YOU need no longer suffer any nerve or muscular pain if you take genuine VINCENT'S A.P.C. Tablets - the gift of science to humanity in pain. VINCENT'S are absolutely safe and certain - but you must get VINCENT'S A.P.C. The formula on which VINCENT'S A.P.C. is prepared comes from one of the largest hospitals in the Southern Hemisphere; it banishes all nerve and muscular pain, colds, 'flu and sleeplessness safely and surely. VINCENT'S!



THIRD ECHELON. SHORTER TRAINING?

STAFF OFFICER'S STATEMENT.

"With the latest turn of world events it seems likely that we will soon be in it. The first brigade is over there, the second is on the water, and you, the third, are likely to be joining them very soon. Since your course of instruction may be curtailed, it is up to you to put every ounce of your energy into your training, and make it really worth while."

These words from Lieutenant-Colonel R. B. Smythe (area staff officer for the Southern Military District) brought resounding cheers from the 143 men assembled with friends in the King Edward Barracks, Christchurch, before their departure for Papakura as a draft of the Third Echelon. Lieutenant-Colonel Smythe said that the possibility of trouble in the East meant the massing of colonial troops there and the likelihood of the Third Echelon being ordered overseas at short notice. He urged the men to take a personal interest in their training and to undertake individual additional study where possible.

had no comment to make.

N.Z. Air Force MID-DAY SIESTA

MORE TRAINEES

AIR SCREW SECTION

ORDERS TO REPORT.

The following recruits accepted for training in the air crew section of the Royal New Zealand Air Force have been instructed to report for training at the Levin Ground Training Depot as follows:-

PILOTS.

C. A. Armstrong (Auckland).

B. V. L. Beadle (Dunedin), A. J. Black (Christchurch), A. W. P. Bird (Wellington).

A. M. Clark (Christchurch), A. B. Clark (Auckland).

C. F. Dare (Auckland), W. S. Dashwood (Feilding), L. St. G. Dobbin (Wairoa, Hawke's Bay).

G. H. Easton (Christchurch), W. S. Emmett (Marton).

L. J. Fairbairn (Christchurch), G. H. Fenton (Mangere East, Auckland).

J. H. Gazzard (Otautau), G. E. Guthrie (Parnell, Auckland), W. L. Gribble (Mount Eden, Auckland).

D. H. Hammond (Kaikoura), A. O. Hawkins (Auckland), A. R. Henderson (Greymouth), J. A. Hoffeins (Brooklyn, Wellington), C. H. Howard (New Plymouth), G. Hunter (Lower Hutt).

D. P. Janning Palmerston North), D. J. Jamieson (Christchurch), W. G. Jesson (Christchurch), G. A. Johnston

R. K. Karsten (Nelson), E. J. Kean (Christchurch), J. M. Kerr (Timaru), H. C. Kimpton (Marton).

F. M. Laing (Wellington), B. E. Layne (Hamilton), D. F. Leffley (Dunedin), W. C. F. Leicester (Havelock North), R. G. Lindsay (Auckland), A. C. Long (Wellington).

A. C. Marks (Riccarton, Christchurch), B. W. Miller (Feilding), K. C. P. Morpeth (Kelburn, Wellington), F. T. Morgan (Eastbourne) R. C. Munro (Wellington).

L. B. McCarthy (Wanganui), L. M. McDonald (Paeroa), R. J. McFarlane (Auckland), G. J. McLeary (Napier).

K. M. Palmer (Te Puke), S. C. carton, Christchurch).

A. R. Robinson (Christchurch), J. A. Robinson (Wellington), A. G. Rus-Ryan (Wellington).

W. J. Sandman (One Tree Hill, day's work. Auckland), R. A. Scragg (Napier), H. A. Spark (Port Chalmers), E. St. J. Spicer (Remuera, Auckland), J. E. M. Steeds (Christchurch), G. S. Stevenson (Auckland).

R. D. Wanden (Wellington), P. S. Worsop (Auckland).

TRENTHAM CAMP ACCOMMO-DATION.

The mobilisation camps throughout the Dominion are now dealing with to all ranks of voluminous mosquito the largest number of men they have been called upon to accommodate since the outbreak of war, and in order to When the foregoing was brought to provide more room for Expeditionary It is in warding off flies that the netthe notice of the General Staff Officer Force troops at Trentham the Central ting is proving most useful at the of the Northern Military District, Military District School of Instruc-Lieutenant-Colonel L. Potter said he tion has been transferred to the Tauherenikau racecourse.

