

RAILWAY HOTEL

THORNDON QUAY, WELLINGTON

Speight's and Wellington Beer always on tap. Wines and Spirits of the choicest brands always in stock.

James Dealy, Proprietor

TRY
NEW ZEALAND TABLET

FOR
PROGRAMMES
HAND BILLS
CIRCULARS
BILLHEADS
CATALOGUES
Etc. Etc.

"Gerstena" Food Talks, No. 7

An Egg is Not More Full of Meat

than a plate of Gerstena porridge. It contains just the same amount of nutriment.

But a plate of Gerstena costs you one half-penny, while an egg to-day costs one penny halfpenny.

Even Meat—do you realise that four platesful of Gerstena are equal in nutriment to a pound of the best Rump Steak?

Rump Steak costs, say, 8d a pound; Gerstena costs you 2d for four platesful, or a halfpenny per plate. Therefore, Rump Steak is four times as dear as

GERSTENA

PORRIDGE MEAL

**COOKED
in 2 minutes.**

Or, again, take Bread and Butter! Four loaves of Bread cost you 3/-, at least, and 1lb of Butter 1/6, at least—total cost, 4/6.

A bag of Gerstena equals the four loaves and the 1lb of Butter in food value—and costs you 1/3 the bag, or one halfpenny the platesful of porridge.

So you see, even Bread and Butter costs more than three times as much as Gerstena.

These are times of Economy; eat Gerstena, and cut down the household expenses.

Your Grocer Sells "Gerstena"

SMART COSTUME

as sketch,

Made-to-Measure

In Serviceable Tweeds; also in Black, Navy, or Cream Serge.

The Costume is tailor-cut and well finished throughout.

The moderately full Coat and Skirt is very becoming and ensures comfort in wear.

Price:

£3 3s.

Patterns and self-measure chart free on request.

Ballantyne's



£50 IN PRIZES

Are You Drinking

DESERT GOLD TEA

CHOICEST CEYLON LEAF

Ask your Grocer for the FAMILY BLEND at 1/8

Other CHOICE GRADES 1/10 and 2/-

£50 IN PRIZES

For DESERT GOLD TEA. Drinkers write

W. G. TURNBULL & CO.

for Particulars.

Save the Camels from the Packets. You might win the first prize (£15). There are 100 other prizes.