

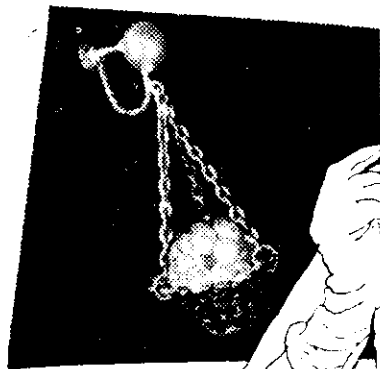
# le bijou brings to New Zealand women that French chic



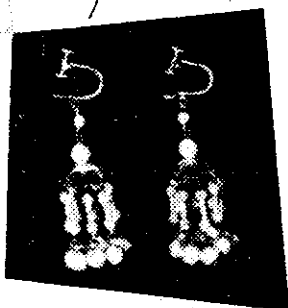
Le Bijou . . . "the jewel" . . . elegant costume jewellery equal to the best created anywhere in the world. In Le Bijou New Zealand women are offered the most attractive collection of costume jewellery ever seen in this country.

There is a piece of Le Bijou Jewellery for every occasion, for every frock in your wardrobe.

Ask for Le Bijou by name at the jewellery counter of better stores and at quality jewellers. Every piece is labelled.



le bijou



Created by J. Block Limited, Wellington.



The right kind of meals are the best aids to beauty. For a clear skin and shining hair — for energy for work and play — the teen-ager needs the kind of meals given below. This is the bare outline — more can be added but NOTHING SUBTRACTED.

**BREAKFAST** — 1 large plate of *cooked* porridge with milk and sugar, a cooked dish if possible—if not, then a milk drink is a **MUST**. Toast, butter, etc.

**SCHOOL LUNCH** — Sandwiches or rolls with a generous filling of meat, fish, cheese, egg or peanut butter. Not more than one cake or bun. Milk, whenever possible, and fruit or vegetable such as tomato or celery, to finish up with.

**DINNER** — Meat or fish, plenty of potato, at least one other vegetable. Pudding—milk puddings and fruit are best.

Use milk and fruit, rather than cakes and sweets for in between "fill ups".

## Note to the Figure Conscious

*Slimming at this age, unless under medical supervision, is most UNWISE, and usually unnecessary as Nature generally works the miracle in a year or so. However it may help to remember that it is without doubt, the cakes, biscuits and sweets which produce unwanted fat; whereas the good protective foods given in the meals above, DO NOT.*

