MAKE YOUR OWN COUGH AND INFLUENZA MIXTURE AND SAVE MUCH MONEY.

In homes where families are large and incomes small the following recipe for making Cough Mixture will prove a veritable boon because of the curative goodness of the mixture produced and the saving in money that it effects:—

Pour a large breakfastcupful of warm water into a jug and in it dissolve three tablespoonfuls of treacle or honey and four tablespoonfuls of sugar. (If treacle or honey are not on hand use double quantity of sugar). When cool, add two tablespoonfuls of vinegar and a phial of Heenzo, and pour into a large, clean, tightly-corked bottle, ready for use as required. Full directions for taking will be found with the Heenzo, which may be obtained from any chemist or store for 2/-. As the above recipe produces a family supply of cough mixture, which, if bought in a lot of little bottles, would cost anything up to 30/-, according to quality, it will be readily seen that a big saving is to be effected in making Heenzo Cough Mixture. As Heenzo does not contain any paregoric, laudanum, or other opium extracts, it may be given to little children without fear of harmful effects.

Use Heen's Tonic Nerve Nuts when you feel run down.

PALING'S PLAYER PIANOS

Nothing more delightful could be purchased for your home.

It would give endless pleasure to every member of the family.

Write and let us send you full particulars, or call in and hear them.

We sell on Easy Terms.

PALINGS

338 George St. and at SYDNEY NEWCASTLE & LISMORE.

1st Prize £10

Second £5, Third £3, Fourth £2

£20/-/- in all in first Craven-Burleigh Slogan Competition

In order to make the name of Craven-Burleigh's Hair and Toilet Preparations more widely known and to emphasise the fact that these preparations can now be obtained through Chemists, Storekeepers and Hairdressers everywhere, I have inaugurated a series of Slogan Competitions open to the public of Australia, and offer £20 in prizes, first £10, 2nd £5, 3rd £3, 4th £2.

CONDITIONS

Each competitor must submit a slogan or phrase, suitable for advertising Craven Burleigh's Tooth Paste ONLY, and as an example the following is submitted:—

Craven-Burleigh Tooth Paste
Makes your breakfast taste better

Competitors may submit as many slogans as desired, but each one submitted must be accompanied by a complete carton, label or container from any article sold bearing Craven Burleigh Preparations. Failure to do this will disqualify.

True Hair Grower (promotes growth), bott 3/6, three times 10/-. True Hair Grower (Liquid non-oily Hair Tonic), bottle 2/6, three bottles 6/-. Natural Restorer of Grey Hair, bottle 3/6, three bottles 10/-. Moustache Invigorator, tube 2/6. Bashe, jar 3/6; Ambrol, bottle 2/-. Hand Lotion, bottle 2/6. Depilatory, jar 5/-. Skin and Scalp Soap, cake 1/-, box of three 2/6. Shampoo Powders, packet 3d., box of 1 dozen 2/-. Hair Curling Liquid, bottle 3/6. Hair Curling Powders, packet 3d., box of 1 dozen 2/6. Tooth Paste, 1/3. Face Cream, jar 2/6; Face Powder, extra large box 4/6. Talcum Powder in Bottle, Brilliantine, bottle 1/-. Shaving Stick, 1/-. Lip Salve, stick 1/-. Corn Remover, packet, 1/-.

The competition will be judged by three authorised representatives of the N.S.W. Ad. Men's Institute, Culwulla Chambers, Sydney, whose decision will be final. Results will be published in this paper on or about May 29th, 1920.

The Proprietors reserves the right to use any of the Slogans submitted for advertising purposes, None members of Craven-Burleigh's staff allowed to compete.

All Slogans must be sent direct, postage paid, to the proprietors, JOHN CRAVEN BURLEIGH, 321 PITT-ST., SYDNEY, and must arrive not later than APRIL 30th, 1920.

Craven-Burleigh True Hair Grower and Toilet Preparations can be obtained through all Chemists, Storekeepers, and Hairdressers.

John Rankin & Co.,
Commission Agents
— AND —
Produce Merchants,
199 Sussex-St., Sydney
(Established 1885)

SOLICIT consignments of Farm and Dairy Produce.

Highest Market Values Guaranteed.

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WYNNE AND HOLT,
Auctioneers,
HORSE, CATTLE, SHEEP AND PROPERTY SALESMEN,
Moss Vale and Bowral.

