

In the "Land Army" now!

Lady CECILIA SMILEY helps Britain's War Effort
Lady Cecilia Smiley now "Digs for Victory" on a Leicestershire farm. But despite arduous conditions her satin-smooth skin hasn't suffered in the least, thanks to Pond's two creams.

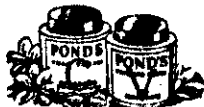


Lady Cecilia Smiley is the daughter of the late Lord Cowley. Her glorious complexion is flawless as a child's and has a child's delicately flushed fairness.

"Pond's Two Creams keep my skin smooth as satin," says LADY CECILIA SMILEY

Pond's two creams will guard your complexion as carefully as they guard Lady Cecilia's. First, use Pond's Cold Cream to cleanse deeply, to lubricate your skin. It melts down into the pores and floats out the day's dust and make-up... leaves your skin immaculately clean. Finish with Pond's Suffy Vanishing Cream to soften any tiny rough patches, to

give your skin a flower-like bloom. It holds powder perfectly, hour after hour... protects your sensitive skin from sun and wind. Use Pond's Cold and Vanishing Creams together as a complete beauty method... they are laboratory-prepared so that each enhances the beautifying powers of the other.



Pond's Extract Co., Hudson Street, New York, N.Y.

Sold at all Stores and Chemists in tubes for your handbags, and in jars for your dressing table.

SPECIALIST TRAINING

This is the day of the skilled man—the specialist. You too, can qualify for a good position by taking an I.C.S. Course of specialised training. It can be carried out at home, in camp—just whenever you have the spare time. These are some of the 300 I.C.S. Courses:—

Diesel Eng.	Refrigerat. Eng.
Radio Servicing	Mechanical Eng.
Ground Eng.	Carpenter & Joiner
Ship Building	Foundry Work
Ocean Navigation	Works Manager
Draughtsman	Electrical Mech.

Send for Free Prospectus, stating the subject or trade in which you are interested. Utilise your spare time! Write TO-DAY!

INTERNATIONAL
CORRESPONDENCE SCHOOLS,
Dept. L, 182 Wakefield St., Wellington

Pimples Go

The very first application of Nixoderm begins to clear away pimples. Use Nixoderm tonight and you will soon see your skin becoming soft, smooth and clear. Nixoderm is a new discovery that kills germs and parasites on the skin that cause Pimples, Boils, Red Blotches, Eczema, Ringworm, and Eruptions. You can't get rid of your skin troubles until you remove the germs that hide in the tiny pores of your skin. Get Nixoderm from your chemist or store today under the positive guarantee that Nixoderm will banish pimples and clear your skin soft and smooth or money back on return of the empty package.

Nixoderm now 1/8

FOR SKIN SORES, PIMPLES AND ITCH.

Inserted by The Knox Company
1851 North Argyle, Los Angeles, U.S.A.

Advice on Health (No. 88)

TINTED GLASSES

(Written for "The Listener" by DR. H. B. TURBOTT, Director of the Division of School Hygiene)



NOW that summer is established, quite a number of people are wearing tinted glasses, so much so that one wonders whether most of these are necessary or merely a fashionable fad. The eye specialist doesn't often prescribe them, the reasons for their use being strictly limited. In industrial life, wherever there is the flash of short-circuiting powerful electricity, tinted glasses will be essential. We have become accustomed to the goggles worn by welders. In modern warfare, tinted glasses have become necessary equipment for that part of the personnel carrying out aero-plane-spotting, whether in the navy, army or air force. A favourite approach to a target is with the sun behind the aircraft and the sun's direct rays on the objective.

Anti-aircraft spotters, and any civilians who look at the sun with unprotected eyes will get an inflammation of part of the retina. The infra-red and visible rays actually burn the retina at the spot on which the rays converge and focus. The delicate lining is destroyed and replaced by scar tissue; the damage is permanent and blurred vision results. There have already been cases of permanent eye damage in the Allied services, whose personnel failed to use protective devices, or were supplied with something that proved defective in use. War pensions have had to be awarded, and active personnel lost, for an injury that was preventable.

Many Makes and Many Tints

The usual preventive measures are the wearing of tinted glasses, or the use of binoculars fitted with filters, or of screens of tinted glass. Tinted glasses are not all standardised. There are many makes and many tints. They should be graded according to their power to absorb both infra-red and ultra-violet radiations, so that weak and sometimes useless glasses should not be offered for sale.

In one Allied navy, which has had casualties from imperfect protective glasses, Crookes B2 tinted glass is now used. This is a glass incorporating certain metallic oxides that absorb heat, visible, and ultra-violet rays without cutting off too much light for clear vision. This glass is standardised.

To return to civilians and tinted glasses, these should not be worn because they seem to be fashionable. A visit to an eye specialist will soon determine whether you need to enhance your appearance with tinted spectacles. For most people they are unnecessary, except, perhaps, when doing much motor driving over brightly-lit summer roads, or when holidaying in the snow-covered mountains, or sunbathing day by day at the light-reflective beaches. If you won't seek the advice of an eye specialist and will wear tinted glasses, then at least see that the tinted spectacles you buy are of standardised, properly protective glass that will shield and yet give the maximum light.