N.Z. TROOPS IN EGYPT

Summertime Relaxation

MOSQUITO NETS ISSUED

(N.Z.E.F., Special Service.)

EGYPT, May 5.

Following the summer custom of English troops stationed in Egypt, the Second New Zealand Expeditionary Force has now adopted a new routine which provides for relaxation in the warmest part of the day.

Reveille, at half-past five in the morning, is half an hour earlier than previously. Tea and biscuits—a snack which the Army knows as "gunfire" -are provided immediately and training begins at six o'clock or shortly afterwards, continuing until eight, when breakfast is served.

Training is resumed at nine o'clock and is carried on until midday. After lunch there is an hour's complete and compulsory rest, and the remainder of the afternoon is free for sports or relaxation. There is a further hour of training immediately before tea, however, and "Lights Out" is sounded half an hour earlier. Late leave is being granted only on Friday and Saturday nights, instead of all through the week as has been the practice in the past, in view of the importance of the troops obtaining as much undisturbed rest as possible.

The new routine varies slightly in the different units, but basically it is universal throughout the camp. It may be relaxed if cool temperatures so allow, and may also be adjusted to suit the requirements of out-ofcamp exercises. On Sundays the force continues its practice of luxuriously "lying in" until seven o'clock in the morning.

Although still a novelty, the routine has been accepted enthusiastically Parkes (Feilding), A. F. Potter (Ric- by the men. After the temperate climate of New Zealand, early afternoons in Egypt are uncomfortably hot for training, and the comparative sell (Bell Knowes, Dunedin), P. H. cool of the mornings is far more pleasant for the heaviest part of the

Discomfort from the heat has been W. Shepherd (Palmerston North), F. minimised in another direction by the adoption of hot-weather kit for both training and leave hours. Each man has been issued with three light, halfsleeved khaki shorts, two pairs of drill shorts, hose tops, puttees and light underwear. The combination of shirt and shorts is the universal dress for wear about the camp, while in leave periods the drill jacket and waist belt replace the open shirt.

> Still another innovation is the issue nets, which can be suspended from cords stretched across the tent ceilings, completely enclosing the beds. moment, and the early afternoon siesta sees tents practically filled with the white, billowing drapery.

Where to Shop in TRENTHAM

SOLDIER!

If your razor is not so hot, take

LIN RUSCOE The Hairdresser, Outside Cample EVERY JOB GARANTEEL OF Same Day Service, or while you

RECEIVING AGENTS PO DOMINION DYERS & DRY CLEAND PETONE.

"SERVICE" IS OUT MOT HERETAUNGA SERVICE STATION Main Road Trent :: Motor and General Engine Washing, Polishing, Great Battery Charging. Phone

SOLDIERS! Cross the Railway Line STOP! LOOK! LISTEN

For DENNY McCAULEYS COFFEE STALL & DIN ROOMS.

MRS. JEFFRIES CAMP ROAD. PHONE Near Railway Crossing

HOT MEALS AT ALL HOW SOFT DRINKS AND CLARKE'S ICE CREAN

T. H. CHAPLOW CAMP RD., TRENTHAL GROCER & FRUITER CIGARETTES, TOBACCO A SOFT DRINKS TIP TOP ICE CREAN

EVENING AND SPORTS P Motor and TAXI General Repa HOWELL MOTORS

CABARET DANCE EVERY SATURDAY N Private Dances by Arrangement Telephone: 252M

BOOT REPAIRS (Over 40 years' experience) TRENTHAM BILLIARD SAM Just Across Railway Line SAME DAY SERVICE Or leave your Repairs al

Uniforms Dry-Cleanel

Lin Ruscoe's, outside Camp Ga

Leave them with

WHEELER'S STORE AT CAMP GATES

will return them perfect Cleaned and Pressed.

GOODS COLLECTED AND DELIN EVERY TUESDAY AND FRIDA

> CRESSWELL TEA ROOMS (First Outside Camp Gale

MORNING & AFTERNOON ILIGHT LUNCHEONS, PIES. Confectionery, Ices & Soft Pri

54-044—Wellington Tan

A Co-operative Service-