



WEET-BIX & HOT MILK

is all warming goodness

Here's a winter breakfast that really sets you aglow—Weet-Bix and hot milk. Weet-Bix, with its sixteen vital food elements in its whole wheat grains, is a wholesome food in itself. But add to it the health that's in piping hot milk, and hey presto! You have a winter breakfast that's all warmth and all nourishment.

Tomorrow—make it Weet-Bix and hot milk for an easy, healthy breakfast that takes the nip out of winter mornings.

Weet-Bix is a pure natural health food made by the Sanitarium Health Food Company, Harewood Rd., Papanui, N.W.2, Christchurch.

WEET-BIX A WINTER BREAKFAST THAT'S

GOOD: The abundance of body building and energising food in Weet-Bix and hot milk gives plenty of nourishment.



QUICK: A Weet-Bix and hot milk breakfast takes only as long as it takes to heat the milk. Saves time, temper and fuel.



AND SIMPLE: Weet-Bix comes ready to serve straight from the packet. Simply add hot milk. There's no long cooking . . . no messy pots to wash.



Sunola
TESTED QUALITY

LUNG TONIC

Quickly RELIEVES COUGHS AND COLDS



Wonderfully Successful . . . has twofold action . . . attacks the cause of coughs and colds as well as giving immediate relief.

2/8 and 4/- a bottle.

ALL CHEMISTS
AND
STORES.

Wholesale Distributors: FLETCHER, HUMPHREYS & CO. LTD., Cathedral Square, Christchurch.