

A WOMAN'S DUTY





A APPRECIATION

This little booklet is sent to you as a token of appreciation for the support the buying public has given to Chamberlain products.

With it comes our assurance that the high quality which has always been a feature of our products is still being maintained.

Your chemist and storekeeper know this, and that is why they do not hesitate to recommend Chamberlain's products.

Yours faithfully,
CHAMBERLAIN'S
LIMITED.

Chamberlain's Products are on sale everywhere at the following prices:—

COUGH REMEDY: Small size, 1/6; Large, 3/-

DY-O-LA DYES: 9d. per packet

TABLETS: Small size, 1/6; Large, 3/-

COLIC and DIARRHŒA REMEDY: Small size, 1/6; Large, 3/-

How To ATTRACT



YOUR power to attract is the result of your personality—and personality must have colour to express itself, for even the most beautiful woman depends upon the appearance of her clothing.

So many women could be twice as attractive if they only knew how. Just a bit more understanding of the things that should be done makes all the difference between looking dull and looking exquisite.

A cool, grey-eyed blonde can be a princess in silvery blue—a sorceress in shadowy green—or a fairy child in hydrangea.

Brúnettes with smouldering eyes and raven tresses are alluring in warm rose—radiant in deep peach—flaming in scarlet—mysterious in ivory and black. Many colours are flattering to the jolly little brown





eyed, red-cheeked maiden. Her type is youth, to be developed in ruddy browns—tawny yellows—gleaming greens or joyous blues.

Towards her auburn-haired sister we mingle envy with warning. To her nature has been most generous in colouring, but art imposes great restraint in adding to the colour scheme. She would be wise to make her hair of burnished copper her "crowning glory"—by dressing in neutral tones of brown or grey, blue or green.

No matter the occasion, be it in the early morning or late at night, the modern woman can always be sure of her garments being in the latest fashionable colour if she pins her faith to Dy-o-la.

Undies, stockings, ribbons, in fact anything of the most intimate kind, readily respond to the gentle treatment of Dy-o-la, and garments, although they may be last season's fashion, can be altered and re-dyed so that they present the last word in fashion and delightfulness.

BEAUTY AND ECONOMY

Clothing and fabrics that have been tinted or dyed with Dy-o-la stand for economy and utility as well as beauty.

All this through the magic of Dy-o-la Dyes—they come to you with full, simple, easy instructions which, if followed, enable you to take your place in the most exclusive company, safe in the knowledge that your garments are the acme of colour perfection.

Dy-o-la Dyes make it a simple and easy matter to have every garment the right colour for your type—and every accessory to match or harmonize.

Dy-o-la Dyes give the beauty of all the latest and most fashionable colours, they are easy to use and will not harm the most delicate fabric.

Dy-o-la Dyes give a variety of flower like tints from which to make your choice—all new, beautiful, exquisite.



And so to-day when buying, insist on Dy-o-la Dyes—they are the first step in making your home and yourself livable and attractive. Quite apart from their strength and beauty, they are economical in price and durability.

DIRECTIONS.

Full directions come with every packet, enabling you to get results that even the most proficient professional dyer would envy.

At all chemists and stores, 9d. per packet.

If unable to obtain locally, send us stamps covering your requirements and we will forward by return mail.



SERVICE DEPARTMENT

We conduct a Service Department, open to all users of DY-O-LA DYES who require advice about dyeing they intend doing or some little difficulty with dyeing they have done. When using the Service Department, write clearly and fully. Send a piece of the material before and after it was dyed, state its weight when dry, colour used and shade you desire. Address letters to: Service Department, CHAMBERLAIN'S LTD., 508-528 Riley Street, Sydney, N.S.W.

PRIZE WINNERS

The following were declared winners in our recent letter-writing competition:

Mrs. Elizabeth Murphy, 8 May Street, Abbotsford, Victoria. Winner of £5 for her experience with Chamberlain's Cough Remedy.

