

## Nurse Says Internal Cleanliness Essential

### HER ADVICE IS SOUND!

No one is in a better position than a trained nurse to know that constipation is the most common health-destroying agent. This nurse says that bowel sluggishness or stagnation causes a poisoning of the blood stream, which eventually results in most common human ailments.



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To Boys  
and Girls



## GIVEN

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## Describing DEBORAH—Who Drank

WHEN Deborah was quite small she was never given anything but milk to drink with perhaps an occasional ounce or two of orange or carrot juice, and so it was no wonder that at the age of 12 she should have developed a passion for strong cocoa. This persisted all through her high school days and was a source of considerable anxiety to her parents, who blamed on it the fact that Deborah had a rather greasy complexion and spots, as well as being unhealthily plump for her age. So when on her eighteenth birthday Deborah agreed to drink tea as being a more adult beverage her parents were overjoyed, and encouraged her in her resolve by allowing her to have three teaspoons of sugar in it and to read the tea leaves afterwards.

They could not at that early date foresee that this policy would have unfortunate results. In the fullness of time Deborah became as devoted to tea as she had previously been to cocoa and thanks to the amount of sugar she drank in each cup her figure at the age of 28 was as unsuitable for a bathing suit advertisement as it had been at 18. And though the blotchiness of her schoolgirl complexion had more or less cleared her liking for strong tea (she always made it very strong, because she liked a lot of tea-leaves—it gave her more scope), had resulted in a regrettable sallowness which no amount of cleansing cream could remove.



"Many of her friends . . . now made a point of dropping in to see her on the flimsiest of pretexts"

One by one Deborah's girlhood friends married and settled down in other parts of the country. She was lonely at home. She wanted to do something in the world, preferably something vital to the War Effort. Finally she left home to get a job in the Big City.

DEBORAH enjoyed her work, but after 10 years at home with breakfast in bed and nothing much to do all day she found city life exhausting. Fortunately perhaps she went out very little in the evenings, so when she came back from the office she would brew herself a cup of strong tea and retire to bed in her little flat with a novel and a hot water bottle. But just occasionally when the fleet was in port she would blink a wistful eye at the bright lights of the city and wish that she could do her share to entertain the men of the forces.

It was a sad blow to Deborah when she read in her newspaper that she could have only two ounces of tea a week. And what with sugar being rationed it looked as if soon the one pleasure of her humdrum existence would be taken from her.

When she unlocked the door of her flat a familiar smell greeted her nostrils. Wearily she went to the kitchen and pulled out from the cupboard a case of apples. It was as she thought. Only a quarter of the case finished and the rest already rotten.

Deborah lay wearily on her bed. What had she done to deserve all these misfortunes? She had tried to do her duty. She had always kept the welfare of her country at heart. Obedient to its demands she had left her comfortable home in the country to come to the city and do war-work. And also in obedience to its demands she had since coming to the city invariably bought her apples by the case. But though she ate them stewed for breakfast, baked for lunch and fried for tea, she could never get through a whole case. Yet it would surely be defeatism to go back to buying them by the pound.

THEN suddenly Deborah had a wonderful idea. That very night she went out into a neighbouring gully and collected a large number of empty bottles,

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