



Monterey LIPSTICK

YOUR lips will always be your feature of attractiveness if you use lustrous, indelible **MONTEREY**—the lipstick that definitely clings better—the lipstick of quality.

Available at all leading
Cosmetic Dealers.

WILFRID OWEN LTD
Manufacturers, Christchurch.

N.Z.L. AU. 43

HAIR FALLING OUT?

This Letter Speaks for Itself

Clifford Street,
Seddon.
Dec. 20th, 1942.

Salmond & Spraggon Ltd.
Dear Sirs,

I have been using Pure Silvikrin for a few months now, and have had amazing results—was nearly bald—the hairdresser said she never saw a person with so much new hair. I am very pleased with my new hair—it has come back as it was in my schooldays. I am still in ill-health so it is only thanks to Pure Silvikrin that I am no bald now, instead of having a thick head of wavy hair.

Now what makes it curly and wavy—the reason is I always use Tonic Lotion Silvikrin in the daytime. No need for a hair set when you can get natural waves as well as keeping your scalp clean. And don't my girls like it. I've just got to hide the bottle if I want any left, so will give them a bottle each for Xmas. Not forgetting the shampoo—I have been using all three for six months. I'm using the last bottle of Pure Silvikrin now, will carry on then with Tonic Shampoo and Oil.

Now let me tell you, I am not telling you all this just to please you—it's all true, as my friends can tell you. But you must use it every day, not miss two or three and start again as a friend of mine does, and then wonder why you aren't getting results. The only thing is I cannot get my hair to shine (that is because of gland trouble.) So you will understand Silvikrin has had a battle and come out with flying colours.

Yours faithfully,
Mrs. P. Watson.

FOR HAIR BEGINNING TO FALL—Slight Dandruff—apply Silvikrin Lotion—keeps normal hair both healthy and tidy. Price 3/5 & 6/- per bottle.

FOR SERIOUS FALLING HAIR—Severe Dandruff—apply Pure Silvikrin—the Concentrated Hair Food. Price 8/3 per bottle.

Silvikrin

FOR THE HAIR

Drugs Ltd., Sydney Road, London, N.10.

N.Z. 5.3



**YESTERDAY
I WAS
LIVERISH**



TO-DAY I FEEL FINE!

Nothing can deal more effectively with liverishness than Beecham's Pills. They will get rid of the poisons which clog your liver and dull your mind. They will give you natural bowel regularity—and that is the secret of really good health.

Purely vegetable

Beecham's Pills

Sold
Everywhere

Beecham's Pills Ltd., St. Helens, England

Agents: Harold F. Ritchie, N.Z. Ltd.,
104-108 Dixon Street, WELLINGTON.

Advice on Health (No. 115)

PULSES

(Written for "The Listener" by DR. MURIEL BELL, Nutritionist to the Department of Health)

YOU remember the Biblical story of how Daniel and his companions refused to eat Nebuchadnezzar's meat, of their determination to eat pulse and drink water, and how it was verified at the end of 10 days that "their countenances appeared fairer and fatter than all the children which did eat the portion of the king's meat."

Which of the family of pulses was it? Peas, beans, or lentils? The seeds of the botanical family of *Leguminosae* are remarkable for their variety of merits. We have met them as substitutes for potatoes (because of their caloric value), and for eggs (because of their protein and iron), and we know of their value in supplying vitamin B; thus, one ounce of dried peas or peanuts (the latter belong to the same family, though they are not called pulses), supplies as much vitamin B1 as three ounces of germ bread. When green and fresh, or when sprouted, the pulses also supply vitamin C. Daniel knew that they were a good all-round food. Indeed, beans such as soyabeans, even now form the staple food for many millions of people who have to live without meat or other source of animal protein.

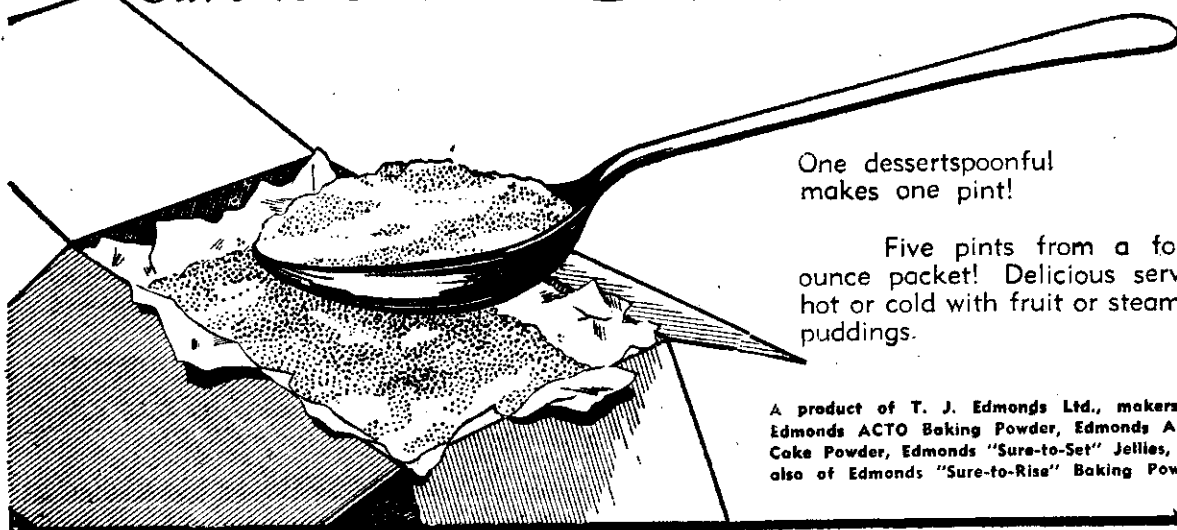
New Zealand can flatter itself on its ability to produce first-grade peas; one of the U.S.A. Army officials who has had very wide experience in the canning industry in U.S.A., says that the quality of peas grown here surpasses any in his previous experience. Also, under normal circumstances, we export several thousand tons of dried peas. Possibly these are turned into "pease pudding hot, pease pudding cold," which reminds me that in England, children often spend their pennies on a portion of pease pudding instead of on sweets. Pease pudding makes excellent sandwich fillings, as well as providing a main dish for a meal. Following Mrs. Beeton's advice to cook the peas in rain water, will obviate the toughening effect of hard water on them. One way of avoiding all the fuss and bother of long soaking and prolonged cooking that are required in making pease pudding from dried peas is to buy them already ground to flour fineness. You can cook peameal much more quickly; it enriches and thickens soup, and need not be added till about 20 minutes before it is served.

Dried peas can also be soaked for 24 hours, and left to sprout, covered with a cloth kept damp. They need to be well spaced on the plate, and any dead ones that fail to sprout should be removed to prevent them from tainting the others. First putting out a root, and later a sprout, they develop vitamin C in very appreciable quantities, and, as their starch is partly changed to sugar, they become sweet to the taste; they are easier to cook than when in the dried state, or they may even be eaten raw. If the peas are left till the sprouts are about an inch long, they will add considerable nutritional value to a salad.

When you add up their protein value, their vitamin C and B, and their calories, they are getting on towards being a perfect food.

EDMONDS *delicious* CUSTARD

'Sure to Please'



One dessertspoonful
makes one pint!

Five pints from a four-ounce packet! Delicious served hot or cold with fruit or steamed puddings.

A product of T. J. Edmonds Ltd., makers of Edmonds ACTO Baking Powder, Edmonds ACTO Cake Powder, Edmonds "Sure-to-Set" Jellies, and also of Edmonds "Sure-to-Rise" Baking Powder.

16.3