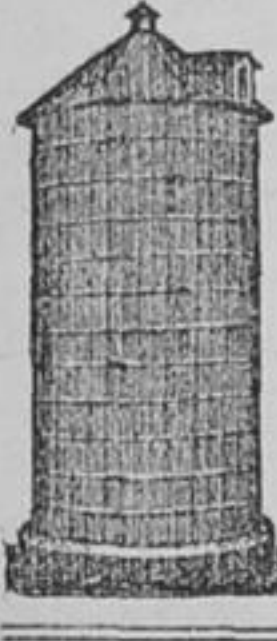


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FLEET FOOT
SHOES
for every **SPORT**
and **RECREATION**
Worn by every member
of the family



SOLD BY ALL GOOD SHOE DEALERS



10—15—20
Years from now the Bissell Silo will be giving good service. It is built of selected timber, treated with wood preservatives, that prevent decay. It has strong, rigid walls, airtight doors, and hoops of heavy steel. Therefore it lasts, simply because it can't very well do anything else. Our folder explains more fully—Write Dept. U.
T. B. BISSELL CO., LTD.
Blora, Ontario.

FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told in a Few Pointed Paragraphs.

Pte. G. E. Allen, of Nelson, B.C., in a fit of depression took his own life. Sir Mackenzie Bowell, former premier of Canada, visited Nelson, B.C. Frank Tremain, a Vancouver soldier, was run over by a C. P. R. engine and killed. A delegation of hotelkeepers at Revelstoke petitioned the council that hotel licenses be reduced. A writ has been issued against Patk. Welch, a Vancouver contractor, for hiring and bringing in an alien. Mining camps at Atlin were almost wiped out by the second fire of the year. Estimated loss is \$75,000. Lieut. Howard Fuller, a popular Vancouver man, was killed in action soon after being granted a commission. The collections in the Vancouver water rates department during the month of June amounted to \$19,243.66. Residents of Chilliwack are relieved to find that the Fraser River has gone down six inches. They were in grave danger of floods. In an attempt to save a little boy from being run over, Suma Inata, a Japanese girl of Vancouver, was crushed to death beneath a car. The Mission station and barn at Chilco, B.C., were totally destroyed by fire caused by a stranger throwing a burning match down in one of the hay mows. Mr. and Mrs. Jonathan Rogers, of Vancouver, had a narrow escape from death, when their automobile rolled over a steep embankment and turned turtle. Dr. Wilson, the medical health offi-

Grape-Nuts
(Made in Canada)

embodies the full, rich nutriment of whole wheat combined with malted barley. This combination gives it a distinctive, delicious flavour unknown to foods made from wheat alone. Only selected grain is used in making Grape-Nuts and through skillful processing it comes from the package fresh, crisp, untouched by hand, and ready to eat. Through long baking, the energy producing starches of the grain are made wonderfully easy of digestion. A daily ration of this splendid food yields a marvelous return of health and comfort.

"There's a Reason"

Sold by Grocers everywhere.
Canadian Postum Cereal Co., Ltd.
Windsor, Ont.

cer for Vancouver, refused at first to kiss the court Bible when taking his oath last week. He claimed it was unsanitary.

With the enlistment of Private Lindsay Annandale with the 131st Battalion, New Westminster, the third and last son of Captain Annandale is with the colors.

All the loggers on the coast of British Columbia may close down for thirty days on account of too many in business, also the scarcity of labor and high wages.

When the 3-year-old son of Police-Sergeant Lyne, of Burnaby, was playing near a cow, the cow suddenly raised its head, driving the point of one of his horns through the child's jaw to his mouth.

Owing to the perambulator in which he was placed in some unexpected manner falling down the verandah steps, the eight-months' old son of Mr. and Mrs. W. G. Plumridge, of Vancouver, B.C., met his death.

RUBBISH HEAPS.

Many Serious Fires Traceable to Such Accumulations.

More fires originate in rubbish heaps than from any other source. To permit rubbish to remain in the building not only invites a fire to visit your home or place of business, and render your family temporarily homeless, or cripple your business at a time when you can least afford it, but also endangers the lives of your family or employees. In addition to destroying an average of 23,000,000 in property value in Canada each year, fire caused the death of 141 persons last year.

The home is built to protect our loved ones, and we want to do everything to insure absolute protection to those who live in it.

That rubbish heap in the attic, storeroom or basement is a menace to your household, because there is always a possibility of fire starting in it, and it may start when least expected.

Consider what might happen, and then, without delay, eliminate the menace of the rubbish heap.

How to Keep Yourself Looking Young.