SALES conducted in any part of the District.

REGULAR STOCK SALES held fortnightly at Moss Vale

HEALTH AND FINGER-NAILS.

A French physician, Dr. R. Sabouraud, of Paris, has made the study of finger-nails his life-work. Among other things he has discovered that by means of your nails you can tell not only whether you are in poor health, but whether you are going to be ill.

Many people have noticed white markings on their finger-nails, but few realise that they are danger signals. According to Dr. Sabouraud, they signify either nervousness, skin trouble, or the early stage of tuberculosis. They are often to be seen on the hands of people suffering from goitre.

Marbled nails are more frequent in women than in men, but with the latter they have more significance. They are not a grave symptom, for you will often find them on persons in good health. But they indicate a probability of some trouble or other developing in the course of time.

In short, concludes Dr. Sabouraud, the existence of marble nails is a danger signal, not only demonstrating in the apparently healthy a latent weakness, but also in conditions of poor health an augury that serious results may ensue.

CLAY SOAP, PAPER CLOTHES.

GERMANY'S AMAZING SUBSTITUTES.

Whatever one may think of the Germans, it is difficult not to admire the manner in which they utilised waste products for necessitous purposes. Clay and wood ashes, for instance, were used for soap. Well-burned wood ashes and water used in the proportional quantities of one to twenty were found excellent for washing clothes, according to the official publication of the War Trade Intelligence Department.

Washing the hands regularly with wood ashes was found to produce cracked skin, but occasional use of wood ashes, even in washing the hands and feet, was harmless if the skin was rubbed with wood ashes and then vogorously rinsed with clean water. Fat clay was also successfully employed as soap.

A substitute for leather was made out of cardboard, while, instead of tea, dried blackberry leaves were brewed. Ten thousand tons of barley was used for coffee substitutes, supplemented with leavings from the beet root industries, the leavings utilised being the parings of the beetroots in the sugar factories.

Paper yarn, also called cellulose yarn, is to-day the chief German substitute for spinning material cut out of cotton, wool, and jute. A very serviceable soft yarn has been made out of roadside weeds mixed with a little wool. Stuffs for furniture, plush, dress-stuffs, and knitting wool are now made out of this new mixed yarn.

Some sorts of paper yarn are afterwards combined with wool or wool combings. This yarn is used for strong waterproof horse-rugs, hospital clothes, and shoets, and the more these things are washed the firmer they become. But the most important acquisition in the dress-stuff industry is a woollen stuff which is soft and beautiful, and as easy to make up as real wool, although it is paper.

Mackintoshes and overalls, as well as table cloths, curtains, handkerchiefs, collars, embroidered blouses, and imitation Persian carpets are also made from paper yarn. One firm also made a complete set of horse's harness.

To convince the public that paper articles could be washed, one firm set up a section where such things were publicly washed and boiled. A stocking after several washings was softer and thicker than when new.

Paper string is another of Germany's war inventions. There are two kinds. One is a paper of one ply, and the other of two ply, with flax thread running through the centre of each ply.

BATTLE NAMES.

There seems to have been little trouble in the past in naming battles, although even Waterloo is called Quatre Bras by the French. But on the whole a name seems to have attached itself to a battle quite naturally, like Blenheim, Talavera, Jena, Leipsig, the Nile, and Trafalgar.

But in the Great War, where a battle extended over weeks of time over a forty-mile front, including many villages, and sometimes several objectives in the shape of big towns, the difficulty of naming a battle with a name that is universally recognised is extreme.

The names which have actually settled down completely and taken their places in history are the Battle of the Marne, the two Battles of Ypres, the Battle of Verdun, the Battle of the Bight, the Battle of Jutland, the Battle of the Somme, and that seems almost all.

The battles of the latter phase of the war have hardly settled down to a name yet. Probably the battle in which the Vimy Ridge was stormed will be known by that name, or perhaps as the battle of Arras; but the Battle of Messines will probably be a sticker, just as the Chemin des Dames will in French annals for all time.

Perhaps the greatest battle which at the time seemed disastrous to British arms, commencing on March 21st, 1918, will go down to history as the Battle of Amiens, whilst the Battle of Cambrai may stand for all that heroic recovery which brought the British to their final victory.

It is better to have loved and lost than to be the victim of a breach of promise suit.

THIS PAPER.
Best in the District.

