YOUR CYCLE MUST HAVE THESE

Accidents to cyclists occur more frequently during winter months. At night, a prime cause is LACK OF PROPER ILLUMINATION. For your safety, the law requires you to have



a Light in front.



a Red Reflector or Tail Light.



12 square inches of white surface on rear mudguard.



Brakes

a Bell.

THESE ARE ESSENTIAL. These other points you should check frequently, adjusting and oiling as required—

Frame

Wheels Sprocket Bearings Pedals Saddle

Issued by the

Transport Department



TO-DAY, delicious 'Ovaltine' is being made in New Zealand to the exact scientific processes of manufacture originated by the proprietors of 'Ovaltine'. 'Ovaltine', from the milk, plus malt, plus new-laid eggs from which it is made, contains an unequalled wealth of body, brain and nervebuilding nourishment. 'Ovaltine' is the world's most popular Food Beverage. 'Ovaltine' is all pure nourishment. Make 'Ovaltine' your daily meal-time and bed-time beverage for health of body, brain and nerves.

There is no substitute for

Ovaltine

Quality

Listen-in to "The Ovaltineys", 6-15 p.m., Saturdays, all ZB Stations.

45.7

A. WANDER LIMITED, LONDON. N.Z. FACTORY: NORTH ROAD, PAPANUI, CHRISTCHURCH.



TREVENTS blonde hair from darkening with age.

THE BLONDES OWN SHAMPOO — Contains no dyes or injurious bleaches
Fassett & Johnson Ltd., Manners Street, Wallington. 482