

BREAKFAST FOODS.

WHILE PHYSICIANS AGREE that ordinary oatmeal porridge is too strong a food for delicate stomachs, and too heating for others, they are a unit in declaring that the systematic eating of some form of grain or fruit food at the morning meal builds up the young and strengthens and preserves the vigor of elderly people.

Fortunately science has stepped in and evolved a series of Breakfast Foods from which the most delicate person may make a suitable and beneficial selection, and as up-to-date Grocers we handle all of them. The list comprises:

IN PACKAGES—Shredded Wheat Biscuits, Grape Nuts, Orange Nuts, Malt Breakfast Food, Cream of Wheat, "Force," Quaker Oats, Gleanse Flakes, Farina.

IN BULK—Rolled Oats, Rolled Wheat, Wheatlets, Flaked Peas, etc.

China Hall, William-st. A. L. CAMPBELL Phone No. 10
GROCERIES, KENT-STREET.

PRETTY VILLAGE OF COBOCONK CANADA IS WELL ADVERTISED

NORTHERN TERMINAL OF C. T. R. ON THE KAWARTHA WATERS.

GOOD WORK OF HON. CLIFFORD SIFTON BEARING FRUIT.

What a Delighted Visitor Thinks About the Picturesque Hamlet.

(To the Editor of The Post.)

Dear Sir—Having just returned from a holiday spent in Cobocok, I am charmed to find I saw for the first time, I feel impelled to jot down a few of my impressions. Please find space for the same for the benefit of those who may be seeking a desirable spot on our beautiful Kawatha Lakes.

Cobocok where's Cobocok? It is a very pretty northern town situated at the Gulf River. It has a beautiful situation, and is the joy of all who visit it, and is calculated by nature for the recuperation of the tired, physically and mentally. While we enjoy the calm sailing on its beautiful waters, we at the same time take in through the eye the beautiful scenery of trees, rocks, and hills. Anyone wishing to see the beauties of nature for one whole day without any exertion can do so by leaving the Cobocok wharf at 6 o'clock any morning for the Manitowish. The trip is a most agreeable one, and the beautiful scenery of the business town of Fenelon Falls, the boat passes through the locks, and for the accommodation of passengers who may not have time for about 50 minutes, after which it passes on to the town of Lindsay, where the visitor has ample time to go through the whole town and see everything that is needed, and return by the same waters, arriving at Cobocok about 7 p.m.

Praise for the Churches.

There is every accommodation in Cobocok for the tourist, either in private or public houses, and the churches are also a law-abiding people and the Sabbath is truly a day of rest. On Sunday morning the Methodist Sunday school has about 300 pupils, and at 10 o'clock the Rev. Mr. McDonald, is a deep thinker and gives some very stirring thoughts on the subject of the Sabbath. The Methodist Sunday school is held at 7:30, and the Rev. Mr. McDonald is assisted by a number of earnest teachers. Then at 7:30 the Anglican church service is conducted by the Rev. Chaffee. The solemnity of the service is very marked, the choir giving great assistance. The Methodist service is held at 7:30. We have only one regret that we cannot attend the Anglican and the Methodist service the same day, as the services are held at the same hour. Mr. McDonald is an able preacher. He is most ably assisted by a choir that is a credit to itself and her faithful teachers. Then at 11 o'clock and the public service is conducted by the Presbyterian student of Queen's College, Rev. Mr. Donald. He is a deep thinker and gives some very stirring thoughts on the subject of the Sabbath. The Methodist Sunday school is held at 7:30, and the Rev. Mr. McDonald is assisted by a number of earnest teachers. Then at 7:30 the Anglican church service is conducted by the Rev. Chaffee. The solemnity of the service is very marked, the choir giving great assistance. The Methodist service is held at 7:30. We have only one regret that we cannot attend the Anglican and the Methodist service the same day, as the services are held at the same hour. Mr. McDonald is an able preacher. He is most ably assisted by a choir that is a credit to itself and her faithful teachers.

HERUP

SUSSEX and Peel-Sts.

PUMP

iron cylinders is past, you want when you buy a pump, and steel rods, which are the best, and look after all other pumps.

CASTORIA

The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. Watson*

PEACE MOVEMENTS.

Inter-Panama Convention Held at St. Louis, Mo., Sept. 12.—The Peace Convention, which was held at St. Louis, Mo., Sept. 12-13, was the first of its kind since the Peace Conference at The Hague, 1899. It was held at the Hotel Hamilton, and was attended by delegates from 15 different countries. The convention was opened by the Hon. J. W. Foster, Secretary of State, who delivered an address on the subject of international peace. The convention was closed on Sept. 13, and the delegates returned to their respective countries.

