

*Ready to serve
in a few minutes*

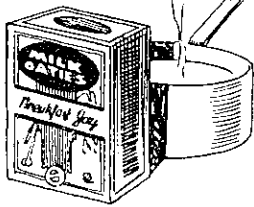
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Just scatter the delicate creamy flakes into boiling water—and in a few moments Milk Oaties are ready to serve. It is literally a breakfast joy. Light and creamy, yet containing the whole of the sun-ripened oats. Rich in essential vitamins—a complete food for adults as well as for children.

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20 front panels of Milk Oatie Packets sent to Serjt. Dan, P.O. Box 24, Gore, will bring you a beautiful silver Gift dessert spoon. Start saving TO-DAY.



MILK OATIES
Breakfast Joy

Prepared by Fleming & Co. Ltd., Gore

DAVIS GELATINE for



Party Sweets

DATE PRALINE:

- INGREDIENTS.
1 cup crystal sugar,
1 cup water,
3 dessertspoons Davis Gelatine.
1 cup icing sugar,
1 cup dates (chopped),
Essence vanilla.

DIRECTIONS.

Moisten gelatine with cold water. Boil crystal sugar and water in a saucepan for 30 minutes. Then thoroughly dissolve the moistened gelatine. Take off fire and allow to cool. Add 1 cup icing sugar, which is thick and white, and then add the chopped dates and vanilla and stir until thoroughly mixed. Pour into greased tins and allow to set. Cut into squares and roll in a little icing sugar and cornflour mixed.

Send for a Free Copy of our beautifully illustrated Cookery Book, and enclose 2/- stamp to cover postage, wrapping, etc., to

DAVIS GELATINE (N.Z.) LTD
CHRISTCHURCH

COUPON for Free Sample of Mellin's Food

Cut this out and post with your name and address, stating baby's age, and the name of your chemist to

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and Contented Happy Days*

for both Mother and Baby

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Mellin's Food

which modifies cow's milk and yields a diet equal to breast milk fit for the use of a babe from birth.

Health Secrets!

By A PHYSICIAN

Diphtheria Prevalent

There is still a great deal of diphtheria about. Every sore throat, especially in a child, should be viewed with suspicion.

In the case of this disease, the sooner treatment is begun the better. Every day, every hour of delay is dangerous.

Save The Tonsils

I am glad to see that the tendency to remove the tonsils in every case in which these useful structures are even slightly enlarged is growing less.

I remember, in this connection, hearing a famous physician say once to a young surgeon who was advocating operation on every enlarged tonsil: "My dear sir, if you are right

Eating And Drinking Together

And not less important is the rule to abstain from eating and drinking at the same time. The "washing down" of food with draughts of cold water or tea or even beer is a very bad habit indeed. The digestive juices are greatly weakened and indigestion and flatulence almost always result sooner or later.

This evil is usually attended by another of the very existence of which most folk are unaware. I refer to the habit of "air-swallowing." Indigestion and air-swallowing are very frequently cause and effect.

The person who unconsciously swallows air soon becomes distended and profoundly uncomfortable. Faint attacks may occur, or even an actual



GUSHING YOUNG PUPIL: "Ah, Professor, if ever I make a Pianist, I'll owe it all to you."
PROFESSOR: "Pardon me, young lady, my terms are quarterly—in advance!"

the Lord God, who made the brain and the heart so perfectly, was quite incapable of making a pair of tonsils."

There is no doubt that these humble structures perform a useful function in the body. Their absence cannot be an advantage except in those instances in which they have become through severe disease an active source of poisoning. Such instances are certainly not so common as was believed a few years ago.

Rest After Meals

Old people should be careful not to engage in strenuous exercise just after a meal. I have lately heard of a number of cases in which collapse, and of one or two cases in which death, followed the disregard of this salutary rule.

It does not seem to be known that while a meal is being digested the heart's activity is "damped down" naturally. The organ is unable to respond easily to calls for effort.

To force it to make responses at such a time is to tempt Providence, and if any weakness happens to exist it is likely to reveal its presence. The old rule to take half an hour's rest after eating is a good one, which wise folk over the age of fifty never neglect or forget.

fainting fit. Those who take their meals "dry," or nearly so, are but rarely troubled in this way.

Cinnamon For Colds

There are very good reports concerning cinnamon as a means of warding off colds. A few drops of the oil of cinnamon on a handkerchief sniffed occasionally can be relied on to act in this matter "like a charm."

Some prefer to chew pieces of cinnamon stick or to take pinches of powdered cinnamon, or, again, to put a drop of the oil of cinnamon on a piece of sugar and swallow it.

The method does not seem to matter much. The advantage is in the cinnamon itself. Perhaps a few of the cinnamon lozenges sold by most chemists offer the easiest and best way of taking the medicine.

"Ear Strain"

It is probable that there is a form of "ear-strain" which corresponds to eye-strain, but which has not yet been clearly realised by doctors. I am convinced that some people "hear too loud" just as others are deaf. I think, too, that "loud hearing" is a serious handicap on health.

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