



A Business Man's Breakfast Crispette

It provides more nourishment for the grey matter of the Brain

—And so gives more mental energy

—Clearer thinking ability

—And no empty 11 o'clock feeling

CRISPETTE makes better breakfasts—nicer breakfasts—it has the real delicious nutty flavour

What "Crispette" is—

"Crispette" is a properly proportioned breakfast food, composed of the finest cereals, partly cooked and malted.

Where Solely Oat Preparations Fail

You wouldn't think of eating meat without vegetables, yet when you eat a solely oat breakfast food you are doing something similar. It is because oats alone lack many important and necessary food components that ordinary porridge preparations leave you hungry and weak at eleven o'clock. With "Crispette" it is different. Being a balanced ration, you escape that "empty" feeling at eleven after a breakfast of "Crispette."

Your Grocer Sells Crispette
and it costs no more than ordinary breakfast foods.

Gretna Hotel

TAIHAPE.

The most up-to-date Hotel on the Main Trunk Line.
Electric Light throughout. First-class Table. Best of Ales and Spirits stocked.

J. QUIRK :: Proprietor.

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SYMONDS STREET :: AUCKLAND.

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Hand-made Suits in Dark Grey and Brown Worsteds and English Tweeds. They fit perfectly and are correct in workmanship. Now selling at Special Prices from

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Tailor-made Costumes in Navy Serge. Dye guaranteed. Made up in prevailing styles. Now selling from

—£8 8s 0d—

Your opportunity is to take advantage while they last!

Schmeideman & Sons,
Tailors and Costumiers,
86 Manners St., Wellington

TO MY PEOPLE

(Lead, Kindly Light)

Doubtless you are aware England is now in the throes of her free trade policy—i.e., the open door. Prior to the war she was the receptacle for our enemies' goods and undesirables, thus allowing the latter to creep into every crevice of the Empire, to England's peril.

To remove past anomalies "Champion" suggests reasonable protection and a closed door to our enemies, which would enable England to be a much larger manufacturer, with better working conditions and wages for her workers, who have so nobly responded to the Empire's call.

Meantime—

**Fortify on "CHAMPION" Muscle and
Courage-Raiser Flour**

I have spoken—V., AUCKLAND.

'PHONE 20-690.

[A CARD.]

J. C. Twomey,
DENTAL SURGEON

13A COURTNEY PLACE :: WELLINGTON.

J. T. Mannix, A.N.Z.I.A.

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