It has been proven that the woman who protects her skin will keep herself free from wrinkles and marks of age far longer than the woman who says "Oh, no, I never do anything for my complexion."

If your skin is not naturally clear and fresh, or if it has suffered from inattention—worry—sickness—age or the ravages of wind, sun and weather, the regular and persistent use of USIT will soon restore to your complexion its natural color and freshness.

USIT is a valuable formula of an old and famous beauty secret. It feeds and nourishes the skin, wards off wrinkles and makes the complexion clear, smooth and faultless. It is not necessary to use any other treatment during the day. Apply USIT at night before retiring, and it will tone the skin and give that silky softness and glowing freshness that alone indicates perfect skin health.

USIT is put up in handsome opal bottles. It may be secured through T. Bacon Co., Limited, Robt. Simpson Co., Limited, Toronto, and other high-class Drug Stores, or direct from us. Send 50c. (2c. war tax) to-day for trial bottle sufficient for six weeks' use. See our exhibit at National Exhibition, Toronto.

USIT MFG. CO., LTD., TORONTO, ONT.

NO MORE FOREIGN NAMES.
Even Christian Names of Allied Origin Must Go in Saxony.

Saxony is one of the most patriotic States in Germany. Having removed foreign words from their hotels and eating houses, their barbers' shops, theatres, and milliners' establishments the Dresden authorities have turned their attention to Christian names, and have begun an agitation which is sure to spread to other cities. It has been noted with pain that a very large number of people have Christian names borrowed from other countries. In peace no reasonable objection could be urged to this practice, but at the present time for German women, men, and children to be obliged to go through life saddled with a name which is not German, and which is closely identified with a belligerent country, is intolerable. Accordingly, good Saxons have been notified that those persons with foreign Christian names who desire to get rid of them, and adopt instead sound German names, may do so, the civil authorities giving them every legal facility, and removing all obstacles from their path. Among the names considered undesirable are: Harry, James, John, Ivan, Rene, Jules, Gaston, Margot, Claire, Daisy, Olga, Vera, Renee, Gabrielle, Sylvia.

The officials at registry offices are instructed to draw the attention of parents registering their children with foreign Christian names to the desirability of choosing a German name, and only to enter foreign names when the parents absolutely insist.

That Child.

Tommy—Oh, mother, look at that man! He's only got one arm.
Mother—Hush! He'll hear you.
Tommy—Why, doesn't he know it?

The Summer "Life-Savers" are fruit, cereals and green vegetables. Meat in Summer overtaxes the liver and kidneys, potatoes cause intestinal fermentation. Get away from the heavy Winter diet; give Nature a chance. One or two **Shredded Wheat Biscuits**, served with milk or cream or fresh fruit, make a deliciously nourishing, satisfying meal. Such a diet means good digestion, good health and plenty of strength for the day's work. All the goodness of the wheat in a digestible form. For breakfast with milk or cream; for luncheon with fresh fruits.
Made in Canada

German Butcher Fined \$5,000.
A Cologne butcher named Sommer has been sentenced to jail for two years and fined 20,000 marks (\$5,000) for withholding from sale a large amount of meat and also for secretly selling meat assigned for sale in Cologne to Dresden dealers at a great profit. This is the heaviest sentence yet reported for violation of the food distribution laws.

Minard's Liniment Lumberman's Friend
A Persistent Flatterer.
Mother—Why don't you yawn when he stays too long? He'll take the hint and go.
Daughter—I did, and he told me what beautiful teeth I had.

Sore Eyes
Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Murine Eye Remedy**. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. **Murine Eye Salve** in Tubes 25c. For Book of the Eye Free ask Druggists or **Murine Eye Remedy Co., Chicago**

