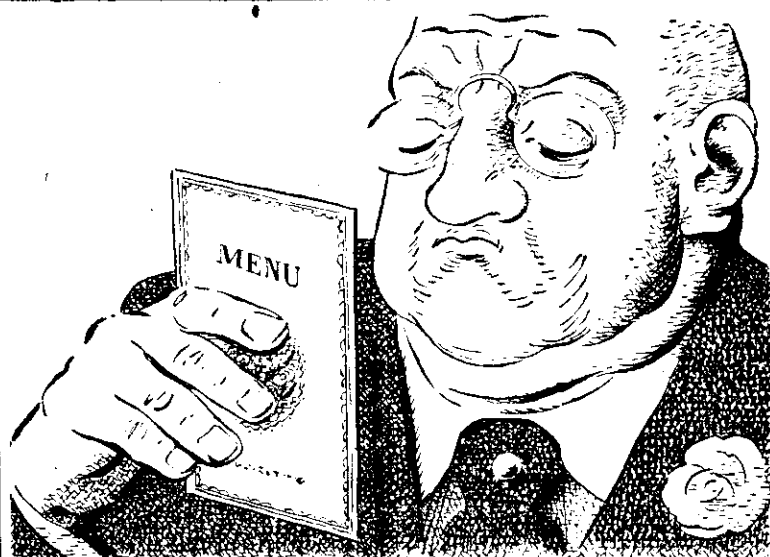


ISSUED BY THE



DEPT. OF HEALTH



"WHAT'S ALL THIS FUSS ABOUT VITAMINS?"

Why should I bother with vitamins and minerals and things—I want a square meal"

There's no need to 'bother' with the essential food elements. Eat a diet as balanced as you can get and the vitamins and minerals and all the rest will be there.

A square meal is not one that gives you that 'full' feeling, but one that gives your body what it needs for full health.

Here's your ideal food programme:

MILK: Two glasses daily for each adult; 3-4 for each child. Take simply as milk, or in the form of hot drinks, soups, puddings and sauces. *Dried Skim Milk* may be used for cooking purposes and to reduce expense.

EGGS: Three or four a week—one a day, if possible, for the children. When not available use more *dried peas, beans and lentils*.

MEATS: Rationed or unrationed, or **FISH OR CHEESE DISHES**—one helping at least each day.

POTATO: One or more helpings every day, with **TWO OTHER VEGETABLES**, one of which should be green or yellow.

FRUITS: Two fruits, one of which should be a citrus fruit or a tomato, or black currants or gooseberries (raw or bottled). The other fruit may be raw or cooked, fresh or dried.

FATS: The butter ration is sufficient, together with meat fat and the fat used in cooking.

BREADS, CEREALS, FLOURS: At least *half* should be wholegrain.

Eat anything else you like but plan your diet on the above basis. And don't forget to use **IODISED SALT**. And remember the daily dose of **COD LIVER OIL** in winter.

The nearer you get to this programme, the better will be your health.

15a

FOR A HEALTHIER NATION

THE NEW TREATMENT FOR



BACTERIAL INFECTIONS OF

RHEUMATISM LUMBAGO, NEURITIS, SCIATICA Myositis, Fibrositis, Spondylitis.

Where these diseases are of bacterial origin, sufferers should try the Vaxos treatment, which is extensively used throughout Australia. Now available in New Zealand, Vaxos No. 2 is a Warren Crowe type Oral Vaccine specially prepared in Bacteriological Laboratories in Australia. Vaccines, when absorbed into the system, stimulate the production of anti-bodies which attack the germs of disease, thus often producing immunity. Vaxos is not a patent medicine. Try Vaxos to relieve pains and joint swellings. In many cases continued treatment may build up long-lasting immunity against recurrence of the complaint. Vaxos is safe and simple to take—just a few drops in water each day. If you suffer, ask your chemist for Vaxos to-day.

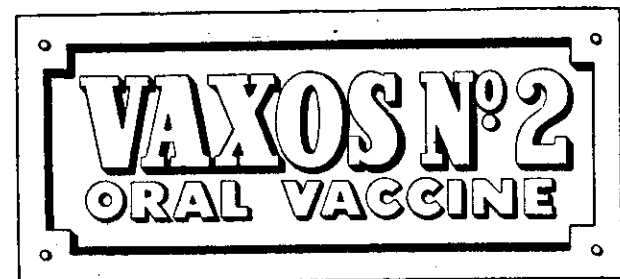
TWO OTHER VAXOS TREATMENTS FOR BACTERIAL INFECTIONS

Vaxos No. 1 for Catarrh, Common Colds, Bronchitis, Antrum and Sinus Troubles, and Tonsillitis.

Vaxos No. 3 for Boils, Pimples, Carbuncles, Acne, Dermatitis, Eczema, Impetigo, Septic Sores and most Skin Infections.

"Vaxos" costs only 2/- per bottle containing 24 c.c.'s, which quantity is sufficient for several weeks' treatment.

Vaccine Products (Aust.), 582 Little Collins St., Melb., Aust.



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A Product of the New Zealand Co-operative Dairy Co. Ltd., Anzac Avenue, Auckland.