

DIABETES

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THIS PROBLEM OF STOCKINGS

MRS. E. N. VAN KLEFFENS, the wife of the Netherlands Foreign Minister, was talking the other day about the stocking problem in England. Though no more supplies of silk stockings are available there, the majority of women seem to be able to sport slightly darned ones for important occasions and to rely on lisle for everyday wear. But before the last silk stocking springs its final ladder Mrs. Van Kleffens is confident that English manufacturers will have produced something so perfect that we'll wonder how on earth we managed to put up with mere silk.

But in case that day is a long time coming we must buy stockings wisely and take the best possible care of them when bought.

Don't Despise Lisle

Do not despise lisle stockings (their price at any rate inspires respect). They are appropriate when wearing tweeds or low-heeled shoes and for all sports wear. They wear more satisfactorily than either wool or artificial silk, but it is advisable to buy the darker tonings as they tend to become lighter with wear.

When buying good silk stockings, try to buy identical pairs, because the good ones can always be re-mated when one or even two of the original four have become unusable.

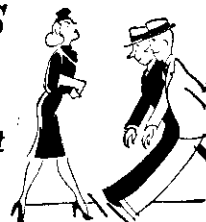
Remember that all stockings shrink slightly when washed, so buy them definitely on the large side, particularly if your feet are broad. Otherwise you'll find your toes and heels wear through very quickly, and the stockings may even tear along the line where the silk meets the reinforced foot.

Washing Stockings

Always wash new stockings before they are worn.

Wash your stockings daily, for the chemical action of perspiration rots silk and causes them to wear out prematurely. So even if you have a separate pair of stockings for each day of the week, wash stockings the same night. Use tepid water in which enough soap has been dissolved for the lather to persist after the stockings have been immersed. Wash on the right side first, then on the wrong, avoiding rubbing. Rinse in two lots of cool water. (Streaking is generally due to the fact that the soap has not been rinsed properly). Squeeze as dry as possible, but do not rub. If you want your stockings to dry quickly, roll them in a towel and knead well. This will absorb most of the moisture. Then shake them well and hang them to dry in a place that is airy and warm but not hot. Hang them by the toes, and pull each stocking free from creases and wrinkles. Avoid drying stockings in the hot sun or in front of a heater.

(Adapted from a Recent A.C.E. Talk)



It pays to take all these precautions even with lisle. When drying lisle stockings, pull them lengthways to prevent bagginess at the knees.

Care of Stockings in Wear

When putting your stockings on, always turn the toe back and then roll the stocking up the leg. Beware of such habits as crossing your ankles and dragging the heel-plate across your stocking, or of twining the legs round the legs of tables, desks, or chairs, both of which will cause pulled threads. If you do pull a thread, run a single strand of matching silk above and below the pull, taking care to catch every thread. Then there will be no risk of a ladder.

If you are very hard on stockings at heels and toes, it pays to reinforce these points by fine darning before the stockings begin to wear. Many shops stock special heel reinforcers which can be ironed on to the stocking and which make the heel permanently hole-proof. Keep an eagle eye open for rough or worn shoe linings, or for nails in shoes. It is sometimes cheaper to buy a new pair of shoes than to wear out several pairs of stockings.



STREAMLINE YOUR FIGURE

THERE is a great deal of truth in the old wisecrack that the best reducing exercise is turning the head from side to side rapidly when offered food. This is perhaps an even more difficult exercise than usual with colder weather coming on, when the body seems to demand larger and more frequent meals. On the other hand the bulkier garments we wear in winter add to our circumference, and it is now that steps should be taken to preserve last summer's sylph-like silhouette.

Reducing depends upon two things, your diet and the amount of exercise you get. The two are of equal importance in your search for the perfect figure.

As you probably know, all foods are made up of varying quantities of proteins, starches, fats and water. Starches and fats provide heat and energy, whereas proteins act as body builders and tissue repairers. When the energy provided by the starches and fats in our diet is in excess of our needs, then the surplus is kept in cold storage (cf. Mr. Nash) in the body in the form of fat. The remedy is, of course, to use up the surplus by leading a more active life or to regulate the daily intake according to our own requirements. If the intake of

energy-providing foods is less than the quota demanded by the body, then some of the accumulated fat is naturally used up.

But it is important to provide the body with an adequate diet. In summer salads and fruit can be used to great advantage, but in winter a somewhat more substantial diet is necessary. We therefore place a great deal of our reliance on the protein foods, meat, fish, eggs and milk. Do not avoid milk on the ground that it is fattening, but remember that it should be regarded as a food rather than as a drink.

Restrict yourself as far as possible to three meals a day. It is afternoon teas and suppers which do most to convert those curves to bulges. Avoid cakes, pastries, sweet biscuits and fried foods of



MADELEINE CARROLL
She lost pounds—but how many?

all kinds. And above all, be consistent. It is useless having just a cup of tea at lunch if you make up for it by eating twice as much at dinner.

Those of you who saw Madeleine Carroll in *My Son, My Son*, may have commented upon the matronliness of her once perfect figure. But in her more recent *Safari*, it was as perfect as ever. Miss Carroll lost the excess pounds (she doesn't confess how many) in eight weeks, by the following method:

One day a week she takes nothing but fruit juices. On the other days her diet is as follows:

Breakfast: A baked apple or stewed fruit, without sugar or cream. One or two slices of rye toast and coffee.

Lunch: A fruit or vegetable salad. Tea or a glass of milk.

Dinner: Grilled steak or two grilled lamb chops, or a roast of lamb or beef with plain vegetables. Once or twice a week a baked potato. Dessert is always fruit.

This diet may seem a trifle unsubstantial to those of us who are launching ourselves on a diet for the first time, but by the exercise of a little will power it becomes easy to adhere to it. Now that apples are with us in such quantities, full advantage can be taken of them in a diet such as Miss Carroll's. An apple goes quite well with a cup of tea at morning and afternoon tea time, and if after eating your two lamb chops, vegetables, and dessert at dinner-time there is still that empty space which you know will cause you embarrassment later on by rumbling in the middle of a dramatic film sequence, you can always eat an extra apple.

(Next Week: More on This Subject)