IT is at present fashionable to paper one's rooms with a perfectly plain cream or beige paper, so that the artistic homemaker can have full scope with her cushions, curtains, and chair covers, and rely entirely on her fabrics to give her the necessary colour in the room. Nothing is more restful than petunia colouring—plum and blue—these colours can be procured with shot tones, and they form a very clever colour scheme. Some call it a fuchsia colour effect, but to use it you must have a plain background, and the whole is then a symphony of colour.

ONE of our readers asked what food is most easily digested. Rice is the most easily digested of all foods; it takes only one hour to digest after being eaten. Raw eggs take one and a half hours, and boiled eggs twice as long. For anyone who suffers from indigestion boiled meat, ther than roast, should be eaten.

IN order to keep fresh the beach-leaves one has pulled for foliage, a good plan is to slit the stem for about an inch, immerse in slightly salted water for a day, then pour into their vase a solution of one part glycerine to four of water.

To stuff onions, first parboil them, remove the centres, chop and fry these. Mix with a chopped mushroom, breadcrumbs, and seasoning, bind with an egg. Refill onions with this, cover with breadcrumbs, dab with butter, and bake.

THIS year, lilies, tulips and hyacinths have been grown in great abundance on the north-east coast of Sweden, in the middle of winter, by heating the earth with electric radiators. It is now possible to grow in any part of the world plants which before have only grown in certain climates, by warming the earth by electricity.

A FORTUNATE discovery, which may be the means of preventing serious accidents, was made by the United States Bureau of Mines. They discovered that soap dust, when mixed with air in certain proportions, is more explosive than the dust in coal mines. The result of this discovery is that steps will be taken for the proper ventilation of factories where soap powder is made.

ONE of the great attractions of miniature, or Tom Thumb golf, is that it can be played just as well by electric light as during the day. In fact so popular has this new pastime become that in some parts of America it is said to be ousting the cinema, and even the talkies, and it is no uncommon thing to see players in evening dress starting off from the first tee at 10.30 p.m.

NURSE, after an operation, found that two tubes of radium were lost, valued at £135, and much more in human health and happiness. However, with the help of a very delicate instrument called an electroscope, an exciting hunt began in the drains, and at last, after an exhausting search, the tubes were found uninjured. It would be a great blessing if some clever person would invent a nice, cheap electroscope which would locate lost pencils, pens, rubbers, purses and spectacles, and I hear the office boy say collar studs.

WOMEN, in following the fashion, little think of the far-reaching effect a certain fashion may have on the world. Snakes in Bengal are increasing at a great rate, and this is put down to the fact that the lizards which have been killed for their skins for shoes for fashionable women. used to feed on snakes. This creature is being



slaughtered on a wholesale scale to provide lizard leather, and its extermination seems within sight. The Government officials are making inquiries as to what can be done to stop this, as it is a most serious matter for Bengal.

THE following interesting article appeared in an American exchange, and where many stations operate on the same frequency the fact related can quite readily be understood: A young bride asked her husband to copy a radio recipe. He did his best, but picked two stations at once, one of which was broadcasting physical exercises and the other the recipe. This is what he took down—"Hands on hips, place one cup of flour on the shoulders, raise knees and depress toes, and mix thoroughly in half a cup of milk. Repeat six times. Inhale quickly one half teaspoonful of baking powder, lower the legs and mash two hard-boiled eggs in a sieve. Exhale, breathe

## Thought for the Week

We ought to be in a state of happy discontent, for we know that there is not a single thing we are doing that cannot be done better.

-Mr. Gordon Selfridge,
in Address at Buxton.

naturally and sift into a bowl. Attention! Lie flat on the floor and roll the white of an egg until it comes to a boil. In ten minutes remove from the fire and rub smartly with a rough towel. Breathe naturally, dress in warm flannels, and serve with fish soup."