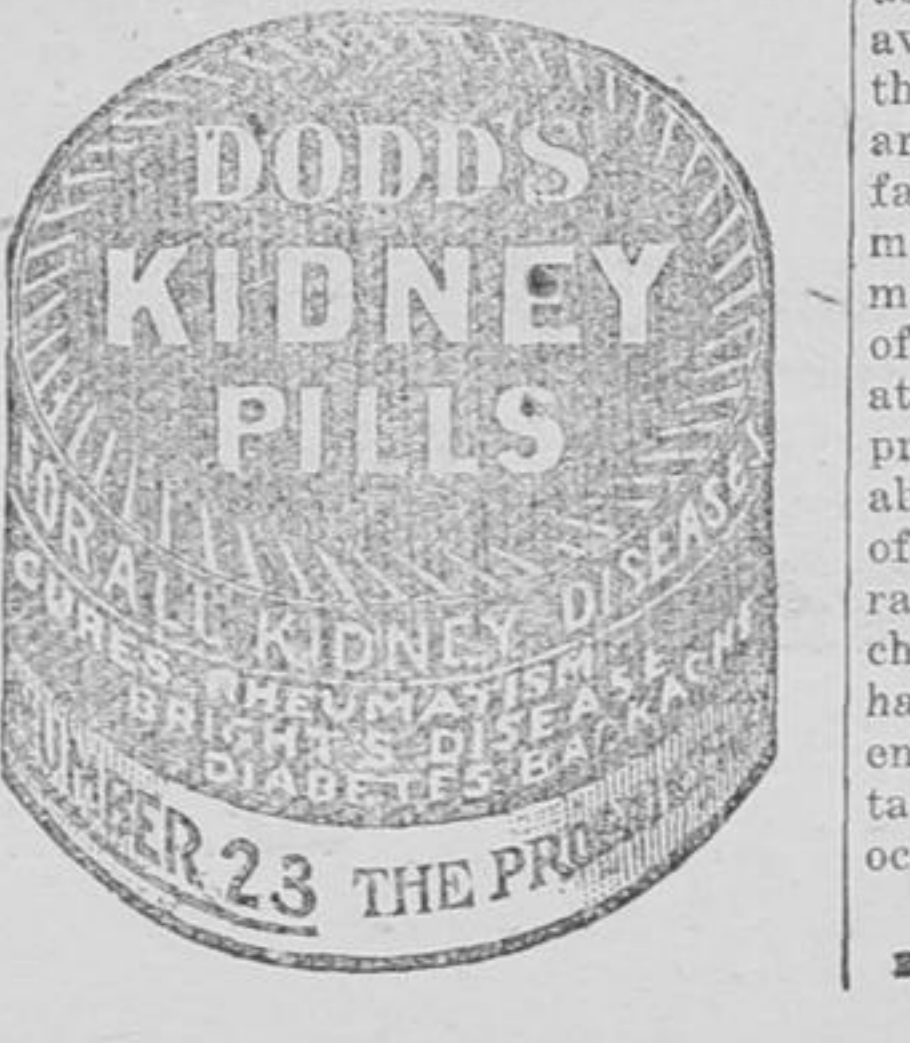
Ruinous.
"What ruined your business?"
"Advertising."
"How?"
"I let it all be done by my competitors."

Minard's Liniment used by Physicians.
No Leisure.
"Yes, we married in haste. I hope my husband doesn't repent at leisure."
"Demand pretty clothes and everything else you can think of, girl. Keep his nose to the grindstone. Don't let him have any leisure."

I bought a horse with a supposedly incurable ringbone for \$30.00. Cured him with \$1.00 worth of **MINARD'S LINIMENT** and sold him for \$85.00. Profit on Liniment, \$54.
MOISE DEROSCE.
Hotel Keeper, St. Philippe, Que.

Why He Preferred it.
"How do you like my new gown?"
"Not nearly as well as your old one, my dear."
"What is there about the old gown you like better than this?"
"The old one is paid for, my dear."
Ask for Minard's and take no other

In the Opposite Direction.
Sir Douglas Haig has a keen sense of humor and a gift of repartee. A big, blustering sergeant was cursing two men for being careless with ammunition, and shouted, "You'll send us all up to Heaven like a rocket." Sir Douglas chipped in, "Unless you improve your language, Sergeant, I'm afraid you may go in an opposite direction."



HOW TO CREATE AN ESTATE.

The Way a Man May Have Something When Old Age Creeps Upon Him.

As a means of preventing poverty and as a method by which families deprived by death of the providing member may not become objects of charity, there has never in the world been anything devised which equals the power for good as a well-managed life insurance company.

Life insurance as developed to-day is of the greatest economic value. It is the bonding together of many men, and the paying in of certain sums by each, to minimize the financial loss experienced by other members of the company.

Life insurance in the beginning was solely for protection, but variations in the different forms which exist to-day have been brought forth to meet the demands of the public, as they arose from time to time, but we believe the farther a company varies from the primal idea—namely protection—the less is its power for good.

As an investment we have nothing to say against it, and the vast accumulations of surplus which the different companies have made and which they hold for policyholders speaks for itself, but the principle of making provision is often lost sight of in the attempt to create an asset, at a future date, for a person's own benefit.

It is a curious thing that no matter how badly a man may need life insurance, he has a tendency to sidestep it until he is finally caught, and, as has been aptly said, some men get life insurance to-day much in the same manner as they get religion. His emotions must be appealed to, and he often takes the step in a moment of enthusiasm; generally he is pleased with himself afterwards, and if he is a right-thinking and a proper business man he seldom or never lapses his policy.

