

# ZOTOS

ABSOLUTELY PREVENTS

## Sea-Sickness, Train-Sickness, &c.

**ZOTOS** is contained in small Gelatine Capsules, easily swallowed and quite tasteless. It is certified by one of the leading Analysts of the day, is quite harmless and has no bad after-effects. It is packed in a neat enamelled metal box, which can be easily carried in the waistcoat pocket or purse.

**CAPSULES MUST BE SWALLOWED WHOLE.**

To be obtained from all Chemists, or from the Sole Agents for New Zealand, Sharland & Co., Ltd., Auckland, Wellington, Dunedin and Christchurch.

**NOTE**—Read and follow the directions carefully. Some constitutions require double doses, i.e., 2 capsules at a time instead of 1

## St. George Pie Apricot "Recipe Competition."

The judge reports that this competition was very difficult to decide owing to the large number of really excellent recipes sent in. As it was found necessary to bracket some of them equal, we have increased the prize money, and have also added five consolation prizes for those who received special mention.

### PRIZE LIST.

**FIRST PRIZE** (of £27/6) divided between—  
 Mrs. M. Stuart, Timaru: "Apricots a la Taviot."  
 Mrs. McGregor, Okoia: "Amber Pudding and Apple Snow."

**SECOND PRIZE** (10/6 each) to—  
 Mrs. Heffernan, Greymouth: "Iced Apricot Tart."  
 Miss Vowles, Gisborne: "Creamed Apricots and Custard."  
 Mrs. Cullen, Mangaturoto: "Apple Trifle."  
 Mrs. McQueen, Raupo: "Apple Sponge Pudding."

**CONSOLATION PRIZES** (5/- each)—  
 Miss J. Campbell, Greymouth: "Apricot Fritters."  
 Mrs. Kerr, Invercargill: "Apricot Mould."  
 Miss B. Newman, Christchurch: "Baked Apricot Pudding."  
 Mrs. Sunberg, Dargaville: "St. George Apple Pie."  
 Mrs. Sims, Waikoi: "Apple Pudding, No. 1."  
 Seven others received honourable mention.

# Mellin's Food

**UNTOUCHED BY HAND.**



Prepared in a moment—without cooking. The ideal substitute for mother's milk. Mellin's Food may be given with safety even to a new-born child. No starch—no dried milk.

*Mellin's Food may be obtained at all chemists, stores, &c*

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Those who have taken this medicine are amazed at its splendid healing power. Sufferers from Bronchitis, Cough, Croup, Asthma, Difficulty of Breathing, Hoarseness, Pain, or Soreness in the Chest, experience delightful and rapid relief; and to those who are subject to Colds on the chest it is invaluable, as it effects a complete cure. It is most comforting in allaying irritation in the Throat and giving Strength to the Voice, and it neither allows a Cough nor Asthma to become chronic, nor Consumption to develop. Consumption is not known where "Coughs" have, on their first appearance, been properly treated with this medicine. No house should be without it, as, taken at the beginning, a dose or two is generally sufficient, and a complete cure is certain.

Small Size, 2/6; Large Size, 4/6 Sold by all Chemists and Medicine Vendors, and by the Proprietor, W. G. HEARNE, Chemist, Geelong, Victoria. Forwarded to any Address, when not obtainable locally.