

ISSUED BY THE NEW ZEALAND DEPARTMENT OF HEALTH



egg time

While eggs are most plentiful, preserve all you can for next winter.

The Daily Dietary Pattern recommends 3-5 eggs per person per week, whenever possible. Make it possible by storing eggs when they are plentiful and using them when fresh eggs are both scarce and expensive.

To spread the expense buy in several lots over a period of 3-4 months. To ensure each member of a family of four 3 eggs per week for 6 months of the year, try to preserve 3 lots of 8 dozen eggs.

Eggs are important for infants, children, teenagers, mothers and fathers, the elderly and the sick.

preserve from Aug. to Nov.

Store in a cool, airy cupboard.

JAN		
FEB		
MAR		
APRIL		
MAY		
JUNE		
JULY	AUG ⁺	SEPT ⁺
AUG	SEP ⁺	OCT ⁺
SEPT	OCT ⁺	NOV ⁺
OCT	NOV ⁺	DEC

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Don't expect to *Look well* if you don't *Sleep well*

THOSE tired lines and wrinkles may indicate that you are not getting sleep of the right kind. Your sleep should be natural, restful and restorative. It should refresh body, nerves and mind so that you awake cheerful, energetic and invigorated—feeling and looking your best.

As an aid to sleep of the best kind, delicious 'Ovaltine' is the world's most popular nightcap. It provides soothing nourishment to body and nerves, helps you to relax and gives you that comfortable feeling of repose which is the prelude to natural, restful sleep.

While you sleep, 'Ovaltine' supplies easily assimilated nourishment from Nature's best foods to assist in restoring the body's energy. For all these reasons, let 'Ovaltine' be your regular bedtime beverage.



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Drink delicious

OVALTINE

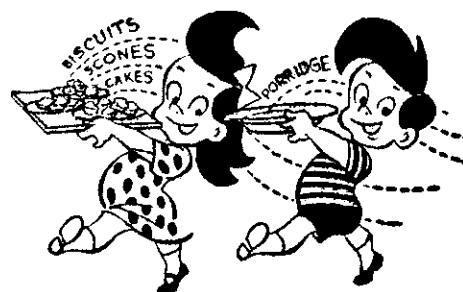
The World's Best Nightcap

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A "Vital" Difference



"FINE or COARSE"



Vi-Max made from selected wheat with extra wheat germ added is not devitalised. It is, therefore, ideal for porridge and for baking, especially where there are growing children.

Order VI-MAX, VI-BRAN and VI-MEAL from your grocer. Made by D. H. Brown & Son, Ltd., Moorhouse Avenue, Christchurch.