THE latest craze for adorning Mayfair drawingrooms in London are whole zoos of small
animals, made of glass and coloured to look like
semi-precious stones. Some collectors want to
gather together as many different animals as
possible, but all in the same colour; while others
prefer a collection of the same animal repeated in
jade, amethyst, crystal or quartz. These "objets
d'art" are not entirely useless, for they act as
menu-holders, paper-weights, or book-ends. A most
artistic ash-tray was seen recently formed by an
oasis under a palm tree with a camel drinking.

NOW that the Christmas holidays are drawing near, so many families are preparing to go camping, which is one of the most delightful of In these days of efficient Girl Guides and Boy Scouts, camping has not any of the unnecessary discomforts. Little conveniences, such as coat-hangers, shoe racks, towel rails, are made from stout twigs and bits of string. ground-sheet and a few poles you can make a fire shelter, so that in bad weather cooking can be done under cover. Good camping depends enormously on the site. It must be well sheltered and wooded, and with a safe water supply and river for bathing in a spot as secluded and uncivilised

NOT long ago we used to hear of ex-debutantes going in for a mannequin's career—some for fun, others for pocket money, but they have not kept it up. Then it became the fashion to work in a flower shop, one's own if one were lucky. Now the latest vocation is that of receptionist at a hairdressing and beauty saloon, which means in plain terms being a sort of super-office girl. All that the receptionist has to do is to sit at a desk with a telephone, book sittings deal tactfully with "difficult" clients, and be generally charming and agreeable.

IN Denmark a prize was offered for the best model house designed without regard to popular prejudices. The prize was given to a circular house, with rooms placed round a central hall, in which the inhabitants could follow the course of the sun-bedrooms to the north, gymnasium to the east, living rooms to the south. The roof was flat and made of prismatic glass. the middle was a circular bedroom for the children, and all around it provision was made for Above this was a helicopter aeroplane, made so that it could rise straight from the roof without a run, and with suction feet to prevent it from being blown away. Electric power was supplied by wireless from aerials above the roof, and this also did all the work of the house. the front door was a perforated rubber mat which worked by electricity and sucked the dust from one's boots. The beds had rubber air-mattresses. and the dining table had a revolving glass top, so that one need not go round in order to reach anything. Truly, a house of the future.

THOUGH we are just beginning our alleged summer, it is as well to know what will be in fashion in the clothing line for next winter, so that we may prepare beforehand. To begin with, belted coats are to be in again, or where not belted a coat will have a wide wrap-over reaching beyond the left hip. Fur collars will be smaller, also shoulder-capes, and muffs and mittens (long lace ones) will be worn. With a distinct waist-line and skirts half-way down the calves, not to mention caps and rerets pushed back from the forehead to the uttermost limit, the feminine outline of 1931 will be almost the exact antithesis of the last few Sensible women will, of course, choose only such items of fashion as suit their particular type. To rush blindly at them all would certainly spell disaster to Venus herself.

A LONDON friend who is coming out to Wellington to be married wrote to me the other day for advice on the most suitable clothes for our climate. You can all guess my reply. "Bring nothing summery, but you cannot possibly go far wrong by bringing three of the prettiest and gayest mackintoshes, a fur coat, a tweed coat, and costumes; not forgetting the cardigan! Your evening clothes must include a silk velvet frock and a bridge slipper (one that a fur-lining might be secretly hidden away in!). You are coming out to cope with blustering, howling, biting southerlies which visit us regardless of seasons! New Zealand has a wonderful climate but unreliable weather."

SIR ARTHUR YAPP, in his "Adventure of Youth" says: "The modern girl has not had an easy time; but she is self-reliant, resourceful, intelligent and charming; and though she may not admit it, she is domesticated at heart. To the modern girl-wife he says: "Don't be jealous. Take an interest in the happenings of your husband's life. Don't worry him when he comes home tired. Don't waste his money." To the young married man he says: "Remember your wife is human. Don't look bored when she tells you that the kitchen stove won't burn."