

Exploding Some Familiar Advice

There is just one kind of person who is willing to chew each morsel of food thirty-two times before he swallows it, and that kind of person is a hypochondriac, always thinking there is something wrong with him. "Fletcherizing" one's food, as a prominent Atlanta doctor points out, is a piece of nonsense for the great majority of people, although in a certain number whose digestive tract works slowly, it may be a good thing. Fair teeth and an ordinary amount of chewing will provide the utmost of the duty required by the mouth. The stomach and the digestive tract will take care of the rest.

In order to understand why one can stand at a lunch counter, and bolt a meal in three or four minutes without any harm to himself, it is well to remember that the essence of the digestion which is performed by the saliva is the transformation of starch into sugar by the action of the ptyalin; but this is by no means confined to the salivary juices alone. As for the protein elements—which are much harder of digestion—they are not affected by the salivary acids at all. The pepsin and the hydrochloric acid in the stomach and the trypsin in the intestine will change them into what is needed for the nutrition of the body. The pancreas, moreover, will see to it that starchy material does not get by.

It is really the business of the sense of taste to telegraph to the various organs immediately affected by food that some toothsome morsels are on their way, warning the stomach to be ready for work, and if the food be chewed too long and not swallowed, the stomach and intestines will rebel. Chewing, too, is a voluntary act, requiring the exercise of the will—particularly fong chewing—and this has the effect of making the diner think of his dining rather than of his dinner; or, as Dr. Niles phrases it, "causing him to have every waking thought short-circuited on his stomach."

There is a natural speed in eating, which differs with almost every person. The alert, vigorous business man usually is rapid in all his actions, and his quickness with his mental machinery is an index to the promptness of the machinery within. Why should it be expected that his digestive workings are lethargic? As a matter of fact, they are not, and such a man usually feels far worse after a long banquet than after his quick lunch, snatched in the press of a hustling business day. On the other hand, the man or woman of indolent temperament and habits of life should never try to eat fast, for the digestive conditions are probably regulated to much the same speed as most of his or her other actions, and fast eating would start various forms of indigestion and dyspepsia. The flesh-eating animals—who usually bolt their food—seem to suffer but little from dyspepsia. It is bad, of course, to bolt food more rapidly than the stomach can take care of it, but there is less danger in a quick lunch than in a fanciful mastication-fest over every mouthful of food.

Dr. Harvey L. Wiley, the recognized food expert says meat should not be chewed except to break it into convenient size for swallowing, and he holds that "Fletcherizing" makes meat more difficult to digest. He points out that eat meat exclusively, chew the meat, but bolt it rapidly, and such animals certainly have strong and healthy stomachs.

FALL FAIRS

- Lindsay Sept. 18-20
- Bancroft Oct. 2 & 3
- Barrie Sept. 22-24
- Beaverton Sept. 29-Oct 1
- Belleville Sept. 9 & 10
- Bobcaygeon Sept. 25 & 26
- Bowmanville Sept. 16 & 17
- Cobourg Sept. 24 & 25
- Cobourg Horse Show Aug. 12-16
- Fenelon Falls Sept. 10 & 11
- Gooderham Oct. 2
- Haliburton Sept. 25
- Kinmount Sept. 15 & 16
- Lakefield Sept. 16 & 17
- Markham Oct. 1-3
- Midland Sept. 25 & 26
- Millbrook Oct. 2 & 3
- Minden Sept. 20
- Newmarket Oct. 7-9
- Oakwood Sept. 22 & 23
- Oshawa Sept. 8-10
- Ottawa (Central Canada) Sept. 5-13
- Peterboro Sept. 11-13
- Port Hope Oct. 7 & 8
- Port Perry Sept. 11 & 12
- Sunderland Sept. 16 & 17
- Sutton Sept. 25 & 26
- Toronto (Can. National) Aug. 23-Sept. 8
- Victoria Road Sept. 16 & 17
- Woodville Sept. 12

INVERLOCHLIN CAMERON LAKE

One of the most secluded yet charming little nooks on the Kawartha Lakes is Inverlochlin, on the south shore of beautiful Cameron Lake, between Balsam and Sturgeon Lakes, next door to Fenelon Falls.

Hardly any one knows of this group of pretty cottages and bungalows, outside of the fortunate owners, and those of their friends who may have been their guests.

