

Summer Snaps

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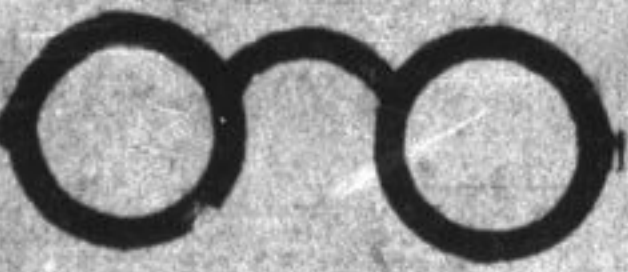
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Keeley Jr., M.O.D.O.



Those people (and they are many) who dread the ordeal of an eye examination are agreeably astonished to find that, as made by us, it causes no pain, discomfort, or inconvenience.

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Have you ever noticed how a black background will enhance the appearance of a small diamond or pearl.

Black Onyx

forms such a background and is very fashionable at present.

We have an excellent selection of Black Onyx designs in Rings, Pendants and Ear-rings set with pearls or diamonds.

These are very attractive and very reasonably priced.

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Wanting anything done in the carpentry line. Estimates given on all kinds of repairs and new work also hardwood floors of all kinds. All orders will receive prompt attention. Shop 28 Queen street.

Value of Banana as Food

Tested by Two Experts,
Who Speak Well of Fruit

THE digestibility of bananas has been the subject of more dispute than any other question in dietetics. Many physicians have declared them unwholesome for children.

Is this true? Undeniably they disagree with children, and even with grown folks, sometimes. Why? A thorough investigation of the matter has recently been made by two recognized experts, Drs. M. C. Pease and A. R. Rose, who extended a series of experiments to infants and invalids.

Results showed that bananas are perfectly digestible even by weak stomachs, and a most healthful food, if only they are fully ripe. If not really ripe, they are more or less liable to disagree with anybody.

Bananas of a rich yellow color are usually considered ripe, but they are not. It is not until they show brown spots on the skin (not to be confused with bruise marks) that they acquire full flavor and are ready for eating. Little Johnny acquires a large yellow banana, and, divesting it of its peel, proceeds to devour it in chunks, less haste, swallowing it in chunks. That is not the way to eat a banana. Anyway, he has a pain presently in his small stomach, and his mother decides that the fruit is not good for him.

If the same banana had been fed to Johnny two or three days later, when properly ripened, he would have suffered no ill effects. Indeed, his health would prosper on a diet (for a while) of nothing but milk and bananas as they contain very little of the stuff that makes muscle and blood. The "banana stomach," often seen in tropical countries, is a distention due to too many bananas and too little else.

Doctors Pease and Rose kept several adults going for a week on bananas and milk, with perfect digestion and unimpaired efficiency. For, be it observed, bananas contain 22 per cent. of starch and sugar, and are therefore highly nutritious. Like other fruits, (oo, they are rich in the mysterious "vitamin" that is such an encourager of health.

Of course, one could not live on bananas alone for any length of time, inasmuch as they contain very little of the stuff that makes muscle and blood. The "banana stomach," often seen in tropical countries, is a distention due to too many bananas and too little else.

The moral of the story is that bananas, if ripe, are easily digestible and good for anybody. In the yellow stage they are all right if baked. Freshly detached from the stalk, they are uncontaminated by dirt and germs, even if bought from a pushcart on the street—so well are they protected by their skins.

EXPLAINS INVESTMENT.

Premier Answers Major Vien On Manitoba Storage Concern
Ottawa, July 8.—Rising to a question of privilege in the House Sir Robert Borden made a statement with regard to his investment in the Manitoba Cold Storage Company, to which attention was drawn by Major Thomas A. Vien in the House recently. The Prime Minister stated that certain papers were departing from the facts and making exaggerated statements on the matter. The organ of the Winnipeg strike commission had stated that his investment in the company was \$950,000.

He had, he said, made a small investment in this concern some time ago. The company neither bought nor sold, but was a storage company, pure and simple. He had never taken an active part in its management, he had confidence in the management. His return on his investment had averaged about five per cent. and at one time, he, along with other shareholders had been forced to advance more money in order to prevent the company going into liquidation.

The Austrian Government has, at last for the present, given up the idea of union with Germany, Foreign Secretary Otto Bauer announces at Paris.

Do not suffer another day with itching, bleeding, or protruding PILES. No operation required. Dr. Chase's Ointment will relieve you and as certainly cure you. See you at once. Dealers, or Edmondson, Bates & Co., Limited, Toronto. Sample box free if you enclose this paper and enclose in stamp to pay postage.



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For summer wear in black, new shade brown and white.

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Makers of Hollow Damp-Proof Cement Blocks, Bricks, Silts, Lintels, and Drain Tiles, also Grave Vaults. And all kinds of Ornamental Cement Work. Factory, cor. of Charles and Patrick streets.

Phone 736W.
Mgr. H. F. NORMAN

NEW MEMORIAL HALL. Agricultural College Will Honor the Heroic Dead.

