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now drink, it can't cost over a cent a day extra to drink the finest coffee in the land. This is

Seal Brand
grown from selected seed under the best agricultural conditions.

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MONTREAL

PACKED IN ONE AND TWO POUND CANS ONLY

Health and Beauty Helps
BY MRS. MAE MARTYN.

Mrs. G. Powder covers up but does not correct complexion faults. As this simple lotion and your skin will assume its former youthful clearness and take on a charming tint. Dissolve 4 ounces spermax in 1-2 pint catch basin of hot water and pour in 2 teaspoonfuls glycerine. Using the spermax lotion in place of powder overcomes the shiny, oil appearance and gives to a coarse, lifeless skin an exquisite fineness and healthy look. Even in hottest weather it is only necessary to apply the spermax lotion once a day, because perspiration does not spoil it, and then, too, it is invisible when on.

Madge W. I never advise the electric needle for superfluous growths, because detone paste does the work quicker, more thoroughly and is devoid of pain. Mix powdered detone with water, then apply to objectionable hairs and after 2 or 3 minutes rub off, wash the skin and the hairs are gone. This leaves the skin smooth and firm.

M. Soap was never intended for shampooing because the "free" alkali it contains takes havoc with the scalp and hair roots. Use castor oil and you will find your dull, streaky, brittle hair will grow bright and even in color and be of a soft, silken texture. A teaspoonful castor oil dissolved in a cup of hot water is ample for a delightful shampoo. This creates a wealth of rich, penetrating lather that thoroughly rubs the hair and scalp and dandruff, and excess oil, and after rinsing the hair dries quickly and takes on its former rich color and gloss.

Mrs. M. W. Your blotchy, pimply skin proves that the blood is in a very unhealthy state and demands prompt action. Get 1-2 pint alcohol and in this put 1-2 cupful sugar, 1 ounce cayenne and hot water to make a quart. A tablespoonful before each meal is the proper dose. This soon cleanses the blood of impurities and clears the skin of pimples, blotches and sallowness, as well as builds you up and gives you complete health and full strength. For a face lotion, see answer to "Mrs. G."

P. A. You will find my quinine hair and scalp tonic very invigorating.

CANADIANS MUST PAY MORE FOR THEIR MONEY

Dominion Trust Company President Brings Capital FROM CHIEF CENTRE

VAN HORNE INTERESTS TO ESTABLISH INDUSTRY.

New Pulp and Paper Plant in New Brunswick — Capital Demands Higher Returns—Paid 95 Per Cent. on Capitalization.

Montreal, July 31.—"Canadians must realize that they will have to pay more for their money, and the sooner they realize it the better," was the remark made by Mr. Arnold, president of the Dominion Trust company of Vancouver on his return from Great Britain.

THE BOARD OF HEALTH DISCUSSED WATER FILTRATION QUESTION.

A Quorum of Members—It Has No Power to do More Than Make Recommendations to the City Council.

Capital Demands Higher Return.

Investment securities that pay rates of interest that were satisfactory to security holders a few years ago, but do not conform to modern requirements, are under continued pressure. The demand for continued decline in British consols and German State funds to new low levels. These are possibly exaggerated instances of the current tendency. But there can be no doubt that the decline is to an appreciable degree due to the same causes that have been responsible for reductions in price quotations of other securities, namely, the demands of capital for higher returns. The newer classes of securities, and especially short-term notes, have been on a much higher income basis than older securities, and holders of the latter find encouragement to sell and invest the proceeds on the more lucrative basis. In turn the demand of securities becomes restricted and prices gradually fall until the income on the buying price, regardless of face value, become satisfactory.

THE TOWN OF GANANOQUE. Manufacturers Getting Ready for Shutting Off of Water.

Gananoque, Aug. 1.—The three government pavilions in the section at Gordon Island, Red Horse and Burnt Island were all filled to their capacity by picnic parties yesterday afternoon. Others were also held on the river front.

The steamer Thousand Islander took out another big excursion party from Gananoque on her trip to Ogdensburg yesterday.

The coal schooner Horace Taber cleared light for Oswego yesterday for another cargo.

Byers & Anglin, contractors and builders, of Montreal, have the contract for the cement part of the Spring & Axle company's extensions on Mill street, and of the D. F. Jones company's extension adjoining their shovel factory.

