



Keep your hair beautiful
... avoid greying

RACHEL
HAIR TONIC

Keeps your
HAIR YOUNG

Rachel Hair Tonic definitely restores grey hair to its original colour—it is not a dye, but a special preparation absolutely harmless and easy to use. Once you have tried Rachel, you'll never go back to anything else. Don't put up with grey hair any longer—get a bottle of Rachel to-day.

Priced at

4/9

"My Son

was a
hopeless
cripple"



Rheumatism

THIS IS NO ISOLATED CASE

Given up as incurable
hopelessly crippled with rheu-
matism now strong and
healthy and a well-known
football player.

Mrs. J. P. . . . * writes:—"My son
was given up as incurable, des-
cribed as a hopeless cripple. Now
he is the picture of health, and a
well-known football player."

Her son, himself, adds:—"I have
recommended De Witt's Pills for
years for the benefit I have received
after being given up as incurable."

* Name and address on application

De Witt's Pills are effective
because they act directly on
the weak, ailing kidneys.

When kidneys become weak and slug-
gish poisons and impurities accumulate
in the system. Then rheumatism starts.
To end the pain you must strengthen
the kidneys, enabling them to cleanse
the system of poisons and impurities.

Within 24 hours after you have taken
the first dose of De Witt's Pills you will
have positive proof they are restoring
the kidneys to healthy activity. Freed
from pain you will realise why thousands
of former rheumatic sufferers bless the
day they heard of De Witt's Pills.

De Witt's Kidney **Pills**
and Bladder

for Backache, Rheumatism, Lumbago, Sciatica, Joint Pains, Urinary Disorders
and all forms of Kidney Trouble. Of all chemists and storekeepers, 3/6 and 6/6.

While The Kettle Boils

Dear Friends,

I must confess to one advantage.
When I have a grouch, I can "tell the
world." This particular grouch, I know,
will find many firm supporters on my
side. They have the same grouch—so
let's get it off our chests.

Why do frock shops and department
stores cater almost exclusively for the
SW and SSW type of figure? We admit
a frock shows to much better advantage
on a slim woman, but there are
thousands of women whose measures run
to W, WX, OS and EOS, and they are
wretchedly neglected.

I'm a W myself, and like countless
other women I've had the experience
of searching through racks of frocks
trying to find—like the needle in the
haystack—my size of frock. Arms grow
weary, eyes ache, but all we get for our
pains are a succession of SW and SSW's.

America has the right idea. They
realise to-day that the larger woman
can look as smart as her slimmer sister,
and all their mannequin parades feature
their type and size of frock.

On this subject, I would like to add
a little word to the elderly women. This
is your day. Don't let a few white hairs
scare you into tucking yourself away in
the background. There are no really
old people to-day. Life moves so
swiftly, and living is so keen, that the
term "old age" has lost its sterner
meaning. There are rules, however.
You've got to play your part, keeping
your mind alert and your personal ap-
pearance up to the mark. That is im-
portant.

The old fallacy that elderly women
should dress exclusively in black and
brown has been exploded long ago. Just

try coming out in blue or grey—and see
how flattering these colours can be to
your white hair. An attractive combina-
tion for you is navy blue with old gold
—dusty rose, and rich wine colours.
They will not only make you look
younger, but feel young.

When your frock is being made, ask
your dressmaker to raise the waistline
and flare your skirt ten inches below
the waist. See that the armholes are
made loosely. Tightness anywhere should
be avoided—also materials that are too
tweedy, too shiny, or too clinging. Belts
of two-tone that cut the figure should
be avoided. Choose instead a belt of
the same material as your frock.

Avoid the old-style wrap-round coat
that gives such a heavy-droopy look to
the figure. The swagger type or an edge-
to-edge coat is both smart and suitable.

Hats are most important. They can
make or mar your entire appearance.
Hats should be chosen to give height
and an effect of slenderness. That is the
saleswoman's job—to suit you. Try wear-
ing straight or upturned brims—any-
thing but those droopy shapes that never
succeed in looking smart, and lend
years to your age.

Finally, as a rejuvenator, try experi-
menting with a new hair style. It's a
grand tonic. If you have worn it for
years over your ears, sweep it upwards
in the new style. It will reveal a pair
of ears to you, and enable you to wear
those attractive stud ear-rings. Or, if
you have always worn your hair dressed
on top of your head, try a smooth
swathe about your ears. Anything for
change. Change is vital. It is new vision.
It is life. Don't betray yourself by say-
ing—"I'm getting too old to bother!"
There are no old people to-day—you are
just dropping out of the race.

Yours cordially,

Cynthia

YOUR GARDEN AND MINE

By Ann Earncliffe Brown (No. 50)

Nursery Manners

ALL nicely brought up children are
taught that it is naughty to pinch,
and even the less carefully
guarded infant soon learns that
it is a dangerous game. Legs and arms
shoot out very vigorously in retaliation.
In fact nursery pinching in humans has
nothing to recommend it. However, if
you have from kindness or prudence
suppressed a secret desire to pinch your
brothers and sisters, you may very use-
fully gratify your ambition by pinch-
ing out many kinds of plants in your
garden. Like the human "pinchee" the
nipped plant hits out with the bene-
ficial result that subjects which tend to
grow straggly and spindly (where a com-
pact bushy growth is desired) are thus
encouraged to make side growths. Chry-
santhemums should be pinched back
quite soon if you have not already given
the young growths their first pinching
back. Some varieties of chrysanthemums
require a second "stopping," but the
gardener can judge best for himself if
or when to repeat the pinch. Vigorous
types can be made to bush out and

produce trusses of bloom, although the
exhibition grower naturally does not
sacrifice quality for quantity and will
disbud very carefully.

It is impossible to give a list of all
flowering plants which benefit by being
pinched out but cosmoses, antirrhinums,
nemesias and phlox are all much im-
proved by a judicious pinch at this time.

A further impropriety in our nursery
life lay in the use of certain unhal-
lowed words. A friend of mine still looks dis-
approvingly at me when I speak of
"bastard trenching," while recently an-
other fastidious female, telling me a
story which involved a certain type of
tree, paused, then, with embarrassment
continued: "You know those elms, er —
mongrel elms." As I did not appear to
know them she added in a kind of
apologetic mumble, "Common people
call them 'Bastard Elms.'"

Well common garden people are quite
within the bounds of horticultural
etiquette when they refer to either elms
or trenching of the particular class as
bastard—one more inhibition removed
for us by the Good Earth!