In going over the daily press week by week and year by year, we see the probates of wills of many people, and we are often astounded by the smallness of the estate, if any, to take care of those left behind, and in many cases we find that the principal asset, when any, is usually a life insurance policy taken out by the breadwinner.

The building of an estate at the present time, or even at any time, is a tedious and long-drawn-out matter. It is not generally known that fully 95 per cent. of the people who enter business fail during some time or other. Neither is it generally known that fully 97 per cent. of the public, when they attain advanced age, have little or nothing to live upon. If even a small fortune is to be accumulated it must be wisely and intelligently managed, and when people are so busy, as they are to-day, endeavoring to make ends meet, they have not much time at their disposal to look into investments.

By putting aside a small sum yearly, as one's means permit, the moment the first payment is made on a life insurance policy an estate is created of the face value of the policy, and if a man would only continue to add to this, in the best years of his earning capacity, he would have something when old age creeps upon him which would be security against many of the troubles he might have to meet, and if he has this sum at his disposal when he comes to advanced age he will have many people anxious to give him the comforts to which he is entitled.

NATURE GUARDS SECRETS.

Centuries of Study Yield Little to Moon.
Greenwich, England, observatory was founded by Charles II. mainly for the purpose of investigating the movements of the moon in the interests of navigation, but though generations of astronomers have in the intervening two and a half centuries been working at the problem, the moon has not yet been amenable to their mathematics. The astronomer royal, in his report of the work at Greenwich during the last year, calls attention to the increasingly big deviation between the calculated position of the moon in the sky and its real position as shown by the Greenwich observations. This deviation has lately been increasing in a serious manner, the error last year being more than 12 times as large as it was 20 years ago, the average annual increase amounting in the two decades to half a second of arc in longitude. The cause of the failure of astronomers to make the moon amenable to their exact mathematics, based on the dynamical laws of gravitation, is believed to be some attractive force of which we are at present ignorant, though in all probability one factor is the true shape of the earth, which still awaits accurate determination. Fortunately the chronometer and wireless telegraph have made seamen virtually independent of lunar observations in ascertaining their position in the trackless oceans.

Keep Minard's Liniment in the house.



"I always agree with my husband," "Very sweet of you." "Except, of course, when he is in the wrong."

There's no special virtue in resisting a temptation you can't afford to indulge in.

SEED POTATOES
SEED POTATOES, IRISH COBBLERS, Delaware, Carman. Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

FOR SALE, CHEAP.
FOR BREEDING, silver cross, and red cross foxes and fisher. T. Chambers, Sioux Lookout, Ont.

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PROFIT-MAKING NEWS AND JOB OFFICES for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide Street, Toronto.

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CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. E. J. Linn Medical Co., Limited, Collingwood, Ont.

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We want a few good mechanics. Have steady work and good wages for lathes, hands, fitters, handy men. Also a few wood-working machinists and handy men for wood shop wanted. Apply in person only.
Dodge Manufacturing Co.
West Toronto.

Become a Registered Nurse
and receive pay while learning
The Beth Israel Hospital of New York City Founded 1890
Accredited by the New York State Education Dept. Offers a two-and-one-half year course in training for nurses with allowance and maintenance. Applicants must have one year high school instruction or its educational equivalent. For particulars address Beth Israel Hospital, 88 Jefferson St., New York.

Seventh Annual Toronto Fat Stock Show
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Union Stock Yards, Toronto
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For further particulars write
C. F. TOPPING, Secretary,
Union Stock Yards, Toronto

Lump Rock Salt
Best for Cattle. Write for prices.
TORONTO SALT WORKS,
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To represent well known Fertilizer Manufacturer. Attractive proposition to energetic and responsible parties. Apply with full particulars to
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TRADE MARK REG. U.S. PAT. OFF.
Reduces Strained, Puffy Ankles; Lymphangitis, Poll Evil, Fistula, Boils, Swellings; Stops Lameness and allays pain. Heals Sores, Cuts, Bruises, Boot Chafes. It is a **SAFE ANTISEPTIC AND GERMICIDE**. Does not blister or remove the hair and horse can be worked. Pleasant to use. \$2.00 a bottle, delivered. Describe your case for special instructions and Book 5 M free. **ABSORBINE, JR.**, antiseptic liniment for mankind, reduces Strains, Painful, Knots, Swollen Veins. Concentrated—only a few drops required at an application. Price \$1 per bottle at dealers or delivered.
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Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dynamo 30 K.W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.
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