



LOSE UGLY FAT LIKE SHE DID

"I feel so pleased with YOUTH-O-FORM that I must write and thank you," says Miss D.E.C. in her letter. "My legs and bust were terribly fat and a bulge under my chin made my face look fat and ugly. I was envying the nice rounded figure of a friend of mine, and she laughed and told me how fat she used to be until she took YOUTH-O-FORM. She praised it so much that I determined to try it myself, and it is all she claimed for it—and lots more. The ugly fat has disappeared from my thighs and chest, and people are telling me how much better I look. I am delighted with the change YOUTH-O-FORM has made to me."

Don't suffer the discomfort of obesity. Reduce by this simple, pleasant, natural way. A capsule of famous

YOUTH-O-FORM at bedtime banishes ugly fat. No nasty salts, no starvation diet. DOCTORS AND ALL GOOD CHEMISTS RECOMMEND

Full 6 weeks **24/.** 10-day Carton **6/6**

YOUTH O FORM

THE DOCTOR'S DIARY

Doctors used to think that patients with backache greatly exaggerated the pains they suffered, but to-day they know that backache is responsible for much misery, suffering and financial loss to many thousands. This typical case will interest other patients, suffering from backache.



Doctor (Examining patient): Tell me . . . exactly where do you get that pain in your back?

Patient: Mostly in the lower part of the back, Doctor, sometimes both sides, but usually more on the right side than on the left.

Doctor: I suppose you get headaches frequently?

Patient: Oh, yes, Doctor. I often wake up in the morning with a headache and an unpleasant taste in my mouth, too.

Doctor: You have to get up at intervals during the night?

Patient: Yes, Doctor, and often the passing of urine is very painful. I think it is this that makes me so tired and depressed.

Doctor: For how long have you been getting these symptoms?

Patient: Oh, for some time now. It wasn't very bad at first, but it's gradually getting worse. Lately my joints have started to swell, especially my ankles and feet. Doctor, why should I get these swellings?

Doctor: It is because the waste fluids are not being eliminated from your body, but are getting into your tissues instead. Generally the fluid first collects in the ends of your limbs and so you see it as a puffy swelling in your ankles and feet. These backaches and headaches, as well as the unpleasant taste in your mouth in the mornings, are the result of faulty elimination of waste fluid by the kidneys and bladder. Once you get rid of these poisons which are being carried about in your body by the blood you will be absolutely fit and well. Backache, Kidney Trouble, Rheumatism, Constipation are just a few of the painful conditions caused by these poisons.

That is why Dr. Mackenzie's Menthoids are so good for Backache and Kidney Trouble, because they cleanse your blood of the poisons that cause them.

Backache, pains in limbs and shoulders, stiffness in joints, painful urination, constipation, loss of energy, irritability, bladder weakness and depression, are frequently caused through toxins (poisons) carried in the blood stream. If you suffer in this way, get a flask of Dr. Mackenzie's Menthoids from your nearest Chemist or Store, and begin this great new treatment for the blood right away. A pure herbal remedy, Menthoids can only do you good. They may be taken with safety by even the most delicate patient.

FREE
Diet Chart

Every flask of Menthoids contains the valuable diet chart which will help you. Be sure you get genuine Menthoids . . . refuse substitutes of this valuable herbal medicine.

Month's Treatment.

6/6

12 Day Flask

3/6

FROM YOUR NEAREST CHEMIST OR STORE.

MENTHOIDS

THE ARMY WANTS EYES:

BINOCULARS . . . Thousands of them (literally thousands).

Big binoculars, little binoculars that had drooped sadly, some with one (also telescopes); binoculars that had jiggled with excitement as a horse romped home to pay a fat dividend; binoculars that had dropped sadly as another hot tip went wrong; ornamental binoculars for discreet use at first nights; huge affairs with magnifications which would make a mole on a chorus girl's leg look like a tarpaulin.

