

KING POWDER

PLAINT TOMMY'S PAL

BY COMMON CON- THE "PADRE"

Soldier Through Life in the Hour of Death

at all times the chaplain by the side of the fighting was...

and were spoken in a way that had left an arm to his doubtless regret...

to be killed in the Roman Catholic habit of soldiers.

and the influence for that is spread by the chaplain...

of whatever denomination to only a moral support...

to be good as he is at all times of courage, in the most difficult...

of a Church of England and he has been a member...

of the war, to write his own history...

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AN ANXIOUS TIME FOR ALL PARENTS

Children Often Seem to Pine Away and Ordinary Medicine Does Not Help Them.

The health of children between the ages of twelve and eighteen years, particularly in the case of girls, is a source of serious worry to nearly every mother.

KEEP ON THE SUNNY SIDE. Pick Out a Glean of Light From the Dark Paths.

Since we all have more or less misfortune to meet, let us strive to meet it in the right way.

Star of a Feather. "Some stars are so far away that the light from them hasn't reached us yet."

"Reminds me of my hired man coming from the post office," commented Farmer Heck.

Everybody needs it—stored for emergency in a well-developed, well-preserved, well-nourished body and brain.

Grape-Nuts food stands preeminent as a builder of this kind of energy.

Grape-Nuts also includes the vital mineral elements of the grain, which are lacking in these days of investigation of real food values.

"There's a Reason" for Grape-Nuts

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THE CULTURED ARE THE BRAVEST

YEARS OF REFINEMENT BRING COURAGE.

Abbe Moreaux Believes War Developed All Latent Fortitude of Race.

The discussion of courage as developed by the war and as manifested by individual soldiers under fire has drawn some interesting contributions from Dr. Charles Richet of the French Institute and the Abbe Moreaux, director of the Bourges Observatory.

Most Refined Are Bravest. The question was frequently discussed as to whether the delicate and subtle culture of later years was not going to produce a more effeminate generation, preferring well-being to arduous effort and incapable of comprehending the beauty of sacrifice.

Other Impelling Influences. Others, and perhaps the great majority, are neither those that are different to death nor those who believe in their lucky star; they are men who see before them other more powerful images than that of death, such as the fatherland, sense of duty, of honor, renown of the regiment, ambition to earn praise or promotion, pride at being admired by comrades, and shame at being taken for a coward.

Habit Overcomes Fear. In the constant habit of it all notion of danger finally disappears, as in the case of aviators, most of whom the first time they are up in the air have a sensation of fear in spite of all reasoning.

Perfectly Calm. Angler (in deep water)—"Help! Help! I can't swim!" Country gentleman (on shore)—"I can't neither, but I ain't hollerin' about it."

Height of Heels. "I'm afraid those Louis XV. heels are much too high for me. Perhaps you have some lower ones—say about Louis X. would do, I think."

Your "Get-Away"

Power in Summer is low. Summer brings mental and physical lassitude.

Shredded Wheat Biscuit with fresh fruits and green vegetables. Cut out meat and potatoes—eat these delicious, nourishing little loaves of baked whole wheat and be cool, contented and happy.

Made in Canada

the latent fortitude of the race, and he expects that the generation that has suffered this war will find itself with new resources created by it.

BRITAIN'S ENEMY ALIENS. How the Government Handles the Many Cases.

Whipping the enemy in the field of battle and sinking his ships on the sea constitute, of course, the main problem of a war; but there is another part about going to war that is almost as intricate and vexatious and as hard in its own way to deal with.

Learning Enemy's Positions. I replied that it had escaped my notice, but when a moment later several enlargements, together with the original photographs, were brought in, I could not see a long, winding discolouration, which in every case of capture had moved further toward the centre.

TOO MUCH FOR "JIM" HILL. How the Section Boss "Got By" the Railway Magnate.

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AVIATORS TAKE PHOTOS FROM AIR

ENLARGED TO SEVEN TIMES ITS ORIGINAL SIZE.

French Can Tell What Goes On Behind and in the Enemy's Lines.

Philp Kerby, writing in the New York Tribune, on the photographic work of the French air scouts, says: Standing in the centre of a human devotee, I watched one after another depart. Hardly a breath of air was stirring.

YOUR BLOOD CAN'T RUN COLD. Will Not Do So Long as You Are Alive and Well.

"My blood runs cold at the very thought" is not a novel expression. You often either hear some one else say it or aver it yourself.

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STORAGE BATTERIES

Magneto Starters Generators

Canadian Storage Battery Co., Limited. Willard Agents. 117-119 BINGHAM ST., TORONTO

KAMLOOPS AND IRRIGATION. The Leading Inland City of British Columbia.

The Western Canada Irrigation Association held its Tenth Annual Convention at the City of Kamloops the last week in July.

There are irrefutable reasons why Kamloops claims the distinction of being the leading inland city of the Province of British Columbia.

Your Blood Can't Run Cold. "My blood runs cold at the very thought" is not a novel expression.

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NEW MODEL SALOON.

British Government Opens One at Carlisle, Eng.

Carlisle, Eng., is very proud of being the city selected to pioneer this movement, and already the Gretzka is drawing a large clientele.

WHITE OAK VALUABLE. Used for Many Purposes, and Valuable as Mahogany.

The white oak has served for more useful purposes than perhaps any other tree, and its wood to-day is worth as much as mahogany.

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WEAR FLEET FOOT SHOES

FOR EVERY SPORT AND RECREATION

SOLD BY ALL GOOD SHOE DEALERS WORN BY EVERY MEMBER OF THE FAMILY

SEED POTATOES. IRISH COBBLERS. Delawar, Carman Order before late.

ARTICLES FOR SALE. FURSHERMAN'S SUCTION HOSE. Canvas Covered, 2 1/2" at 45 cents.

FOR SALE. GOOD 100-ACRE FARM. HURON County, Morris Township. Must sell.

NEWSPAPERS FOR SALE. PROFIT-MAKING NEWS AND JOB OFFICES for sale in good Ontario towns.

RECONDITIOED. CHANCEY, TIMMONS, LUMPH, ETC. Internal and external, cured without pain.

BOOK ON DOG DISEASES. And How to Feed. Mailed free to any address by request.

10-15-20. Years from now the Illinois Silo will be giving good service.

Ontario Veterinary College. Under the Control of the Department of Agriculture Ontario. ESTABLISHED 1882.

Sore Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy.

Prepared For It. Belle—Marie married a genius. Millie—You don't mean it? Belle—Yes, but she has talent and can support him.

It All Depends. "Say, paw, what's a 'captain of industry'?" "It is a term that the head of a grinding monopoly applies to himself, my son."

ARE CLEAN. BRIGGS' FLY MATS. NO STICKINESS. ALL DEALERS. G.C. Briggs & Sons. HAMILTON.

Machinery For Sale. Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dynamo 30 K.W. bit driven.

THE SAFEST SEAL FOR PRESERVES. Is pure refined Parowax. It keeps the tumblers absolutely airtight. Keeps the jellies free from mold and fermentation.

Parowax. PURE REFINED PARAFFINE. gives the best results with none of the trouble. All you have to do is pour melted Parowax over the tumbler tops and the preserves will keep indefinitely.

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DODD'S KIDNEY PILLS. ALL KIDNEY DISEASES. BRIGGS' FLY MATS. HAMILTON.