

Miss Mary Eastwood, 14 years of age, and a member of the Girl Peace Scouts at New Brighton, Christchurch, has distinguished herself by splendid services in first aid in connection with injuries received by a little boy on Cashmere Hills. Of a large number of adults who were present when the accident occurred, none had any knowledge of first aid, and the medical man who attended the patient stated that the boy would probably have bled to death had it not been for Miss Eastwood's trained service.

"A platonic friendship is a friendship without any extras."

It is often not realised that just a teaspoonful of Scrubb's ammonia put in a bath renders the water beautifully soft, so that soap lathers quickly and a general sense of well-being is established. The same bath, too, is possessed of valuable astringent properties, rendering the action of the skin healthy, and generally stimulating the system. This knowledge should prove most valuable, for, by the simple practice of it, all fatigue and weariness after a hard day's sport may be obviated. This is a laudible hint within everyone's reach, costing the minimum and giving the maximum result.

**The Allenburys Foods.**

MOTHER AND CHILD.  
*Baby, 6 1/2 months of age. Fed from birth on the Allenburys' Foods.*

PAMPHLET ON INFANT FEEDING AND MANAGEMENT FREE ON REQUEST.

**The Allenburys Foods**

The "Allenburys" Milk Food No. 1 consists of fresh cow's milk scientifically modified so as to closely resemble human milk in composition. The excess of casein (indigestible curd) in the cow's milk has been removed, and the deficiency of fat and milk-sugar made good. The method of manufacture pasteurises the milk and absolutely precludes all risk of contamination with noxious germs. Thus a perfect substitute for the natural food of the child is obtained, and vigorous growth and health are promoted.

The "Allenburys" Foods are alike suitable for the delicate and robust, and children thrive upon them as on no other diet.

No starchy or farinaceous food should be given to an infant under seven months of age. It is not only useless, for the young infant cannot digest starch, but is a frequent cause of illness and rickets.

MILK FOOD No. 1 From birth to 3 months. MILK FOOD No. 2 From 3 to 7 months. MALTED FOOD No. 3 From 7 months upwards.

Allen & Hanburys Ltd., Lombard St., London, England, and MARKET STREET, SYDNEY.

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The Simplest and Best Feeding Bottle on the Market.

EASILY CLEANSED BY FLUSHING UNDER THE TAP.

*In cardboard box, complete.*

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