

Sealed
*from the time it leaves
 the factory until it is on the bed*

DUST and dirt cannot touch it; dangerous germs are definitely excluded—the Duro-down is SEALED by a new exclusive wrapping process.

See this better mattress in its new hygienic wrapping at any furnishers. And remember that this is only one of the exclusive Duro-down features—remember that you get the layer filling, the re-inforced centre and the rolled edge—all for the same money!

*“For perfect rest
 and wears the best”*

Made by Howard Abbott Ltd., Auckland

The **DURODOWN MATTRESS**

In the New Sealed Wrapping
 DUST PROOF — DIRT PROOF — GERM PROOF.

A Golfer is only as good as his clubs. If these are rusty—if their shafts have no life and ‘give’—his game is as good as lost.

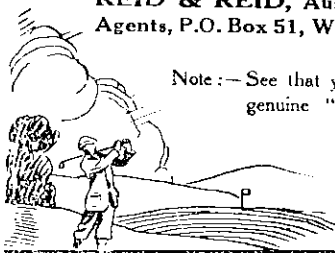
3-IN-ONE OIL

cleans, polishes and protects all wood and metal surfaces. It will make you feel proud of your clubs.

Keep one of the Handy Cans in your locker and another at your home.

For Free Sample bottle write to
**REID & REID, Australasian
 Agents, P.O. Box 51, Wellington.**

Note:—See that you get the genuine “3-in-One”.



HAINES—11

3 IN 1

LADIES AND GENTLEMEN

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BEAUTY!

A COMPLEXION SECRET

USE Gainsborough's Face Cream Gives Youth's bloom. Non-greasy. Vanishes instantly.

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The Absurdity of Worrying

The sufferings of mankind may be divided into two classes, mental and physical, and of the former a good half is occasioned by worrying over things which, in all probability, will never occur.

“Oh dear! I do get so nervous on these foggy nights,” says Joan's mother. “I'm so afraid Joan will meet with an accident. I never have a moment's peace till she comes in”; and she works herself up into a state bordering on panic, which lasts until Joan walks in, about an hour late, rather tired and cross with the long time she has spent in the stuffy railway carriage.

Worrying seems to be more or less a constitutional habit. There are some happy-go-lucky people who never worry about anything. It simply does not occur to them to do so.

Waste Of Nerve Power

To worry over the past is purely and simply a waste of nerve power, since as soon as a thing is past no amount of worrying can alter it.

To worry about the future—the things that *may* happen—seems almost more ridiculous, and yet we worriers will inflict unbelievable torture on ourselves in this manner. Some will worry about ways and means at some future date, some about their children, or what would happen if their health broke down, and others about the vision which their imagination conjures up of the loneliness of their old age.

All these things we suffer many times over by worrying about them.



DOCTOR: “What sort of night did your husband spend?”
 DEVOTED WIFE: “He seemed a little peevish, Doctor, he asked for water several times.”
 DOCTOR: “H'm! Still delirious, apparently.”

“Whatever would have happened if you had been found out?” I asked a friend of mine who had been telling me of an ingenious deception which he practised on the powers that be, when he was in the army, in order to secure to greater amount of personal comfort and less work. “Oh! I didn't think about that,” he replied. “I never go to meet troubles.”

When we come to consider the matter from a logical point of view, nearly all worry is absolutely absurd.

Even in the small happenings of daily life many of our worries are imaginary. Somebody has annoyed us, or, perhaps, quite unintentionally, hurt our feelings, and we go over and over the happening in our minds instead of promptly relegating it to the region of forgetfulness.

The only evils which we really have any logical cause to worry about are those which we can remedy, and then, of course, we shall promptly remedy them, and our last excuse for this absurd habit will vanish.

No Rubbing Laundry Help FOR WASHING CLOTHES