

A TIP TO FOOTBALLERS.

O. B. Fry, the great athlete says: "I can with complete confidence recommend Barley Water made from

ROBINSON'S PATENT BARLEY as a drink very valuable to athletes during training, and to any one engaged in severe physical exertion."

Get a tin of Patent Barley. It's cheap.

MASONIC HOTEL

CHRISTCHURCH.

Visitors to the above Hotel will receive a Good Mile Fallow from the Proprietor,

E. POWER

Late of Dunedin

WHEN YOU RETURN HOME CHILLY

Get your wife to make for you a gruel from

ROBINSON'S PATENT GROATS. It will be the nicest gruel you have ever tasted—delicate to the taste, warming and restoring to the body. The highest medical authorities say these Groats make a gruel far superior to that made from the ordinary oatmeal.

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(W. J. BURK)

Venetian and Holland Blind Works.

Old Blinds repainted and repaired with promptness and despatch equal to new. Shop and Office Windows fitted with Latest and Improved Patterns of Holland Blinds and Patent Spring Rollers. A large assortment of specially prepared Tapes and Curds and every other requisite always on hand

MORAY PLACE

(Opposite Normal School),

Telephone: 474.

DUNEDIN.

COLMAN'S MUSTARD
IN THE BATHROOM.

Just a tablespoonful of Mustard in your bath and see what a reinvigorating and exhilarating effect it has.

On tired limbs and weary heads it has a wonderfully soothing and refreshing influence.

Francis Meenan,

WINE & SPIRIT MERCHANT,

Wholesale and Retail

PRODUCE & PROVISION MERCHANT

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Buyer of Oats, Butter and Potatoes.

YOU CANNOT COMPARE IT.

So far in advance of other Starches is **COLMAN'S STARCH.**

that it simply cannot be compared with them. It excels them in quality of materials, and the quality of work it does. It's a British-made Starch of world-renowned fame. Don't accept inferior substitutes.

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NOVELTIES for the COMING SEASON:

Millinery, Laces, Belts, Gloves, Blouses, Skirts, Dress Fabrics, Muslins, Delaines, Underclothing.

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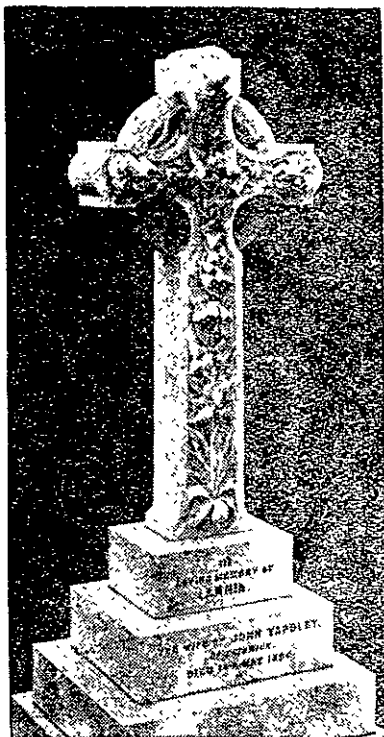
NATURE'S HEALTH RESTORER.—The Celebrated American Herbal Remedy (Chocolate-coated tablets) for diseases arising from impure blood—Rheumatism, Neuralgia, Sciatica, Biliousness, Skin Diseases, etc. Numerous testimonials from Christchurch Citizens.

PRICES: 6d., 2/6, 5/- **A. H. BLAKE,**
Sole Agent, 106 Peterboro' St., Christchurch.

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CHRISTCHURCH and ASHBURTON

MONUMENTAL WORKS.



Principal Yard and Office, Manchester Street, near Railway Station.

The Largest and best Stock in the Colony.

No Travellers and no Commission men

"SPRING BLOSSOM OINTMENT" is a Marvellous Remedy for Blood-poisoning, Poisoned Hands, Inflamed or Ulcerated Wounds.

"SPRING BLOSSOM OINTMENT" cures Chilblains (broken or unbroken), Chapped Hands, Sprayed Skin, and all Smarting Eruptions.

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"SPRING BLOSSOM OINTMENT" cures Cancerous Sores, Boils, Burns, Scalds, Ringworm, Ulcers, Bruises, Sprains, and all Glandular Swellings.

"SPRING BLOSSOM OINTMENT" cures Ulcerated Legs caused by Varicose Veins, Tender and Sweaty Feet, and Running Sores.

"SPRING BLOSSOM OINTMENT" cures Sciatica, Lumbago, Rheumatism, Mumps, Sore Throat, Pains in the Chest and Side.

"SPRING BLOSSOM OINTMENT" cures Itching, Clears the Skin and Scalp, Cures Dandruff & Beautifies the Complexion.

"SPRING BLOSSOM OINTMENT," THE GREAT HEALER, cures all it touches. Sold everywhere. Price 6d and 1s box.

BLOOMING, the great Corn, Wart, and Bunion Cure. Price 6d—everywhere

"SPRING BLOSSOM PILLS" cure Indigestion, Liver, Kidney, and Stomach troubles. 6d & 1/- everywhere or post free from Mrs L. HAWKINS, 106 George St., Dunedin

A GRAND COMBINATION.

The finest growths of India and Ceylon Teas are blended into **"KOZIE" TEA.** It possesses the virtues of both. Try a brew, and note the delicious freshness "Kozie's" has.

"All who would achieve success should endeavour to merit it."

WE have during the past year spared no expense in endeavouring to make our Beer second to none in New Zealand, and can now confidently assert we have succeeded in doing so.

We invite all who enjoy A Good Glass of Beer to ask for **STAPLES BEST.**

On Draught at almost all Hotels in the City and surrounding districts

And confidently anticipate their verdict will be that **STAPLES AND CO.** have successfully removed the reproach that Good Beer could not be brewed in Wellington.

J STAPLES AND CO., Limited

MOLESWORTH AND MURPHY STREETS
WELLINGTON.

PURIRI NATURAL MINERAL WATER.

FOR RHEUMATISM, INDIGESTION
ETO.

At all Clubs, the Leading Hotels,
and on board the U.S.S. Co.'s
Steamers.

PURIRI NATURAL MINERAL WATER**DO YOU WANT £5?**

Then save up "Kozie" Tea Coupons. Eighty-six cash prizes, value £55, given half-yearly. First three prizes £5 each. The current "KOZIE" Tea Competition closes 7th June.

How to Cook Well!

The Instructions of
one of New Zealand's
Leading Teachers:—

"Pastry is most particular in requiring a **HOT QUICK OVEN** to cause the starch cells of flour to burst and absorb the fat. If the oven is slow—the pastry is tough.

"**Bread and Cakes.**—First heat the oven thoroughly some time before it is wanted, so that there will be a **GOOD STEADY HEAT** by the time it is required.

"**Meats.**—The application of a **QUICK STRONG HEAT** to the surface coagulates the albumen. This prevents juice escaping.

The "Hot Oven,"

"Good, Steady,"

"Quick, Strong"

Heat

essential to good cooking can always be attained by using

COALBROOKDALE

COAL.

It gives an intense, strong, and efficient heat, always under control.

You can order "Coalbrookdale" Westport Coal from your own coal merchant. See you get "Coalbrookdale"!