ELECTRICAL LINESMAN 3 MONTHS IN HOSPITAL WITHOUT RELIEF

This is the remarkable story of how Mr H. F. Gough, Electrical Linesman of 325 Retreat Road, Christchurch, suffered. Writing on 13/11/44 he says:



"After three months in the Hospital, I was discharged, worse than when I went in, in spite of treament by electrical rays, etc., to relieve the agonising pains of rheumatism in my legs, hand sand feet. Even after my discharge, it took me hours to Courts to the ds.) and back. " After

walk from St. Elmo Courts to the Square (about 400 yds.) and back. Sometimes I thought life was not worth living, but after taking R.U.R. I soon began to recover and it was not long before I was climbing ladders and working with the best of them."

Ing with the best of them."

Testimonials are on file praising R.U.R. for the relief of numerous common aitments such as Rheumatism, Neuritis. Listlessness, Persistent Headaches, Sleeplessness, Constipation, out of Sortedness, and numerous other ailments, so take R.U.R. and Right You Are, a Product of R.U.R. (N.Z.), Ltd., 141 Cashel Street, Christchurch.





Over 7000 New Zealand Refrigerator users received FRIGIDAIRE WARTIME SUGGESTIONS



The Frigidaire Division of General Motors have published this free book NOW because the proper use and care of your refrigerator is so necessary. So important to your family's health. 101 Refrigerator Helps differs greatly from "Wartime Suggestions," because it offers new hints, new tips, new topics, plus new and complete

material on subjects that have proved of so much help to home-makers.

If you received the previous book, you'll want 101 Refrigerator Helps. If you didn't, it's even more important that you get a copy now! It's free to the users of any refrigerator. Get your copy from your nearest Frigidaire dealer to-day!

101 Refrigerator Helps is NOT an advertising booklet, but an invaluable help to users of all domestic refrigerators. Ask your local Frigidaire Dealer for YOUR Copy!

DIVISION OF GENERAL MOTORS NEW ZEALAND

Imported before the war. Ask your leweller for Conway Plate Powder.