

New Weekly Feature—**“RECORD” PATTERN SERVICE**

The fashion tale of the trim jumper is something new in the book of styles. The body in dark blue wool is knitted in an easy slip stitch, but the novelty comes in the striped white yoke, and plain white collar bordered with blue and the deep “cuffs” of ribbing to match the deep waist.

Pattern No K15 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 K15, your name and address.

Civilisation In a Nutshell

(Continued from page 11.)

the racial characteristics in other groups; studied the native mythology and chants, and analysed the language. All their findings, from such things as techniques for fishing to the life cycle on the island, are set out in their book. Bulletin 150, of the Bishop Museum, published at Honolulu.

They lost themselves happily on the island.

“When we went there,” Mrs. Beaglehole told me, “we were anxious about mulls and wondered what was going

to happen about Abyssinia. When we left we had no interest in the outside world and its wars. We had been utterly absorbed in the small world of the island. We did not hurry to open our mail.”

And when they sailed away they took with them as a gift from the natives a complete collection of all the objects of native life on Pukapuka. The whole island took a week off to make the objects for them. They were given models of canoes, of every kind of house, of every kind of fish-hook and every type of garment. The collection, dear to the heart of the anthropologist, numbered nearly 1000 objects.

FLATS produce divorces.—*The Rev. C. E. Coughlin.*

HEARTBURN KEPT HIM AWAKE

He Was Afraid To Eat

—Until Kruschen Ended His Indigestion

What a worry he must have been to his wife! No food agreed with him. Acid indigestion made him positively wretched. In this letter his wife tells how she found a way to end his trouble:—

“My husband developed a wretched form of acidity,” she writes. “Meals were a misery to him. He could not sleep for heartburn. His eyes were baggy, and nights without sleep played havoc with his nerves. Business kept him from home a great deal, which meant that I could not help him to get over his complaint. But, when he did get a spell at home, I gave him Kruschen Salts. I was amazed at the results obtained from three large bottles. That weary look left his face, and his indigestion gradually disappeared. He eats supper now—a thing I never knew him to do before. It is a treat to hear him say, ‘I’m hungry.’ It seems too good to be true. He takes the ‘little daily dose’ of Kruschen now, and he will keep on taking it.”—(Mrs.) K.M.E.

Consider for a moment the cause of your indigestion. Your internal organs have lost tone, and your gastric—or digestive—juices are failing to flow freely. Your food, instead of being digested, is stagnating in your stomach and intestinal tract, and producing harmful poisons. The immediate effect of the six salts in Kruschen is to promote a natural flow of the digestive and other vital juices of the body. Soon after you start on Kruschen you will find that you are able to enjoy your food without any distressing after-effects. And as you persevere with the “little daily dose” you will see that the relief which Kruschen brings is lasting relief.

Kruschen Salts is obtainable at all Chemists and Stores at 2/3 per bottle.

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Time casts its Glamour o'er mankind
And cranks create the cults we find—
Born sycophants may so incline,
I worship at no earthly shrine.
The greatest mortal, like the least,
Beneath his skin is half a beast;
And must for bronchial ills assure
With needful Woods' Great Peppermint
Cure.