Service has always been uppermost in the minds of students and ex-students of the Ontario Agricultural College, Guelph. When the Great War came over seven hundred of the best of these men answered the call of their country and joined the armies of the allies in humanity's fight to the finish against the horrible Hun and the unspeakable Turk. These men risked all that the ideals which they held more dear should not perish. They were willing to lay down their lives for their friends, and of the number who crossed to the blood-soaked fields of France and Flanders, who fought in Mesopotamia, in Africa, on the eastern front, or aboard his Majesty's ships on the high seas and in the air forces one hundred, one in seven, are numbered in the lists of the "unreturning brave." They were in the thick of the fight. They acquitted themselves like men. They fought. They died. They won. They did their best and their best to ensure permanent freedom for all. The greatest effort of the man at home, who served his country by increased production and by giving of his time and his money to the cause, paled into insignificance beside the sacrifice of those who risked their all and gladly gave their lives. Their deeds live after them. They have given vastly more for the cause of humanity than all other O. A. C. men combined. Their memory must be perpetuated. Students, ex-students, staff and friends of the Ontario Agricultural College and Macdonald Hall realize that they can never pay the debt they owe those who fought and died for them, but they see their duty clearly and will deem it a privilege to give till it hurts, that an appropriate memorial be erected to commemorate the lives and the deeds of the best of their brothers who stood between them and the Hun, cracked the "Kultur" of the Kaiser and his war lords.

It has been decided to build a Memorial Hall on the College campus and every student and ex-student of the college, and of Macdonald Hall, together with all those who have taken any of the short courses at the institution, and all friends of the college are asked to subscribe to the fund for the erection of this ornamental, yet useful, monument to the memory of our noble dead. A committee has already been formed with Dr. Creelman, president of the college, as chairman and treasurer, and Prof. D. H. Jones as secretary. The purpose is to erect an Assembly Hall to seat at least 800, the architecture of the cut-stone building to be modified Gothic in design with a tower and chimneys, the interior to be fitted with a large stage, pipe-organ and everything which goes to complete a modern Assembly Hall.

The men who lie beneath the poplars in Flanders fields were big men. They accomplished a big task. They lost their lives that others might be saved. The saved must do their biggest and best in honor to our glorious dead. The building will cost \$100,000 or more. The Ontario Government has voted \$40,000 as their contribution to the cause.

Paint.

Material for several riddles might be found in the following:—
Noah knew me, for he pitched the ark within and without.

The Pharos sought me as an adornment for their tombs—their mummies endure because I conserve.

I am the woad of the ancient Britons; their blue battle hue.
Because of me the treasures of the Sistine Chapel defy effacement.

Columbus found me bedecking the savages who watched him plant Ferdinand's banner on the shores of New Spain; and the very sails of his caravels resailed the elements of the West through my aid.

I am the royal robes of civilization—the monarch's seat and lumber.
The taut wings of the airplane gleam under my protective veneer.

The sullen dreadnaught and the homing transport plough the seas impervious to corrosion because of me.
I waterproofed your agents of destruction, the bullet and the shell.

Then I drew the mercy of my concealing camouflage over your hospitals.

Where life is, I am alive.
Where death and decay set in my absence hastens them.

And my mission is to preserve.
Saver of Surface, I am PAINT.

No Immigration.

With the exception of farm laborers and domestic servants no immigrants will be accepted by the Canadian Immigration Commission in London until the autumn, and immigration of any kind will not be encouraged before next spring. Col. J. Obed Smith, Canadian Immigration Commissioner, stated that at present the department is only lecturing on Canada in the English schools. No immigration campaign will be carried on until the autumn in view of possible Canadian unemployment following demobilization and, consequently, it is expected, there will be no rush of new citizens until 1920. There is apparently no trouble in securing domestic servants to help solve the service problem in Canada. The supply is due to the breaking up of the "Waars" and other women's war organizations, but as they wish to take over in bodies steamship space for them could not be spared at present.

Regarding the exclusion of Germans, Col. Smith said German wives of Canadian soldiers would be allowed to go to Canada, but no Germans would be given passports under any other conditions. Russians are also excluded.

Low Wages.

Although it costs but six cents a day in India for men to wave fans to keep the air circulating in houses, they are gradually being replaced by electric fans as cheaper and more reliable.

Although water isn't intoxicating, it makes barrels tight.

William McLoe, Montreal, won the Canadian amateur golf championship at the Lambton links on Saturday.

According to an announcement by Secretary Tamulty, President Wilson will address the Senate on Thursday.

PROBS:—Wednesday, fine and a little warmer.

Store hours 8.30 to 5 p.m. daily except Saturday.



A Glorious Showing of the Smartest New York Blouses

Stacey's showing of exquisite Waists developed in the most modern materials is without peer—in value, variety and beauty—in the city. The stock comes from the foremost manufacturers of high-grade waists—every garment is carefully selected, both in style and color and are wonderful examples of art and needlework—examples such that will make instant appeal to a woman's senses of what should be beautiful in Waists.

