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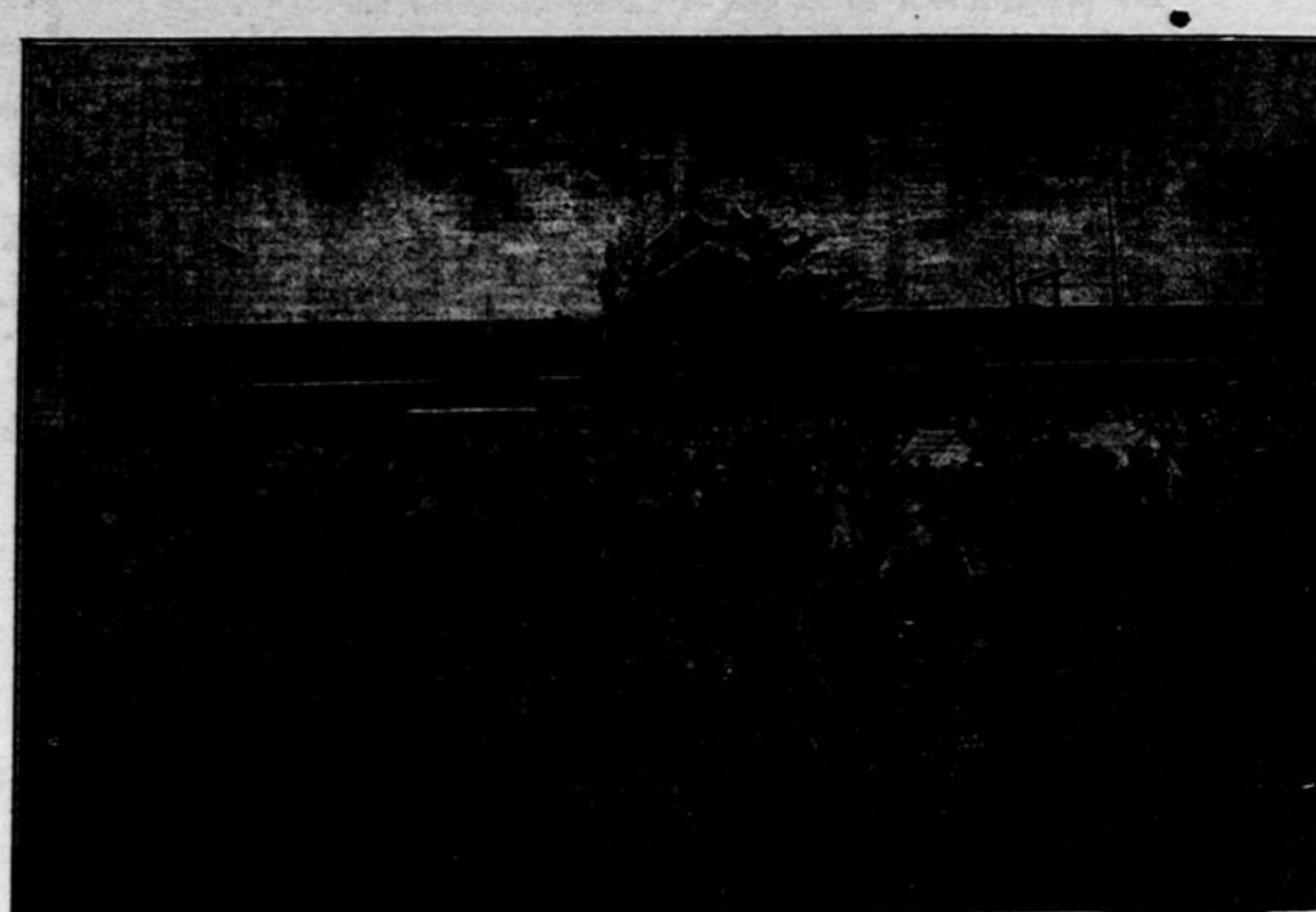
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HORSE STABLE



ANOTHER VIEW OF GRAND STAND.

