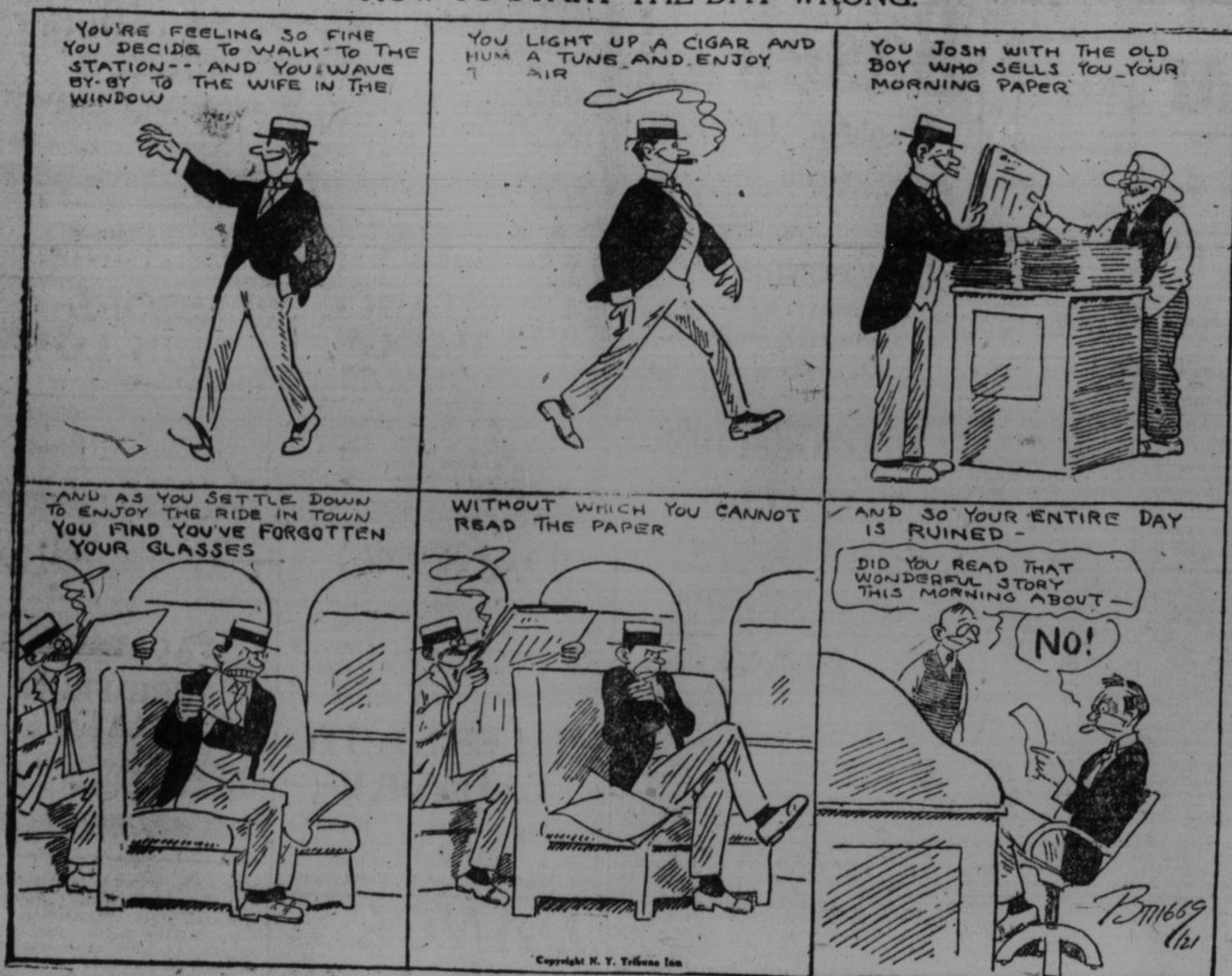


HOW TO START THE DAY WRONG.



THE DAYS OF REAL SPORT



HE ROSE IN LIFE.

