



## HOW IS YOUR CHILD?



### THIN? . . . PALE? . . . OR . . . STURDY?

If your Jack or Jill is thin there is a cause for it—in all probability a cause that can be corrected. Check on these items:

- 1 **DIET**—Does your child get enough Protein “building material”? Such as Milk, Cheese, Meats, Dried Peas, Beans, Lentils. Sufficient Milk? Three or four glasses daily. And Cod Liver Oil or substitute each day.
- 2 **FRESH AIR**—A cooped-up, coddled child won't grow well. Sunshine, exercise, and fresh air day and night, help to build strong frames and robust bodies. Keep those bedroom windows open at night.
- 3 **SLEEP**—Proper food and fresh air are wasted without adequate sleep. During sleep, repair and building of the body goes on. Growth suffers if sleep is short. Children need 10-12 hours' sleep.

**Get these three right —  
and watch the improvement!**

KEEP THIS ANNOUNCEMENT FOR FUTURE REFERENCE.

FOR A HEALTHIER NATION

hours ever ready to help, and to share books, flowers, recipes, and jokes.—“New Chum,” Otatau.

**A** GOOD neighbour should possess the wisdom to know when to offer help and when to refrain from doing so. Many well-meaning people have spoiled all their efforts by overwhelming their neighbours with kind deeds and advice at inopportune times, and what has started in good faith, sometimes becomes a burden to both giver and receiver.—“Effie,” Murchison.

**F**RRIENDSHIP is the green hill on Life's dusty road—a wayside spring beside our dusty journeying.” Without friendship and love in our hearts we have not learned the art of true neighbourliness. “He who hath not loved his brother loveth not me,” saith the Lord.—“Fay,” Kaipara.

**T**O a woman particularly a good neighbour is a blessing, and a comfort in any emergency or unexpected event. To have someone with whom we can talk over our problems or exchange ideas and experi-

### A NEIGHBOURLY RECIPE

**M**IX together one good portion of thoughtfulness and good cheer. Add a handful of generosity and understanding. Sift in a cup full of loving kindness and a heaped cup of sympathy. Bake in a good oven of warm heartedness and stand for a lifetime without cutting.

—“Pied Piper,” Rotomanu.

ences is relaxation indeed for a busy woman, and cements friendship.—“Vee,” Katikati.

*Would you be a neighbour kind?  
Bear this always in your mind—  
“The Golden Rule.” What is better  
In the spirit and the letter?*

—“Gertrude,” Timaru.

**N**OT till I lived in a lonely country district did I realise what true neighbourliness meant. One family went out of their way to do little kindnesses, not only for me, but for anyone within their ken. Never a tired drover passed their gate but a welcome cup of tea would be taken out to him. There was never an empty seat in their car for any of the local functions—car-less folk like myself were always included in their party. A new garden could not be started in that district without slips or roots of their choicest plants. From every boiling of jam several pots would be set aside for some neighbour. Rarely was their spare bed empty—there was always some weary city dweller being given a few weeks of country air and hospitality. They were not rich and their home was