

GILLETT'S
THE Standard Article
SOLD EVERYWHERE



Ready for use in any quantity.
Useful for five hundred purposes.
A can equals 20 lbs. SAL SODA.
Use only the Best.

For Making Soap.
For Softening Water.
For Removing Paint.
For Disinfecting Sinks, Closets, Drains, etc.

LYE

There is **HEALTH** and **STRENGTH** in every cup of
EPPS'S COCOA
Children thrive on "EPPS'S."
Its fine invigorating qualities suit people of all ages. Rich in cocoa butter, and FREE FROM CHEMICALS.
GRATEFUL AND COMFORTING

SHREDDED
Costs Less Than Meat and Is Better For You
A delicious, nourishing dish—for dinner, served smothered in creamed vegetables; for dessert, cover with any seasonable fruit and add cream and sugar.
At all grocers, 13c. a carton, two for 25c.

WHEAT

Good Health is the Target
of your aim—or should be—and first in importance. Get and keep good health and you can work with hope—find life worth living—rise after nights of restless sleep—have energy and ambition—know content. If you are out of health, or in poor condition, see what

BEECHAM'S PILLS
can do for you. Your food will taste right and nourish you better—your bowels will be regular and your nervous system corrected. Your blood will be purer and you will feel more cheerful. Your whole system will be benefited and you will know why so many thousands have found that Beecham's Pills hit the target and

Hit Right Every Time
Prepared only by Thomas Beecham, St. Helens, Lancashire, England.
Sold everywhere in Canada and U. S. America. In boxes 25 cents.

Two Minute Talks About
PANDORA
RANGE
for Coal or Wood

Its Long Life

THE Pandora Range is for those who desire to make a permanent investment. The high quality of the materials and the superior method of construction assure long life.

The Body of the Pandora is very heavy. The Rods and Bolts are on the outside where they cannot burn or rust out. The Expansion Rings of the cooking section provide ample allowance for extreme expansion and contraction and eliminate the possibility of the metal cracking.

The Cooking Top is Burnished which toughens the surface of the metal and increases its strength. McClary Oil Cement is used between the joints. Unlike cheap, ordinary cement, it will not dry out and need replacing. The Nickelling will not tarnish and is many times more durable than the single coat of nickel on ordinary ranges.

The Semi-Steel Fire Box Linings are twenty per cent. heavier than cast or gray iron linings. Sulphur fumes, so destructive to cast iron, cannot penetrate the hard, smooth as glass surface of Semi-Steel. The Grates have Three Faces, which allows the wear to be distributed on three sides, insuring triple durability.

If you want a range of guaranteed quality get the Pandora. It's built to give you lasting service.

McClary's
Stands for Guaranteed Quality

London, Toronto, Montreal, Winnipeg, Vancouver, St. John, N.B., Hamilton, Calgary

STRATHCONA'S IDEA
REGARDING MILITARY DRILL IN CANADA.

His Gift of \$200,000 is to Show That He Believes Every Boy in Canada Should be Able to Take Part in Defence.

Toronto Mail and Empire.

Lord Strathcona's gift of \$200,000 for the promotion of physical and military drill in the schools of Canada as announced Monday makes a total of half a million dollars he has devoted to this patriotic purpose. Coming as it does from a man in his 91st year, in whom any emotion resembling excitement or jingoism has long ago disappeared, the gift is the more significant. It is no "war scare" that animates Lord Strathcona, but a reasoned belief that every man in Canada should know enough about military drill and the use of weapons to take part in the defence of his country, should ever occasion arise. What was said in this column when the former gift was announced may well be repeated, namely, that we hope Lord Strathcona's munificence will stimulate governments to carry on this great work of military training, instead of encouraging them to stand aside and leave it for private philanthropy. It should not be left for men like Lord Strathcona to launch a movement of this kind any more than it should be left to him to pay the salary of the governor-general.

The gift is what might be expected of him, for he has been practicing philanthropy all his life, even when his offerings had to be like the widow's mite. The first record of Lord Strathcona's appearance as a philanthropist was when he was nine years old. The Fiddhorn and Spey Rivers had burst their boundaries, and flooded the surrounding country, driving many of the farmers far and wide into the little town of Forres, where young Donald Smith lived. Among these terrified folk were the parents of one of Donald's schoolmates who had been drowned. Learning of their plight, the boy sought them out after school was over, and asked if they would accept a slight token in memory of a friend. Then he proceeded to bestow on them all his pocket money, amounting to a shilling and some odd coppers.

Donald Smith's parents intended him for the bar, and there is no reason to doubt the reason of their belief that he would have made a good lawyer, and eventually have become a judge. In Manchester they had some wealthy kinsfolk, the Grants, and they offered to give the boy a start in commercial life. This he might gladly have accepted had there not been a streak of romance in that shrewd Scottish nature, and to this romance the letters of John Stuart, his mother's brother, strongly appealed. Stuart was a Hudson's Bay company factor; and when he came to Forres on a visit his nephew became fired with a determination to return with him to the great west. Through his uncle's influence he secured a junior clerkship with the great company, and at the age of eighteen set out on a journey that lasted the greater part of two months.