FOUR SYDNEY NURSES
HIGHLY RECOMMEND
CLEMENTS TONIC

because they have noted that in cases of weakness after fever, influenza, operations and general ill-health, a rapid improvement follows its use

NURSE L. BENNETT, who has her own private hospital, "Mentone," Ashburner Street, Manly, N.S.W., writes the following letter:—

CLEMENTS TONIC LTD.

"From what I know of your medicine there is no need for sick people to say farewell to good health.

"I have followed the nursing profession for 10 years, and I have observed the results of various medicines on my patients, and I agree with others that Clements Tonic is a remarkably good remedy for people who are affected with bad nerves, melancholy, and insomnia. It certainly has a curative power, and any delicate person could not do better than take it. When exhausted it alway gives me renewed strength."

(Signed) NURSE BENNETT

NURSE O'SULLIVAN, Redfern and Parramatta, of 34 years' constant nursing service in the above districts, writes that in her opinion Clements Tonic is a medicine specially suited to constitutions weakened by illness. She writes:—

CLEMENTS TONIC LTD.

"I carried on my profession at young Street, Redfern, for 25 years, and for the last nine years at Parramatta.

"I have had a large number of sick people under my care, and it has been a pleasure to recommend Clements Tonic. I knew it would give good results. My niece was rather run down in health lately, but she is getting on splendid as the result of taking your medicine."

(Signed) NURSE O'SULLIVAN

Essentially the medicine for the invalid or for those weak from overwork, fever, or operations. It gives new life to the system, tones up the stomach, liver, or nerves. Try it to-day.

NURSE MARY ROE, 80, William Street, Paddington, sends her opinion of Clements Tonic after 15 years' professional experience

CLEMENTS TONIC LTD.

"For many years Clements Tonic has been a great blessing to me. I take it when feeling the least bit exhausted after the great demand on my services. I have followed my profession for 15 years, and have a very large professional clientele.

"I have recommended this medicine to my patients and others in cases of Neuralgia, Indigestion, and Bad Nerves. There is nothing to equal Clements Tonic. I know of instances where it has almost wrought a miracle in the health of many of my friends. Use this as you wish."

(Signed) NURSE MARY ROE

Where the system is run down and debilitated, the nerves weakened, the ability to sleep destroyed through overwork or worry, this is the medicine that tones the system and induces rest and health

NURSE E. H. HALL, 502 New South Head Road, Woollahra, N.S.W., writes of Clements Tonic:—"I recommend it to my patients in cases of Indigestion, Dyspepsia, and Acute Nervousness."

Here is an extract from her letter:—

"I cannot estimate the value of your medicine.

"Where my patients show symptoms of want of sleep, nervousness, and dyspepsia, I often recommend it. My house would not be thoroughly equipped without it.

"Personally, I derive much benefit from a few doses of it when fatigued."

(Signed) NURSE E. H. HALL

ALL OVER AUSTRALIA CLEMENTS TONIC IS USED TO RESTORE HEALTH to men and women. Insomnia or Broken Rest, Constipation, Indigestion, Poor Blood, Weak Nerves, Debility, Biliousness, Low Spirits, or Anæmia in women yield rapidly to its use. Those who are ill should get it, and get well. It has remarkable strength creating properties, and is especially beneficial in cases of Blood Poison, in this sense, that it helps Nature to throw out the poisonous properties caused by defective Kidneys, and thus helps to purify the Blood

This Medicine is the Advance Agent of Good Health
KEEP IT AND KEEP HEALTHY
All Chemists and Stores Sell It
IT SHOULD BE IN YOUR HOUSE ALL THE YEAR ROUND
Clements Tonic Ltd., Rozelle, N.S.W.

ARTHUR GREGORY,
BONG BONG ST., BOWRAL,
Wishes to notify his various Friends and Clients that he has secured the
SOLE AGENCY for
Ford Cars and Trucks,
throughout the Nattai and Wingecarribee Shires, and is putting in a
Full Stock of Ford Parts.
All Inquiries Promptly Attended To.
Drop him a Post Card, or 'phone Bowral 108, and he will Call on You.



