

"Long suffered SKIN TROUBLE greatly relieved" *writes grateful user*

"I am writing to let you know there is yet another grateful user of this wonderful D.D.D." writes Miss M. A. Knight, of Livorna Hospital, 34 Bassett Road, Auckland. "It is the best I've used and I've spent a fortune on lotions to ease a long-suffered skin trouble springing from an arthritic condition over a long period of years. This D.D.D. not only cures, but it also is healing".

REAL BENEFIT

D.D.D. Prescription is of real benefit in skin troubles. This clear, greaseless liquid quickly soothes irritation—its antiseptic medicaments help nature's healing action—even in difficult cases. Why wait. Follow Miss Knight's example and get a bottle of D.D.D. Prescription now.

At all Chemists. 2/3 and 3/11 a bottle.

Made for D.D.D. Co. Ltd., 3 Fleet Lane,
London, E.C.4.

D.D.D. PRESCRIPTION
for a Clear Complexion

BREAST-FEED your BABY

—by using Lactagol. Lactagol provides breast milk in plenty, and regular use of this wonderful preparation will ensure and maintain the supply of breast milk throughout the entire feeding period. Lactagol also strengthens expectant mothers, thus leading to easy, natural feeding later.

33 Hakanoa Street,
Grey Lynn, Auckland.
6th May, 1943.

Lactagol Ltd.,
Dear Sirs,

I feel very mean not writing you sooner and letting you know just how grateful I am for the sample of Lactagol you sent me some two months ago. I am more than satisfied with the results of your product and have picked up my own strength wonderfully. I was an absolute wreck for 12 months after each of my other babies, and here I am this time able to breastfeed and carry on with all my household duties without any trouble. I often wonder if it is really me getting about as I feel so different from before.

Baby Raymond is coming along fine. He weighed 7 lb. 2 oz. at birth, and now at his last weighing at 10 weeks, he was 13 lb. 2 oz. The nurse who weighs him is very pleased with him and he looks a little picture. I would not leave off taking Lactagol for anything as I am sure I could not be the happy person I am today if it had not been for using your preparation.

I have recommended your product to several of my friends who have new babies and they are every bit as pleased as I am with the results. So for the sake of all the wee ones who have arrived, and for all the babies of the future, may your preparation Lactagol be known and used by mothers everywhere.

Yours very sincerely,
Mrs. Teresa J. Bryant.

LACTAGOL

FREE: For sample of Lactagol, together with useful booklet for expectant or nursing mothers, write:

Lactagol Ltd., Dept. , P.O. Box 977,
Wellington.
Sold by all chemists. Prices 2/6, 4/9 and 8/6.
E. T. Pearson & Co. Ltd., Mitcham, Surrey,
England. 11.4

Advice on Health (No. 258)

SKETCH OF A LARDER

(Written for "The Listener" by DR. MURIEL BELL, Nutritionist to the Health Department)

HAVING some guests recently who had just returned from England, I asked the wife about some of their reactions to their wartime food—"My husband was always saying, 'If only I could get some grapefruit or an apple!'"

I asked about fish—"I used to wait for an enormous time in a queue, and perhaps get nothing in the end, or there might be some frozen Iceland cod, which was so tasteless that I gave up trying to make it palatable."

"The children were hungry for milk, in spite of their allowances, and when they asked for it, I used to give them what we had, regretting of course that we had to have dried milk in our tea."

Having noted that the average daily intake of potatoes and of bread was about 12½ oz. of each per person, I remarked: "And you filled up on carbohydrate foods?"

"Oh, naturally, if the meat is not there, you eat more potatoes and vegetables. And we made more cheese dishes containing vegetables. And if the fat is not there, you need more cereals," she said.

"And what about the national loaf?" I asked.

"When it was made from 85 per cent. flour, its worst fault was the speed with which it went mouldy; but when it changed to the whiter colour of 80 per cent. extraction flour, it kept better, and we had no complaints against it."

"And now it has gone up to 90 per cent. extraction in Britain," I remarked.

"The bread in New Zealand is so much nicer," she added, eating some of my wholemeal. "They made better bread in Scotland, too, even though the flour was milled in the same fashion."

"And what about the health of the people?" I asked. She said that there had been a levelling up of food distribution through rationing; the poorer people had had a better deal and were healthier.

I asked about dried egg. There had been many jokes about it at first, but the housewives learnt to use it, and when, on the termination of Lend-Lease, the new Food Controller had mooted withdrawing it, there was a big outcry, in the face of which he didn't dare to leave them to their regime of one-shell-egg-per-month (in winter) and one-per-week (in summer).

I was puzzled as to the rationing of breakfast cereals.

"The shortage of breakfast cereals was difficult to understand. The oatmeal did not seem like oatmeal. Sometimes one could get some oatmeal, and if I happened to have some fat, I could make a few oatmeal biscuits. But in New Zealand there are so many things—ice-creams and the like—that the children now don't take the milk that they ought to have," was her worried comment. And that summed up my own worries too about the nutrition of many New Zealand school-children.

Your Will can become obsolete overnight

BY the sudden devaluing of assets, by the death of persons whom you intended to benefit, or from other causes in a rapidly changing world, your Will can become obsolete, and fail to carry out your wishes. A Will is a document which must be prepared with the greatest of care and skill. Remember that, as circumstances change, so may your Will need revision.

The Public Trustee will prepare your Will, and revise it as often as required, free of any charge, if appointed executor.

Has your Will been reviewed or revised recently?

**The PUBLIC
TRUSTEE**

10/6

