

The Constituents of Wheat

BRAN (the outer covering)—In-
digestible fibrous matter

FLOUR MATERIAL—Starch
and glutun, low in food value.

GERM (the embryo plant)—Con-
taining vitamins and natural salts.

WHITE BREAD

Is made from the starchy,
glutenous portion of the wheat
grain, containing NO Vitamines.

WHOLEMEAL BR

Is the product of the complete
grain, including bran and fibre,
containing only 1.5 per cent. of
Vitamines.

PAVIS

The Vitamine Bread

is made from selected white flour surcharged with added quan-
tities of the "golden germ," increasing the vitamins by 20 per cent.

Ask your BAKER and STOREKEEPER for PAVIS

Gretna Hotel

TAIHAPE.

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advantage while they last!

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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

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