

HORLICK'S MALTED MILK.

Horlick's Malted Milk is a preparation which has stood the test of over a quarter of a century's use, and is to-day more popular than ever. It contains all the nourishing qualities of pure rich milk, modified with the nutritive extract of malted grains, reduced to powder in a concentrated form by a special process. One of the many virtues of this preparation is that it can be preserved indefinitely and is suitable for use in all climates, a point which will be appreciated by those who know the difficulty of securing clean and wholesome milk for the sick in tropical countries.

The best testimony to its value is the enthusiasm with which its use is advocated by those who have tested it practically, under all kinds of conditions, some of them of the most strenuous nature. Thus Mr. Ernest de Koven Leffingwell, of the Anglo-American Polar Expedition, writing from Flaxman Island, Alaska, reported that for six weeks he and a sailor, who made a trip to Herschell Island, lived, with very few breaks, on a field ration consisting of Horlick's Malted Milk, 12 oz.; biscuit, 8 oz.; sugar, 2 oz.; butter or lard, 7 oz.; tea, 0.2 oz. They found it ample, and, further, never tired of it, but, if possible, drank their milk with greater relish at the end of the time than at first.

For infants, it can be readily diluted to suit the needs of individual babies, and at weaning time Horlick's Malted Milk has proved its value. It is also highly valued as of proved efficiency in typhoid fever and other serious illnesses. In the tropics, in combating the debility during convalescence after malaria, this preparation has been used with the greatest benefit. Only those who have experienced the exhaustion and weariness of a long-drawn-out convalescence can estimate the gratitude with which any agent which alleviates this condition is regarded. One on which many such convalescents rely is Horlick's Malted Milk. It may be eaten dry with bread and butter, or mixed to a paste and blended with hot water, it forms a pleasant and invigorating drink.

Once used it becomes an indispensable addition to the store cupboard in most houses, and its recuperating powers, both in health and disease, are such that few who have once experienced its benefits would consent to be without it. We commend it to the attention of our readers. It is supplied by Horlick's Malted Milk Company, Slough, Bucks, as well as locally through any chemist. The Company also supply a mixer, price 6d. by post, by means of which the Malted Milk can be perfectly blended with either hot or cold water.

SOCIAL SERVICE.

A DINNER-HOUR WITH OUR NAVVIES.

One day last autumn I happened to notice some weather-beaten navvies working away at an alteration in the railway-line, and somehow they seemed to give a tug at my heart, and I began to wonder if I could possibly do anything amongst them. I wrote to an old friend, who has worked among navvies for many years, to ask if anyone was responsible for these particular men, and the answer came: "No; we can do nothing for them at present, and there are hundreds more working on the new dock that is being made at Liverpool; do try to do what you can for them!" I knew nothing whatever about work amongst men, and felt quite at a loss to know how to begin; but by-and-by it was arranged [that an experienced lady-worker should come over and meet me on a certain day at the new dock, for a dinner-hour service. What it would all be like I had not the faintest idea, but in the company of an old hand I felt I could face it; and the appointed hour found me battling along against a bitter wind and showers of hail to the desolate North Fort promontory. How bleak it was! Walking fast, in thickest winter garments, one could not get warm. Towards the north an embankment was being thrown out, evidently intended, when finished, to enclose a large part of the wide, dreary stretch of sand. It looked as if it must be the work of ages to complete such an undertaking, but engines called "steam navvies" are used now, which greatly expedite matters; and by keeping the men at work from 6 a.m. to 7.30 p.m., during the long, hot summer days, and pushing things on in every possible way, the work is being done in an amazingly short time. This is just one instance of the "hurry-up" policy that is contributing so largely to the general unrest and discontent, not only among navvies, but among all classes of workers. They say that the contractors receive an extra bonus if the work is finished in less than the specified time; and therefore, of course, they hurry on the work, even if it means wearing the men out before their time, and adding to our already too numerous class of sick and disabled workers.

Arrived at the barrier, I looked about in vain for any sort of lady-worker, and my heart began to quail. A disreputable-looking gate-keeper said he had not seen any lady, but she might be in the cook-house, so I picked my way through deep mud to the shed he had pointed out, and entered. Some sixty men were busy cooking slabs of meat in tin platters on the iron plates covering a huge furnace, in which pieces of railway line formed the grate, and old sleepers the fuel. The men looked at me in dumb surprise, but one came forward to see what I wanted. "Oh, maybe you'll find her in John's hut," he said, and conducted me most courteously to a tiny wooden hut where the "walking ganger" (the overseer of a gang of men) has a little stove,

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