WITH THE COLOURS

A DOCTOR LOOKS AT SANTA CLAUS

What's this? Our old friend Sants in trouble?

Not exactly. He's just as bouncy and joily as ever. His smile would light the his petting just a wee bit worried about his setting just a wee bit worried about his setting just a wee bit worried about his setting just a wee bit worried about his sisting.

and capillaries through which blood must be pumped. And the heart, of rourse, must do the pumpins.

Tou've often heard people say, "I must so on a diet" "I must do in for some stremoug exercise and work this fat off." But either must do in for some stremoug exercise and work this fat off. "But either off the strength of obesity the evil of undernourishment. Bitemous exercise obviously adds to the burden on an already overburdened heart.

There is only one same thins for any overweight person to do. That is to see his doctor. Your doctor can determine whether obesity is caused by the second of the

BRISBANE'S BEST LOCATED HOTEL THE CARLTON

regret to inform town and country clients that for the time being no accommodation is available, but the bar, lounge, and dining room are open to the public, where all old friends will be welcomed

FIFTY-TWO MACLEAY STREET PTY. LTD. SYDNEY, N.S.W.

On the Harbour Foreshores 10 Min from G.P.O CENTRAL HEATING ROOMS WITH OWN BATH OOM ONLY FROM 7/6 PER DAY Telegraphic address, "FIPMAC



rown carrots mean health and a saving on Mother's weekly budget. But let's hope she hasn't forgotten about the danger that lurks in dirt or her saving will have been in vain. Where there's dirt, there are often germs that spread disease . . . infection. Yet victory over germs is an easy matter! Wash with Guardian's rich, triple-action And a morning shower with its invigorating lather makes you fighting fit for the day's hard work.

GUARD AGAINST GERMS WITH FAMILY HEALTH SOAP

J. KITCHEN & SONS PTY, LTD.

WARTIME ECONOMY RECIPE

How to make

PEANUT BISCUITS

Sift 1 cup SIMPSON'S SELF-RAISING FLOUR; 1 teaspoon salt. Cream 2 tablespoons butter, 2 tablespoons sugar. Beat in 1 egg; 1 teaspoon orange juice. Add 1 cup chopped pea-nuts. Add flour and blend. Take small portions and roll in cornflakes. Bake on greased trays in moderate oven (350 degs.) about 20 minutes. If it is available sift 1 tablespoon cocos with the flour.

SIMPSON'S Self-Raising FLOUR



N the vast map of this global war the battle area around Buna and Gona, in New Guinea, appears as little more than a pin-point. Yet deeds of valour and endurance, unsurpassed in any other theatre of war, are being performed lespatches from Geoffrey Tebbutt, The Courier-Mail's correspondent on the New Guinea front, must have helped many carry on for some years.

The region of the region of an experiment of the region and hardware for the region an

belpers, and on many lines of foodstuffs. Civilians tempted to rake an outery because they cannot get this or that shouldn't and be more thankful for and worthy of their courage and hardinood.

WHY FEAR NATIONAL GOVERNMENT?

To The Zditor

The Course of the South Britishment of the South Britishment

argument against people taking annual holidays away from home that I've heard. A man working 12 hours a day on essential work including Saturdays, all the year. feels pretty exhausted by the end of that period. I know, as my husband does just that. If such a man has to stay at home and continue work although of a different nature, and run around after others entertaining them, he will not be in very good condition to face the next 12 months of hard grind. Our soldiers in Papua and other parts depend on the workers at home for supplies, and if the same workers get ill through lack of mental and physical rest it won't do those fighting menmuch good.—"Worker's Wife" (West End).

(The Courier-Mail agrees with the case made out by Worker's Wife. Our suggestion was that people who get annual leave apart from the Christmas break should stay at home at Christmas. This would allow the workers to use the limited facilities available for travel and have their rest.—Ed. C.-M.]

No Spirits In Cokes

C.-M.]

No Spirits In Cokes

THERE is no need for "Soldier's Mother" (C.-M., 18/12/42) to be disappointed because she cannot send cakes to her son for lack of spirits. Thousands of cakes and puddings are sent overseas every week which do not contain spirits and arrive in good condition. Any good fruit cake well wrapped in greaseproof or waxed paper and well packed will keep for months—"Another Soldier's Welfare Cl.-1.

Soldiers' Welfare Cl.-1.

FATAL COLLAPIE

ON BICYCLE

A few minutes after he had called at the Ambulance Frigade early this morning for advhe regarding a slight injury to his head; which he had received when he bid received when he had r

CAPTAIN F. E. Trotter has done excellent work in furthering the progress of the Soldiers' Welfare Club at the City Hall, but he was not the founder, as has been suggested. Mrs. A. B. Steele, a SINGERS GETS DIVORGE.

SPECIAL ADVERTISEMENTS

A CARLTON SMITH, W. Dolometris, A. B. Steele, a Single will an actor Alan Curtis, said that territoring the properties. No. Basic Class. area. See the blook 10 years older.

A CARLTON SMITH, W. Dolometris, S. Basic Class. area. See the blook 10 years older.

A CARLTON SMITH, W. Dolometris, S. Basic Class. area. See the blook 10 years older.

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A CARLTON SMITH, W. Dolometris, S. Basic Class. area. See the control of the control of

ALLIED STRENGTH, NOT WOT BODY GERMAN HORROR THE NEW GUINEA ENEMY WEAKNESS,

WILL WIN WAR LONDON, Dec. 18 (Special).—Although Germany is now in the fourth winter of war, authoritative opinion insists that the Nazis from there by Australian and American fighting men. Recent vivid an economic viewpoint are still in a position to



SITTING PRETTY

1

Provice restoration of all commer-cial treaties.

Mr. Hoover added: "With these minimums the world could move forward, but there will be a host of gigantic problems to solve after-wards.

wards.
"There must be machinery for the preservation of peace. The Allies expect to meet the problem of reconstruction of Europe a year before the reconstruction of Asia."

R.A.A.F. RAIDS ON TIMOR

Raiding of Timor by the R.A.A.F. was resumed on Wednesday after a three weeks' lull, and was continued on Thursday. Mindelo village, in Portuguese Timor, was attacked for the first time on Wednesday morning by a formation of Hudsons, led by Plyling-Officer Vern Rule, a former South Australian school teacher. Fairly heavy damage was done to buildings.

At the same time Squadron Leader Ralph Moran, of Narrewarren (V.), led another formation of Hudsons over Baobisse, eight miles away.

Clouds made results difficult to observe.

Clouds made results difficult to observe.

The raiders encountered no opposition, and all returned.

On Thursday R.A.A.F. Hudsons were again over Japanese-occupied villages in Portuguese Timor. They raided Turiscai for the first time, and Mindelo, which was bombed on the previous dec.

Results of these routine harasing attacks were obscured by cloud, dust, and smoke, but bombs hit buildings in the target area. Formation leaders were Flying-Officers Keith Morcombe, of Coorow (W.A.), and A. G. Oldham, of Stockton. (N.S.W.).

CRIMES; ALLIES PROMISE JUSTICE

simultaneously in London, Washington, and Moscow, told of German barbarity, and of proof of the Nazi determination to exterminate Jews.

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