

MOSGIEL TRUGS
TOURISTS AND TRAVELLERS!
 To make your journey restful and enjoyable, be sure to include in your equipment a MOSGIEL RUG.—The "Last Word" in Cosiness and Comfort!
 An Ideal Gift! Sold at all the Best Shops

UNION STEAM SHIP COMPANY OF NEW ZEALAND LIMITED

Steamers are despatched as under (weather and other circumstances permitting)—

LYTTELTON & WELLINGTON
 (Booking passengers West Coast Ports)—

Tuesdays and Alternate Fridays..

NAPIER, GISBORNE, & AUCKLAND—

Tuesdays and Alternate Fridays.

SYDNEY AND HOBART, FROM LYTTELTON, VIA WELLINGTON—

Every Wednesday.

MELBOURNE, VIA LYTTELTON AND WELLINGTON—

Palooza, every three weeks.

NEW PLYMOUTH, VIA OAMARU, TIMARU, LYTTELTON, WELLINGTON, AND NELSON—Corinna, Fortnightly

WESTPORT & GREYMOUTH—

A Steamer at Regular Intervals.

SUVA AND LEVUKA—

Regular Monthly Trips from Auckland.

TONGA, SAMOA, FIJI, AND YDNEY—

Regular Monthly Trips from Auckland.

RAROTONGA AND TAHITI—

Regular Monthly Trips from Auckland.

CANADA, AMERICA, LONDON

Every four weeks from Sydney, Auckland, and Suva, via Vancouver.

VIA SAN FRANCISCO—

Calling at Rarotonga & Tahiti, Every 4 weeks from Wellington

"Hard Biscuits and Bully Beef!"

A SOLDIER'S DIET calls for considerable powers of mastication. That is why the Authorities are so particular about the condition of the Fighting Man's Teeth.

But even for the three-meals-a-day Civilian perfect mastication is essential.

With faulty teeth, one's food is not thoroughly broken down. The result is Indigestion or Gastritis—with possibly worse ills to follow.

Let me give you *Sound Teeth!*

No matter how sensitive, broken or decayed your teeth may be, I guarantee to repair them successfully, or replace them with others that will last you many years.

My Superior Dental Service is noted for its modern appliances and skilful methods, and for the care taken to ensure the patient's comfort and safety.

Nurses in Attendance.

W. P. SOMMERVILLE

"The Careful Dentist"

MOLESWORTH STREET

(Over Barraud & Sons, Chemists)

Hours: 9 a.m. to 5.30 p.m.; 7 p.m. to 8.30

Saturday, 9 a.m. to 1 p.m.

Telephone 3967

HAINES

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Don't Encourage Eyestrain

by 'putting off' having your eyes thoroughly examined. If they are painful or watery after reading, looking at 'the pictures,' etc., then every day's delay is making your eyes weaker and increasing the risk of permanent damage.

LET US HELP YOU TO
 —BETTER VISION.—

We test eyes free! Scientific methods—no guesswork. Remember, only the BEST service is good enough for your eyes.

Morrison & Gilbert

103 Customhouse Quay Wellington

VAN HOUTEN'S COCOA

PURE, SOLUBLE, EASILY DIGESTED, HIGHLY NOURISHING.

Cheap: Because a little goes a long way.

The Standard Cocoa of the World.

TRY IT!

An Obstinate Case of . . . GOITRE

Goitre sufferers will be interested in this letter—a lady writes: "I am more than pleased to be able to tell you that since using your treatment my neck has gone down five inches."

Doig's Goitre Treatment seldom fails to perceptibly reduce the swelling within two or three weeks. Easy to take. Over 3000 successes to its credit.

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