

WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash the poisons and toxins from system before putting more food into stomach.

Wash yourself on the inside before breakfast like you do on the outside.

A splendid health measure is to drink, before breakfast each day, a glass of real hot water with a teaspoonful of limestone phosphate in it.

For the Boys at the Front. CHOCOLATTA "The Ready-to-use Chocolate"

LADIES! LOOK YOUNG, DARKEN GRAY HAIR

Use Grandma's Sage Tea and Sulphur Recipe and Nobody Can Tell. Brush It Through Hair.

Have Your Car Overhauled and Stored for the Winter at THE Central Garage.

"Ranks with the Strongest" HUDSON BAY Insurance Company

FRESH LAKE ONTARIO WHITE-FISH AND TROUT All Kinds of Fresh Fish. Dominion Fish Co.

Heart of Harry Lauder

Displayed in His Work Since Death of His Son

HARRY LAUDER is known on two continents as a great Scotch comedian.

"You remember how the world wept with Harry Lauder when his only boy died upon the field of honor and left him childless."

"Some one in London asked the little man why he was going down to the camps. Why not join them in a quiet week-end on the river?"

"This was not all; his soul must have been stirred by the sight of so many dear, brave men, for when the meeting seemed over Lauder began to speak to the soldiers."

"With passionate earnestness Lauder cried: 'Boys, think of that man who lit the lamp, for you are his successors, only in a much nobler and grander way.'"

Rule, Britannia! Between 40 and 50 per cent of German submarines have been sunk.

Battle of Hastings. The Battle of Hastings, a London paper announces, began at 9 o'clock in the morning on the 14th of October, 1066.

Animals in Ireland. According to statistics given by the Northern Whig, a Belfast newspaper, the number of horses in Ireland was 598,500 on June 1, 1917.

Some people are saddest when they sing and there's a reason why. It doesn't pay to bunko a woman whose only asset is a gift of gab.

THE TANKS.

How Crew Escaped From Stranded Ship in Enemy Lines.

How the tanks won a battle north of St. Julien is now old history, though the experiences of their crews, some among the most drastic in the war, are as yet untold.

All the tanks, of course, were not so lucky as this. One lies moribund in front of our latest line of advance, and the story of its crew's escape is characteristic of the new warfare.

Here is a charming frock that may be used first for graduation and later for summer dances.

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Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper By Pictorial Review

For Graduation and the Summer Dance.



To make the skirt and tunic, close back seams from large 'O' perforations to lower edges and finish edges above for plaquets.

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BOVRIL Take it as Soup before Meals

"BLUE BONNETS" - A New Fabric with New Features.

City Dairy PASTEURIZED MILK AND CREAM

VINOLIA SAVON LIRIL

What is 'Well-Favoured'? "Leah was tender eyed, but Rachel was beautiful and well-favoured."

VINOLIA LIRIL SOAP

HINTS TO HOUSEWIVES. Milk, fruit and vegetables are the last articles to save.

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When the heater fire has reached its hottest do not allow it to burn on until the coal is exhausted.

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CROWN BRAND CORN SYRUP Everybody's Favourite Table Syrup