The Gananoque Water Power company's repairs at Marble Rock will be started on Monday next, and as soon as completed water will be shut back and repairs made to the dams and canals at Gananoque. The local manufacturers are getting ready for the shutting off of the water. The Spring & Axle Co., Electric Light & Power Co., Parmenter & Bulloch Co., and Steel Co. of Canada are all making use of their auxiliary steam power until repairs here are finished.

Lewis Fraid, Montreal, a former Gananoque merchant, spent the past few days with relatives and friends in town. Miss Mildred Stunden, a trained nurse, of Passaic, N. J., is spending a few weeks furlough with relatives in town. Mr. and Mrs. F. Morgan, spending the past two weeks in town, guest of Mrs. T. O. Middleton, have left for their home in Chicago.

Benjamin Case, Toronto, spent the past week here with his brother, J. Case. The Misses B. G. Aiken and Eva Glover, of the office staff of the Parmenter & Bulloch Co., spending the past week in Quebec and Montreal, returned to their duties yesterday. G. Davis, Syracuse, N. Y., is spending a short holiday season here with his father, Hugh Davis.

Mr. and Mrs. Charles McNab, spending a few days here with relatives, have returned to Massow, accompanied by Miss Aletha LaFrance, who will spend a few weeks' vacation. H. E. Dattmer, Berlin, is spending a short holiday season here with his father, Orlando Latimer. Miss Nora Francis, Toronto, spent the past week here, the guest of Mr. and Mrs. James Thomson.

Mrs. M. R. Hunt has returned from a short visit with Kingston relatives. She was accompanied by her niece, Miss Gertrude Sleeth, who will visit here for a time.

Mr. and Mrs. Charles Abbott, of Hamilton, Ont., are spending a short time with relatives in town. Miss Eppie Meece, holidaying here with her parents, Mr. and Mrs. A. E. Meggs, for the past few weeks, has returned to her duties in Syracuse, N. Y.

The late Samuel Nordheimer, Toronto, left an estate of a million and a half.

Listen to Wisdom -

OMO is better than anything else in the world for cleansing, purifying and bleaching white things, including linens, shirtwaists, white dresses and under linens, etc. (not woollens).

OMO for white clothes

It not only cleanses better, but cleanses more easily. Simply add a tablespoonful of OMO to each gallon of water. Boil the clothes, soak for awhile, rinse and hang out to dry. No rubbing—no hard work. Has all the bleaching and cleansing qualities of sun and pure country air. Removes coffee, cocoa, tea, fruit stains like magic.

Just try OMO for yourself.

10c.

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THE ORIGINAL AND ONLY GENUINE.

The Most Valuable Medicine ever discovered. The best known Remedy for

COUGHS, COLDS, ASTHMA, BRONCHITIS.

Acts like a charm in **DIARRHOEA, DYSENTERY & CHOLERA.**

Effectually cuts short all attacks of STAMMS. Checks and arrests those too often fatal diseases—FEVER, CROUP and AGUE.

The only palliative in NEURALGIA, GOUT, RHEUMATISM.

Chlorodyne is a liquid taken in drops, graduated according to the validity. It invariably relieves pain of whatever kind; creates a calm refreshing sleep; allays irritation of the nervous system when all other remedies fail; leaves no bad effects; and can be taken when no other medicine can be tolerated.

INSIST ON HAVING DR. J. COLLIS BROWNE'S CHLOROXYNE.

The immense success of this Remedy has given rise to many imitations.

N.B.—Every bottle of Genuine Chlorodyne bears on the glass the name of the inventor, Dr. J. Collis Browne.

CONVINCING MEDICAL TESTIMONY WITH EACH BOTTLE.

Sold by all Chemists.

Prices in England 1/4, 2/6, 4/6

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Roses, Carnations, Sweet Peas, and all other seasonable flowers. A choice variety of Ferns, Palms, etc. Wedding Bouquets, Floral Sprays and Funeral Designs a Specialty.

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Of Men's Oxford Ties

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See the styles displayed in window.

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The great Uterine Tonic and only safe effective Monthly Regulator which women can depend on. Sold in three degrees of strength—No. 1, 2, 3. No. 1, 10 degrees strength, 25c per bottle. No. 2, 20 degrees strength, 50c per bottle. No. 3, 30 degrees strength, 75c per bottle. Sold by all druggists. Send for receipt of price. Free pamphlet. Address: The Cook's Compound Co., Toronto, Ont. (Formerly Dr. Cook's Compound Co., Toronto, Ont.)

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

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