We have ready over 3,000 tailored and novelty Waists, made up in sheer White Voile, Frenchorgette, Crepe de Chene, Wash Satin, Habutai Wash Silk, Pongee, Pique and Taffeta—a broad variety of the most desirable shades, fashioned in every one of the charming modes that fashion has stamped with her approval.

Voile Waists from	\$1.48 to \$7.50.
Crepe de Chene Waists from	\$3.95 to \$22.50.
Georgette Crepe Waists from	\$6.50 to \$35.00.
Silk Waists from	\$2.25 to \$12.50

SHOP EARLY TO-MORROW AND SAVE 10 PER CENT!

To-morrow we offer that greatest sale attraction — Double Discount Stamps—thereby giving our entire profit to those thrifty women who patronize the Steacy store and reduce the H. C. of L. by saving money while they spend it. Ask your neighbors about it!



Summer Wearables for the Holidays

Here you will find complete stocks of the most desirable merchandise—popularly priced throughout. New Voile and Summer Silk Dresses priced from \$8.75 on up.

Bathing Suits from	\$1.75 to \$7.50.
Pullover Sweaters from	\$2.48 to \$10.00
Bathing Caps from	25c. to \$1.50
Silk Stockings from	75c. to \$3.00.
Cotton and Silk Middies from	\$1.25 to \$6.50
Sport and Outing Hats from	\$3.50 up

Steacy's - Limited

Prepare for the Canning Season

Economy advises the conservation of fruits and vegetables, and as the housewife will not have the same difficulty in sugar it looks like a big canning season.

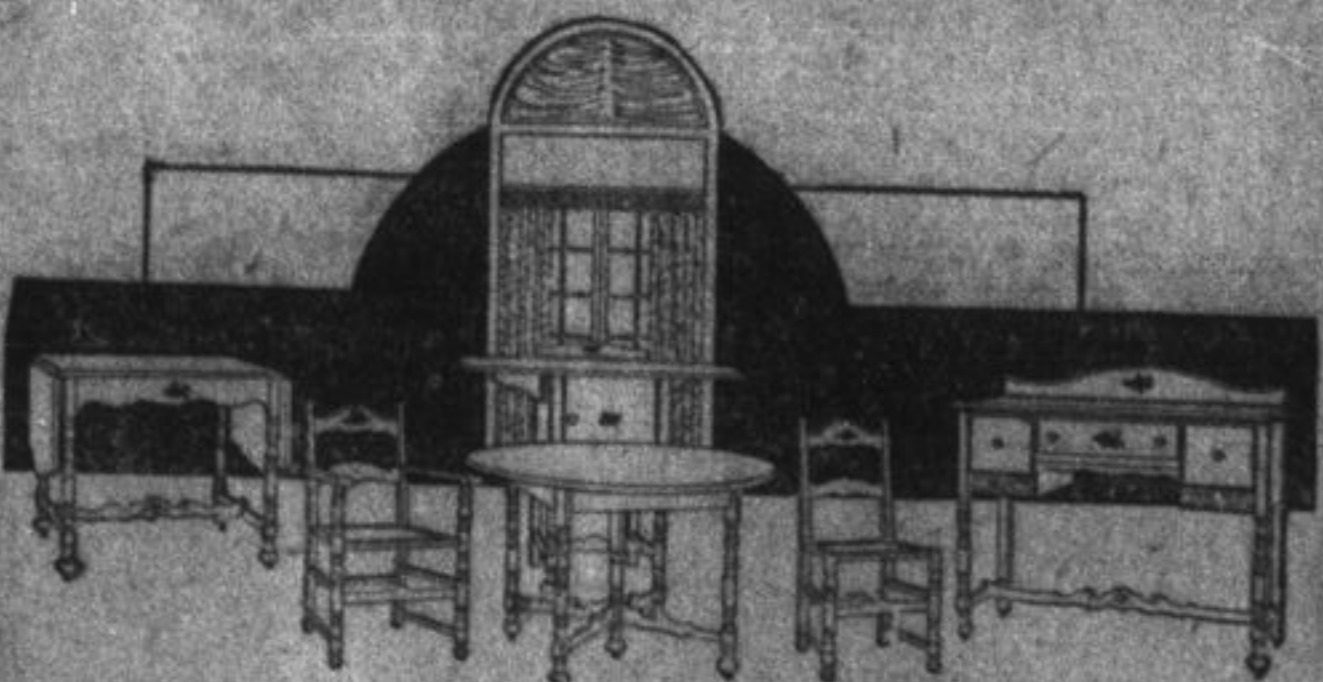
We suggest you try these canning aids:—
Size No. 8, Tin Canning Roller, with tray for holding fruit jars in the boiler\$2.50

HANDY HOUSE SCALES
They will weigh from 1/2 oz. to 30 lbs.\$6.25
(Government tested with certificate)

PRESERVING KETTLES

Aluminum—No. 125—13 1/4" x 7 1/2". Holds 14 quarts \$4.50
No. 42—Enamelled ware—13" x 6 1/2". Holds 12 quarts 95c.
PARING KNIVES15c. and 20c.

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in up-to-date designs in Walnut. Rugs—Linoleum—Curtains. We carry the best assorted stock in the country.

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