What other cereal food offers as much nourishing value as

Grape-Nuts

when eaten with good milk or cream

Consider the sustaining quality of each dish of this prime wheat and malted barley food, and you will have the answer.

A ready-cooked cereal so palatable that you will want to eat it again and again.

"There's a Reason"

Grape-Nuts is sold by grocers everywhere!

Made by Canadian Postum Cereal Co. Ltd. Windsor, Ontario.



B. C. Premier Went to the Pacific Coast With \$100.

Hon. John Oliver, Premier of British Columbia, is at present on a trip to eastern Canada during which he intends to visit Ottawa. While there the chances are that he will call at Rideau Hall and pay his respects to the Governor-General. There is a peculiar topsy-turvy aspect to this visit. For Mr. Oliver's family were tenants of the Duke of Devonshire's grandfather, small yeoman farmers of Devonshire. He was born at Hartington, from which the Duke takes his title as Marquis of Hartington, in 1855. Now, as premier of a Canadian province Mr. Oliver has the right to meet the duke on a footing of something like equality.

There is a deal of romance in the story of this English farm boy who rose to be premier. He never went to school after ten years of age; from that time he helped his mother keep a poultry farm of six acres. At fourteen he came to Canada with his parents and settled in Maryboro township, Wellington county, Ontario. In 1876, at 21 years of age, he received from his father \$100, and went to British Columbia, where he took a homestead. Surveying for the C.P.R., farming and contracting, John Oliver gradually, quietly made good. First councillor of his parish, then reeve, then member of the Legislature, and later premier, this hard-working, uneducated man made his way onwards and upwards by honest worth. His journey to power is the slow, steady climb of rugged merit rather than the sensational jumping of quick genius. There is scarcely a high light in his career; it is a succession of sombre tones.

Robert Oliver, the Hon. John's father, is still living with his son James, on the south line of Ardenia township, near Flesherton. Another brother, Joseph, lives nearby.

Practical Utility Breeding.

Breeding for practical utility should be the aim of the farm poultry keeper, regardless of whether the flock is kept for the production of meat and eggs or with a view to sales of breeding stock.

Any woman who doesn't care how her hair looks in the back is desperately ill.

OUR SPEAKER'S CHAIR.

Origin of Gift to Canada From British Commons.

The Right Hon. James W. Lowther visited Canada to present to the Canadian Parliament the Speaker's chair that is the gift of the British members to replace the one destroyed by the fire of February, 1916.

Addressing the annual meeting of the Empire Parliamentary Association in Westminster Hall recently Mr. Lowther discussed the origin of the gift. "It was," he declared, "the happy thought of Mr. Percy Hurd, M.P. Feeling that some such emblem of Imperial goodfellowship should have its place in the new Canadian Commons building, Mr. Hurd, when visiting Ottawa in September, 1919, consulted the Canadian speaker, the Hon. N. Rhodes, M.P. Acting in a purely personal and informal way as a private member of the British House of Commons, he asked Mr. Rhodes whether the Canadian Commons would be likely to welcome the gift from members of the British Commons of a replica of the chair or table of the British House. Mr. Rhodes said most emphatically that they would. In the Canadian chamber the table has not the parliamentary significance attaching to the table in the British chamber, by reason of the fact that each Canadian Minister and member has his own table. Hence the greater suitability of a replica of the chair as a gift. There has also been this difference in British and Canadian procedure that in Canada it has been the custom to regard the chair as the personal property of the Speaker at the end of his term of office; but Mr. Rhodes expressed to Mr. Hurd his belief that were so gracious an offer made by the British Commons the Canadian Commons would doubtless wish to waive this custom and keep the chair as a permanent feature of the Canadian House. Upon his return to England Mr. Hurd enlisted the ready support of the leader of the British House of Commons, Mr. Bonar Law, and the movement was shortly afterwards taken up and carried to a successful issue by the United Kingdom branch of the Empire Parliamentary Association, of which Sir Howard d'Evville is the zealous secretary.

