JANE'S JOURNAL

SUNDAY

Thank heaven for one morning to lie in late! Think of writing essay on "Pleasures of Not Getting Up." Fellowfeeling with Chinese mandarin who had a slave wake him three times each morning just to tell him he could go to sleep again. Telephone finally roused mewas reminded that I had arranged to walk Summit Road this afternoon, and would I please catch right train this time and not one half-hour later. Replied coldly and untruthfully that I was almost ready. Noticeably fewer cars on road this time; consequently less exercise in leaping to side of road, and more chance to enjoy views strung along the road like beads on a chain. Conspicuous black-on-orange signposts rather irritating to a native, but doubtless strangers

WHILE THE KETTLE BOILS

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well, grin and bear it. All things come
to an end sometime.

Sixth, don't sing or whistle in your partner's ear. He won't like it, even though he may be too polite to say so.

Seventh, don't keep looking round at the other dancers, and hailing your friends if you recognise them. By the time greetings are over and you have got back into step again, the dance will probably be over. And your partner will not have enjoyed it.

Eighth, don't be always pulling out your powder puff or lipstick and repairing your complexion. If you feel your nose is really shiny, excuse yourself and retire to the proper place to repair the damage.

Ninth, if you find yourself in the unenviable position, particularly at a private dance, where a stranger asks you for a dance—and you just keep on dancing, because neither can think of a polite excuse to break away—remember that a girl can always do this with politeness, whereas a man may give the impression that he really wants to take to his heels.

Tenth, don't slip up dances. This will give you a reputation for an unsporting instinct that you will find very difficult to live down. Always play fair. If you promise a dance, even though you are not particularly enthusiastic, see it through.

Lastly, remember this. Conversation is an art, but there are times when it can degenerate into a bore. Conversation at dances should be nicely regulated, like a well-behaved watch. Be bright, entertaining, but don't think it is an obligation to chatter to be a success. There are times when silence is golden—and no time more than in the progress of a dance. It is impossible to dance well and talk intelligently at the same time. So, a soulful silence, please.

Yours cordially,

Conthin

like to know whether they are looking at "View of Avoca Valley" of "View of Governor's Bay."

MONDAY

Black Monday feeling accentuated by grisly weather (Portmanteau word from grim" and "drizzly" --- must confess not original). Spent ten minutes this a.m. trying to persuade office girl that tea is better made with boiling water. Office girl does not drink tea, so is unmoved by tea leaves floating wistfully about cup. Went into town at lunchtime to buy badly-needed hearthbrush for flat ours completely bald. Bought Noel Langley's "Tale of the Land of Green Ginger" instead. Saw it tucked away among children's books and couldn't resist its lovely binding and perfect illustrations. Hope nephews and nieces will appreciate as much as I do. (At present have only one nephew, too young to cope with anything more advanced than "Simple Simon.") Also bought "Rebecca." Read borrowed copy eighteen months ago and have hankered to possess my own ever since. Hope Helen will be appeased for lack of hearthbrush by two such desirable additions to bookshelves.

TUESDAY

Went to Doctor to-day about chilblains, He confirmed my suspicion that no in-

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How Can I Tell about Vitamins

VITAMIN POOR

VITAMIN PLUS

Vitamins can easily be lost in the handling, storing, and processing of foods that originally contained them. That is why many troubles to-day can be traced to modern eating habits. Medical authorities

have gone so far as to state that the majority of common illnesses are due either directly or indirectly to vitamin deficiencies.

VI-MAX helps overcome vitamin deficiency because of its Wheat Germ content. Wheat Germ is a source of Vitamins A, B1, B2, and E. VI-MAX combines its advantages as a vitamin plus cereal food with extreme attractiveness in appearance and flavour, whether served in the form of porridge or used in cooking. It would be difficult to imagine a more delightful breakfast dish than a plate of hot, steaming VI-MAX served with milk and brown sugar.





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