

LOST APPETITE POOR BLOOD.

C. E. Sapper Says Dr. Cassell's Tablets Beat Tonic Anyone Can Take for Weakness.

Sapper A. Hartley, Canadian Engineer (Home address, 305 Trafalgar street, London, Ont.), says: "I used Dr. Cassell's Tablets when I was in the South African war, and finding benefit have taken them since whenever I felt run-down. In my opinion they are the best tonic anyone can take for loss of appetite, pooriness of the blood, and general weakness of the system. I never fail to recommend them and mean to have some with me always on active service."

A free sample of Dr. Cassell's Tablets will be sent to you on receipt of five cents for mailing and packing. Address: Dr. Cassell's Tablets, Ltd., 25 McCaul Street, Toronto.

Dr. Cassell's Tablets are the supreme remedy for Dyspepsia, Kidney Troubles, Sleeplessness, Anemia, Nervous ailments, and Nerve Paralysis and for weakness in children. Specially valuable for nursing mothers and during the critical periods of life. Price 50 cents per tube, six tubes for the price of five. From Druggists and Storekeepers throughout Canada. Don't waste your money on imitations; get the genuine Dr. Cassell's Tablets.

Proprietors, Dr. Cassell's Co., Ltd., Manchester, Eng.

Alkali in Shampoos Bad For the Hair

If you want to keep your hair looking its best, be careful what you wash it with. Don't use prepared shampoos or anything else that contains too much alkali. This dries the scalp, makes the hair brittle and ruins it.

The best thing for steady use is just ordinary muffled coconut oil (which is pure and grassless), and is better than anything else you can use.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.

You can get muffled coconut oil at any pharmacy. It's very cheap, and a few ounces will supply every member of the family for months.

For Picnics and Lunch Pails

Bolled Ham, Roast Pork, New England Ham, Ham Loaf, Ham Bologna, Beef Bologna, Cooked Corned Beef, Paris Pate, Deviled Tongue, Potted Ham, Potted Beef, Potted Veal, Choice Ripe Tomatoes arriving daily.

J. R. B. Gage, Montreal Street, PHONE 548.

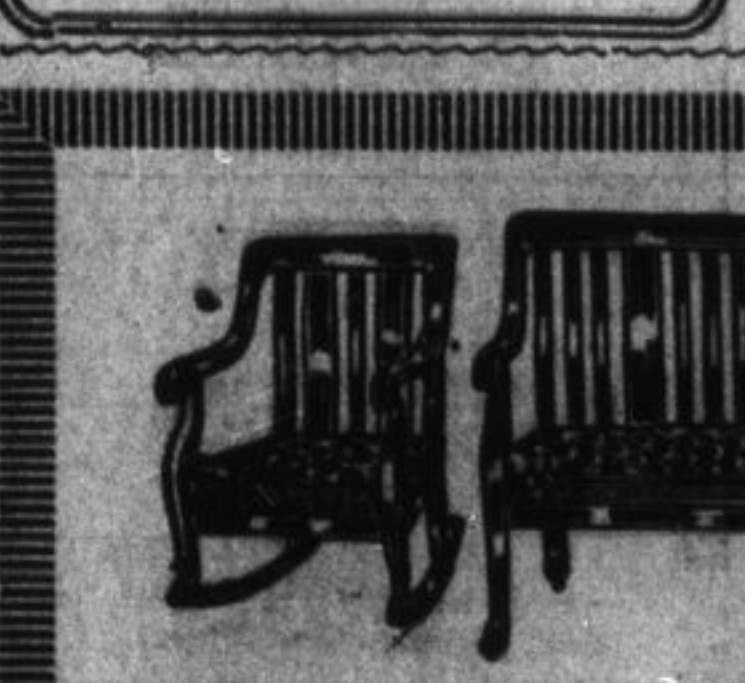
Seasonable Goods at Best's

PICKLING SPICES, CORNS AND WAX, PRESERVING ACID.

Summer Complaint Prepared. Buy a bottle of Wild Strawberry Extract today and have it when needed.

Remember, you get what you ask for when you want it, at Best's Popular Drug Store.

Phone 59 Branch 2018 Prompt Delivery.



CARPETS - CURTAINS FURNITURE

We are always on the look out for something new - something a little better value than the last.

Our stock is very large and well selected, great care being taken as to value. In some cases our retail prices are below the cost of the goods, wholesale, today.

Select now while our stock is large. We will store your purchases until you require them.

