

*In Times of Tension -
everyone needs*



**Restorative
Nourishment
and
Revitalising
Sleep**

AT the present time abnormal stresses and strains are the common experience of everyone. Such conditions can be met with cheerfulness and confidence, however, if health and vitality are maintained at a high level.

It is therefore most important to remember that your fitness and vitality depend almost entirely upon two factors in your daily life—*restorative nourishment and restful sleep.*

For these purposes "Ovaltine" possesses outstanding advantages. Prepared from Nature's best restorative foods, "Ovaltine" provides every nutritive element required to restore strength and vitality to the entire system. Furthermore, a cup of "Ovaltine" bedtime is recognised everywhere as the best way to ensure refreshing sleep. Even when your rest is broken, "Ovaltine" helps you to resume revitalising sleep quickly.

The pre-eminent restorative properties of "Ovaltine" are largely due to the eggs used in its manufacture. No food beverage can be fully restorative unless this property is derived from its ingredients.



Remember also that owing to its scientific composition and preparation 'Ovaltine' is ideally constituted to make good any lack of essential nutriment arising from food restrictions.

For all these reasons let 'Ovaltine' be your regular standby. Mark the improvement it makes in your fitness and outlook. But be sure it is 'Ovaltine,' which is so very different from imitations made to look the same.

*Drink
delicious* **Ovaltine**
The Restorative Food Beverage P.560A



I'm never out-of-sorts..

THANKS TO

Beecham's Pills

WORTH A GUINEA A BOX

GIFTS FOR STOGUMBER SPORTSMEN

MR. R. T. L. WHITE AND MR. H. TUCKFIELD

Members and friends of Stogumber Cricket and Football Clubs, at a social in the Parish Hut on Friday, made presentations to the following:-

Mr. White was presented with a picnic despatch case and a fitted writing case of the same material. Mr. Reginald Tuckfield received on behalf of his son, a combined barometer and thermometer.

Mr. White, a well-known County Alderman, was the father of Mr. J. C. White, the Somerset and England cricketer.

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