Lindsay Central Exhibition

Sept. 21, 22 and 23

WHAT MAKES MEN FLESHY

Man in nature seldom got fat, for he had to walk and hunt fish and swim and fight most of the good seasons, and most of the other times he crouched around a measily, snaky fire in the cold, and grew thin and wiry. Nevertheless, some of the big African, Asiatic and Polynesian chiefs waxed fat as pigs or modern city folk; got so fat they could not get up when sitting or lying, unless assisted by slaves; however, they sometimes crawled on all fours to the side of a steel hillock or to the tent-pole to pull up with their hands and so climb up until on their feet, writes Pip, in the New York Press.

REASONS FOR FAT. There are a whole lot of good reasons why some young and many middle-aged men and women get fat and puny and paunchy in the one place of all others where it hurts their feelings and their joy of living worst. Tip is compelled to imagine—because man is so much in fatness like the fat pachyderms, the hippos and rhinos that survived from former ages—that some ape-like ancestors were a pretty, paunchy, tropical lot. A study of modern photos of nude fat folk and Albrecht Durer's classical sketches of fat fauns most comically gives color to this antediluvian resemblance.

WHERE IT FORMS. Hated abdominal fat starts forming in the line, lacy not that surrounds and cherishes the inside. There it forms in doughy chunks on the apron that covers and protects the bowels, and the more it forms the weaker grows the belly wall. This in turn brings on more and more fat, for fat forms where the blood circulation is weakest, just as sand settles in a slow stream of water. And fat can keep forming there till it actually sometimes breaks through the weak walls and comes out as a big round chunk, as big as a cocoon under the skin—a fat rupture.

ONCE A STORE HOUSE. Big settling of fat around the stomach in ancient times was a great store house and magazine against famine, for some folk might live on drinking water along from Christmas till spring shoots sprouted. A camel's hump is buttery fat, and after a camel travels hard and long the hump shrinks down to nothing but skin. Now, what was once a store house of food, comfort, a dinner table, a banquet, a consolation inside of man, in these days of scientific economy and providence has become everything but a blessing. Man no longer faces famine joyously to eat his own self up, as it were. Nor has he time and inclination to sit around and laugh to grow fat to enjoy it against lean times of the year. What was once an unspeakable comfort and economy has grown to be an embarrassment of motion, to say the least. Railroads and ships are mostly the cause of all this overeating trouble.

HELP FROM A BELT. Men ought to take to the road and hit it hard when they find the belly wall tending to weaken and sag; ought to get up at cockcrow, take a cup of hot coffee, an orange and a quick cold bath and walk three or four miles at least before lunch. This will surely drive them asleep at 8 or 9 p.m., and take them out of company and times that do them most harm. Most of the ailments for some reason wore the belt, and used the staff, for all sacred and pagan writings are full of belts, girdings and staffs. A moderately fat man can wear a thin two-inch cool tan belt, best worn under trousers where it will not show, for to do most good it should never be around the waist—worn there is harmful, but should go around the hip bones and about an inch below the navel. The belt should not be drawn tight, and should never give any feeling except of comfort and bracing support. This is better than any kind of abdominal support. Fat women, lots of them, wear an additional abdominal support under the corset.

