



If

If "ifs" and "ands" were pots and pans There'd be no work For Tinker's hands.

IF all of us were able to take the daily outdoor exercise we need, if we always ate plain food and if we did all the other things doctors say we should—there would be fewer little Ills and, consequently, less need for Andrews.

Andrews corrects Life's little Ills whilst they are still little. Children like it for its pleasant taste and merry sparkle, and parents admire it for its prompt and kindly inner cleansing.

9^d & 1/4

Andrews Liver Salt

A whole wheat breakfast is best



Start the day with **SHREDDED WHEAT**

KNITTING WOOL BUNDLES, 1 1/2 lb. 4/6, 3 lb. 9/-, Excellent for Children's Garments, Socks, etc. Steel Grey, 2/4; Colours from 2/11 lb. post free. **PURE WOOL SERGES** from 2/8 yd. Tweeds, Tailoring, etc. *Patterns with pleasure.* All Wool Brown Blankets, 5/11 each. Special value. **ABOUT 60 YEARS' REPUTATION.**

EGERTON BURNETT'S N.C. DEPT.



WELLINGTON, SOMERSET, ENGLAND.

MARIE ELISABETH REAL SARDINES

DELICIOUS, SUSTAINING, HIGH FOOD VALUE, RICH IN NITROGEN.

LIKED EVERYWHERE AND BY EVERYBODY

LARGEST SALE IN THE WORLD

THERE IS NOT ONE CHILD IN A THOUSAND

Who, at this time of the year, would not derive immense benefit from **ROBOLEINE**. The winter epidemics of **COLDS, INFLUENZA, MEASLES, COUGHS**, and other complaints have taken a heavy toll of strength and vitality. Cheeks have lost the glow of health, appetites have become irregular, listlessness has set in. These are sure signs that the child requires the reliable body-building and vitamin tonic food—

Roboleine

THE FOOD THAT BUILDS THE BODY

THE RESULTS OBTAINED ARE DESCRIBED BY DOCTORS AND MOTHERS AS MARVELLOUS.

ROBOLEINE consists of **BONE MARROW, YOLK OF EGG, CREAM OF MALT** and neutralised **LEMON JUICE**, and is equally beneficial to Adults for **ANÆMIA, SLEEPLESSNESS**, etc.

12-DOSE SAMPLE

"ROBOLEINE," Handforth Laboratories, Clapham Road, LONDON, S.W.9.

Please send me a 12-dose sample. I enclose 3d. in stamps for postage and packing. (Use block letters and mark envelope "Sample.")

Name.....

Address.....

C.N.8.....



IN 2/9 & 6/9 JARS

SAFE MILK

Watch Your Supply

THE DANGER OF TUBERCULOSIS

The suggested national control of the milk supply is supported by grave evidence of the frequency of milk last Michaelmas, out of 538 samples of contamination.

For example, in the quarter ended milk examined in London nearly 16 per cent proved to have in them the germs of the dread disease commonly called consumption.

It is this frequency of disease germs in milk which leads physicians to counsel us to boil milk before drinking it.

Just because milk is such a superb food for mankind and, indeed, for all animals, it is also a most excellent culture-ground for bacteria. When exposed to contamination, or when derived from a diseased cow, it is therefore as dangerous as it should be beneficial.

Need of National Control

We are reminded that every year some 2000 people die from tuberculosis derived from cows, and thousands are less seriously infected.

Nor is tuberculosis the only risk, for milk is so carelessly handled in many places that it becomes exposed to the germs of other diseases and thus becomes a carrier of them.

This is not a matter of the quality of the milk, for, of course, the best and richest milk can just as easily become contaminated as milk of poor quality.

There can be no doubt that national control could largely prevent such dangers. There could be proper veterinary control of cattle. There could be insistence on thorough cleanliness in the storage, transport, and retail distribution of milk. Thus we could insure the public supply of safe milk.

