

AUNT DAISY'S MAIL BAG

Carrots Instead of Sweets!

Dear Aunt Daisy,

I am one of those silent admirers and listeners, which makes it harder for me to write to you. However, I have a suggestion to make, and though it may sound a little strange at first, when given a little thought it means a great deal. I have been going to write this for some time, and at last have stored up enough "pep" to do so. I want to

tell you what happened in the districts around where I lived in England, during the last war. When going to the pictures, instead of buying the usual sweets and chocolates, there used to be stalls erected outside the theatres piled high with loads of fresh scrubbed carrots, which we used to purchase; and you can guess the fun we had listening to the munching going on, while interested in one of Pearl White's Serials.

This may not seem much, but actually it means a great deal. What is better for general health than carrots? Adults, too, used to buy them, because you must remember that what little sugar there was went to the Forces; and although strange at first, the habit was soon adopted; and I remember how the school teachers used to boost the idea! Now, a better idea could not be thought of to-day. From an economic point of view, it saves sugar, and the money that proprietors had been used to spending on cleaning the theatres was given to the Red Cross; and the children's teeth, too, were considered.

So a child buying, say three-penny-worth of carrots, saved sugar, gave to the Red Cross, and stopped Mother from worrying about toothache and worms, besides general health and cleanliness in the theatres.

If this idea were adopted even just for Saturday afternoons, look what good could be obtained from the humble carrots. What made me write, Aunt Daisy, is because we have our own garden, and children from all round are always coming here for carrots. I'm sure the children would get lots of fun out of it, and so would the adults if they joined in the spirit of the thing. I'm sure there would be some firms or persons to donate these carrots; or if they had to be sold, to give even a little to a worthy cause. My children take carrots out of the garden and put their sweet money into the Red Cross box! If this idea were got going, I'm sure the mothers and the dental clinics would only be too pleased to help it along.

I am now thirty-three years old, and still have my own teeth with no signs of any decay; yet I have never been to a clinic nor sat in a dentist's chair. What would the health authorities give to hear that said by the children of to-day when they grow up? Wouldn't the children, too, get a thrill out of the carrot stalls, knowing that their pennies were helping the soldiers? Even in peace time, the money could go to some charity, such as the Crippled Children's Fund, etc.

The funny part about it was, Aunt Daisy, that the Picture Hall that I went to with its stalls of carrots outside, was right opposite a sugar refinery, and the owners of the factory used to donate the carrots! I hope I have not taken up too much of your time, but I know all the good work that you have popularised, and I did not know of anyone better to write to. All great things have started in a small way, and I'm sure there are some willing hands to help along this suggested scheme for our children and soldiers. So please, Aunt Daisy, could you pass this on, and let the slogan be: "Carrots any time, and health for all time." If you do use this over the air, do not mention my name and address, as I feel a little embarrassed, even by writing.—"M.J." (Wellington).

Now then, Mothers — it is "up to us."

Home-made Yeast

Dear Aunt Daisy,

I have taken down your recipes for home-made yeast, and for wholemeal yeast scones, but as I have never used yeast before, I wondered how much of the home-made yeast you would use in place of the small cake of compressed yeast, in the scone recipe. If you could tell me I should be very grateful, as I should like to make my own yeast.—"Edna," (Waikowhai).

Well, that question puzzled me too, Edna; people who use home-made yeast know by experience how much to use. Then came the following letter, which explains it exactly:

Dear Aunt Daisy,

I heard you asking about the quantity of home-made yeast to use for scones. (Continued on next page)



*'A Pair of
Bright Eyes'*


THACKERAY was right when he said, "A pair of bright eyes with a dozen glances suffice to subdue a man; to enslave him and inflame."


Do your eyes thus invite romance? They won't, if a shiny nose diverts attention from the shine in your eyes. Beautiful eyes need a beautiful setting—a soft, smooth-finished skin—to bring out their full loveliness.


Three Flowers Face Powder is ideally suited for this purpose. Its fine texture, its gossamer transparency, its delicate flower fragrance, all provide a glamorous setting for your eyes, "the windows of a woman's heart." With the subtle flattery of Three Flowers Face Powder, they become more lustrous, their liquid loveliness more appealing.

Try Three Flowers Face Powder today, and see the lovelight in His eyes as he looks into yours!

In 5 alluring shades to suit your individuality.

 Spreads smoothly, evenly.

 Adheres perfectly for hours.

 Gives a natural-looking loveliness.

(Try, too, Three Flowers luxurious creams: Cleansing Cream, and Vanishing Cream.)



three flowers
FACE POWDER

To enhance your loveliness



• RICHARD HUDNUT •