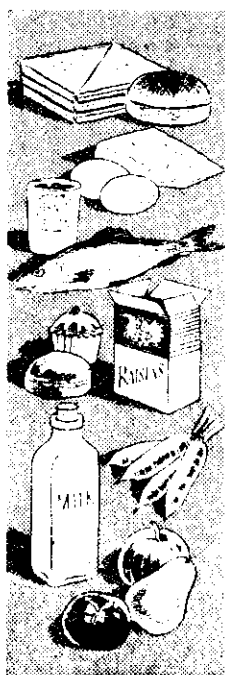




*the School Lunch

*
Whether taken
from home or
bought at
school,
the school lunch
should follow
this pattern



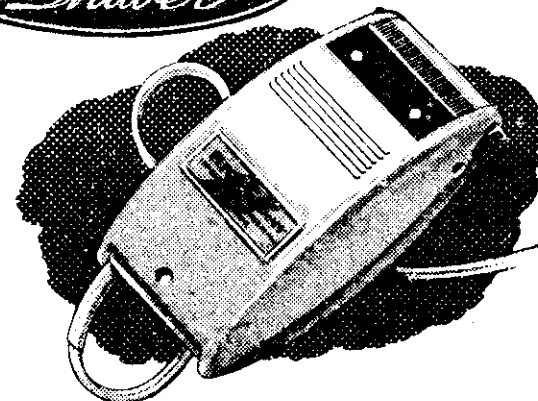
Buttered **BREAD** or **ROLLS**
well filled with **Cheese** or
Egg or **Meat** or **Fish** or
Peanut Butter

For variety, one or two sweet
fillings such as **Raisins**

BUN, CAKE or **BISCUIT**
— one is enough

MILK or **FRUIT DRINK**

RAW FRUIT or **VEGETABLE**
to finish with.



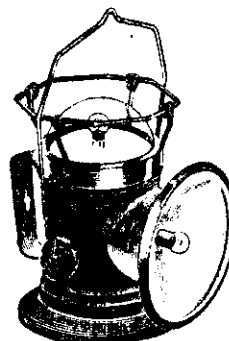
Yes . . .
EVEN

when the going
is tough

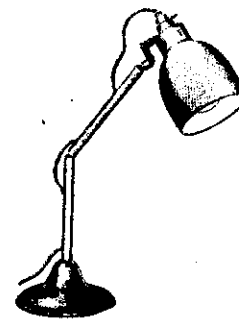
your **PIFCO** will give
you a cool **EVEN** shave
quickly, effortlessly.
The wafer-thin surgi-
cal steel cutting head
massages gently as it
cuts . . . invigorates the
skin, and turns you out
EVEN-tempered, ready
for the day ahead.

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SWISS PRECISION MANUFACTURE

Cat. No. MT E483 **£6/19/6**



PIFCO "DUALITE" LANTERN.
Amazing all-purpose battery lantern.
Throws 800ft. penetrating beam from
front light — broad flood beam from
top. Independent switching of either
light. All-steel construction. For auto,
home, farm, camping.
Cat. No. MT T790 A 49/- Post free.



PIFCO ADJUSTABLE LAMP. Con-
centrates the light, with finger-tip
touch, where it is most needed. Ideal
for bedside, study, lounge or office.
Cat. No. MT 856 Senior Model 25 1/2 in.
high—90/- Cat. No. MF 857 Junior
Model 21 1/2 in. high—62/6.

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