lutely dry, and label them according to the contents. If possible these bottles should have serew tops, which keep out the air, but, if not, they must be covered with close-fitting lids and sealed with wax to make them quite airtight.

Dried herbs are often kept hanging in paper bags on little hooks in the store cupboard, but as bottling is carried out so easily at home, it is to be recommended as the better method, as the airtight condition of the herbs preserves their flavour.

## Beauty's Eyes

THE importance of starting the meththey begin to depart cannot be emphasised too often.

The eyes have always been considered one of the most important features. Strained, tired-looking eyes beneath lingering on the outskirts of efficient baggy lids and surrounded with tiny downward tending lines will spoil the charm of the fairest complexion and loveliest features. Those deep frown of the way things were. lines too many people wear between their eyebrows destroy the effect of VIVID impression remains of sea of the most successful hat.

among the first things to guard against, especially as they frequently appear on quite young brows.

The first thing to do is to try to stop oneself from frowning. With some people this constant drawing together of the brow is merely an unnecessary mannerism which can be cured by taking pains, and the lines already formed will soon be banished (unless they are very deep), if one pats a good

frowning, and particularly if you find pedition for the moment loomed but that these lines are always more mark-shadowy mirage of the future. ed after you have been reading, writing or sewing, by all means consult an "IWAS hard to realise that those ophthalmic surgeon. It is probable that you should wear glasses when through office rooms to serried block ever you are working your eyes hard, of humanity that stretched away and and you will also be wise to avoid away into darkness beyond, also cargoing out into the sunshine without a ried tidings to countless homes in hat, which shades them slightly.

Everybody should bathe their eyes every day in an eye bath of boracic ly, companionable radie. lotion, especially after travelling or ed by a short rest with closed eyes in a darkened room is very beneficial to eyes that are overtired or inflamed.

the eyes is extremely delicate and easplying the skin food or muscle oil which can do so much to keep the eyes surrounded with smooth, firm skin, avoid the rubbing movement, which cantdo irrevocable harm, and learn to apply the oil or cream with gently patting movements.

These rules for preserving the beauty of the eyes take longer to write about than to perform. A very few minutes spent in daily eye care will keep these important features clear and lovely, if health, the foundtion of beauty, has been attended to as it deserves.

## Annotations of Annabel

TEAREST:

fourteenth, and the most passe or Lands and Agriculture. blase could hardly be unaware of the thrill of the moment. The unexpected happened. We were all so com-Government again would be in the middle of the map; and behold, it was

odical care of one's looks before THE office of this paper, fitted with fascinating telephonic and wireinant to the mind of your Annabel, coterie upon which devolved privilege of informing listening microcosm

upturned faces in street below, in The frown lines in question are cessant tinkle of this telephone and that, laconic inquiries, hurried passage from one room to another with sheaves and slips of papers bearing heaps laurels upon them. figures from City Suburbs, Auckland East, Oamaru, Dunedin, any old TOWARDS the conclusion of the place. Deep voice and measured articulation of announcer telling those surprising numbers, and—at long last—ultimate result of the Election of 1928. And what a result! For Skin food into them for a few minutes surprise, sting in its tail, card up its at least once every day after cleaning sleeve, it beat cock-fighting; the Tasman flight receded into the limbo of If you find it impossible to stop a tale that is told, and the Byrd Ex-

meticulous accents, the backblocks, isolated whares and Cleanliness, exercise and rest are as solitary stations; likewise to many essential for all kinds and colours of a sick or sorrowful soul, and to galeyes as they are for the body as a lant soldiers of war who, in hospital, THE lecture was brought to a close find content and entertainment in that friend who never fails, the kind-

> whom to look at was to love, al- exponent. though evidently many of his constituents thought otherwise. Also some of us are sad over political de-

mise of Mr. Hawken and Mr. McLeod, who did the country much good dur-A night of nights was the fatal ing short sojourn in limelit arenas of mediaeval language, it tells of deeds

N what was assuredly Wellington's coldest night, though but a month from longest day of Sidey fortably confident that the Reform summer-time, I heard a lecture given to the University Women's Club by Mrs. M. L. Hannah, on that interesting and neglected subject, the Literature of New Zealand.

