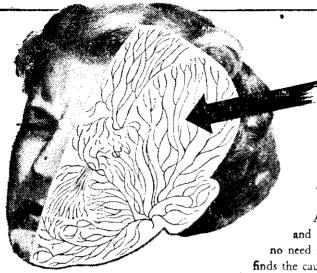
PICTURE OF A HEADACHE





Two ANACIN tablets quickly soothe irritated nerves . . . bring fast, safe relief from all headaches.

WHAT CAUSES HEADACHES?

A headache is a symptom — not a disease, and may have many causes. But, there is no need for you to suffer pain while your doctor finds the cause. Anacin brings fast, safe relief.

Wonderful relief because ANACIN is prepared with FOUR ingredients . . .

The big difference between Anacin and other pain remedies is that Anacin is not prepared with one, two or three ingredients — but with FOUR! Anacin contains Aspirin, Phenacetin, Caffein, and Quinine. Anacin is the ONE anti-pain remedy which gives you Ouinine. Sold at all chemists and stores in units of 12 and 30, and bottles of 50 and 100.

2 bring FAST RELIEF





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FOR HEALTHY HAIR

Book Reviews STERNLY FACTUAL

PORT CHALMERS: GATEWAY TO OTAGO. By H. O. Bowman, 15, Otago Centennial Publications.

RUN, ESTATE AND FARM, By W. H. Scotter, 15/-, Otago Centennial Publica-

SINCE both of these books are Otago Centennial Historical publications, they have, naturally enough, several points in common. Both are sternly factual, baldly informative products of careful and exhaustive research. Mainly of local interest, they deal extensively with subjects outside the scope of general history. Their illustrations are wellchosen and always to the point,

It is not hard to believe Mr. Bowman's statement that he found enough material to fill a book more than twice the size of Port Chalmers. Some of his pages are so thickly studded with facts as to assume the aspect of a glossary, and it seems a pity, that this burden of information could not have been lightened to some extent by the use of appendices. In a narrative marred here and there by slipshod or ill-phrased sentences there emerge passages of genuine historical importance. In this respect a chapter on the waterfront deserves special mention. Personally I was profoundly interested to learn that a local shipbuilder had conceived the idea of an unsinkable ship as early as 1876, and that "the finest whisky in New Zealand was distilled in the Lower Harbour in the early days." With sound literary judgment Mr. Bowman concludes his book with a very pleasant description of some of the human oddities who used to frequent the port in times gone by.

Mr. Scotter's history of the Kakanui and Waiareka valleys, though it runs within narrower limits, is a better written book than the other, but the author's system of annotation, which entails constant reference to a list of abbreviations. is somewhat trying to the reader. The district's transition from a pastoral to an agricultural state is described with a wealth of fact and a rigid economy of phrase. A chapter is devoted to the evolution of local government with biographical notes on some of the more distinguished county councillors, but Mr. Scotter's most creditable performance is his well-balanced and thoroughly adequate account of the founding and growth of the district's various townships. It is to be hoped that something on these lines may be written about the townships of Canterbury when the centenary of that province shall arrive. -R. M. Burdon

ACKNOWLEDGMENTS

PRACTICAL HOME NEEDLECRAFT IN PICTURES. By Dorothy M. Cox. Odhams Press Ltd., London. 12/3. (Our copy from Whitcombe and Tombs Ltd.).

THIS is a thoroughly well-organised reference-book, which contains all the information the industrious housewife is likely to need, and far more instruction than the majority will have time to take advantage of. All instructions are given as for hand-sewing, but much of the plain-sewing section at least is equally useful as a guide to machine work. The text is clear, and the book is copiously illustrated in line and halftone, but it is a pity that an occasional plate in colour could not have been added to the embroidery section.