

**Constipated?  
Tired Out?  
No Energy?  
"Fruit-a-tives" gives  
perfect health**



MR. E. LEMAY.

Montreal, Que.—"I was always constipated, bilious and weary until one day I met a traveller who recommended 'Fruit-a-tives'. I procured some. You would not know me for the same person. I am in perfect health, always energetic. I am happy to congratulate you on your medicine. I recommend it on every occasion." —Mr. Emery Lemay.

"Fruit-a-tives" overcome constipation in nature's surest way. The intensified juices of ripe, fresh fruit, combined with health-building tonics, gently and surely restore natural intestinal action. Be well with "Fruit-a-tives". Try a box—25c and 50c at all druggists.

**COBALT PLANNING FOR  
TOURIST CAMP AND BEACH**

Despatches last week from Cobalt say that the question of cheap transportation for citizens who are not automobile owners cropped up when at a special meeting of the Cobalt town council there was a request for the consideration of the council in regard to making a contribution in cash to the cost of clearing the ground at the proposed bathing beach and tourist camp at Bass Lake, three and a half miles from Cobalt. W. J. Yorke-Hardy, representing the Kiwanis Club, brought the matter before the council, and a letter was read from H. E. McKee, of the same organization, in which it was stated the location was not as close to town as might be desired, but that it was the nearest site available. Mr. Yorke-Hardy outlined what had been done already and told of the intentions of Coleman township, but further consideration of the matter was postponed until the next regular meeting. In the interval, members may arrange to visit the site. The mayor, who raised the question of the position of the non-car-owners, was told that a bus service was under consideration if it appeared the scheme would go through.

An Aberdeen tailor is advertising "Suits without pockets." —Exchange

**WIND AND WATER DO MUCH  
DAMAGE AT HAILEYBURY**

**Pumping Station Flooded and Put  
Out of Commission. Nipissing  
Central Tracks Washed  
Out**

Water and wind did much damage at Haileybury last week. The floods had kept the water high, but it was thought that the worst was over. Some parts of the town, as well as some portions of New Liskeard, had been flooded, but the damage was not serious, until a high wind started in the early part of the week. The wind drove the water and floating debris against the portecoting wall at the Haileybury pumphouse and the wall was partly swept away, the water flooding into the pumphouse and putting the plant out of commission. To secure a water supply for Haileybury in the meantime, a large electrically-driven pump was borrowed from Cobalt, being taken to Haileybury on a huge lumber truck. As the reservoir was well-filled before the trouble started, the situation was not so bad as it might have been and Haileybury was able to get along for water supply. Haileybury had also tapped in on some springs the previous week when the floods were bad and were interfering with the pumphouse. Accordingly, no serious shortage of water is anticipated. Further, as the waters in the lake are now abating, it is believed that the worst is well over.

The floods driven by the high wind did considerable damage to the Nipissing Central property. There was also damage to boat houses and other structures along the shore. South Porcupine and other places suffered seriously from the floods this spring much damage being done during the weeks the floods continued. At Haileybury in the course of a few hours, wind and water did equally serious harm and caused considerable loss. The Nipissing Central railway tracks were washed out from Florence street to the crossing at Moore's Cove and traffic on the line had to be suspended. There was not a car on the north end of the line at the time the storm did the damage and to give a partial resumption of service cars had to be sent around by way of the T. & N. O. to get them on the north end of the line. In a day or so service was resumed between New Liskeard and the pulp mill, but there could be no service from the pulp mill to Haileybury on account of the damage done to the tracks. It will take some days to remedy the damage done by the wind-driven water, but it is expected this week to have everything back to normal again.

"Here we are."  
"Eh?"  
"Garage for three cars with built-in living room."

**SOME SUGGESTIONS ON  
THE PLANTING OF TREES**

**Nursery Stock to be Preferred Usually  
to Wild Stock, Says Writer  
on the Subject**

This is tree-planting time, and the time when people generally are seeking to improve the appearance of homes and towns and to add to the beauty of surroundings generally, there will be more than passing interest in the article by Mr. E. Newton White as published in last week's issue of The New Liskeard Speaker. Mr. White says:—

"The following suggestions are offered with regard to the provision of trees for street shade-tree planting.