He was appointed to Labrador, and there he remained for several years, an unknown, unmentioned clerk. It is told of him that in Labrador he became afflicted with an affection of the eyes, and since there was no oculist nearer than Montreal, he set out for that city, a journey of nearly 1,000 miles, much of which he traversed on foot. A Hudson's Bay company courier informed Sir George Simpson, governor of the company, of what Smith was doing, and the autocratic master met the young man at the outskirts of the city. He demanded to know what Smith meant by leaving his post without leave, and on hearing his reason said, "Then, sir, if it's a question between your eyes and your service in the Hudson's Bay company, you'll take my advice, and return this instant to your post." The young man turned then and there, and went back to Labrador without entering the city.

In time, Smith became factor, and at the end of thirty years' service in Labrador, governor of the company. The following year he was appointed special commissioner to investigate the causes of the first Riel rebellion, and the next year a member of the executive council of the North-West territories. Until 1896 he was almost continuously in the Manitoba legislature or the dominion parliament. In the latter year he succeeded Sir Charles Tupper as high commissioner for Canada. Before he went to London Donald Smith was recognized as one of the great Canadians of his day; but since then, as Lord Strathcona, he has attained a wider fame as an imperialist. On the occasion of his ninetieth birthday a few months ago, greetings and congratulations were showered on him to an extent previously reserved for crowned heads. His strong patriotism and his princely benefactions have made his name as familiar in Auckland as in Montreal. In the past ten years he has won for himself a place in the financial world of London surpassed by none, if indeed it is equalled by any.

Family Hold Back.
A young southern woman who lately moved to Buffalo sent to her mother for a cook who had been brought up in the family. Aunt Venetia's first public tryout was at a luncheon. The fish course was to be crabs; hence the necessity of a lecture on ptomaines and food poisoning. "Now, be sure, Venetia," said the young woman, "to see that the crabs are alive and healthy before you put them on the fire."

The day of the luncheon came, bringing with it the crabs which looked all that could be desired as they were brought to the table. Pinned to one of them was a note from the cook, reading: "Miss Florence. They were all kicking alive, except this one. Don't eat it yourself."

A Gruesome Proposition.
"You don't go after that dentist very often?"
"No," answered the bill collector. "I'm afraid to. Every time I see him he offers to take the account out in trade."—Washington Star.

EARTH SINKS IN GEORGIA.

Water Rapidly Gathers in a Strange Depression.

Another "sink" on Alachu Lake, just across the chain of "sinks" south of Gainsville, Ga., developed recently, and as a result the trains over the Atlantic coast line were annulled for a time.

The first report that reached the city was brought by the conductor, Mr. Frederick, who was advised of the trouble by the section foreman, who made the discovery early in the morning on his way to the south end of his section.

When Mr. Thigpen, the foreman, first discovered the new sink it was not more than ten or fifteen feet in diameter, but it spread very rapidly during the morning hours, and by the arrival of the Leesburg passenger train it had grown to about forty feet, one large chunk of earth following after another in rapid succession and the ground cracked for a space of several feet around the hole.

At about noon the place presented a rather interesting scene for at this time the great loads of earth were rolling in at intervals, and with them though it was being struck in places, says the Gainsville Sun. The great pool also resembles the waves of the sea for during the day it was in motion, sometimes being greater than at others, and up to last night the earth was still falling.

This sink developed some two hundred yards this side of the one that occurred there a few years ago, when a local freight train with many cars fell to the bottom of the place, but fortunately there was no water in this one, and it was easily filled in, and is used to-day the same as the old water would boil and sizzle as roadbed.

To be Beautiful Drink Milk.
Every normal woman wishes to be beautiful, consequently I am sure you will be glad to hear about a new diet, which is warranted to give you a clear skin, glowing with the rosy hue of health, lustrous eyes, scarlet lips and a well figure.

The diet I am referring to is the milk diet, and I do hope you will all become milk devotees, as in my opinion drinking milk—and lots of it—will put you on the road to Beautyland. If you are amazingly thin, I would suggest your starting on a complete milk diet, as it will substitute good, rich blood for impure, bad blood, induce a healthy circulation, feed worn out, tingling nerves until they become normal again, and, last, but not least, give you a gain in flesh of from three to six pounds weekly.

There is no reason nowadays why a woman should be mortified by a flat bust, thin neck and bony arms. All she needs to do to gain the coveted flesh is to drink milk.