Maire Hoefft, Pawarenga, via Kohn Kohn, Hokianga, New Zealand. Winner of £5 for her experience with Chamberlain's Tablets.

Mrs. M. Watson, 41 Clifford Street, Toowoomba, Queensland. Winner of £5 for her experience with Dy-o-la Dyes.

Mrs. H. Hall, 7 Mackenzie Street, Melbourne, Victoria. Winner of £5 for her experience with Cartex, the non-explosive cleaning fluid.

The results were advertised in the "Public Notices" column of the "Sydney Morning Herald" on Saturday, 29th September, 1934, but we are printing the results in this booklet for the benefit of those who were not able to obtain a "Sydney Morning Herald" of that date.

CHAMBERLAIN'S LIMITED.



TRANSFORM THAT SHABBY ROOM

That shabby room of yours that has caused you so many heartaches can easily be turned into a thing of joy and beauty and will be even more enjoyable than you imagine if you give every room a colour scheme of its own. Even old, run-down looking rooms bloom and smile with a few inexpensive changes—remember a slim purse need not be a barrier to "colour magic."

Those window drapes, so faded where the sun has caught them, the cushion covers and table cloths looking old and shabby. All have given good service, but because you exercised discretion and bought wisely, the material in them all is still good and need not be discarded.

By still using your discretion, and wisely exercising your artistic gifts, it is not only possible, but easy, to renew or change the colour scheme, and so bring back to that room, with its many dear associations, renewed life and beauty.

Dy-o-la Dyes will do all this for you; they are easy and simple to use—full directions come with every packet—follow them, and the results will astound you and give pleasure to yourself and your friends.

Dy-o-la Dyes are inexpensive and make the colour renewal of old things a pleasure—the results so satisfactory and artistic that everything they touch seems endowed with new life.

Everything—curtains, cushion covers, bedspreads, linens—in fact any or every material in the home responds immediately to the magic of
DY-O-LA DYES.



A wine merchant once bet some wine tasters that they could not tell wines apart in the dark. He placed glasses of port wine first and glasses of buttermilk between them in a dark room. They carried out the glasses they had selected—several carried out glasses of buttermilk.

Dy-o-la Dyes give any colour you want. Bright shades for accent notes—delicate pastel shades to create subtle tone schemes—all the favourite darker tones. And by mixing two or more colours, Dy-o-la gives unusual tints and shades. Dy-o-la may be used as a fast boiling dye or as a cold water tint. Dy-o-la is easy to use.

Directions are simple and are included in every packet. There are sixteen definite colours, and the price is only ninepence per packet.



DY-O-LA
DYE
 for
TINTING or DYEING

FREE



Who wants to be mother
 to a delightful little doll?

She's printed on stout calico
 in fast colours that will not
 crack, ready to cut out and
 fill with kapok or other suit-
 able material.

If you want to give her a
 home, just send 4d. in
 stamps to cover postage and
 packing to:

CHAMBERLAIN'S LTD.
 512 Riley Street
 Sydney, N. S. W.

ENJOY LIFE



HEALTH! The greatest of all human assets. Without good health we cannot enjoy life, nor can we earn a livelihood.

Dyspepsia and other mild forms of indigestion may be the stepping stones to undermining the health of any man or woman.

You will not find anything so effective for banishing indigestion or constipation as

Chamberlain's TABLETS

An occasional dose will keep you fit.



VIRTUES OF PRECIOUS STONES

AGATE: Endows its wearer with love and friendship.

AMBER: Most lucky when worn as a necklace, especially for those born between 21st July and 20th August.

AMETHYST: For lovers, signifying true love and fidelity.

AQUAMARINE: The ideal gift for those born between 20th October and 21st November.

BLOODSTONE: The emblem of courage—the birthstone for March.

CORNELIAN: Favourable to health, long life, and good fortune.

CORAL: Belongs to Venus, the Goddess of Love, meaning a long and happy life to brides.