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MARKET REPORTS.

Wheat Futures Lower at Liverpool and Higher at Chicago—Live Stock Market—The Latest Quotations.

Saturday Evening, Sept. 15.—Wheat futures were lower at Liverpool and higher at Chicago. Live stock market was quiet. The latest quotations are as follows:

WHEAT FUTURES—Liverpool, Sept. 15.—Wheat futures were lower at Liverpool and higher at Chicago. Live stock market was quiet. The latest quotations are as follows:

LIVERPOOL GRAIN AND PRODUCE.—Liverpool, Sept. 15.—Wheat futures were lower at Liverpool and higher at Chicago. Live stock market was quiet. The latest quotations are as follows:

ASTRAVELLERS COME AND GO

PITHY PERSONAL POINTERS.

Movements of Citizens and Strangers within Our Gates.

—Miss Mabel and Lizzie Howe are visiting Uxbridge friends.

—Mr. J. H. Thompson, of Minden, was in town lately on business.

—Mr. A. Cameron, of Oakwood, called on Lindsay friends lately.

—Mr. W. C. Moore, of Robynsgo, was in town Friday on business.

—Mr. Wm. McArthur, of Fenelon Falls, was in town for a few hours Friday.

—Miss Walkey, of Sturgeon Point, is a guest of Mrs. W. B. Allen, of Newcastle.

—Miss A. A. Woodland and Miss W. Woodland, of Dunford, visited town friends Friday.

—Miss A. Corley, of "The Maples," Newcastle, is staying at Mrs. W. A. Key for a week.

—Miss Watson, town, spent last week at Salsfield, the guest of Mrs. Robert Braddon.

—Miss Susie O'Leary, of Salsfield, arrived in town last week to attend St. Joseph's Convent.

—Miss Ruby Laddell has returned home, after spending a pleasant week in Toronto.

—Mr. and Mrs. J. R. Sullivan, and Mr. M. Meenan, of Chicago, are visiting friends in Lindsay and vicinity.

—Miss Williams and Miss Stevens, of Winnipeg, passed through town lately on their way to Galt to visit friends.

—Mr. H. J. Hooper, of the Watchman, Waterloo, visited his parents in town last week.

—Miss Gladys Skinner returned last evening from visiting friends, and was accompanied by Miss Ethel Cherry, of Airtree.

—Mrs. W. L. Bowne and Mrs. Chiffley returned home, after spending a very pleasant visit with Minden and Stanhope friends.

—Mr. and Mrs. A. McOrimmon returned last week, after spending a few days visiting friends in Toronto and Stratford.

—Miss Aggie Cote, of Guelph, is spending her vacation in town visiting her parents, Mr. and Mrs. Felix Cote, Lindsay-st. north.

—Mrs. Johnston, of Haliburton, wife of Expressman Ed Johnston, of the Victoria branch of the G. T. R., was in town lately visiting friends.

—Mrs. Wm. H. McGill and Master Earle returned home last week, after spending a month with friends in Chelvey, Owen Sound, and Toronto.

—The Misses Gannitt and Heit, of Berlin, and Miss Annie Kennedy, of Brantford, who made a pleasant visit with Miss Morton, have returned.

—Mr. Howard Rosewar and family arrived in town Monday. Mr. Rosewar is on the teaching staff of the public schools.

—Sundridge Echo: Mr. and Mrs. H. M. Lockwood, of Lindsay, accompanied by their youngest son, Tommy, visited their son, David, of The Echo office, lately.

—Mrs. Joe. Beemish and daughter, Miss Lizzie, returned on Thursday morning to their home in Owen Owen Sound, after enjoying a pleasant visit with her son, Mrs. J. Elliott, and other friends.

—Mrs. M. Hannah, of the east ward, had the misfortune to fall and fracture her arm below the elbow last Friday. She is suffering in consequence from the effects, but is receiving careful treatment from her physician.

—Mr. Hugh Cameron, of Mobile, Ala., is spending a few holidays in town, the guest of his brother-in-law, Mr. J. Campbell, north ward. Before returning home Mr. Cameron will visit relatives in Woodville and vicinity.

WITHOUT SAYING A GOOD-BYE.

Editor Fawcett Tells Foreman He Was Going Away Never to Return.

Toronto Junction, Sept. 12.—A. R. Fawcett, editor of The Leader and Recorder, left town on Friday afternoon, not intending to return, and giving no one a clue to his future whereabouts. He gave no reason for his sudden departure, and did not even say good-bye to his wife and family.

The reason given for his shaking the dust of Toronto Junction off his feet is said to be looming financial difficulties. Before departing he left a letter with his foreman, in which he gave his wife power of attorney and a statement of his liabilities. The conditions of the business, however, did not warrant his leaving it so suddenly. There was nothing very pressing, and his wife looks upon it as uncalculated for.