Runaway at Bary's Green

Bary's Green, Sept. 11.—The rain last week was much appreciated by the farmers as it made the plowing go better and benefited the root crops. Corn-cutting and silo filling commenced last week. While Mr. and Mrs. David Barker and little daughter were returning from Fenelon Falls on Monday evening. Their horse suddenly frightened at something on the road and bolted, upsetting the buggy and throwing the occupants out. Mrs. Barker was thrown over the front wheel, while Mr. Barker and daughter were landed in the top. Fortunately he had a firm hold on the lines, but was dragged a considerable distance. The buggy and harness were badly broken up and Mr. Barker received a bad cut on the forehead, otherwise the occupants were not seriously hurt excepting a severe shaking up. Two weddings last week. On Wednesday last Mr. James Skuce, of this place was very happily married to Miss Bullen of Huntsville. The happy couple returned from that place on Thursday evening, when a fine reception was held at the home of his father here, where a large number of invited friends and relatives enjoyed a very pleasing evening. On the same day Mr. William Armstrong, of this place and Miss Maud Brooks, of Bobcaygeon, were united in the holy bonds of matrimony at Fenelon Falls. In the evening a party and dance was given at the home of his father Mr. Jas. Armstrong in honor of the happy young couple. The whole community extend their heartiest congratulations to both happy young couples. The farmers of this vicinity are solid against reciprocity, free trade with the United States. President Taft, the big monopolies and Trust companies know what is good for the States. We know it will mean destruction to our business industries, horses and all live stock and farm produce markets. Laurier has been giving our fair Canada away from time to time and this is his last move, but the honest, loyal people of this dominion are going to put a stop to it on the 21st and do our share by voting for Sam. Hughes, R. L. Borden and honest Government. We understand that Mr. Joe, Curtis has rented his farm to Mr. Geo. Armstrong for a term of years. Mr. Curtis has secured another good farm near Little Britain, and has commenced operations thereon. Mr. Will. Pogue lost a valuable young colt last week. The Rev. Mr. Best, of Beaverton, occupied the pulpit of St. John's Presbyterian church on Sunday last and delivered an excellent discourse. Mr. and Mrs. Hagland Richmond, of Nogy's Creek, Harvey, spent Saturday the guests of Mr. and Mrs. George Brooks. Mr. and Mrs. William Elliott, of Fairbairn, spent Sunday with relatives here. Mr. and Mrs. Robt. Eyles, of Fenelon, spent Sunday the guests of Mr. and Mrs. Joe, Curtis.



B. L. McLEAN, Director, Lindsay.

IT IS AGAINST CONSERVATION

Chairman of Government's Conservation Commission is a Foremost Opponent of Reciprocity. By JOHN V. BORNE. It need not be supposed that Canada should "hog" her supplies of pulpwood, any more than that she should throw them at the Republic, as a means of saving the Republic from the wood want that will follow its own liberal waste. Two policies are working for the general advantage of Canada in this matter, neither of which must be sacrificed to the natural desires of Washington. The first is that of stimulating the conversion of natural products into finished manufactures, as near to their place of origin as natural conditions and far-seeing enterprise will permit—a policy which explains the increase of pulp and paper mills in the highlands of Quebec, and the creation of such flourishing towns as Grand Mere and Shawinigan Falls. United States papermakers, of course, would rather bring Canadian raw material to their mills than to take the mills to Canada. Ontario and Quebec and New Brunswick have decided that the pulpwood on Crown Lands shall be manufactured at home—hence the disappointment of Secretary Knox and his colleagues to be content "for the present" with conditional arrangements. The second policy is represented by the Conservation Commission, which is intended primarily to preserve the forests from precisely the kind of destruction which it is bound to accompany their ruthless invasion by aliens whose interest is confined to what they can take away. The Government of Sir Wilfrid Laurier in establishing the Commission appointed as Chairman the Hon. Clifford Sifton, who, from 1896 to 1906, was Minister of the Interior. Mr. Sifton is one of the strongest opponents of the Reciprocity Agreement.

Meet Me at Sutcliffe's ISLAY. Islay, Sept. 11.—Our public school was re-opened on Tuesday of last week with Miss May Tolmie as teacher. Mr. and Mrs. Percy Mark from near Cameron were visiting Mrs. Mark's parents, Mr. and Mrs. Donald McFadyen on Sunday last week. Mrs. Jamieson, who has been visiting her brother Mr. McMillan, returned to her home at Atherley on Saturday last. We are pleased to state that she is recovering from the effects of her recent accident. Mr. Colin Graham, of Woodville, was visiting at the home of Mr. Sam. Copp on Sunday of last week. Mrs. McEachern, of Toronto, formerly a long and respected resident of this district, is visiting at the home of Mr. Donald Tolmie, and is renewing other acquaintances. Her many friends are pleased to see her. Miss Hill and Miss Wellington from the vicinity of Woodville, were guests at the home of Mrs. Elford for a few days during last week. Miss Jamieson, of Atherley, spent a few days last week visiting her cousin Miss Maggie McMillan. Mrs. Donald McFadyen and son Maxie were visiting friends in Eldon on Sunday last. Misses Lois and Mamie and Master Jack Naylor were guests at the home of Mr. Neil Sinclair, of Glenora on Sunday afternoon last. All were rejoiced to have the good downpour of rain last week and the land is now a little easier to plow. Mr. Weldon, of Cambray, is doing work in this vicinity with his corn cutting machine. CAMERON. Cameron, Sept. 11.—Very little plowing has been done in this neighborhood yet; the land is so hard from want of rain that but little fall wheat has been sown. In fact some of the farmers have turned out their horses and have ceased plowing altogether. Many of the wells, too, are about dry, and there is a scarcity of water. Mr. P. Perrin who went to the west about a month ago has returned again. Mr. Perrin was very favorably impressed with the west, but he was taken ill, and was com-

