IS GOOD BREAD THE CHEAPEST?

BECAUSE it is seldom wasted, is relished by everyone, and is always sweet and nutritions.

OUR BAKERY is the Largest and Most Complete in the Dominion. It is fitted up with the Latest Modern Machinery experts have produced, and, with he aid of First-class Workmen and using only the Best Ingredients, we claim to have achieved our object—viz., A SWEET AND WHOLESOME LOAF OF BREAD.

OUR CARTS deliver daily in the City and Suburbs.

ALL SHIPPING ORDERS receive prompt attention.

WEDDING, BIRTHDAY, or CHRISTENING CAKES MADE TO ORDER. A LARGE & VARIED ASSORTMENT OF ENGLISH & COLONIAL CONFECTIONS ALWAYS KEPT.

W. BUCHANAN - Karangahape Road, Auckland

TRAINING HOME POST

Special Offer

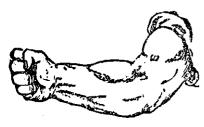
7/6 ONLY; ONLY

In order to place my system of Home Training by post within the reach of everyone, I have completed arrangeweryone, I have completed arrange-ments whereby I will enrol pupils for a special cheap course of Home Train-ing for 7/6 only, so that there is no need for any Tablet reader to be dissatisfied with his or her muscular development, or strength, or to further suffer from any physical defect or ailment. To every reader who forwards me postal order for 7/6 I will forward me postal order for 7/6 1 will forward by return mail a measurement form to fill in, so that I may make up the Course for them immediately. Send postal order for 7/6 now, and you will hever regret it. When replying, state whether Mr., Mrs., or Miss.

DO IT NOW!

GARNET SIMS.

PHYSICAL CULTURE TEXPERT. 136 RIDDIFORD ST. WELLINGTON



Robert H. Wilson & Son UNDERTAKERS & EMBALMERS

164 ADRLAIDS ROAD WELLINGTON.

R. H. Wilson & Son desire to draw attention to their Mortuary Chapel, which is the largest and best equipped in the City.

Note .- Funerals conducted to suit all requirements at shortest notice.

Telephone 1999-Day or Night. (No connection with any other City Firm.)



SPORTS DEPOT.

AGENT for H. COLLIER & CO.,
PIANO IMPORTERS,
Wanganui, Palmerston North, New

raimerston North, New Plymouth, and Feilding.

The Sole Agents for JOHN BRINS-MEAD & SONS' PIANOS and CHAPPELL & CO.'S PIANOS, absolutely the Two Best English Pianos made.

Deferred Payments Arranged.

NOTE OUR ADDRESS: CLARENDON BUILDINGS, THE SQUARE,

PALMERSTON NORTH

YOU CAN TURN THE .

"ZEALANDIA RANGE

INTO A SPLENDID OPEN FIRE No other Range has this feature. Takes five seconds, but makes the kitchen 100 per cent. cosier in winter—hotter, better ventilated. Saves fuel too. The Zealandia is a grand cooker, as pastrycooks, pakers, housewives testify. Ask your Ironmonger to show it, or write for Catalogue No. 32, giving particulars, illustrations, and testimonials.

BARNINGHAM & CO., LTD GEORGE STREET, DUNEDIN.

Opp. Knox Church).

NEW COCOA FOR NEW ZEALANDERS.

GROOTES' COCOA

Though new to New Zealanders as yet, GROOTES' COCOA is one of the oldest in existence. For nearly a century it has been regarded on the Continent as the Cocoa par excellence. It is purer, stronger, richer than ordinary cocoas, and its flavour will be found quite a revelation. We want you to try this Cocoa. You won't be disappointed. Give it a trial and we'll abide by your judgment. If your grocer doesn't stock it write to us.

W. GREGG & CO Ltd

COFFEE, SPICE, STARCH AND MANUFACTURERS, PEPPER DUNEDIN,

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

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

"SPRING BLOSSOM OINTMENT" cures Eczema, Scaly Blotches on the Skin, and Skin Affections generally.

"SPRING BLOSSOM OINTMENT" cures Cancerous Sores, Boils, Buras, Scalds, Ringworm, Cuts, Bruisea, Sprains, and all Glandular Swellings.

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

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

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

"SPRING BLOSSOM OINTMENT" the Great Healer, cures all it touches. Sold everywhere. Price, 6d and 1s box.

"SPRING BLOSSOM PILLS" cure Indigestion, Liver. Kidney, and Stomach Troubles; 6d and 1s everywhere, or post free from Mrs. L. HAWKINS, 106 George St., Dunedin.

Elias Howe's machine was good in its day, and many other Sewing Machines following in due course during the past 60 years



have been gradually improved her sen and been good values IN THEIR DAY but at the present time the best Family Sewing Machine in the world is the STANDARD ROTARY SHUTTLE for which we are exclusive Agents in this locality. There is nothing else JUST LIKE IT. neither is there any thing else just as good. It is constructed differently from any other Sewing Machine. The engines of the great

Ocean Liner "Lusitanıa" F SMINDUST ? are constructed on the exact principles upon which the Standard Rotary

F. J. W. FEAR

ENGINEER & IMPORTER, WILLIS ST., WELLINGTON. Established 1880.