Hidden among the oaks, pines, maples and birches, the cottages, only about ten in all, string along a pretty cove or bay, to the east of a peninsula, on which Colonel Sam Hughes, years ago, built a cosy summer home. Within a mile, by road or boat, of Fenelon Falls, (the Cataract Village) and, with both lake and train accommodation, the residents can come and go without trouble, fatigue or delay. Toronto is within a few hours run, while the growing and prosperous town of Lindsay is only fourteen miles to the south. To the north, across the lake opposite Inverlochlin, lies the water route from Balsam Lake by the Rosedale Canal, into Cameron, and both the Gull and the picturesque Burnt rivers empty their waters into Cameron Lake about the same spot.

Being on the direct course of the Trent Valley Canal, all summer long from the cottage verandahs may be seen the steamers and launches plying up and down this beautiful stretch of water.

Among the passenger craft can daily be seen the staunch steamer "Wacouta," Captain Burgoyne, on his trips up to Cobocook, or down to Lindsay. Sir William Mackenzie's graceful private steam yacht is a frequent passer by, while numerous motor boats are constantly on the go.

Inverlochlin is well supplied with boats and canoes, and the scene on a calm summer evening, the lake dotted with boats, the evening sun setting behind Hughes' point, the glow in the sky, the shimmering water, and the sound of song and laughter, is beautiful beyond the writer's gift of expression.

The fishing is fairly good, the gamey bass (both varieties) and lunge, being in sufficient numbers to give good sport to the true fisherman.

One hears the cry of the loon, and at this time of the year sees every evening, the black ducks skimming along against the sky line.

The west wind blows a clean invigorating air all over one, like velvet in its softness, and sweet as new mown hay.

Colonel Hughes is the pioneer of this charming spot, next to him, as among the old settlers come Mr. Will Scott and Mr. Percy Roberts, of Toronto, both stationed like sentinels near the east entrance to the avenue, while the Colonel guards the western flank. Then comes Mr. J. H. Sootheran, Registrar of Victoria County, who has a very attractive and pretty cottage, next Judge McGillivray, of Whitby, while further down is the pretty home of Mr. Black, manager of the Bank of Montreal, Lindsay. Mr. J. W. Barrington's attractive bungalow is further along the avenue, while between are other lovely cottage homes.

This season Inverlochlin has missed Col. Hughes' family, as their cottage has not been opened up, for the first time in its history, but we hope that next summer its hospitable doors will be open as of yore. The Colonel, with Mrs. Hughes and Miss Aileen, are about leaving for Europe, and so beyond spending some week ends with friends on the lake, they have not been much there.

Lindsay visitors, however, have run down for short stays. Mrs. J. G. Edwards, Mrs. Hughes, Miss Hughes, Mrs. (Judge) Harding, Mrs. (Judge) McMillan, Miss Graham, Colonel Clarke, of Guelph, Mr. Jas. Bogue, Mr. Jno. Carew, Mr. Frank Carew, Mr. Pat White, Mr. and Mrs. Holmes, and children, and other Lindsay friends having added to the enjoyment of the place by short visits.

Inverlochlin is destined to be the nucleus of a much larger summer colony in the years to come, and already an addition farther along the shore has been opened up by Mr. Richard Byrnell, where Messrs. Tapscott and Hill of Toronto, and Mr. Cook, of Fenelon Falls, have built substantial and pretty homes.

Installing New Organ

The work of installing the handsome organ at St. Mary's church will, it is expected, be finished in two weeks' time. It is understood a grand opening and recital will take place at an early date.

OBITUARY

MRS. REUBEN GORRILL

On Friday, August 1st there passed away at the age of fifty-five years and seven months, Selma Christian, beloved wife of Reuben Gorriil, of Eden, Mariposa. For seven months deceased had been a great sufferer and death came as a relief, and was expected in spite of what kind and loving hands could do, she could not be kept here longer. The high esteem in which deceased was held was shown by the kindness of friends and neighbors during her long illness and suffering, which she bore in patience and cheerfulness, trusting in her Saviour and waiting His own good will. She was a member of Eden Methodist church for many years, and the pastor, Mr. Rowe, conducted the services in the church and at the grave. The pallbearers were Messrs. B. Hill, D. Smith, W. Manning, W. Western, E. Mollon, A. Gillies. The floral tributes were many and beautiful. Wreath, Mr. and Mrs. Jess Christian; spray, Mr. and Mrs. Myles Elliott; Lindsay; wreath, Mr. and Mrs. Geo. Kinghorn; sheaf, Mrs. McReynolds, and Mrs. Fred Lyle, Bowmanville; bouquets from friends of the family. She leaves to mourn her loss a loving husband and three daughters, Mrs. Frank Sluggert, Linden Valley; Mrs. Fred Tamlin, Eden, and Miss Lottie, at home, besides an aged mother and brothers and sisters, who will greatly feel her loss. Much sympathy is felt for the bereaved family in this their hour of trouble.