DIAMOND: The symbol of the sun and invisible fire. It expels fear and promotes courage. To it is attributed wisdom, insight and joy, especially if worn on the left side.

EMERALD: If bestowed by a lover it only retains its exquisite depth of colour as long as both remain faithful, but it grows dull and pale if either grows tired of the other.

JACINTH: Renders its wearer fascinating, and should always be set in gold. Lucky for those whose birthdays fall between 19th January and 20th February; unlucky for those born between 21st April and 20th May.

JADE: Stands for health and long life.

MOONSTONE: Lucky for those who travel by land or sea, and to reconcile lovers who have quarrelled.

OPAL: Teardrop of the moon, sacred to the Greeks. Changes colour according to the emotions of the wearer.

PEARLS: The inspirer of love. To lovers they represent tears of joy.

RUBY: Drives away sadness, inspires confidence, and brings good fortune to those born between 20th June and 21st July.

SAPPHIRE: Lucky for lovers, bringing peace, love, hope, and joy. The birthstone of those born between 20th September and 21st October.

TURQUOISE: Preserves the wearer from danger. The birthstone of those born between 20th April and 21st May, but is lucky for lovers all the year round.

CONSTIPATION



You don't realise how important it is to keep the body free from accumulated body waste. Doing so would prevent absorption into the blood of the poisonous excretions of the body, and so lead to good health.

Take Chamberlain's Tablets, a mild and gentle laxative. You will be surprised at the help they give you in maintaining vigorous health and energy.

Chamberlain's TABLETS

A mild and gentle laxative.

QUEER CUSTOMS

Since Biblical times the exchanging of rings cemented any and every contract—originally the engagement ring was worn on the right hand and transferred on marriage to the corresponding finger on the left.

Hebrews considered that handing over the ring conferred power, and so a wife was invested with her husband's authority.

White is not a bride's only wear nowadays. Almost every colour is now worn, except the fateful green, which is the fairies' colour, and they punish any mortal who has the temerity to wear it on her wedding day.

The popular girl who is always being asked to act as bridesmaid should refuse in her own interests, for according to an old saying—"Three times a bridesmaid, never a bride."

The Japanese fasten a sliver of wood from the shrine of a goddess on the door of their houses as a protection from burglars.

In Palestine a bride fixes a piece of dough over the door of her new home to show that she is the loaf giver. She also breaks a pomegranate in pieces and throws the seeds either across the threshold or into a jar of water in her hands, as a token of her future duties. She then slaps her bridegroom on the hands (for the first and last time, it is to be supposed), then all her relatives slap him on the back. History does not relate the reason for the back slapping.



5 feet long

Coiled around in a small space in the abdomen—your large intestine.

It is, in a sense, a long exhaust pipe for the body.

The waste matter of our

food reaches it in a semi-liquid state. The large intestine extracts the liquid from this matter and then discharges the residue from the body.

This long exhaust pipe works by a series of muscle contractions along its five-foot length. But often these muscles don't work properly—they become lazy and are incapable of pushing along the waste matter a distance of five feet. The colon gets clogged and becomes a bed of decomposing matter, and billions of germs are generated in it; they are absorbed into the blood and are carried to every part of the body—causing headaches, poor memory, nervousness, sleeplessness, irritability, dizziness, backaches, neuritis, kidney trouble, liver attacks, rheumatism and other serious ailments. The intestinal tract might well be compared to an underground railway track, where the several meals represent the trains following each other at stated intervals. When the time table is upset collisions or blocks occur, and the system is thrown out of order. Overeating is one of the chief causes of the physical deterioration accompanying the onset of middle age. Remember it is of more importance to empty the bowel regularly than to fill the stomach.

People with large appetites usually become cor-



LATEST DISCOVERY

Breaks Up Colds Overnight—Ends 'FLU Quickly

Q•Rit TABLETS

NOT A CURE-ALL, but made to do one thing well—check colds in 24 hours, and to end 'FLU quickly. To do that four things are necessary—

1. Opening the bowels gently yet thoroughly—the first step in expelling a cold.
2. Killing the cold germs and reducing the fever.
3. Relieving the headache and 'flu pains.
4. Toning up the system and fortifying it against future attacks.