"A comparison drawn between the two possible sources of supply—wild stock and nursery grown—will clearly show the advantages of using the latter. In the case of wild stock, very rarely can it be found in an ideal state for transplanting, as regards age, size, soil and the possibility of procuring sufficient of the root system to re-establish the tree. To take, for instance the popular choice of shade-tree planters: the soft and hard maples. In Temiskaming these species in their natural location are found only on the warmest, lightest and driest soils, rocky and stony hillsides and ridges. The ultimate destination of trees transplanted from such situations is likely to be the heavy, cold and, sometimes, wet clay soils of town streets; a disadvantageous change to begin with. Again, where maples of a possible size for transplanting occur such growth is invariably the result of the passing of forest fires in previous years, and the specimens found are the sprout growth from roots and stumps of trees destroyed in those fires; consequently single trees and saplings are seldom met with, and the root systems of all are usually unsatisfactory from a transplanting standpoint.

"Then too, the maples, being able to grow in heavy shade, are likely to be found in thickets and under taller trees of other species. Such when separated, are tall and whip-like and when planted out are immediately subjected to the heat and glare of open spaces.

"Another and great objection is the physical impossibility of lifting a tree from the stony situation without great damage to its root system; and the older the tree the more roots it must have to survive the operation. To have to use pick and grubhoe to lift a ten year old maple tree of sprout origin from among boulders is butchery, with but one result.

"We are speaking of course of transplanting in quantity such as in a street planting campaign. Isolated specimens or a few trees, well chosen and handled with great care, may be satisfactory, but in general, wild stock obtained under the usual conditions as already outlined, if they survive at all, would seem to do so in defiance of all the laws of life.

"The alternative demands a considerable amount of forethought and patience but the results will more than justify the expenditure of these. Seed of the desired species can be cheaply and easily obtained. A nursery seedbed a few feet square will grow enough seedlings to plan up a good sized town. Set out in rows at a year old and cultivated like garden truck for another season the little transplants would have developed a compact mass of roots and could be dug, transported and planted without damage and with practically no check to their growth. Moreover, they would have grown up in sunlight and in soil more nearly like their final location.

"The trouble about such a method of tree planting where the campaign depends upon popular enthusiasm is the lack of the spectacular at the outset. When set in their final position the trees are still only insignificant little "gads" or "switches." Some protective staking must be given them if only to indicate their whereabouts. But years before the older, larger trees of the wild growth, if they lived at all would have recovered from the shock of removal and adapted themselves to changed conditions, the nursery grown trees would be in vigorous, healthy growth and of ideal formation for a street tree.

"The results of careless or ignorant planting on streets and private properties are often seen. Many well-meaning people seem to fail to realize that a tree is a living organism almost as wonderful as animal life. You may take an axe to the bush and hack from thence a fence post or a picket and pound it down where you want it quite satisfactorily. You can follow the same method with a prospective shade tree and it MAY grow. But the odds are against it!"

**CAN IT BE DONE?**

Let poets sing their lulling songs  
And gaily strum the lyre;  
Give me the man who whistles while  
He's putting in a tire.

Charleston, S.C., Courier

Hamilton Spectator:—"In other matters, Toronto is one of the most progressive of Canadian municipalities—a magnet that draws tourists in their tens of thousands each year. Its neglect of traffic control has been inexcusable. Hamilton can learn nothing of traffic regulation from the Queen City, but Toronto, we think, can learn much from Hamilton.



**When nature craves a light refreshment**

OFTEN you crave light food that is easily digested . . . perhaps a hurried luncheon downtown . . . maybe to satisfy a hungry feeling at night or between meals.

At such times eat Quaker Puffed Rice. It satisfies, and yet is light and easily digested. The flavour is altogether different—an intriguing, nutmeat flavour that never fails to please.

Quaker Puffed Rice is the rice grain, puffed eight times normal size and exploded . . . thoroughly cooked and oven-crisped. Serve direct from the package, or warm if you wish.

**Quaker Puffed Wheat, too**  
Whole wheat grains, also puffed to eight times normal size, and exploded. Toasted, floury morsels, light and appetizing.