One precious to our hearts has gone.

The voice we loved is stilled,
The place made vacant in our home
Can never more be filled,
Our Father in His wisdom called
The boon His love had given,
And though on earth the body lies,
The soul is safe in Heaven.

PETER JOSEPH PILKEY

Toronto World: Following an operation performed in the Western Hospital two weeks ago last Monday, Peter Joseph Pilkey, B. A., art instructor in the Harbor street Collegiate Institute, died in the hospital at 10 o'clock a. m. yesterday. The funeral will be held from his home, 462 Gladstone avenue, on Saturday, at 2.30 p. m. to Mount Pleasant cemetery.

Mr. Pilkey was born in York county 51 years ago. He attended Uxbridge and Oakwood high schools, and later spent two years at the Hamilton Collegiate Institute. After attending normal school he taught public school for a few years, and then entered the Queen's University, where he obtained his B. A. degree in 1894. He then became principal of the Fort William high school and spent 13 years in teaching that institution. He then took a post graduate course at McMaster University, Toronto, after which he taught in the Duferin street public school. Two years ago he resigned this position, and since that time he has been teaching art in the Harbor street Collegiate Institute. His death came as a shock to E. W. Hagarty, the principal of Harbor street Collegiate, and the teaching staff in general, and particularly to the students, who were very fond of him.

He leaves a widow and six children. Mrs. H. T. Corless, a daughter, lives in Pittsburg; Glenn, a son, is attending the dental college in Toronto, while three young daughters and a son are still at home.

He was a member of Dovercourt Presbyterian church, an Oddfellow, and a Freemason.

WEDDING BELLS

BROCKENDEN—CULLON.

At Huntsville, Ont., on August 12, at the home of the bride's parents, the marriage of Miss Jessie Cullon, youngest daughter of Mr. and Mrs. T. M. Cullon of Huntsville, to Mr. William Brockenden Taylor, M. A., of Napanee, son of Mr. and Mrs. Jacob Taylor of Clinton, was solemnized by Rev. D. H. Marshall, M. A., of Huntsville. The bride was attended by her sister Minnie, and Mr. A. G. Hooper, M. A., of Lindsay, acted as groomsmen. The wedding march was played by Miss Presta Laing. Mr. and Mrs. Taylor left for Toronto and Montreal.

MEYER—BESIWICK

A quiet wedding was solemnized at 8 a. m. Aug. 6th, 1913 in the Methodist church, Uxbridge, when Miss Cora Beswick, of Uxbridge, daughter of Mr. and Mrs. Temple Beswick, was married to Mr. Roy Stanley Meyer, of Port Burwell, Ont. The Rev. Jos. Archer, of Little Britain, performed the ceremony. The wedding

ing march was played by Miss Kate Frankish. The bride who was unattended, wore her traveling suit of brown whipcord, and immediately after the ceremony the happy couple left for Toronto and other points. Mr. and Mrs. Meyers will be at home to their friends at Port Burwell after the first of September.

TO THE TOMB

THE LATE D. J. FITPATRICK.

Dennis Joseph Fitzpatrick, whose sad death at the Ross Hospital on Sunday has evoked expressions of regret on all sides, was laid to rest in the Roman Catholic cemetery this morning. The funeral cortege left the residence of the deceased's parents, Mr. and Mrs. Hillary Fitzpatrick, Ops township, at 8 o'clock and wended its way to St. Mary's church, where requiem mass was chanted by Venerable Archdeacon Casey. Inside the sanctuary rail were also Rev. Father Guiry and Rev. Father Phelan, Peterboro. The edifice was crowded to the doors with a large congregation and many were visibly affected during the service.

At the conclusion of the mass Venerable Archdeacon Casey made a very feeling reference to the sad and sudden death of the young boy, who was just blossoming into manhood, and who would have been a consolation, as he had been in the past as well as a source of help to his parents. God's ways were mysterious, and while it was sad to realize that a loved one had been called away from his parents, there was great consolation in the fact that he was enjoying the blessings of the Kingdom of Heaven. He was a truthful and upright boy—a model in every respect. One week ago Sunday he had received Holy Communion, and on the Feast of the Assumption he had been taken away. Rev. Father Casey said this was the first death among the Sanctuary Boys since his appointment to St. Mary's church.

