

PERFECT COOKING SERVICE

secured with an



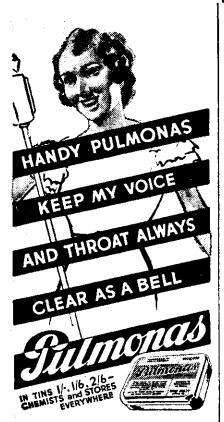
The Atlas is made in New Zealand to specially suit New Zealand conditions, and it gives that efficient, economical cooking service that New Zealand homes need.

You can depend upon an Atlas.

Obtainable in a number of harmonious colour combinations to match your Kitchenette, from Power Boards and Electrical dealers everywhere.

Manufacturers: SCOTT BROS. LTD. 65 Manchester Street, Christchurch

A firm with over 60 years' experience in catering for New Zealand cooking requirements.



COUGHS, COLDS AND CATARRH By Bernarr Macfadden

Ha:f the illnesses to-day and a great perceitage of deaths have their start in coughs, solds, and 'flu. In this remarkable book by Bernarr Macfadden the treatment and cure of these insidious ills are completely detailed. Send for free catalogue and price list.

MACFADDEN AGENCY,

Bept. S, 15 Courtenay Place, Wellington.



you against watch repair expenses.

Jefferies' Watches carry his binding decision to give a first FREE hand, glass and spring, oiling and overhauling every 18 months.

POST YOUR ORDER for your standard, reliable watch and contract of service, OR WRITE for further details

As advertised over 3ZB.

Genuine Legal Contract covers you against watch repair expenses. Jefferles' Watches carry his binding decision to give a FREE hand, is and spring, oils every 18 months. ER for your standard contract of duced from £2/7/6), and upwards; and include Hafis, Roamer, Titan, etc.

JEFFERIES The Leading Practical Watchmakers & Jewellers 187 MANCHESTER STREET, CHRISTCHURCH, C.1.

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The Ladder of Health

Is your child at the top?

This diagram shows the results of an important investigation into the growth of children between two and five years.

Weekly Gain:

2.6 oz. while on VIROL.

1.2 oz. while on Halibut Oil (and Milk).

1.0 oz. while on Cod Liver Oil.

0.3 oz. while nothing was added to usual meals.



Recently a mother was heard to say:
"I do all I can to build up my kiddies' strength, but they are always catching colds or some other infection. I'm afraid they are naturally delicate."

This common complaint from anxious mothers is entirely wrong! There is no such thing as being "naturally delicate." The simple fact is that growing children, however sound their appetites, need "something extra" to maintain proper growth. Ordinary foods cannot supply all the demands of a young and growing body. VIROL only can supply everything kiddies need for their healthy development — as proved clearly by the scientific investigations described above.

Wouldn't you like to see your children growing healthier, stronger, and happier every day? Try them on VIROL! And watch VIROL build firm flesh and muscle, sound bone and teeth.

VIROL

If Virol is unobtainable from your chemist or storekeeper, write to the New Zealand Distributors—

WRIGHT STEPHENSON & CO. LTD., P.O. Box 1520, Wellington.