

Help for Good Housewives

ENAMELWARE should have an occasional polishing with a good furniture cream. This preserves the enamel.

MUD spots on an umbrella can be removed by sponging them with methylated spirits.

EGGS for poaching should be placed in boiling water for a few seconds before cracking the shells. This prevents the yolks from breaking.

YOU may be glad of some ovals for sticking inside the heels of your court shoes. It often happens that the shoes slip at the back after they have been worn for a short time. Layers of chamois will prevent this.

WHEN cleaning silver use a wooden skewer dipped in the silver polish for cleaning between the prongs of the forks. The skewer soon wears sufficiently soft to work easily, and will not scratch.

BLACK satin slippers can be cleaned with vinegar applied with a soft sponge. If very bad renew the treatment, but let the shoes dry thoroughly before the second application is given.

LINEN when stored for any length of time, is apt to turn yellow. This can be prevented by wrapping it up securely in either black or blue paper, and then pack it away in an air-tight box.

IF you burn your hand on a flat-iron or on a hot oven shelf, moisten a piece of common soda with your tongue and hold it to the burn immediately it happens. This will instantly stop the pain and prevent blistering.

A LOOFAH that has been in use for some time is an excellent thing for cleaning all kinds of paint. It gets into the corners and crevices easily and though its slightly rough surface helps the cleansing it is soft enough to prevent any scratching of even the most delicate surface.

WHEN making loose covers for your chairs, cut out extra pieces in the same material to fit the arms. Of course the pattern of the material must match precisely. When these extra pieces are tacked in position they are almost invisible and when soiled can be washed easily. If this method is followed your loose covers will last fresh much longer, for it is always the material on the arms which gets soiled first.

IF you tear your umbrella and the breach is not too large, mend it with good black silk court plaster. This will be far less conspicuous than a darn. If it sticks and refuses to open, try applying a little olive oil to the pivots on which the struts and ribs work. It will perform wonders. Should

the handle become detached fill up the hole with ordinary brimstone, then heat the screw red hot and press it into the cavity. Leave undisturbed till

SAILED FOR SYDNEY.



Madame Winnie Fraser, the noted Christchurch singer, who sailed by the Marama a few days ago for Australia, where she will be engaged in broadcasting work for the Australian Broadcasting Commissioners from the principal stations in the Commonwealth. Madame Fraser, who will be missed from the ranks of the Canterbury Repertory Society's players, will be away about five months.

cold, when the handle will be quite firmly fixed once more.

Beauty Hints

NOW that the winter is here and dances and parties are in full swing it behoves us all to give a little more thought to our hair and complexion which, during the summer months, have been largely left to look after themselves, and as we examine ourselves in the mirror we note with dismay a shiny nose, brown neck and arms, freckles and enlarged pores. What can we do about it?

Many a good complexion is ruined by ill-treatment. Careful cleansing and nourishing will prevent lines and wrinkles and keep the skin clear and youthful. One of the finest things for purifying the blood and clearing the skin is the common or garden carrot. In some form or other eat carrots every day. One of the best cosmetics I know,

and the most efficacious as a skin food, is pure almond oil. Very oily skins are caused by a diseased condition of the oil glands which overstimulates their activity. If you are troubled in this way avoid an excess of fats in your diet. Foods containing vitamin A help to build resistance to disease and infections of the skin.

For local treatment the most important thing is to use plenty of soap and water as the basis for an oily skin. It is cleansing, to a certain degree antiseptic, and also a tonic and corrective. Skins vary so widely in their reactions that one rigid formula will not apply to all. Therefore you will have to work out for yourself the best technique of daytime skin treatments that will accomplish results most effectively for yourself.

Chilblains

THIS is the time of year when many people suffer much pain from irritating chilblains. To get rid of these the first thing to do is to attend to your diet and clothing. The diet must contain plenty of fat, this is essential as fat contains calcium, and it is a lack of calcium in the system which is the main cause of cold hands and feet and chilblains.

With regard to clothing looseness and warmth are the chief essentials. Woolen underclothes should be worn and all garments should be loose, for anything that impedes the circulation will bring about stagnation of the blood. Tight gloves and shoes are not only painful but dangerous, as they cause local congestion of the circulation which is the last stage in producing chilblains.

Plenty of exercise should also be taken to maintain an adequate supply of blood in the hands and feet. Massage the hands well once or twice daily rubbing from the fingers up towards the elbow. Do the same at night with the feet working towards the knees. If chilblains are broken a hot fomentation is a good treatment with an occasional soaking in hot water to which a little hydrogen peroxide has been added. Any broken chilblains should be kept scrupulously clean and treated as surgical wounds.

Take Counsel Here

Our expert on house management will be pleased to answer questions from women readers on household problems, beauty hints, dressmaking and cookery. Please address your queries to—

"TAKE COUNSEL HERE,"
Women's Department,
"N.Z. Radio Record,"
P.O. Box 1032,
Wellington.