A complete milk diet is almost sure to increase your bust measurement one inch every seven days. If you will drink five quarts of rich milk daily, you can look forward with certainty to the day when you will be letting out all the different trousseaus of nutria, the carbonaceous elements for the generation of heat by organic combustion, the nitrogenous for growth and repair of tissue, while the complex saline substances and water form the mineral constituents. Tube analysis proves absolutely that two quarts of milk furnish as much nourishment as a pound and a half of beefsteak.—The New Idea Woman's Magazine.

Tarred Roads and the Eyes.
London Daily Mail.

Several doctors have recently stated that the dust which rises from tarred roads has a bad effect on the eyes, and a professor at the French Academy of Science has stated that unless tar is given up everyone will, in order to save his eyesight, have to wear protective goggles.

But the use of tar is rapidly increasing. Wallace Riche, secretary of the Roads Improvement Association, stated, yesterday, that there are, today, roughly ten thousand miles of tarred roads in Great Britain, as compared with two thousand miles in 1908. The practice is extending very considerably," he said, "especially in the southern half of England."

"I have heard something of this complaint before, but only in the way of conversational remarks by surveyors who are constantly passing up and down the roads. They say that the dust from these roads seems to worry the eyes more than does the dust from untreated roads."

Dancing for Feeble Minds.
Dr. Farries, an asylum superintendent, has discovered that dancing awakens slumbering intelligence, and brings about a proper understanding to minds previously merely vacant.

Cricket and football proved failures, but since he has introduced dancing in his institution among imbecile children, there has been an awakening of interest in this and other pastimes. The children have gained in confidence, and much better behavior has resulted.

Do your baking with
flour made exclusively of
the **HIGH-GRADE** constituents
of the **HARD-WHEAT** berry

Have you ever baked with flour made exclusively of the high-grade constituents of the hard wheat berry? If you haven't, now is the time to try PURITY Flour.

Only the cream of the Manitoba hard wheat—the best wheat in the world—is used for PURITY Flour. More than that, only a portion of the flour milled from this wheat goes into the sacks and barrels branded PURITY. PURITY Flour consists exclusively of the high-grade constituents or portions of the Manitoba hard wheat berry.

Every wheat berry has both low-grade and high-grade constituents which are separated during our process of milling. So exact is our process that it entirely eliminates all the low-grade portions from the flour which is finally branded PURITY.

The greater strength of PURITY Flour makes it go farther in the baking. With it you can make

more loaves to the sack or barrel than you have ever succeeded in doing before. The loaves will be more nutritious, too, because they contain the high-quality gluten, starch, phosphates and other muscle-building and blood-enriching elements of the hard wheat berry.

Naturally flour that consists exclusively of the high-grade constituents of the best hard wheat has greater strength and nutrient, superior color, more delicate flavor.

If you'll just try to realize fully what it means to your cooking-reputation you'll soon be using PURITY Flour.

Of course, PURITY Flour will cost you a few cents more than lower-grade hard wheat flour or soft wheat flour.

But PURITY is very economical because it makes "More bread and better bread." The cost per loaf is no more than when using weaker flour, and the food value is much greater.

Tell your grocer you are in a hurry to try PURITY Flour. He will supply you promptly.

When you see the batch of beautiful snow-white loaves with their soft, evenly-textured crumb and dainty golden-brown crust, you'll be proud of your success with PURITY Flour. When you taste and enjoy the superb flavor of such high-class bread you'll be prouder still.

If you don't want to buy a large sack or barrel, you can get a small bag. PURITY is packed in 7, 14, 24, 49 and 98 pound sacks. Also in barrels and half-barrels.

Make certain the PURITY trademark is on the sack or barrel you buy, for that is your guide to the strong, reliable, high-quality flour that makes



"More bread & better bread"
PURITY FLOUR

CEETEE
UNDERWEAR
Well-fitting underwear ruffles the temper and irritates the nerves.
That's why people who know look for the "sheep" trademark on every garment of underwear. It's an absolute guarantee of comfort—the mark of distinction in underclothing. "CEETEE" Underwear fits snugly and wears well, because it is made from the finest Australian Merino Wool, and knit to the form—comfortable from first to last. Don't simply ask for "Underwear"—insist on your dealer showing you "CEETEE." In all sizes for men, women and children. Look for the "sheep" trademark.

THE C. TURNBULL CO. OF GALT, LIMITED - Established 1859 - GALT, ONTARIO

It Pays For Itself
GURNEY-OXFORD ECONOMIZER
It is a device that is put on Gurney-Oxford Stoves alone, and in putting them out for your inspection we feel justly proud of the choice we have made in selecting this line of satisfaction giving stoves. Look them over on our floors.

Simmons Bros
THE YELLOW HARDWARE STORE.

PERHAPS NOT YET— BUT EVENTUALLY
MCCORMICK'S
JERSEY CREAM
SODAS

Will have a permanent place on your daily menu. Quality will win. Serve at breakfast with bowl of hot milk and sugar—lunch with glass of milk and cheese—dinner with soup or in place of bread.