

THIN,AILING RUNDOWN NERVOUS!

FOOD IODINE And MINERALS Build Worn-Out, Pale Sickly People Into Strong, Red-Blooded Men And Women.

"VIKELP" Tablets. Amazing Mineral Concentrate from the Pacific Ocean, Rich in Natural **FOOD IODINE** and **MINERALS** Must Build Rich Red Blood, Put on lbs. of Solid "Stay-There" Flesh, Give Steady Nerves and Day-Long Energy in First 10 Days or Trial is Free.

Free from Drugs.

Here's new hope and encouragement for thousands of ill, even "Naturally" thin, weak, worn-out, haggard-looking men and women whose energy and strength have been sapped by overwork and worry, who are nervous, irritable, always half sick and ailing. Science says the principal cause of these conditions is "SYSTEM STARVING FOR FOOD IODINE AND MINERALS." When the body is starving for these essential minerals, all the food in the world can't help you. It just isn't turned into flesh. The result is you stay "too thin," pale, tired out, ill and run-down.

To gain body weight and strength you need a definite evenly balanced ration of the 12 essential **MINERALS** plus **NATURAL FOOD IODINE** all the time—not to be confused with chemical iodides which often prove toxic, or mere iodine fumes. Only when the system gets an adequate supply of **FOOD IODINE** and **MINERALS** can you regulate metabolism—the body's process of converting digested food into firm flesh, new strength, health and energy.

To get an adequate supply of these 12 essential life-giving **MINERALS** (Chlorine, Potassium, Sodium, Calcium, Sulphur, Magnesium, Phosphorus, Iron, Manganese, Copper, etc.) and **FOOD IODINE** so lacking in our daily cooked foods, take **"VIKELP" Tablets**—made of an amazing Pacific Ocean Plant—now recognised as the world's richest source of these precious substances. Contains 1,300 times more iodine than oysters, once considered the best source. 6 tablets alone contain more **FOOD IODINE** than 480 lbs. of spinach or 1,378 lbs. of lettuce. After eating **"VIKELP" Tablets** for a few days the food you eat no longer clogs the system but turns to solid flesh: faulty metabolism, constipation, gastritis, rheumatism and other systemic illnesses are corrected or disappear entirely. Try them for only 10 days and if after taking them you do not feel wonderful, eat, sleep and work better and have not gained at least 5 lbs. (20-40 lbs. a month not uncommon) the trial is free. Obtainable everywhere.

SPECIAL FREE OFFER!

Write to-day for fascinating, instructive 50-page book on New Facts about Minerals, Iodine and Vitamins: How to Build Rich, Red Blood, Eliminate Skin Disorders, Gain New Energy, and Strong Nerves, Mineral Contents of Food and their effect on the Human Body—absolutely free. No obligation. Dept. R.R. 8/2.Vikelp," P.O. Box 33, Wellington.

VIKELP

Body Building
Tablets A720

RUPTURE CAN BE CURED

No operation or detention from business. Cures when all trusses fail.

SEND TO-DAY FOR BOOKLET.

A. W. MARTIN,

Rupture Specialist,

62 Royal Terrace, Dunedin.

KNIT WITH
AOTEA 3&4 Ply
Wools
FOR PERFECT RESULTS

Sought Shangri-La

(Continued from page 11.)

were butchered. Another, Alexander Smith, was seriously wounded, but, together with three others, managed to escape. They, in turn, aided by the womenfolk, slew the six Tahitians. That left only four men and eleven women.

After more killing, Smith had Paradise to himself, except for a lot of women and half-caste children.

"HE managed to get along in spite of this handicap, and everything was going pretty well on Pitcairn

Island when Mathew Folger, an American skipper, hove to off Pitcairn Island, and came ashore for water.

"The American told Smith such glowing tales of the United States that he decided that Pitcairn should also have a democratic government, and he there and then appointed himself Governor, and renamed himself John Adams, after the then President of the United States. The good skipper sailed away and so the tale of the 'Mutiny of the Bounty' reached the outside world.

And now, thanks to radio, a new life opens up for them. Happy listening, you islanders!

New Weekly Feature—

"RECORD" PATTERN SERVICE



Golf has never been more popular in New Zealand than it is this year, with the result that most men to-day need an over-garment that is snug and comfortable for cold days on the links. An ideal choice is this Raglan cardigan in thick wool, with sensible turn-down collar and body knitted in an unusual rib. The zipp fastener gives it the neatness of the pullover with the convenience of the true cardigan. Pattern No. K12 contains illustration, material requirements, measurements and full instructions for knitting and make-up of the "man's golf" jumper.

Send sevenpence in stamps for this pattern to:---

"RECORD KNITCRAFT," P.O. Box 1680, WELLINGTON.

Write plain pattern number K12, your name and address.