T. F. HARRISON COMPANY Limited. Phone 90.

DR. BLAND AS CANDIDATE

IN SOUTH WINNIPEG FOR THE COMMONS.

A Writer Says That the Only Thing That Prevents Him From Becoming a Leader is His Age.

A writer in the Ottawa Citizen in telling of the unanimous choice of Rev. S. G. Bland, D.D., as a parliamentary candidate in South Winnipeg, says:

Dr. Bland is a splendid character, and despite his comparatively quiet and modest position as a professor in a theological institution, he has continually gone out to the people with a message. He is known and loved all over Western Canada, and no man has done more to arouse the conscience of the people against injustice and wrong. He is an economist who could give lessons in political economy to the average economic professor. He therefore not only has the passion for public service, but he has the fundamental basis for his work. The only thing which will prevent him from becoming a leader of perhaps national reputation is his age. He will certainly be regarded as the natural leader of the progressive contingent which we hope to send to Ottawa. You may perhaps know that he was discharged from Wesley College a couple of months ago, after fourteen years of service, without either notice or explanation, but the reasons are well understood by the people, and they have now answered them. E. L. Taylor, the hero of the notorious Gimlin election, was one reason for his discharge from the college. He was a member of the college board, and has always had his knife ready for Dr. Bland on account of his fearless criticism of Roblin government corruption. Mr. J. H. Ashdown is the other member of the board who sought to destroy the doctor. He is the financial mainstay of the college. Ashdown is a clear headed man in business matters, but extremely narrow, cantankerous and domineering in his views along socio-economic lines. Dr. Bland's activities in defence of labor is the reason for his animosity. Ashdown practically held the man the head of the beard by threatening to resign if his wishes were not carried out. You know what that means to an institution dependent upon private support and heavily in debt.

FOOD REGULATIONS. At any public eating place. (a) Beef shall not be served at more than one meal on any day, and on Tuesdays and Fridays none shall be served; (b) Bacon (including ham) shall not be served at more than one meal on any day, and on Tuesdays and Fridays none shall be served; (c) At every meal at which white bread is served there shall also be served some substitute, such as corn bread, oat cakes, potatoes, etc.

HITS THE LAKE SERVICE

SWITCHING OF VESSELS TO OCEAN TRADE SERIOUS

Reported That U.S. Shipping Board is Taking Over the Freighters—To Be Used For Coastwise and War Trade.

A report that vessels plying between lake ports may be commandeered for ocean service, has been much discussed in mariner circles. It is understood that a representative of the United States Shipping Board is instituting plans for the taking over of lake freighters for service coastwise and war trade.

Putting Pep and Punch into the daily job during the hot days is a matter of physical and mental fitness—and this comes from foods that supply the greatest amount of real nutriment with the least tax upon the digestive organs. Cut out meat and potatoes and eat Shredded Wheat Biscuit with sliced bananas or other fruits and green vegetables. Strengthening and nourishing.



Made in Canada.

LOST TIME FROM WORK CONSTANTLY

London Man Fell Off Sixteen Pounds and Was Terribly Run-down.

"I was constantly losing time from my work, and I don't believe I could have held out through the summer if I hadn't taken Tanlac," said E. R. Reilness, a well known machinist and brass finisher for the Empire Company, living at 1074 Florence street, London, while in the Standard Drug Store Ltd., for more of the medicine a few days ago.

"I had been going down hill for two years," he continued, "and during this time had dropped down from one hundred and fifty pounds to one hundred and thirty-four. I was badly constipated, felt tired and drowsy all the time, but was very nervous and couldn't get any sound sleep at night. I had absolutely no energy and would get up in the morning feeling just as bad as if I hadn't gone to bed. I often had dull headaches, felt dizzy, and a little walk of two or three blocks would almost exhaust me. My appetite was very poor and what little I did eat disagreed with me and I would come home in the evenings from my work all fagged out and just wanted to lounge around feeling no interest in anything."

"When I saw Tanlac advertised and decided to try it I was laying off because I felt too bad to work. So I bought me a bottle and went back on the job and haven't lost a day since. I am now buying my third bottle and am feeling better and have more energy than I have in two years. The Tanlac Laxative Tablets are the best thing I have ever tried for constipation. I'm relieved entirely of that tired, sluggish feeling and getting to myself again. I can sleep every night like a rock and am always ready for my three hearty meals a day. Tanlac is one medicine that I can conscientiously recommend and I have just sent four bottles to four friends at Port Dover to whom I recommended it while there on my vacation. Well, it does the work, and for that reason I think everybody ought to know about it."