A. Saunders Lady's 9ct. solid gold, patent expanding Watch Wristlet, full jewelled, lever movement, compensation balance, £8/10/-; extra jewelled, £10; 18ct. gold, £15. Guaranteed

A. Saunders Lady's solid gold, patent expanding Watch Wristlet, full jewelled, lever movement, compensation balance, £8/10/-; others, £4/10/-, £5/10/-, £7/10/-, £10, £12/10/-. Guaranteed

A. Saunders solid silver Hunting Waltham or Elgin Lever, £3/10/-, £4/10/-, £5, £6; gold filled, 10 year case, £3/10/-; 20 year case, £5, 25 year case, £5/5/-, £5/5/-; extra jewelled, £7/10/-. Guaranteed

A. Saunders Ladies or gents gunmetal Wristlet Watch, 30/-, 35/-, 30/-; Lady's silver, 30/-, 40/-, 50/-; gold, £3/10/-, £4/10/-, £5/10/-; Gents silver, 50/-, 60/-, 70/-; gold filled, £3/10/-, £4, £4/10/-; solid gold, £4/10/-, £5, £5/10/-. Guaranteed

A. Saunders Gents High Grade Nickel, 35/-; extra jewelled, 30/-, 40/-, 50/-

A. Saunders 9ct. gold Albert, £3/15/-; heavier, £4/10/-, £5, £5/10/-, £6/10/-; 18ct. gold, £6/10/-, £7/10/-, £8/10/-, £10, £12/10/-

Send for Illustrated Catalogue

We Post All Orders Free

A. Saunders 9ct. gold Curb Albert, £4/10/-; lighter, £4, £5/10/-, £6, heavier, £5, £5/10/-, £6/10/-, £7/10/-; 18ct., £7/10/-

JEWELLER (Opposite Railway Station)

A. SAUNDERS

805/815 GEORGE STREET, SYDNEY

LUXURIOUS
Motor Char-a-banc
FOR HIRE.
Geo. Gregory
(Late 13th Batt., A.I.F.)

WISHES to inform the travelling public of Bowral and district that he has Purchased a Luxurious Passenger Motor Char-a-banc, to seat 22 passengers, and is now prepared to arrange and cater for Picnic Parties, &c., on the most reasonable terms.

Ring up 'Phone 29, Bowral, for all arrangements.

Wood, Coal & Coke

HAVING started a Depot in Bowral I beg to request a fair share of patronage.

GOOD FUEL.—Correct Weight Guaranteed.
20 Cwt. = 1 Ton.
CARRYING DONE.

Orders may be left with Mrs. M'Cann, Bong Bong St., Bowral.

W. WOOTTON
(Late A.I.F.),
'Phone 105 - - BOWRAL.

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Ballot and Loan Society.

Registered Office:—
MONTAGUE STREET, GOULBURN.

Subscriptions may be paid at Mr. Sly's residence in Bowral-street, or Mr. S. Carey's shop, Bong Bong-street, Bowral,
EVERY SATURDAY,
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F. C. SLY,
Agent for Berrima District,
Will give all Information to anyone who wishes to join the above Society.
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Fresh Fruits daily from the best orchards of N.S.W.
VEGETABLES DAILY.

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Agent for the popular Peter's Ice Cream, pure and delicious. Come and Try It.
LEMON SQUASH A SPECIALITY.
ALL SOFT DRINKS STOCKED.

Refreshments at Reasonable Hours.

Coffee and Hot Pies daily.

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Buick Wins
Petrol Consumption Test
held by Automobile Club of Australia at Sydney, 29th March, 1919,
securing—30.19 MILES TO THE GALLON
EQUAL TO 53.78 TON MILES PER GALLON
The winning car was a standard 6-cylinder "Buick," fully equipped, and carried 6 passengers. Plume Benzine was used without any alteration or extra air to the carburetor.

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PERCY FLIGHT,
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All Kinds of Repairs.
Accessories Stocked.



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Bowral Motor and Engineering Works
UNDER DIRECTION OF
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Experienced Mechanics on all Cars of repute.
Parts of Machinery Made to Order. Experts in Electricity.
Magnetos, Electric Lighting, and Starting Systems repaired equal to new.
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THE home should be free from petty irritations. Not the least of them is an inaccurate Clock. It means loss of temper as well as loss of time.

We have many clocks that will end this annoyance because they can be counted on for unfailing reliability in timekeeping. Our stock includes well made Marble Clocks, Imitation Marble, Modern Designs in Wood, New French Clocks and every other style down to the most modestly priced Kitchen Clock.

Happy to have you look over the assortment at any time.

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