The Government's appeal must have been one of the most effective sales talks ever broadcast; it seems that hardly a binocular—or telescope-owner in the country had the heart to resist it.

Fifty or 60 binoculars to a big wicker basket they arrived, and day after day, baskets by the dozen from Post Offices from Whangarei to Invercargill. The number mounted up — 5000, 6000, 7000. It was incredible that there were so many aids to magnified vision in the country. Ordnance officers requisitioned an army hut, set the W.W.S.A. to work, and endeavoured to control the flood. If they didn't pass the ten thousand mark, said a lieutenant, he would eat his forage cap.

Some Are Useless—

Ten thousand binoculars offered to the Army won't mean 10,000 binoculars put into service and doing their bit artillery-spotting and coast-watching. Not by any means. There are binoculars and binoculars; telescopes and brass tubes with glass at either end. As soon

as a package of glasses arrives at Ordnance, it is checked over rapidly, and obviously useless glasses are thrown out. Some may be battered and broken, or have parts missing: some may not have sufficient magnification. It is surprising, said a sergeant, who used to be an optical worker, how few people take the trouble to have binoculars overhauled every few years. Many arrive in a hopeless condition, lenses scratched or broken, balsam sporting vigorous "fern" effect. One fine pair of German glasses had a peculiar fungus growing on the prisms; they had little value except for spare parts. (The expert, by the way, doesn't have to take binoculars to pieces before passing judgment. He looks through them backwards, and cracks, flaws and finger-prints resulting from amateur repairs, show up clearly).

Glasses rejected because of insufficient magnification are frequently expensive-looking and ornate, and carry optimistic claims as to their number of lenses. Their magnification may be one and a-half or perhaps two, which may enlarge a leading lady's glamour delightfully, but would be of little use on the field.

On the other hand, a few have magnifications too high for comfort. A telescope with a magnification of 250 would require a couple of tripods to support it, and even then, the slightest gust of wind would make the field of view joggle disturbingly. Binoculars which are too highly powered are useless for the same reason. The first effect of a disturbed field of view is to make you sea-sick, believe it or not.

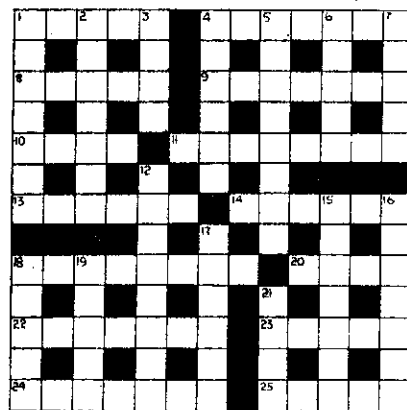
And so several thousand people who gave up treasured glasses, may be distressed to receive them back with thanks. That is not to say, Ordnance

(Continued on next page)

THE LISTENER CROSSWORD

(No. 88)

(Constructed by R.W.C.)



Clues Across

- Suitable resting places for dishonest schoolboys?
- An uncle has a dirty look here.
- Or sit in disorder.
- This pay may be obtained from one of a famous pair of friends.
- A doughty deed designed by fate?
- Fit gears to ships.
- Drift with a confused animal in the middle of a song.
- A backward knight gets up in the midst of the ocean.
- Brought in from a dire sale.
- Drink.
- Delighted with a charwoman and a medical student in brief.

- A vessel which came to New Zealand long before the first four ships.
- Gives consent, so they say.
- Plain speech.

Clues Down

- One must naturally be this with car fuel these days.
- Cut off, but also tie, in a way.
- Only fair.
- Although they would provide supper, it is a sign of poverty to be on these.
- Grey coat (anag.).
- To lie about the author of "Adam Bede."
- Features of one S.S.
- Behold this charm and you may find animals.
- Parson is upset over nothing—the result will be heard in the choir.
- I am found in a state.
- Is Ed able to be a parish officer?
- International athletic contests?
- Be of use to.
- Clasp hidden in 9 across.

(Answer to No. 87)

