



DRINK A COCKTAIL OF VEGETABLE JUICE—THE LIVE AND CONCENTRATED JUICES EXTRACTED WITH THE "HEALTH MINE" JUICE EXTRACTOR.

The juices are the product of sunshine and soil, providing extra minerals and vitamins needed to correct Stomach Ulcers, Diabetes, Goitre, Anaemia, Arthritis, Kidney Trouble and many other deficiency diseases.

Procure at once a

"HEALTH MINE" JUICE EXTRACTOR

Simple to operate—nothing to get out of order—only one moving part—lasts a lifetime.

Sole N.Z. Agents:—
MODERN DIET PRODUCTS SUPPLY CO., WELLINGTON.

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Free Booklet of Cocktail Recipes for making health-giving drinks for the tired and toxic body given with every machine purchased. Write to us for particulars.

DOROTHY PARLETTE

Who has just returned after 15 months absence abroad, has opened a Studio teaching a variety of Character Dances including Spanish (correct Castanets and heel-tapping), Norwegian, Mexican, Slavonic, Rumanian, Bavarian and others. The famous Espinosa Syllabus of the British Ballet Organisation will be available.

New "Bill Robinson" Swing Tap!

Special Health-Building and Limbering Classes for Business Girls.

Courses arranged for Teachers and Students.

Interviews from 3 p.m. Daily at The Studio, 2nd Floor, Red Cross Buildings, Dixon Street, Wellington.

Have You Joined the M.P.L.?

An entirely new and up-to-the-minute Play-lending service is now available to all amateur play-acting and play-reading groups. Secretaries are invited to write for full details of the "M.P.L." plan, whereby complete sets of all the best modern plays may be had on loan at very moderate fees.

The Modern Play-Readers' Library
P.O. Box 1680, Wellington.

New Weekly Feature—

"RECORD" PATTERN SERVICE



One of the most attractive and trim-fitting jumper patterns seen this winter is the featured design in yellow wool with white spotted round collar, giving a charmingly youthful touch.

The main pattern of broken ribbing is set off by the plain-ribbed yoke, with its novel shoulder buttons.

Pattern No. K13 contains illustration, material requirements, measurements and full instructions for knitting and make-up of the jumper.

Send sevenpence in stamps for this pattern to:—

"RECORD KNITCRAFT," P.O. Box 1680, WELLINGTON.

Write plain pattern number K13, your name and address.

Household Hints

PARAFFIN seals on jelly glasses can be easily removed if a string is placed across the top of the bottle before the melted wax is poured on. When the jelly is required, simply pull the ends of the string, keeping the paraffin seals for the next boiling of jam.

WOMEN who do their own housework will find it a great advantage to use a pair of rubber gloves while doing unpleasant tasks. The gloves may be easily slipped on after dusting the hands with a little talcum powder and an otherwise nasty job may be per-

formed with the confidence that it will not harm the beauty of the hands. Women who polish their own brassware, clean and grease their own cars fail to appreciate the comfort of rubber gloves, even the cheapest give service for a long time. After use the gloves should be washed clean with warm water and soap while still on the hands.

WHEN bathing baby, always put a thick piece of towelling at the bottom of the bath as this stops slipping. Also, put in the cold water first then add the hot. If hot water is put in first, the bottom of the bath will remain hotter than the top, even though cold water is added to correct the temperature.