

Heed this sign now!



Work must be done—but **overwork** weakens your resistance to illness . . . makes you nervy, irritable. Mental fatigue and tension ravage your precious hours of sleep. But MILO can help. Regular cups of delicious chocolate-flavoured MILO give your body and nerves the extra nourishment they demand . . . MILO builds up a reserve of energy and stamina . . . gives you a permanent "lift". And never forget that bedtime cup of MILO to soothe you off to sound, peaceful sleep. Drink MILO for your health's sake.

1 lb Tin 3/3
 1 lb Tin 5/6
 2 lb Tin 9/6
 (Slightly higher in some country areas)

MILO

Soothes the nerves . . . builds up resistance . . . induces sound peaceful sleep.

A NESTLE'S PRODUCT



Nestle's Food Specialities (New Zealand) Ltd., 1 Cleveland Road, Auckland.

The BEST WOOL to knitters who know



Patons

Beehive Fingering

Throughout the years of shortages the blend of Patons Beehive Fingering remained unchanged. Today, in full supply, you'll find it of the same superior quality, in a far greater range of patterns and colourings than any other brand!

PATONS & BALDWIN'S LIMITED 6-54

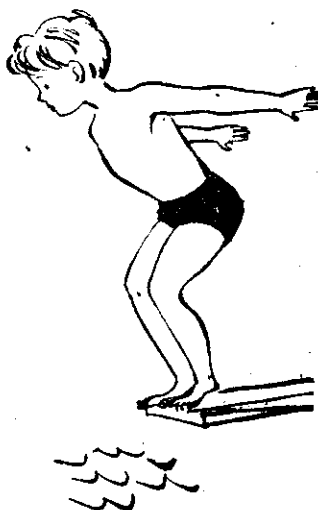
Off to a wonderful start

THE VIROL CHILD starts life with a wonderful *plus*. There are so many vital body-building food factors in Virol. Food to build bone and muscle. To build firm flesh and sturdy limbs. Food for energy and vitality. Supplement your child's diet with Virol to make sure he gets every important food factor. Give a spoonful of Virol after every meal. From babyhood on.

Virol is prepared from Malt extract, specially refined beef fat, egg, sugars (including glucose) and orange juice.

Virol

FOR EXTRA ENERGY
FOR STEADY BALANCED GROWTH



Agents: WRIGHT STEPHENSON & CO. LTD., 34, CUSTOM HOUSE QUAY, WELLINGTON, C.I., N.Z.
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"Light on the Mountain"

THE STORY OF LA SALETTE

Here, for the first time in English, is the story of La Salette . . . "Light on the Mountain" gives a vivid and dramatic presentation of the actual appearance of Our Lady, and her message to the children. Next to the story of Fatima, or of Lourdes, this book is delightful for perusal during the Marian Year. Now ready. Price 15/-

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