JUMPED TO HIS DEATH

ITALIAN COMMITTED SUICIDE IN TORONTO BAY. Toronto, Sept. 12.—Joseph Salli, an Italian, becoming violent, committed suicide yesterday morning by jumping from the ferry Kathleen into the bay. He was 42 years of age. Mrs. Monk, wife of the French Conservative leader, is dead. The General Synod at London, Ont., discussed the proposed adaptation of the Prayer Book.



D. A. MacKENZIE, B. S. A. Dept. Agriculture, Lindsay.

pelled, as a consequence, to return home. Mr. and Mrs. John Gillanders spent Sunday with Mr. and Mrs. Mayboe. Mr. and Mrs. B. McLean spent Friday and Saturday last in Toronto taking in the sights of the exhibition. Mr. and Mrs. K. Ingram, of Port Perry, spent Sunday with Mr. and Mrs. Jas. Ingram. We are sorry to say Mr. Jas. Ingram is not any better. Mr. D. Smith spent a few days at Toronto exhibition and reports the show as a great success and an educator. Quite a number of our citizens spent a few days around Haliburton last week and report a very pleasant and profitable time. BETHANY. Bethany, Sept. 10.—The new railroad is moving on at a rapid pace. They expect to be through in about a month. The weather has been good for the work. Mr. Geo. Neals, who has been ill for the last 13 months, died last Monday. Mr. Neal seemed to be improving the last few days, but death came unexpectedly at last. The funeral was largely attended on Wednesday afternoon. Miss May Reynolds, youngest daughter of Mr. and Mrs. C. Reynolds, was united in marriage to Mr. Butler, of Peterboro, on Monday last. Something happened in our village on Monday last that never happened before, there being a wedding, a funeral and a death in the one day. Dr. T. G. Brereton took in the Toronto fair, going up in his auto. Mr. Jeff Davis is at present under the doctor's care. Our school re-opened again on Tuesday last with Mr. Murel and Miss The ladies of the Presbyterian Stables as teachers. The church will hold a chicken pie social in the town hall Saturday evening next. A good time is expected. Quite a sad gloom was cast over the village on Sunday last when the death of Mrs. Alceas DeLong was reported. She had done her work in the house as usual on Saturday, and went to bed about midnight. About two o'clock the rest of the household was awakened by her moaning. Two doctors were called, but nothing could be done, as it was heart failure. She left to mourn her loss two sons and three daughters. Mrs. McCloud, of Manitoba, is visiting friends in the village. The remains of the late Dr. H. Murphy passed through here on Mon-

TWELVE FAVORED NATIONS

Canada Extends to Them Tariff Advantages Which Are Not Enjoyed by Great Britain. By JOHN V. BORNE. The twelve countries which under the Reciprocity Agreement are to enjoy precedence over the Mother Country, are Argentina Republic, Austria-Hungary, Bolivia, Colombia, Denmark, Japan, Norway, Russia, Spain, Sweden, Switzerland, Venezuela. France also participates in certain classes of goods. Countries like Bolivia and Colombia are not likely seriously to affect Canadian trade; but, the possibilities of letting down the bars to Argentina and Denmark, for instance, are considerable. The Argentine Republic sends more wheat to the United Kingdom than Canada does. It is produced under conditions which offset its softer quality than the prairie-grown wheat. Labor in the Argentine is very cheap. Most of the Argentine wheat is grown near the seaboard, and its transportation is, therefore, very cheap. The best Canadian wheat is grown so far from the seaboard, and the cost of carrying it to the ships is considerable. Argentine wheat can be dumped at a Canadian port at a cost of \$2.50 per bushel for freight, against a cost of 16c. per bushel for haulage from Western Canada to the Atlantic Coast. Now, 30 per cent. of Canadian wheat is consumed in Canada. Whoever will benefit by free wheat from Argentina, the Canadian farmer will not. This is one of the branches of trade to which "let well enough alone" most forcibly applies. Denmark is a great butter and bacon exporting country. Intensive farming has been carried to perfection there, and labor is abundant. The Danes can make money on prices which would enable them to invade the Montreal and Eastern Canada markets. Whoever would benefit from an influx of this kind, the Canadian farmer would not.

