

Old thought must give place to new. Medically speaking, this fact has been demonstrated by ASPRO in a practical way at the British Empire Exhibition at Wembley. The ASPRO display there was opened with the conviction that its wonderful SERVICE to the Race would soon be blazoned throughout England—You can't hide a light under a bushel. In a short time thousands and thousands of packets were sold. ASPRO has now been eulogised by the highest in the land and is duplicating its Australasian success in England—conquering the old world as well as the new.

Look What Prominent English Analyst Says of ASPRO:

His name is not published for professional reasons but is obtainable for those terested at the offices of ASPRO LTD., Wellington.

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London, England, October 31st, 1924.

"I have during the past few months made an exhaustive examination of a number of the best known brands of Aspirin Tablets, and have, at the request of Nicholas Pty. Ltd., made a careful examination of their ASPRO brand of tablets. As a result of these examinations I have to report that, after over 100 individual tests, I find that no single tablet of ASPRO contains any trace of Free Salicylic Acid.

"I find the weight of the tablets very uniform, and that they have been made from very pure ingredients and by some process which, contrary to the general practice, does not cause decomposition and consequent liberation for Free Salicylic Acid.

"All other processes of Aspirin tablet manufacture with which I am acquainted turn out tablets which are liable to contain, and do frequently contain, Free Salicylic Acid.

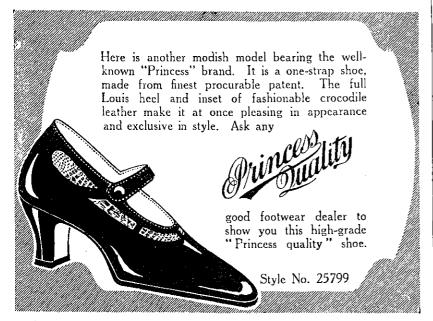
As it is "Free Salicylic Acid" which affects the Heart, the statements given above are most interesting for the Public to know.

It Definitely Proves that Altho' ASPRO is Quick, Effective and Efficient, it is also Harmless and Safe.

AT ALL CHEMISTS & STORES EVERYWHERE

MIN MUM PRICES-1/6 2/6 1/-1/6

ASPRO is now made in New Zealand by ASPRO LTD., 15-17 Marion St., Wellington, (P.O. Box 29), under direction of the holder of the original Australian original.



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Keeping the Children Well in the Summer Jime

Continued from page 61

To Test the Purity

of Milk
WE come now to rather a different subject. How can we be sure when at the seaside or cisewhere on holiday that the children are getting really good milk?

First notice the man who delivers the milk and the condition of his vehicle: also whether he is clean and careful in handling the milk. Never be satisfied with a secondrate supply. If you are suspicious that the milk has been deprived of cream, the following simple test may be applied.

Take a 6-oz, glass medicine bottle with twelve marks for doses on it. Stir up the milk gently so as to get a fair sample and put ten "doses' of it into the bottle. Cork and stand aside for twenty-four hours. The layer of cream at the top should fill at least three-quarters of a dose; otherwise, the milk is deficient in eream, Artificial colouring matter if present will colour the milk more than the cream, whereas uatural yellowness affects the cream more than the milk.

What to Drink

THE question of how much milk is really good for children often seems to be a difficult one, but here is a simple rule which may be followed. One pint of milk in the day is about the right amount for all healthy children, after infancy, all the year round, this pint including any milk taken in puddings and custards during the day. Last thing at night milk makes rather a heavy Water or lemonade, made with lemons and not ærated, is preferable, or perhaps a little broth or soup, if the evening is chilly. Indeed, during the summer plenty of fresh water may be given, so long as it is not swallowed in gulps-it flushes out the system and helps to rid the blood of impurities.

Thirst is often mistaken for hunger in infants, when frequent sips of pure cold water would satisfy the child. In consequence, the stomach becomes overloaded with food that

cannot be digested, either on account of the superfluous quantity, or else its unsuitability. Sickness may result, and diarrhoea occur, possibly both, but so long as the symptoms do not continue too long, no great alarm need be felt; they may be regarded as Nature's safeguard, and as soon as the unwelcome nourishment has been rejected all will be well again. To make recovery complete, however, it is advisable to take every precaution.

Summer Glothing

 A^{BOUT} clothing in summer there are also a few points which are worthy of note. In spite of the fact that the old methods of covering the unhappy child in several layers of thick garments is now out of date, we must all remember to our cost that this fashion died hard, and still holds a wide sway in the case of infants.

Insufficient clothing is very seldom indeed the cause of a chill or a "cold." The error is far more frequently on the side of over-clothing and over-heating. The "cold" is an indoor disease: air and light are its worst enemies. Clothes should therefore always be light and porous, and so long as a child is comfortably warm, we may be sure that its health will not suffer through want of covering. The best safeguard of covering. The best safeguard against chills is to clothe the child in suitable undergarments.

The majority of mothers will change the child's entire clothing if it has been soaked with rain, but comparatively few realise how important it is to change the clothes that are soaked with perspiration. If this is done and the child's body is given a brisk rubbing with a soft towel it will seldom catch a cold. Remove damp shoes and stockings.

Young children need as much fresh air as possible, at night time especially, and should never sleep in beds that have not been properly aired. It is a wise plan when possible to take baby's cot with him-it not only makes the baby more "at home" but safeguards him against possible

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