HOW CROYDON PEOPLE HELP THE WORKLESS

"What a change of spirit there is in the whole country!" said somebody the other day, speaking about the problem of unemployment. "The materialistic outlook of our modern age has broken down. People of all classes are learning to be content with less, to live more simply, and to be ready to make sacrifices to help the down-and-out in his distress."

Such common sacrifice has much to do with the success of the splendid occupational centre for unemployed that is now being run at Croydon. Some 300 men come to the canteen every day, and here they can have a good nourishing meal for less than 4d.

The cost is kept as low as this because of the generosity of tradesmen, restaurant owners, and many other people whose constant gifts in kind more than cover the cost of cooking. Again and again the committee has proved that any real needs, such as furniture, fittings, tools, materials, and so on, have only to be made known and they will be met.

The old school buildings, which have room for many activities, have been lent free for the centre. In the workshops the men make boots, repair furniture, and clean and press clothes for themselves and their families. The games and reading-rooms are nearly always full.

As these centres tend to keep the unemployed in a class by themselves the buildings are used as a club in the evenings for them and for those who are employed, and the employed pay a small fee.

With new interests and activities comes new hope for the future. There is often a wonderful change in the men, especially in those employed in the workshops. Cheerfulness soon takes the place of moroseness.

By being kept from brooding they shake off that deadly lethargy which is one of the worst evils of idleness.

87 OLD YEWS

YOURS AND MINE

Our Glorious National Possession in Norbury Woods

SENTINELS OF THE AGES

When spring urges rambles to take to the roads again they will find the National Trust has planned a pleasant surprise for them in Surrey.

During the winter months, under the direction of the National Trust, the foot-paths in the woods round Dorking and Mickleham have been cleared. The dead wood and undergrowth round the famous yews known as the Druids Grove have also been removed. So dense had the undergrowth become that it took two men three months to clear it.

There are 87 ancient yews in Norbury Woods, Mickleham. It is not known for how long these grand trees have stood here, but Major Heyder, of the Indian Forestry Department, says that "most of them are not less than 400 or 500 years old, and many may be twice that age."

Memories of Juniper Hall

Two of the largest trees are over 22 feet round the trunk. Two of the 87 trees are dead, but still standing. The branches of some have bent down to the ground again and sent out tall, upright growths from here, forming an alley round the trunk.

The younger beeches and ashes that have grown up round the yews have served to protect their ancient companions from the wind, but when snow or storm has sent them crashing to the ground they have damaged the yews in their fall.

Fanny Burney would have been sure to visit the Druids Grove when she stayed at Juniper Hall and took French lessons from General D'Arblay, the refugee whom she afterwards married. And George Meredith, who lived at Flint Cottage at the foot of Box Hill, used to send his friends to look at the famous yews. He evidently believed the trees were about 2000 years old, for he always urged his visitors to look with awe on trees that were saplings when Christ walked in Jerusalem.

The Fallen Giant

Some of the yews bear special names. The Fallen Giant looks as if it were writhing in mortal pain. The King of the Park must have a more majestic bearing than the rest. It is a pity that on the first day the trees were thrown open to the public some wretched Litter Lout cut two hearts on the bark of the tree known as the Spreading Yew.

Surrey has several other grand old yews. The one at Cherkeley Court, Leatherhead, known as the Queen Yew, is 20 feet round the trunk; and in Crowhurst churchyard there is a veteran that was old when the Conqueror came, and measures 32 feet round.

In the neighbouring churchyard of Tandridge there is another whose branches have a span of 81 feet from north to south. This yew must have watched the building of the little church in the 12th century.

But these trees are lonely sentinels. Only in Norbury Woods do we find as many as 87 ancient yews in a group.

THE GOLD GOOSE

We have all heard the fable about the man who killed the goose that laid the golden eggs.

From New Zealand comes a true story of a man who killed a goose and in its crop found eight stones containing specks of gold. The goose was reared in the Te Aroha district, in the North Island of New Zealand, a district where goldmining has been carried on for fifty years. Apparently the goose, while swallowing grit, as all birds do, swallowed fragments of gold-bearing stone.