day last to St. John's cemetery. Quite a number of the pupils who passed the entrance this summer have gone to the Lindsay collegiate institute. Mr. W. McCartney has had a gang of bricklayers from Lindsay to work on his house, which they have put up in fine style. Mr. D. L. Somerville has left here for Lindsay to work. Mr. Hugh Gillespie has bought a fine driver. Mr. C. J. Thornton will address a meeting in the town hall on the 19th inst. Mr. C. Thornton is the Liberal Conservative candidate. Potatoes are selling here at \$1.50 per bag. The church of England held their harvest thanksgiving services on the first Sunday of this month, when Rev. Mr. Warren, of Peterboro, delivered two fine sermons, which were enjoyed by all who heard them. Meet Me at Sutcliffe's DEATHS. BRUMFIELD.—In Lindsay, on September 11, 1911, Melville Wilfred Brumfield, aged two months and twenty-four days, son of Mr. and Mrs. Wm. Brumfield, Melbourne-st.

Republic of Portugal Now Recognized

Lisbon, Sept. 12.—The Republic of Portugal was formally recognized yesterday by Great Britain, Spain, Italy and Austria. Mr. R. Leduc has been nominated by the Conservatives to oppose Sir Wilfrid Laurier in Quebec East.



R. E. THURSTON, Director, Bobcaygeon.

BASEBALL RESULTS. Toronto broke even with Buffalo yesterday, winning the first game by 7 to 4, and losing the second by 2 to 1. Montreal beat Rochester out 5 to 0. Baltimore beat the Greys in 11 innings and the Skeeters took one from Newark. The Athletics beat the Highlanders 12 to 5. Detroit did not play. Chicago beat St. Louis Browns twice. Rain prevented the New York—Boston game in the National League, but the Chicago Cubs shut Cincinnati out by 2 to 0. The Phillies won from Brooklyn. Koehler of Toronto, will probably be out of the game for the remainder of the season. The Canadian League winners were St. Thomas, Guelph, London, and Berlin. Thanksgiving day this year will be October 30.

MAINE DEFEATS PROHIBITION LAW

Augusta, Maine, Sept. 11.—After fifty years' trial the State of Maine by a majority of 1,400, voted prohibition out of the Constitution of the State of Maine. There are twenty towns to hear from, but these will not affect the result to any appreciable degree. The cities gave very heavy majorities for repeal. In the country the vote for the retention of the amendment was very large, but not enough to offset the heavy city vote. The campaign, which ended Sunday night, was one of the bitterest ever known in this state. Everyone was made to get out a full vote, while in many of the cities and villages women were present at the polling places imploring the men to vote "no," while prayer meetings were held in the churches, and the bells tolled every hour during the hours that the polls were open. Since 1857 Maine has had a statute prohibiting the sale of intoxicating liquors, and since 1884 prohibition has been a part of the Constitution. In that year, 1884, the question of placing prohibition in the Constitution was put before the people, and prohibition won by a majority of 45,988, carrying every county in the State.

Advertisement for Dundas & Flavelles, Limited. Features an illustration of a woman in a long coat and hat, and a child. Text includes: 'A Host of Mothers have learned by this time to depend upon our Boys' Clothing for Quality, Style and Economy.' 'Hoods under our New Caps are properly covered. See THEM.' 'Dundas & Flavelles, Limited' 'Clothing and Furnishing Department' 'FALL AND WINTER 1911-12'