



**TROPHIES AND MEDALS
THAT ARE TREASURED!**

When you are buying Medals or Trophies consider the feelings of the men, boys, and youths to whom they are to be given. In the years to come they will show their well-earned honours to friends with a feeling of pride if you

MAKE YOUR SELECTIONS AT CAIRNEY'S.

Every time they look at a Cairney product they will fight their battles over again and conjure up thoughts of how they won the games they were so enthused over.

Special Designs to Order. All Trophies and Medals manufactured on the premises.

J. CAIRNEY, - GREYMOUTH

'Comforteth the brain and heart, helpeth the digestion.'

Years ago Sir Francis Bacon wrote this of Coffee. It's as true to-day as then—that is, if you get good Coffee like

"CLUB COFFEE"

Club Coffee is essentially a high-class Coffee. Made from the finest beans which are cured, roasted, and blended by an improved process, 'Club' possesses a rich, delectable flavor which has made it famous throughout N.Z., and has earned for it no fewer than 50 medals. Remember the name—'Club' Coffee.



WEIGHT-LIFTING BY MAIL.

My Advanced Course of Home Training, by post is a system built upon similar lines to those on which such world-famed men as Saxon, Sandow, Hackenschmidt, Inch, etc., have trained. It is a system of gradually progressive weight-lifting exercises (not feats of strength). There is a vast difference between a **STRENGTH FEAT** and an **EXERCISE** with a weight which you can handle with ease and comfort. This method of building up your strength and physique is the most rapid and effective the world has ever known. There is no monotony, and the exercises properly mapped out by an expert to suit the individual needs **CANNOT FAIL** to give the greatest results in the matter of strength and muscle it is possible to attain. Do not be misled by attacks on weight lifting. Such attacks generally come from persons who have never handled a weight in their lives, and who, therefore, are not competent to voice an opinion. Write at once for "**A SHORT CUT TO STRENGTH**," and terms, which I will mail you free. **DO IT NOW.**

GARNET SIMS,

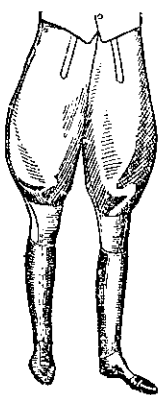
PHYSICAL CULTURE EXPERT,
136 RIDDIFORD ST. WELLINGTON

COAL LASTS LONGER
WHEN YOU USE

ZEALANDIA RANGE

The quick, easy way in which the Zealandia heats is a noted feature of this splendid range. Just a little coal is needed to get up a great heat. The Zealandia doesn't eat up but saves it. If you use 25 per cent. less coal, imagine the great saving this means in a year! For this alone the Zealandia is worth buying, but it's a grand cooker as well. Ask your ironmonger to show it, or write for catalogue 32 to

BARNINGHAM & CO. LTD.
GEORGE STREET, DUNEDIN (Opp. Knox Church)



DO YOU RIDE
OR GOLF. . .

G. COX & CO.

BREECHES
EXPERT. .
NAPIER.

Famous throughout
the Dominion.
Samples and self-
measurement form
sent on application.

Health Sandals

The Best School Shoes
Made

Sizes 7 to 9	4/6
" 10 " 13	4/11
" 1 " 2	5/6

Procurable only at

S. McDonald's
City Boot Palace
Thames St. Oamaru.

W. F. ROSS

ARTIST PHOTOGRAPHER,
HIGH STREET,
HAWERA.

TELEPHONE 197.

Arrangements may be made with
Clients for Photographs to be taken
in any part of the district.

Thos. Griggs and Son

BUILDERS AND . . .
FUNERAL DIRECTORS.

All kinds of Jobbing Work, Joinery
Shop Fittings, Etc.

Funeral Furnishing a Speciality.
Catholic Mortuary Habits Stocked.

A Large Variety of WREATHS and
TABLETS for Ornamenting Graves.

17 MAIN STREET,
PALMERSTON NORTH.

Telephone 45.

"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.

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

"SPRING BLOSSOM OINTMENT"
cures Ulcerated Legs caused by Vari-
cose 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 and Beautifies
the Complexion.

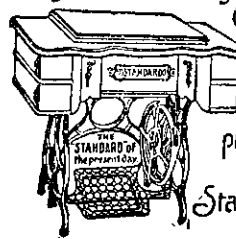
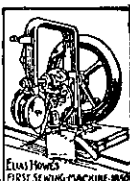
"SPRING BLOSSOM OINTMENT"
the Great Healer, cures all it touches.
Sold everywhere. Price 6d and 1s box.

"SPRING BLOSSOM PILLS" cure
Indigestion, Liver, Kidney, and Sto-
mach troubles: 6d and 1s every-
where, or post free from Mrs. L. HAW-
KINS, 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,
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 anything else just as good.
It is constructed differently from any other
Sewing Machine. The engines of the great



Ocean Liner
"Lusitania"
are constructed
on the exact
principles upon
which the
Standard Rotary
is made.

F. J. W. FEAR

ENGINEER & IMPORTER,
WILLIS ST., WELLINGTON.

Established 1880.