#### PAVLOVA'S AGE

ANNA PAVLOVA, probably the world's greatest ballet dancer, was once giving two concerts in America. The first night she looked gloriously young and vibrant, but the second night she was another woman altogether. She looked old and haggard and somehow seemed to have aged. Something terrible had happened to cause the transformation. What was it?

Just this. By mistake, the wrong colour spotlight was thrown on her and the effect was that she appeared 20 years older. The audience whispered—how old and tired Pavlova looks to-night. In a few minutes the right light was thrown on the stage, but the damage was done. No one in the audience could be convinced that Pavlova had not grown old.

What holds for lighting holds just the same for pace powder and make-

### Pudding Recipe Wins 10/6

BLENHEIM reader, Miss F. Ford, 8 Scott Street, Blenheim, wins this week's half-guinea prize for her easily prepared Honolulu Pudding, which should be helpful to every housewife who daily seeks for something new and attractive to offer the family. A half-guinea prize is offered each week for the best recipe received. Entries should be addressed to "Chef," "N.Z. Radio Record," G.P.O. Box 1680, Wellington.

up. You must have the correct shades. wrong shades of face-powder, rouge and lipstick can make you look years older. In fact, many New Zealand women even to-day choose their cosmetics on the wrong basis and are victims of a decidedly ageing effect. Even you may be using the wrong make-up. It is an easy matter to get make-up best suited to your type, because correct make-up will be flattering and rejuvenating to you and will make an amazing difference in your appearance. It is a common saying that brunettes look older than blondes, but there is no truth in it. The reason is that many brunettes make a mistake in the shade of face-powder they use. They choose a brunette facepowder shade or one that merely matches their type, instead of one that goes with the tone of the skin. girl may be a brunette and still have an olive or white skin.

The first man to apply the secret of colour harmony in make-up to cosmetics was Max Factor, filmland's make-up genius, and to-day his colour

#### Professions for Women

Make yourself independent. No position is beyond you! Dressmaking and Designing, Millinery, Commercial Art, Beauty Culture, etc. Practical, personal or correspondence tuition by experts. Write to:

DRULEIGH COLLEGE, New Zealand's Premier Training Institute.

P.O. BOX 1225R, AUCKLAND.

harmony make-up is known and used all over the world. The screen stars look lovely and alluring because they use colour harmony in their make-up. This is why they look individual—smarter and different.

More and more smart women everywhere are realising the importance of colour harmony in make-up, and once you find out the correct shades for your individual type it is an easy matter to always appear attractive and alluring, because you will have emphasised your individual features, and every woman has certain attractive points that she can accentuate. The trouble with most women is that they are indifferent, or else they do not know

## HYGIENIC TOWEL SUPPLY LTD.

Launderers and Dry Cleaners

For Prompt Service

always ring 25-275

We Supply Hand Towels, Tea Towels and Dusters



and children have absorbed your youth, strain and worry sapped your energy and impaired your digestion. But your husband has worries too. Unless you can share them and help him find recreation he may look elsewhere for sympathy. Turn to Wincarnis, the delicious tonic wine Doctors have been recommending for over 50 years, the wine which has literally meant new life to thousands after serious illness. Wincarnis replaces lost energy by creating new blood to nourish the nerves and tissues. It brings you new vivacity and vigour. It helps you to sleep soundly—to be yourself once more, the woman he married, the woman he still desires.

Wincarnis is simply a pure delicious wine reinforced with the energising vitamins, the nerve-building and tonic properties of malt and beef extracts. Wincarnis has been proved by over 20,000 recommendations from Doctors to be the most effective remedy for all run down conditions and nervous complaints. 5/6 pints, 9/- quarts. Get a bottle to-day from your chemist. You'll feel the benefit with your very first glass.

# WINCARNES) Must do you good

OVER 20,000 RECOMMENDATIONS FROM DOCTORS