



SNEEZING & COLDS START the FLU

ASPRO-STOP-S-IT

'Flu Symptoms are generally Sneezing Fits, Hot Head, Watery Eyes, Weakness in the Legs due to High Temperature. If you don't deal with these symptoms RIGHT AWAY

INFLUENZA Gets You In Its Grip

meaning, perhaps, weeks in bed with loss of work, money and time at the least.

ASPRO Claims to Stop the 'Flu in One Night if you take it on first symptoms.

TAKE A PACKET OF ASPRO HOME TO-NIGHT AS INFLUENZA INSURANCE—Better Sure than Sorry.



ASPRO WILL NOT FAIL

MINIMUM PRICES—
1/- 1/6 2/6 4/6

ASPRO is now made in New Zealand by ASPRO LTD., 15-17 Market St., Wellington (P.O. Box 27) under direction of the holder of the original Australian formula.

ALL CHEMISTS & STORES EVERYWHERE

"You can't go on like this!"



Why ruin your own health as well as baby's? That is what sleepless nights mean to you. Human nature cannot stand it.

There is a safe, simple remedy in Woodward's Gripe Water. This is what a trained nurse writes to us:—

"I have recently been nursing a patient with an abscess in the breast. The baby screamed day and night, having been slightly poisoned. I tried Woodward's Gripe Water when all else failed. I never saw such a result—such a terrible, screaming baby, so wonderfully restored to health." For seventy years this famous English remedy has been recommended by mothers, nurses and doctors. Do not use narcotics—Woodward's is certain and absolutely safe.

WOODWARD'S "GRIPE WATER"

The most famous of all correctives for:—

- | | | |
|------------|-------------|--------------------|
| COLIC | TEETHING | DIGESTION |
| FLATULENCE | LOOSENESS | DISORDERED STOMACH |
| ACIDITY | PEEVISHNESS | CONSTIPATION |

and all the hundred-and-one ills to which baby is heir.



The Long and the Short of it!

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(that is, the kind sold for sulphur baths) and a teaspoonful of this should be added to a two-ounce-bottle of water. If this is found to cause smarting, a little more water can be added, and then gradually it can be used a little stronger as the skin gets used to the sulphur. This is much more effective than the old-fashioned sulphur ointment and much more pleasant to use.

Very dry, lustreless hair is crying out for extra nourishment and a hot oil shampoo will supply its needs very quickly. It is a simple remedy. All you need is a basin containing castor oil standing in a larger basin of hot water. Get the oil as hot as can be comfortably borne. Now part the hair in several places and into each of the partings rub in a little of the hot oil, and massage the scalp as you do so. Also scrunch the hair up in the hands,

and pat it here and there, so that it will absorb as much as possible of the hot oil. When the whole of the head has been covered, wrap a warmed towel round and sit in front of the fire so that the heat can continue as long as possible. If you are having a hot oil shampoo given professionally, they usually put several electric lights burning near you to keep up the temperature, but a seat on the hearthrug in front of the fire will do equally well.

At the end of about half an hour, finish off with an ordinary shampoo and you will be delighted at the softness and brightness which has returned.

Don't forget, that if you're a "short," a comb is of more use to you than a brush, and if you kink in your Marcel or your water-wave after every combing, it will last a surprisingly long time.



FATHER: "But, my child, is he thrifty?"

PHYLLIS: "Oh, yes! He has saved £300 out of the £3000 his Aunt left him last June."

The Ideal Trip "Home"

Across Canada—via Canadian National Railways

Not so much sea—and more to see! That's the thought which prompts so many New Zealanders to get "through" tickets to Europe endorsed "Canadian National Railways"!

The Canadian National is the finest way across Canada, traversing the highest Rockies and all the provinces by a new route. While passing within view of Canada's mightiest mountain peaks and grandest Alpine scenery, the traveller is conveyed by easy gradients and at lowest altitudes, thus passing the long journey under the most comfortable conditions.

The Canadian National is the only railway that reaches Jasper Park, said to be the largest national park in the world, with Mount Robson (12,972ft.) plainly visible from the train.

Lovers of sport and big-game shooting will do well to stop over at Jasper Park Lodge, if plans per-

mit. Miles of motor roads and pack trails provide means by which this wonderful region can be enjoyed according to personal taste. Automobiles and horses are available for hire. Swiss and native guides conduct parties on climbing, hunting, and sight-seeing excursions. At Jasper Park, and also at many other points along the Canadian National Railways there is a splendid eighteen-hole golf course.

Stop-over privileges include stay at many other interesting places, where magnificent hotels are operated by the Canadian National Railways for the convenience of their passengers.

Through tickets, which must be endorsed "Canadian National," issued to all Canadian and European points. Sleeping car and hotel reservations across Canada and Atlantic berths all arranged by Canadian National Railways. Ferry Buildings, Auckland, and Dominion Farmers' Institute, Wellington. Send for free literature.