbox"/>	Hazel <input type="checkbox"/>	Medium <input type="checkbox"/>
If hair is Grey check here also <input type="checkbox"/>	Brown <input type="checkbox"/>	Ruddy <input type="checkbox"/>
	Dark Brown <input type="checkbox"/>	Freckled <input type="checkbox"/>
		Olive <input type="checkbox"/>
		Sallow <input type="checkbox"/>
	AGE Under 35 <input type="checkbox"/>	SKIN Normal <input type="checkbox"/>
	Over 35 <input type="checkbox"/>	Oily <input type="checkbox"/>
		Dry <input type="checkbox"/>

ALL PRICED AT THREE & SIX
available at all leading Cosmetic Dealers

How many girls know their own C.B.—that is, their cosmetic blend? Cosmetic Blend is the skilful selection of cosmetic shades to suit your complexion, your hair, your eyes—a completely personalized make-up. You at least can be sure you are cosmetically correct by filling in the complexion analysis below. At the same time send for your copy of Monterey's Free Booklet . . . it contains the solution to all your make-up and beauty problems. Follow the Monterey way to skin health and skin beauty.

Monterey
PERSONALIZED
Make-up M.4.27

N.Z. Distributors: Wilfrid Owen Ltd., P.O. Box 210, Christchurch.

DIABETES

Of vital importance to Every Diabetic is this New FREE BOOK entitled "DIABETES—its cause and treatment." New Discovery that is giving health and energy to thousands without injections, or strict dieting.

Write for this valuable book at once. Obtainable by return post from

CHEMISTS' SUPPLIES CO.
P.O. Box 1178L, CHRISTCHURCH.
(Kindly enclose 6d. stamps for handling.)