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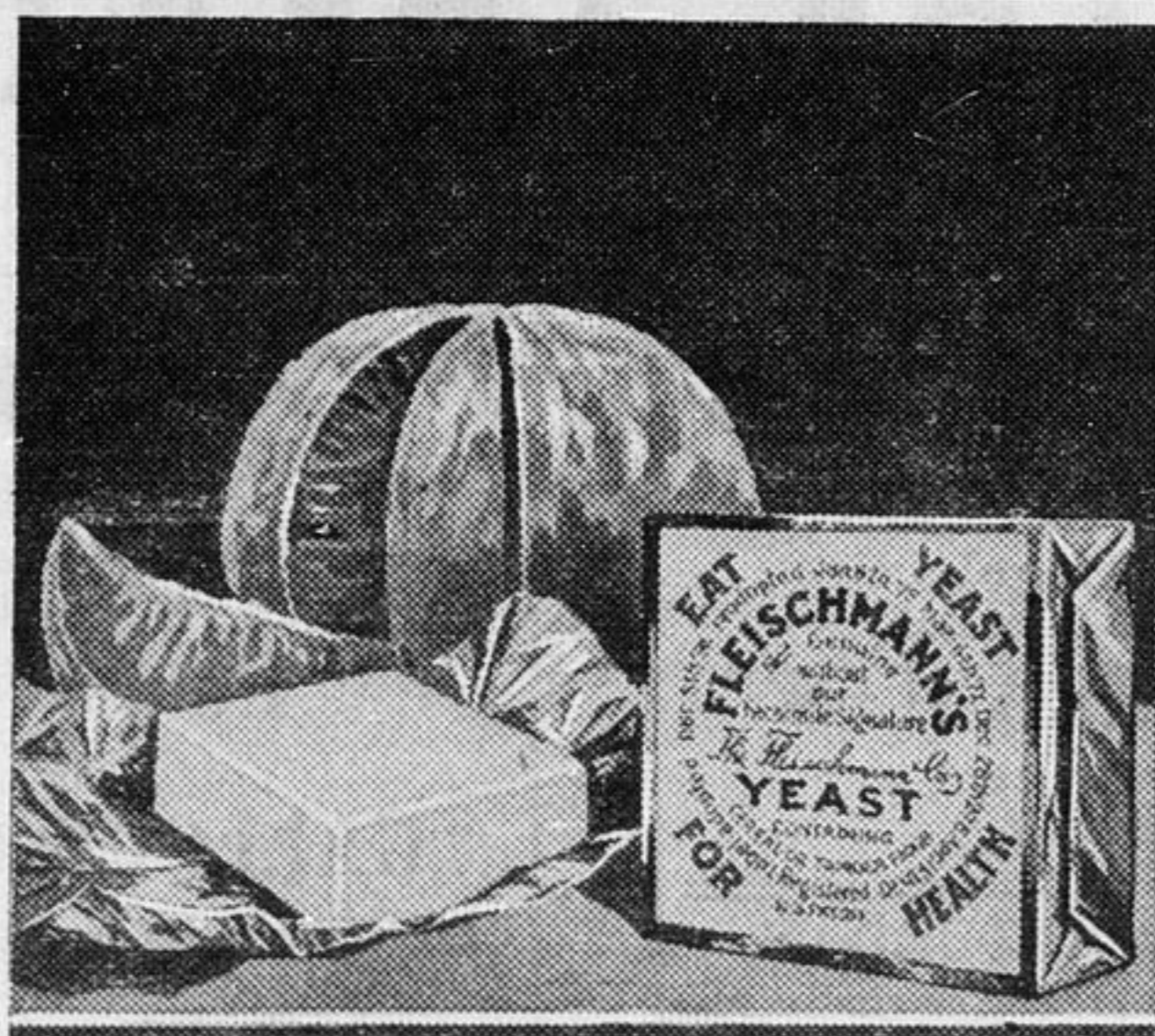
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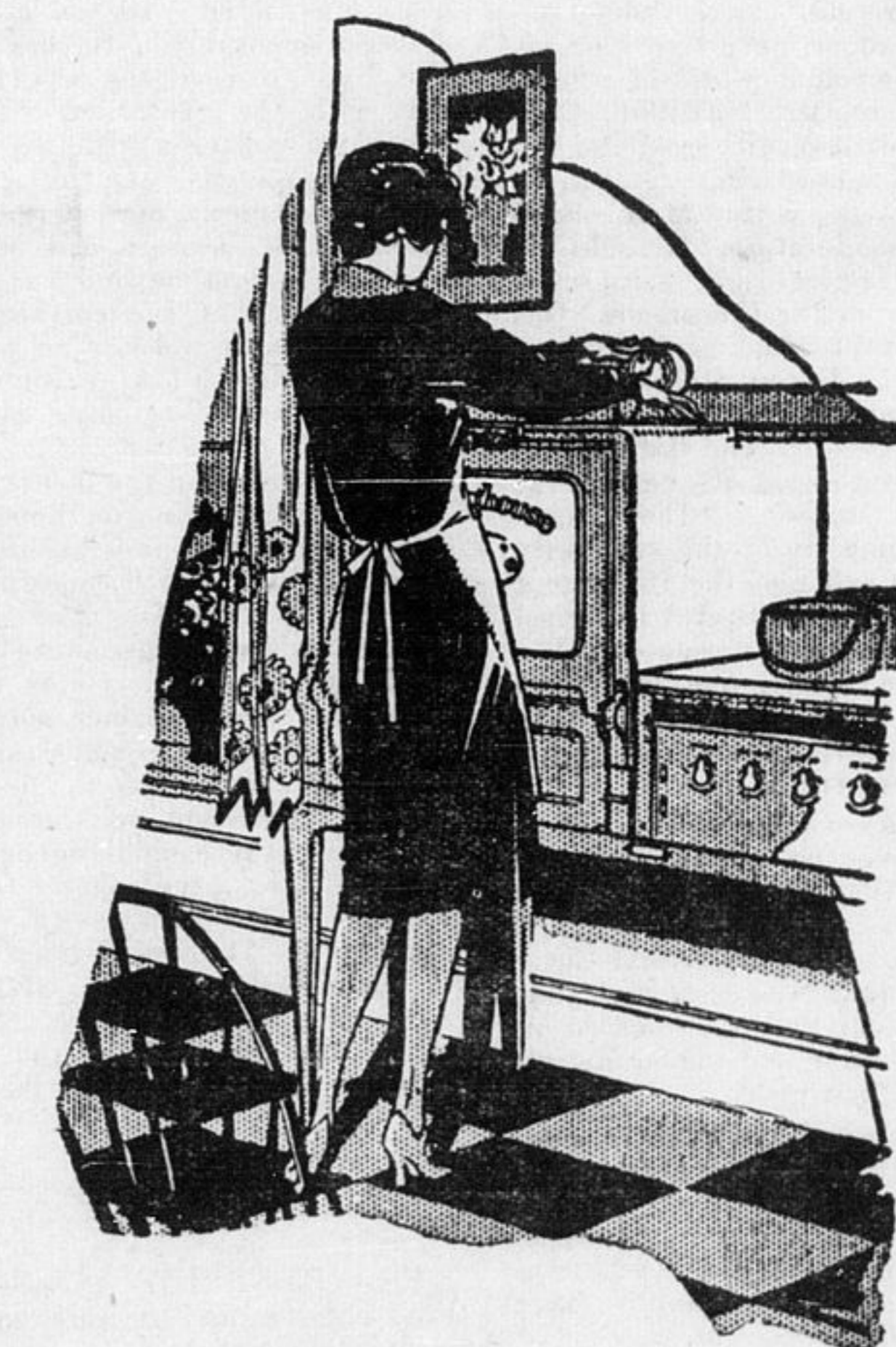
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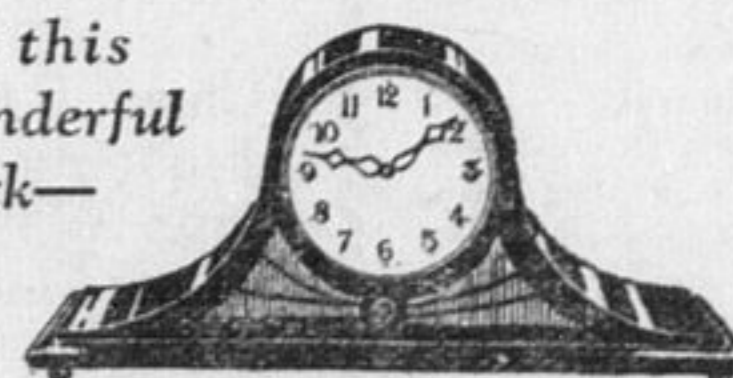


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