The pallbearers were six little Sanctuary Boys.

Among the relatives from a distance who were present at the funeral were: Mrs. Shaw, of Perth; Sister St. Joseph, of the Community

of St. Joseph, Peterboro; Mr. and Mrs. John Fitzpatrick, Toronto; Dr. John Hurley, Toronto; Miss Margaret Fitzpatrick, New York; Miss Mary Hurley, Toronto.

LUMBER CAMPS DESTROYED

A gentleman from the north this morning stated that the high wind of yesterday had lifted the heavy pall of smoke which had enveloped a portion of Haliburton County. The fires were still burning, however, and the great need of rain is apparent on all sides.

There was nothing particularly new from the townships north of Peterboro. The Peterboro Lumber Company's men have been fighting the fires on their limits, and are confining them to a certain area. The men went out ahead of the main fires and burned a fairly wide path, being able to control these flames. This should prevent the spread of the flames beyond the burned avenue.

It is understood that the camps of the Peterboro Lumber Company have been destroyed. An insurance inspector of the Sun Life Company is said to have gone back to the limits to investigate the damage that has resulted from the conflagrations.

STURGEON LAKE CHAMPIONSHIP

An unusual and very pretty race was sailed Monday afternoon at Sturgeon Point, when the championship of Sturgeon Lake was decided. All types of sailing craft were allowed to enter and the race was unusual in the fact that two sloops under full sail competed for the flag. Even the dinghies had every inch of canvas they could carry. Balloon jibs, spinakers and all manner of sails were used to hasten the boats' speed, and the big spread of white canvas glistening in the sunlight was a sight to be remembered.

The race was well sailed, through-out. First place was won by Mr. Ellsworth Flavelle in his sloop, assisted by Messrs. Stuart Flavelle and R. H. Hopkins. Second went to

the Lake Simcoe sloop owned by Mr. Murphy, who was assisted in sailing by Messrs. Hyde and Strachan, also of Lake Simcoe. Gordon, Flavelle and Jack Wallace got third place with a dinghy.

The Sturgeon Lake boys were very glad to see the Lake Simcoe party and have them enter in the race. They are good sailors and fine fellows individually. It is hoped that they will return next season to compete in the Sturgeon Lake events, and the Sturgeon Point sailors are already planning to attend the Lake Simcoe regatta in 1914.

Next Saturday afternoon dinghy races will be held for the dinghy championship of the Kawartha Lakes. Regulation dinghies will be used and it is expected there will be even more entries than usual, so the contest will be very close and exciting.

SEPARATE SCHOOL CONTINUATION CLASS

It was announced in Peterboro Catholic churches Sunday that with the reopening of the schools a fifth or Continuation Class would be inaugurated in connection with the Separate schools. To this end a large room has been prepared at St. Peter's School, which will be thoroughly equipped, and made ready for its first class in September.

The idea of a continuation class in the primary schools emanated from Toronto, where it was made an annex to the public schools, and was used for several years before it was taken up by the Department of Education and made general for the Province. Continuation schools had been in use to a certain extent, but they have been given a new impetus since the recent action of the Department. The underlying idea was that children were being advanced to the High Schools and Collegiate Institutes at too tender an age.

Rev. Dr. O'Brien, of the Church of the Sacred Heart, stated that the Continuation Class would be opened to the children who had passed their entrance examinations. The curriculum would be the same as that in the first year at the Collegiate Institute, and next year additional provision would be made to take up the second year work. The pupils would then have completed the first two years of High



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WAKELY'S

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New Resort At Sturgeon Lake

Sturgeon Lake is to have a summer resort, which even has said to be proving very popular. The result would be that the continued their secondary school would receive the close personal attention that is rendered through the primary grades.

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BOBCAYGEON'S BIG FISH

Bobcaygeon, Aug. 13—Here are the catches of big fish in this season: Mr. Gordon & son, 35 lb lunge; Mr. Perry, 20 lb lunge; Mr. Bobcaygeon, 23 lb. Mr. Sturgeon, 17 lb. Mr. Sturgeon, 21 lb. The fishing has been splendid, many large ones have gone to the line to be set up.