2 J of work are needed to increase the extension x from $.3 - .3 = 0$m to $0.42 - 0.3 = 0.12$m. Hence if k is the spring constant,

$$\int_0^{0.12} kx\,dx = 2$$

$$\Rightarrow \frac{1}{2}kx^2\Big|_0^{0.12} = 2 \Rightarrow \frac{1}{2}k\left(0.12^2 - 0^2\right) = 2 \Rightarrow k = \frac{4}{(0.12)^2}$$

So the work required to increase its extension from $0.35 - 0.3 = 0.05$m to $0.4 - 0.3 = 0.1$ m is

$$\int_{0.05}^{0.1} kx\,dx = \frac{1}{2}kx^2\Big|_{0.05}^{0.1}$$

$$= \frac{1}{2}k\left(0.1^2 - 0.05^2\right)$$

$$= \frac{2}{0.12^2}\left\{0.1^2 - 0.05^2\right\} = \frac{25}{24} \approx 1.04 \text{ J}$$