Those four things must be done before you can hope for relief—and Q-rit Tablets do all four at once.

Every case of 'FLU is just a cold. Therefore, the way to prevent 'FLU is to stop the cold in time. Any cold can and should be stopped in twenty-four hours. Letting it go beyond that time is dangerous and may lead to serious consequences.

ALL CHEMISTS 1 / 6

If your retailer is out of stock we will forward upon receipt of price.

pulent, have high blood pressure, irritable temperament, a loaded colon, and die comparatively young.

Normal stomach digestion requires from two to four hours, small intestine digestion about twelve hours, and large intestine anything from twelve to twenty-four hours.

Good health not only adds to the joy of life; it is a decided asset in the business world, improving one's appearance, and postponing the signs of old age. CHAMBERLAIN'S TABLETS for Good Health.

They do not gripe, and are not habit forming—an occasional dose will keep you fit. Protect your own and your family's health by an occasional dose of Chamberlain's Tablets.



CARTEX

NON-INFLAMMABLE
NON-EXPLOSIVE

CLEANING FLUID

The Cartex way of dry cleaning completely supersedes the old method, because with Cartex there is absolutely no danger of explosion or fire.

Cartex will not explode and Cartex will actually extinguish fire.

Cartex can be carried in your handbag for emergency use, it leaves no odour and will not injure any material. Cartex dissolves grease, oil, tar, chewing gum—cleans them right out without a stain. Cartex cleans gloves and hatbands, and prevents grease working through. Corsets can be perfectly cleaned with Cartex without their shape being altered in the slightest. All household articles respond readily to the cleaning properties of Cartex—to motorists Cartex is a boon, removing oil spots, tar or any grease from duco or upholstery immediately. Being non-inflammable and non-explosive, Cartex can be used with perfect safety anywhere.

Obtainable in two sizes—1/3 and 2/3—all chemists and storekeepers. If your retailer is out of stock we will forward, postage paid, upon receipt of price.

PECULIAR TO WOMEN



Cramps peculiar to women, especially after catching cold, need no longer be tolerated. CHAMBERLAIN'S COLIC AND DIARRHOEA REMEDY gives instant relief.

It is indispensable also as a first aid for stomach and bowel pain, acute indigestion, colic, diarrhoea, dysentery and intestinal disorders arising from improper food, changes of water, diet or climate. All over the world mothers rely on it for checking the diarrhoea which usually attacks teething children.

Be wise and keep a bottle handy for sudden attacks, and so ensure against unnecessary pain and inconvenience. Small size, 1/6; Large, 3/-.
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DO YOU KNOW

That there are 200 bones in the human body?

That there are 27 bones to make the arch of your foot?

That only the bones of the inside of the foot are arched, the outside of the foot should touch the ground all along?

That with each step we take we use 54 muscles all working together?

That there are about 5 million red cells or corpuscles in a cubic millimetre of blood? Twelve thousand side by side make one inch or 35 hundred head to tail make one inch. They pass into the liver and are used there for making a juice to digest food called bile.

That when we breathe in we take in about half a tumblerful of air, containing about eight parts of nitrogen and two parts of oxygen with just a suspicion of carbon dioxide?

That three-fourths of our whole body is water?

That you have 1 lb. or pint of blood for every 13 lbs. you weigh? That all blood passes through your heart in $1\frac{1}{2}$ minutes?

That we only use one-half of our brains? A left-handed boy uses the right side of his brain, and a right-handed boy the left. The other side is carefully kept in reserve, so in case an accident happens to one side, then we can learn to use the other side.

That lobsters have their teeth in their stomachs, and chickens, having no teeth, swallow little grinding stones with their food, and that these grind it up in the gizzard?