He had of late told his children that they would have to get out into the world and shift for themselves. Mr. Fawcett is a well known newspaper man, and the founder of The Flasher Advance and The Toronto Junction Leader.

50 Miles in 49 Minutes.

Alexandra Bay, N.Y., Sept. 3.—The motor race Standard made 20 miles in 49 minutes in a race against time yesterday.

Killed Thirteen Cattle.

Ottawa, Sept. 12.—Twenty-five cattle in the yards at Buckingham awaiting shipment, got bucking Saturday night and strayed along the tracks. The C.P.R. Montreal local express for Ottawa ran into them, killing thirteen. The loss is estimated at \$500. The cattle belonged to an Ottawa drover. The train was delayed for an hour.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. Watson*

Free for a Post Card

It costs just one cent for you to get relief from Kidney and Bladder Troubles. A simple request on a post card brings a free sample box of Gin Pills. We don't ask you to buy. Simply try Gin Pills at our expense, and let them prove themselves all that we claim for them. And we know the samples will do you so much good that you will voluntarily buy Gin Pills until a complete cure is effected. We intend to give away

100,000 Boxes Free of Charge

in order to show our confidence in this remedy. We know what Gin Pills will do. We have implicit confidence in their power to relieve and cure all Kidney and Bladder Troubles. We know that you have only to try them to believe in them.

Gin Pills Never Fail to Cure.

All over Canada, Gin Pills are known as a certain and speedy cure for inflammation of the Kidneys; Gout and Rheumatism, caused by uric acid in the blood; Catarrh of the Bladder; Painful and Suppressed Urination; "Burning" Urine; Gravel or Stone in the Bladder; Bed Wetting; Pains in the Back, and all other Kidney and Bladder Troubles.

Each Gin Pill contains all the medicinal properties of one and a half ounces of best Holland gin, without the alcohol, and combined with other curative agents of recognized value.

Don't Delay—Write To-day.

Don't put this off. If you have any of these troubles, don't run the risk of Bright's Disease or Chronic Cystitis. Write for a free sample of Gin Pills, and start yourself along the road to a certain cure.

Use a post card, ask for a free sample of Gin Pills, say in what paper you saw this advertisement, and sign your name and address. Write to-day—now—to

BOLE DRUG CO., Dept. W, Winnipeg, Man.

Henley Bros.

SCHOOL BOOKS, SCHOOL SUPPLIES.

We have everything in the line of School Books and Supplies, including

Scribblers, Slates, Exercise Books, Pencils and Pens Readers, Grammars, Arithmetics.

Headquarters of all school necessities.

Henley Bros.

Blackwell Block, near Market.

Duck Shooting

September 1st.

J. G. Edwards & Co.

IS THE PLACE TO BUY

SHOTGUNS.

Single and Double Barrel.

LOADED SHELLS:

"Eley" Smokeless. Dominion Trap. Winchester "Nitro."

Dupont Smokeless. American D and Shot.

Loading Tools. Wads and Wad Cutters. Cleaning Rods. Shell Extractors.

GUNS TO RENT.

J. G. EDWARDS & CO

MACHINE SHOP and FOUNDRY.

We have recently added to our business a first-class Machine Shop and Foundry, and can supply experienced workmen to undertake all kinds of work in our line.

ALL CLASSES OF MACHINERY REPAIRED, SATISFACTION GUARANTEED.

A. CULLEN SONS,

Lindsay Street Bridge.

WOODS STOVE CO.

FLINT KOTE ROOFING.

The best fire-resisting roofing known, and owing to the ease and small expense of laying is much cheaper than shingle roofing. Call and get our prices for

Plumbing and Heating, Eavetroughing and Furnace Work.

Phone 99

HAROLD WOODS, MANAGER.

LANDS IN THE NORTH-WEST FOR SALE.

We have 1769 acres of the finest lands in the Northwest for sale in blocks to suit purchaser. These lands are situated within 20 to 30 miles of Regina, Capital of the Territories, and mostly close to Wilcox Station, where grain can be shipped. From a satisfactory purchaser a small cash payment will be accepted and the balance in easy instalments. The land is all clear prairie without any waste.

McLAUGHLIN & PEELE
Lindsay, Aug. 21st, 1903.—with Lindsay

From Stenographer to Business Manager.

Such is the record of rapid advancement of many of our students. Our splendidly equipped schools of BUSINESS TRAINING, SHORTHAND, and TELEGRAPHY, and a strong staff of qualified instructors are our means of producing positively good results. Our booklet is interesting. Send for it.

The Dominion Business College,

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