



The care of the Eyes in the Home

Here are a few simple hints that will help keep your eyes healthy and comfortable.

- (1) Sleep with the window well open. Fresh air benefits the eyes.
- (2) Don't read facing or backing the window. Arrange if possible, for the light to come over your left shoulder.
- (3) Never rub the eye if you have a piece of dirt in it, or if you have a sty or boil. Always bathe the eye and if the trouble persists, consult a doctor.
- (4) Don't read in bright sunlight or twilight.
- (5) If you have the slightest doubt as to the efficiency of your sight, consult a Qualified Practitioner at once.

Issued by the makers of



EYE LOTION

In the Interests of Ocular Hygiene

Optrex (Overseas) Ltd., 17 Wadsworth Road, Perivale, Middlesex, England.

10.4



PEACE in their time?

You can't foresee what the future holds for your children, though you pray that life for them may be peaceful and happy. But you can help ensure that they do not face life handicapped by ill-health.

Constant Coughs and Colds prevent a child from developing normally. Energies that should be devoted to the enormous task of growing are diverted to combat the development of dangerous ailments which may easily have far-reaching after effects. Reserves of resistance are quickly exhausted unless built up steadily and scientifically. Generations of users agree that there is no finer safeguard against the development of respiratory troubles than pure Cod Liver Oil. Taken in the rich creamy form of Scott's Emulsion all the benefits of Vitamins A and D can readily be assimilated by the most delicate digestion to help build up the reserves of strength and resistance necessary to meet the onslaughts of infection. Give your children a fair start to future health and happiness—give them



SCOTT'S Emulsion

Nature's Own Food Tonic

All Chemists and Stores

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Master... don't plaster the Hair



WATER



OIL



Vanbro Hair Cream is neither oily nor scented. It gives the hair a nice gloss and holds it in place. A man's hair cream to do a man's job. 1/7 a jar everywhere.

VANBRO

HAIR CREAM

Van Brocken Bros. Ltd., Lower Taranaki St., Wellington.