

AIDS FOR BEAUTY.

Taking advantage of the last hours of autumn sunshine some seekers after beauty went to a Hertfordshire retreat, to get back the right lines under expert treatment. Weighed on arrival, women learn how many "ounces" have got to come off. Ha...A liberal coating of paraffin-wax often relieves rheumatism - it makes the body perspire and helps to reduce weight. It's more amusing than distemping walls.

A seaweed concentrate is also good for women overweight or with rheumatism. The peedle's afraid it'll be his turn next. Seaweed of course, is rich in iodine. A course of treatment at Knabworth is spread over a week or more.

Puffy ankles soon go to normal size under this treatment. For skin that's too oily, the face-steamer opens the pores and draws out impurities.

Massage with the suction cup is a modern form of a fat-reducing method known for centuries. It pulls excess fluid out through the skin. Looks a bit drastic, but it's worth it if it works.

After the course, the once 10-stone 6 patient called for a celebration, fruit juice all round. But ladies don't go back to cocktails, pastries and buttered toast, please...