



Colds are everywhere these days . . .

Colds are really going the rounds! No matter where you go, you can't get away from them. But you can, and you should protect yourself against infection from germ-laden air.

Tests prove that gargling Listerine Antiseptic reduces germs on mouth and throat surfaces by as much as 98.7 per cent 15 minutes after gargling . . . as much as 80 per cent even an hour later.

**Don't let a cold take hold of
you — gargle regularly with**

Listerine

In tests over 12 years, those who did NOT
gargle Listerine twice daily had

89% more severe colds than those who did

85% longer colds, measured in days

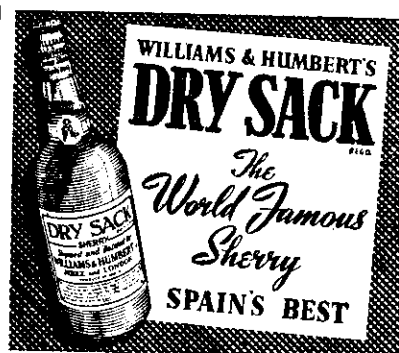
73% more sore throats

51% more "ordinary" colds



Prepared by
Lambert Pharmacal
Co. (N.Z.) Ltd.,
Auckland.

WL6



NEW ZEALAND AGENTS:
WALKER, TURNER LTD. WELLINGTON

BETTLE'S SPECIALS

A **COUGH CURE** with a money-back guarantee is Bettie's Extra Strong Cough Cure (for adults only). It is marvellous for asthmatic, bronchial and chronic coughs. 5/- and 10/- at chemists, or post free from the manufacturers.

FOR INDIGESTION and stomach troubles. Relief guaranteed with Professor Webb's gastric mixture; 7/6 (1/- stamps postage). Price list free. Plain wrapper.

A **TONIC** or when feeling run down, nervous and cannot eat or sleep, call or write George Bettie. Bettie's extra strong tonic will make you feel fit and well, or your money will be refunded in full. Economy price 10/-, 1/- stamps postage in plain wrapper, anywhere.

GEORGE BETTIE,
Mail Order Chemist,
25 Victoria Street, Christchurch.

TO LOOK YOUNGER AND LIVE LONGER

Everyone over 35 needs an adequate Vitamin/Mineral intake



Diet deficiencies can rob many of us — especially those over 35 — of the stamina we need to enjoy normal, healthy relationships at work and play. In many cases, food alone may not always do a full job of supplying the body with much needed nutrients. Doing things by halves is no longer necessary. You can recapture the zest usually associated with persons years younger . . . and begin to enjoy yourself more! You can ensure that your body receives its proper daily Vitamin/Mineral quota. Vykmin

Vitamin/Mineral capsules are recommended for the treatment of malnutrition and the lowering effects of faulty diet, for anaemia, poor circulation, periodic digestive upsets, debility, "nerviness", frequent colds and skin diseases.

From chemists only

Vykmin

VITAMIN-MINERAL CAPSULES

A fortnight's course (30 capsules) costs you only 7/4
One month's course (60 capsules) 12/9
The Family Economy Size (120 capsules) 21/-

9 Vitamins — 4 Minerals

The daily Vykmin dose of one red and one black capsule is based upon the vitamin requirements established after years of research with individuals on normal diets.

Vitamin A (5000 I.U.) for eyes, skin and resistance.

Vitamin B1 (333 I.U.) for appetite and nervous stomach.

Vitamin B2 Riboflavin (1 mg.) for appetite, nerves, brain vigour, skin.

Vitamin B6 (0.1 mg.) for blood and skin.

Vitamin B12 (0.001 mg.) assists development of red blood cells.

Vitamin C (300 I.U.) for gums and skin, anaemia prevention and blood.

Vitamin D (750 I.U.) for teeth and bone.

Vitamin E (1.25 mg.) for strength and nerves.

Vitamin PP Nicotinamide (10 mg.)

Liver Extract 1:20 (50 mg.); Folic Acid (0.1 mg.); Manganese (0.5 mg.); Calcium (20 mg.); Phosphorus (10 mg.); Iron (10 mg.).

Made by Scott & Bowne Ltd., London. Packed by Scott & Bowne (A'sia) Ltd., Auckland. 29