KIDDIES AND CLOTHES



Romping, careless, healthy kiddies, full of the joy of life—what matter to them if their clothes be dirtied, or ruined, in their world of play and make-believe.

But to you, the parent who provides the clothes, it matters a lot—clothes cost money, and money has not been too plentiful with any of us lately.

There is a way, though, to save your hard-earned money and at the same time have your children always well dressed. That way is simple, and the results to be obtained are wonderful.



Buy a packet of Dy-o-la Dye. Full and easy directions are with every packet—follow them, and you will find that the kiddies' clothes problem is as good as solved.

If unable to obtain locally, send us stamps covering your requirements and we will forward by return mail.

A Woman's Duty



It is every woman's duty to see that she and her dependents, especially the young ones, are kept free from coughs and colds.

A sudden chill—a sneeze—a cough—may lead to something far more serious, something that may impair one's health for life.

In our climate, with its sudden

changes, there is always the danger of catching cold, and neglected colds often lead to very serious ailments.

At the first sign of a cough it is a mother's duty to obtain the best remedy possible, and that is why Chamberlain's Cough Remedy is invariably asked for.

For generations past Chamberlain's Cough Remedy has been the accepted remedy for various kinds of coughs, because it is safe, sure, and is equally good for young or old—it does not contain narcotics, but only pure, rich, healing ingredients, which soothe and heal inflamed membranes, stop the cough and restore you to your healthy state. Children like it and ask for more—and it is a woman's duty to see that they get it.

COUGHS

That uncared-for cough—the cough you let go on, hoping it will cure itself—is the costly cough.

It is the cough that annoys you and your neighbours, keeps on hacking and tearing the delicate and sensitive membranes and tissues of the throat until it becomes unbearable.

A slight exposure, a sneeze or two, a slight cough, a husky throat, a deeper cough, and then pneumonia, or probably worse.

These stages of a cough follow one another quickly. Check a cough at once and save yourself much inconvenience and torture by taking Chamberlain's Cough Remedy.

A few doses remove the cause of the trouble and assist nature to resist the ravages of that quickly contracted cough.

SORE THROAT

Everyone has had Sore Throat—it is one of our most common ailments, and because it in itself is not fatal, it is too often looked upon as a small matter requiring little or no attention. On the contrary, it is a very serious affection, because every person with Sore Throat is in danger of Tonsillitis, Quinsy, Diphtheria and other serious maladies. In fact, these diseases are invariably preceded by Sore Throat. Sore Throat is nature's danger signal.

So keep Chamberlain's Cough Remedy in the house, and at the first sign of Sore Throat take a dose or two. Relief follows almost instantly.

After the first dose of Chamberlain's Cough Remedy, the dry, inflammatory condition of the throat is eased. Swallowing becomes less difficult, and the throat performs its natural functions in comfort.

No matter how tight and dry a cough is, Chamberlain's Cough Remedy loosens it up. The cough rapidly diminishes under consistent treatment, and does not again become distressing enough to continue to strain the throat and lung muscles. The phlegm which collects on the affected parts and clogs the tubes is quickly raised, and Chamberlain's Cough Remedy coming into direct contact with the affected parts, brings them back to their normal condition.

Coughs always mean restless nights, which sap the vitality. Danger lurks in every hour a cough is neglected. Assist nature to bring your children quickly back to health and strength and avoid serious complications by the prompt use of Chamberlain's Cough Remedy.



The PSYCHOLOGY OF COLOURS

WHITE denotes innocence, purity and chastity.

BLACK is the colour of sadness, gloom and death.

RED represents power, passion and riches.

ORANGE is the colour of the Muses and of Hymen, the god of marriage.

YELLOW to the ancients signified glory and fortune. It typifies force and energy, and has stimulating and healing qualities.

BLUE is termed "Heaven's own colour"—pre-eminent in religion and art. It represents peace, piety and tranquillity. It calms angry passions when red irritates.



PEP UP / END THAT CONSTIPATION



TAKE