Tanlac is sold in Kingston by A. P. Chown.

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It is stated that if the Government takes over all the boats that can be conveyed to the coast, after being cut in two, most of the big lines will be hit, as they have ships of lake freighters for service coastwise and war trade.

A good deal of reconstruction is necessary to adapt lake vessels for sea service. Most of the vessels have to be fitted out with sea condensers and stern trawlers. Most of the vessels that have gone down to the seaboard were originally built for the ocean or coastwise trade, and needed little change, but it would be quite different for those built on the lakes for lake service. It is reported that in the last few years, about 80,000 tons of strictly Canadian shipping has moved eastward, mainly for the trade between ports of Quebec and Nova Scotia.

VERONA'S NEWS BUDGET

The Late George Seales—Harvesting is Practically Over.

Verona, Aug. 21.—On Wednesday morning of last week, George Seales died at the advanced age of eighty-four years. The late Mr. Seales had lived in this vicinity for a number of years, but of recent years had resided in Verona, where he was held in high esteem by the villagers. Deceased was a Methodist in religion and held the high position of class leader in the church up to the time of his demise. He is survived by his widow, eight daughters and one son. The funeral took place on Friday at the Methodist church and was conducted by Rev. Mr. Freshour. The remains were interred in Lake View cemetery.

The Free Methodist church has received a coat of paint. T. H. Crane is improving his dwelling by adding a veranda.

On Monday of last week a jolly party of six Deseronto young ladies, chartered by Mrs. Daley motored to John Dwyer's camp, fourteen Island Lake to spend a day's fishing.

The rain, which came on Sunday and Monday was welcome to the gardeners who were getting dry. The harvest is practically over now and the hum of the threshing can be heard.

A Wells, mail carrier, is showing in his garden some of the finest tubers grown this season from the Manitoba seed.

Frederick Truesdale, station agent, Halden, is spending a few days at home with his parents. Mrs. Harrison Vandewater of Timmins is with her parents at the post office. Mrs. Wemp of Bath is with her mother, Mrs. Grant. C. Ypek, principal of Redney high school, came down in his automobile and has been giving his friends here a spin occasionally to Kingston.

Mr. and Mrs. G. A. MacNish, Lynn, will leave shortly for a trip to the Canadian West.

THE POWER OF GREED

Caused the German Leaders to Start Terrible War.

Was it greed for gain that drove the German people into the path of economic aggression? The Germans are greedy of gain, but there is no evidence that they are pre-eminently greedy among nations except for power. Power! To this ideal the Germans have sacrificed everything—the joy of an easy life, liberty, humanity. It is the clue to German commercial policy also. A great population might live on the resources contained within the empire, but not a population great enough to realize a national ideal of unique and unprecedented power. To serve this ideal it was necessary to impose tributary relations upon the outside world. Let the markets of the world be forced open to German industry and forced shut upon the industry of the other overpopulated states, and the number of Germans might increase until the political and military might of Germany became utterly predominant.

But could Germany be certain that in the interval between the first economic thrust for power and its ultimate achievement the other nations would lie asleep? Building up a population beyond the potential feeding capacity of the land is a policy that involves risk. What if a suspicious, or, in the German view, envious world should unite and deny food? Within reach of the German sword such an undertaking could be bulled out of men's hearts, but much of what Germany needed lay beyond seas, where the sword could not be applied without sea-power great enough to challenge the world. Hence the necessity for a navy "to protect German trade," a trade especially needing protection because it did not necessarily rest upon reciprocal needs and mutual good will. Without dominion of the seas, the only security for Germany lay in the wresting of contiguous territory from neighboring states. Such territories happen to be best with populations dense enough to consume what the land yields, but this was an insuperable obstacle. Appropriate lands and the business establishments and let the alien population scatter to the winds. The world is wide for them. Such was the published program of the dominant economic groups in Germany two years ago, when they imagined that an assured victory made it safe to expose their aims. Let us picture to ourselves the populations of north France, Belgium, Poland, evicted from their ancestral homes that room may be made for Germans and that German power may be more solidly established for future action. We have a glimpse of the ultimate meaning of the system of economic nationalism.—Alvin Johnson.

THE UPSIDE-DOWN WATCH

The wrist watch, which rose so high in popularity on account of the endorsement given it by men of the army and navy, has retired to second place in the soldier's favor. The reason for this is not that this style of watch proved to be less convenient than it promised, but that bullets and bursting shrapnel could constantly threaten the exposed men who had to strike the watch and drive bits of broken glass and metal into the flesh, thus aggravating the wounds.

