

STRENGTH
LIGHTNESS
High Quality
TOUGHNESS

Rudge High Spots

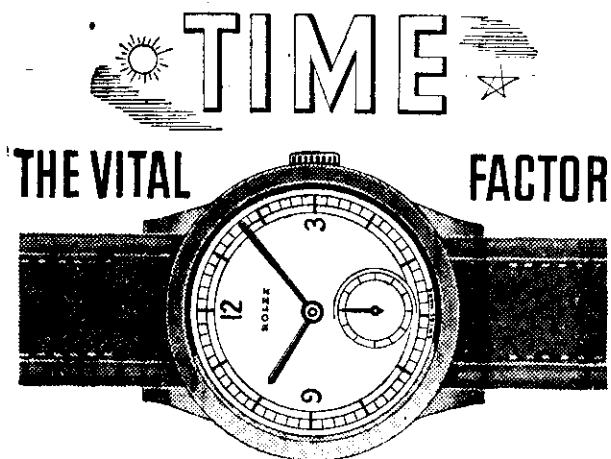


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Britain's Best Bicycle

RUDGE WHITWORTH NOTTINGHAM ENGLAND

Owing to war restrictions new bicycles are practically unobtainable, but quota shipments of spare parts are still being made.

These are the features you look for in a machine built to withstand hard wear, and you will positively find them in 'Britain's best bicycle'. They are built by Master Craftsmen from super-grade materials, luxuriously finished, and critically examined before leaving the factory. They can be identified by the 'Red Hand in Wheel' trade-mark put there for your protection, and each bicycle carries the Rudge 'Everlasting' guarantee.



IN THE AIR, ON THE LAND, ON THE SEA
on active service or in civilian life wise people rely implicitly on—

ROLEX
PRECISION
WRIST WATCHES
LIMITED STOCKS AVAILABLE INCLUDING
TUDOR MODELS WHICH ARE MADE BY ROLEX

ISSUED BY THE



DEPT. OF HEALTH



More LIVE Babies More LIVE Mothers

Every expectant mother should have antenatal care. It greatly lessens her anxiety and gives her confidence. It reduces or eliminates suffering and the toxemias (poisoning) of pregnancy. Antenatal care means fewer deliveries by operation. It warns against abnormalities in time for them to be dealt with safely in hospital. It ensures fewer accidents and therefore fewer still-births.

The Doctor's part and yours:

Every Doctor who has an obstetric practice, examines his patients monthly from the third month of pregnancy until the seventh month, after that fortnightly unless weekly visits are needed. The doctor determines the position of the baby, tests the urine and the blood pressure and watches these and other signs for deviation from the normal.

This care may be given by the district midwife or district nurse in rural areas, or at antenatal clinics in some towns. All antenatal care is paid for under the Maternity Benefits of Social Security.

Your part, as mother-to-be, is to keep all appointments and do everything you are told. Be sure and ask your doctor for the next appointment.

You should watch for these danger signals:

- Persistent constipation and vomiting or pain after food;
- Headaches, or any change in eyesight;
- Swelling of the feet, hands or face;
- Diminished urine, loss of blood, or giddiness. If these occur during pregnancy get immediate medical advice.

**ANTENATAL CARE GIVES YOU AND YOUR
BABY THE BEST CHANCE OF HEALTH**

FOR A HEALTHIER NATION

Healthy future for your baby

ANKORIA
ALWAYS SAFE BABY FOOD



THE NEW ZEALAND CO-OPERATIVE DAIRY CO. LTD., ANZAC AVENUE, AUCKLAND