CRACEFULLY gowned in jetted, diaphonous black, pink-posied less apparatus, was a veritable illum- and wrapped in shawl of an Eastern colour and allure calculated to envy in frail, feminine hearts, the lecturer appeared very youthful to have attained to such sureness of judgment and serenity of mental poise; and covered a surprisingly wide field in the flying hour in which, with discrimination and illuminating comment, she spoke of known and unknown writers of this country, where, in the old, old fashion, prophets are usually unhonoured and unsung until the wider world

> lecture characteristic and interesting extracts were read from writers of widely divergent qualities, amongst them Alan Mulgan, Katherine Mansfield, Jessie Mackay and Siegfried Eichelbaum. Mrs. Hannah's interpretation of "A Windy Day" was pure delight, bringing out the subtle nuances of intuition and observation of that New Zealand-born genius who died so young; and most attractive was a wistful poem of the coming of the Christ-child, written by Eileen Duggan, and possessed of a Celtic strain of haunting mysticism. Tribute was paid to the plays of Mr. Charles Allen; "The Singing Heart" and "When Mr. Punch was Young" being described as very beautiful and lovely work.

by the reading of charming, puckish verses, given at the request of the audience, and written by Mrs. Hannah herself. To that increasingtates that were, and are, and are to hoped that another opportunity will water as required and colour will be The skin of the eyelids and round come, I have, so to speak, no nose, soon be given of listening to Mrs. restored. Yet regrets afflict me. Triste am I, Hannah on literature, of which, with ily stretched. It is essential to re- for instance, that no more shall I lis- her literary acumen and cultivated member this, and when you are apten and learn from Mr. Rolleston, taste, she is so delightful and able an

ANNABEL LEE.

# Tonking's Linseed Emulsion

Certain Cure for Coughs and Colds

## Books.

### HERE COMES AN OLD SAILOR. (A. T. Sheppard.)

THIS is a strange book, in some ways a wonderful one. Written in of chivalry and derringdo in times when England was in a turbulent state of piracy and bloodshed; battle, murder and sudden death being the rule and not the exception.

A young and solitary monk on his vigils rescues a sailor from the sea. Apparently dead, this wanderer on the waters is resuscitated by the gentle student; and afterwards in wind-swept solitudes, during long days and nights, he tells strange tales to his rescuer and his brother monks, the characterisation of whom is quaintly and vividly achieved.

The story told by this derelict of the waters is of his beloved master, Tom Mariner, and their adventures together on land and sea, ever with Death as neighbour and bed-fellow. A tale of rough times, the literary style is of Chaucerian quality and admirable throughout, at times rising to a rare beauty of religious fervour and vivid visualisation of a picturesque period of history. As an example of its beauty:

". . . Alas, if spells could hold them thus, so that they grew not old, and pass away like shadows of summer clouds on grass! . . . Days of sea I love, be they rough or fair: the slap of the waves and crunch of shingle when a boat is launched. . . . But we cannot hold old Time by the skirt. . . . Even the bright boys and girls must die. . . . "

Women do not come much into this tale of rough bickerings, ancient man-The lovely Peronners and modes. elle, fickle, French and wanton, flits through the pages, is loved and married by Tom, more than twice her age; and when the bluff, loyal seaman finds her unfaithful, he leaves her to her new lover and sails the seas for the last time, meeting in heroic fashion the last and greatest adventure.

Not for the squeamish, but a narrative to appeal to those who appreciate a tale of mighty men and doings of an unbridled age.-R.U.R.

#### To Freshen Faded Carpets.

THOROUGHLY brush with a stiff handbrush, then take a pie-dish with about 1 pint of tepid water, add being out of doors in a grimy atmo- NO flair do I possess for knowledge ly numerous band who grapple to 1 desserts poonful of liquid ammonia, sphere. A bath of warm milk, follow- of steering of ship of states and it numerous band who grapple to 1 desserts poonful of liquid ammonia, of steering of ship of state; and themselves with hoops of steel friends dip brush in liquid, brush and then for political personalities and poten- of the spirit in prose and verse, it is wipe with clean duster, renewing the

