



**Fight colds
and 'flu
with**

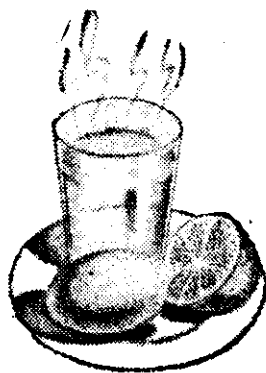
LEMONS

**TRY THESE
LEMON HINTS**

Are you on a low salt diet? Fresh lemons make all the difference—the taste of salt is replaced by the tang and flavour of lemons.

Sprinkle lemon juice on crayfish.
Serve juicy lemon wedges with fish.
Float thin slices of lemon on tomato soup.

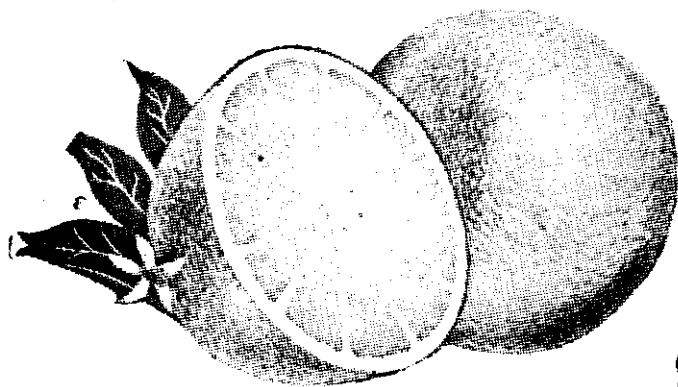
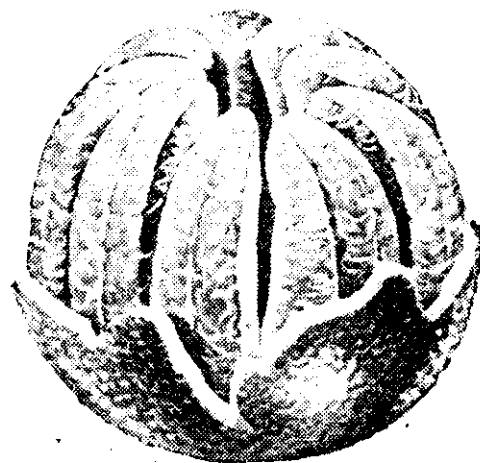
Try serving tea with a squeeze of lemon—what a difference to the flavour!



HOT LEMON DRINKS are the answer to Winter's Chills! A piping hot lemon drink when you go to bed will work wonders towards clearing colds and 'flu. Try the lemon treatment tonight! Lemons are in full supply now — and in prime condition, just bursting with healthful juice!

**Hurry for your
AUSTRALIAN
NAVEL ORANGES**

This is the last month for Australian Navel Oranges. Hurry for your supply of this delicious fruit—so easy to eat, so easy to peel—and so good for you! In addition to Vitamin C and Vitamin A, Oranges contain the remarkable health-building protopectins and bio-flavonoids.



**NEW ZEALAND GRAPEFRUIT —
now at their juiciest best!**

Now's the time to make delicious marmalade with New Zealand Grapefruit. Serve this delicious fruit at breakfast—makes wonderful drinks, too. Buy New Zealand Grapefruit **NOW**.

**Eat and drink CITRUS FRUITS
for WINTER HEALTH**

FRUIT DISTRIBUTORS LTD., WELLINGTON.