The watch which now holds first place is worn suspended from the belt by a loop of leather. The loop ends in a pocket into which the watch fits. The front surface of the pocket has a circular opening through which the face of the watch shows. A small strap encircles the watch and fastens it securely in place, buckling on the outside of the pocket. The watch hangs top-downward, but when the wearer raises it in his hand or glances down at it as it hangs from the belt, it is in just the proper position to be read. If it should happen to be shattered by a bullet or to strike into a hole in the leather case, so that the watch would be caught and held in the leather case, so that they would do no harm. Many a fighter has had to thank the watch on his wrist for stopping a bullet that might have necessitated the loss of an arm. The very fact that the upside-down watch is carried against a more vulnerable part of the body than is the wrist watch, makes it all the more valuable as a protective medium. It may be worn under the cartridge belt.—Popular Science Monthly.

ATHLETIC CRAZE IN TOKIO

Since the Olympic recently held in Tokio, young men of the capital have been seized with a craze for athletic sports of all descriptions. Especially have they developed enthusiasm for the Marathon race, which doesn't require paraphernalia or technical skill. Good "wind" and a sound heart are the chief requirements. Simplicity and general accessibility cause it to appeal to clerks and clerical employees during the daytime at sedentary work. Between 10 and 12 o'clock, every fair night, after the shops have closed and the streets are more or less deserted, one beholds squads of youths in their shirts running over the bedewed ground at starting speed for some destination. E. players connive at this exercise, as they think it better for the young men than spending their evenings in mild dissipation. The police do not object, for the nocturnal sport has not yet become a nuisance. But there are others who strongly protest.

A RISE IN FOOD

Officer—"Is that soup ready, Jones?"

Officer's Servant—"No, sir, the stove went out, sir."

Officer—"Went out? Then why don't you light it again?"

Officer's Servant—"Cos it went out by the roof, sir."—London Opinion.

General Leslie received news at Camp Borden of the death in action of his nephew, Lieut. James Archibald Wylie, the second son of the late James Watson Wylie, manufacturer at Almonte, Ont.

Probs: Saturday, strong westerly winds, fair.

The First Survey of the Newest Fall Modes!



For months back our buyers have been busily engaged going through the samples of the foremost manufacturers of Canada and the United States—getting together the choicest and most desirable merchandise for your fall and winter requirements—it would give us a great deal of pleasure to have you inspect these here tomorrow.

NEW YORK DRESSES A complete showing of beautiful new street dresses—in plain tailored coat and novelty styles—the colors are navy, black, Russian green, nigger brown and Burgundy. The materials are men's wear serge, dress gabardine and broadcloth; all are specially priced at \$15.00, \$16.50, \$17.50, \$19.50, \$22.50, \$25.00 on up to \$42.50.

Charming New Waists

A large and distinct showing of the most fetching autumn styles, made up in habutai silk, crepe de chene and georgette crepe, in black, white and colors; plain and combination color effects, attractively priced from \$2.25 on up to \$10.50 each.

SWAGGER TAILORED SUITS We have already had a considerable demand for the tailored suit—this suit is distinctly apart from the spring novelty suit both in color and style. Our range is broad and embraces every new style feature, as shown in New York. Priced from \$17.50 to \$42.50.

New Fall and Winter Coats

Never in all our history have we had the privilege of showing such a collection of beautiful coats so popularly priced as this season. They embrace every new style feature with fine tailoring and wonderful materials—and have fur trimmings, new large collars and generous pockets; they look the perfection of the manufacturer's art. Priced from \$12.50 to \$35.00.

NEW SILKS, NEW DRESS GOODS, NEW GLOVES, NEW SUITINGS, NEW HOSIERY, NEW UNDERWEAR, All at our well known lowest in the city prices.

STEACY'S - Limited

1-2 PRICE SALE

Men's Goodyear Welt Low Shoes—tan, black and patent, button or lace. Regular \$5.00 and \$5.50.

To Clear at \$2.50

JACK JOHNSTON'S SHOE STORE, 70 Brock Street.

Biliousness is Cured by HOOD'S PILLS

Some thirty-five members of Brock street Methodist church choir and musical committee drove to the home of Mrs. Bell, Glenvale, on Thursday evening. The party went in automobiles and when they reached the home, an impromptu musical programme was given. Refreshments were served. Miss Nesbitt was in charge of the arrangements. C. G. McNabb, inspector of schools for South Renfrew, is conducting the model school at Renfrew until a principal is secured.