It is understood that a brass plate will be affixed to the chair to commemorate the circumstances of the gift and its presentation by the Speaker. Behind the chair in the Canadian House will be placed a screen which is being designed by Sir Frank Baines, Director of Works of H. M. Office of Works, who has undertaken the commission at the request of J. A. Pearson, architect of the Canadian Parliament Buildings, and at the expense of the Canadian Government. It should be added that the chair has been subscribed for by members of all parties in the British Parliament—Unionists, Liberal and Labor. The Royal Arms over the chair are carved out of the original oak from the roof of Westminster Hall, which is believed to date back to the reign of Rufus.

"The new chair will be," to quote Mr. Lowther again, "an outward and visible token of the similarity and continuity of our Parliamentary traditions as between this country and Canada." Sir Robert Borden, the then Prime Minister of Canada, in accepting the offer of the chair, spoke of it as "another illustration of the spirit of comradeship" between two Parliaments which are "united by the ties of like institutions and traditions, and of common allegiance"; and Mr. Mackenzie King, leader of the Canadian Opposition, said: "If there is one thing above another we in Canada have reason to be proud of and to be grateful for, it is that our constitution and parliamentary institutions are, to all intent and purpose, a replica of the constitution and parliamentary institutions of the mother of parliaments in the old world. A visible sign of this great invisible reality such as is embodied in the gift which it is our privilege to accept is one of those links of empire which make for that unity we all desire in those things which are fundamental to liberty and to the preservation of it."

His Idea of Marriage.

He was crusty and rude, but as a celebrity he was entitled to indulgence in these matters. And his pretty hostess was not one to shirk any conversational encounter with him.

"Tell me, Mr. Highbrow," she inquired, "what is your idea of marriage?"

The celebrity frowned.

"Madam," he replied, "my idea of marriage is very much the same kind of vague but inarticulate protest as a dog's conception of a tin can that is tied to his tail!"

King's Gift to 31st.

At a meeting of the 31st Battalion Club, at Kingston, Lieut-Col. H. T. Pense announced the receipt of the silk 'Union Jack, the gift of His Majesty the King, to the battalion. It will be consecrated at an early date by Major W. T. Kidd, M.C., battalion chaplain and the Battalion clubs at Ottawa and Peterboro, will be consulted as to its disposal.

A Universal Game.

Is any game more nearly universal than tennis? The United States, having just won the Davis Cup from Australia, has received a challenge from Spain. A team is expected from India, and in the preliminary play-off there will be contestants from Great Britain, Canada, Australia, France, Japan, and perhaps from Mexico.

Eyes of Animals Relieved.

Sore and watery eyes of animals may be relieved by a solution of 10 per cent. boric acid and 90 per cent. pure water. Apply it on absorbent cotton and use a fresh piece every time the eyes are treated.

The Nebraska man who recently eloped with his toothless mother-in-law, now heads the list of candidates for hero medals.

Money of the self-made person is apt to talk regardless of grammar. Wheelbarrows have done more for mankind than automobiles. Hunger is one of the things that come to those who wait.

FISHING TACKLE

- Steel Poles.
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Everything in Fishing Tackle at—

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"MONSIEUR" LIME FRUIT JUICE when prepared forms a most wholesome and refreshing beverage.
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BATHING CAPS—all sizes, styles to suit the most discriminating tastes.
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while not as large as some years ago, is very attractive and we think we can meet your taste. Our prices are reasonable, consistent with high-class work.

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FLEET FOOT

Sport Shoes

THE very name suggests the kind of shoes they are. FLEET FOOT—light, easy, flexible—springy and buoyant when walking the links—firm and sure when on the tennis court and bowling green.

FLEET FOOT shoes were designed originally for sport. Men liked them so well—found them so restful and comfortable—that they demanded FLEET FOOT styles for every-day wear.

Then wives and mothers and girls in dainty summer gowns insisted on having FLEET FOOT Pumps and Oxfords.

Now, there are styles for every member of the family—men, women, boys and girls—for morning, noon and night—work and play—in town and for holiday time.

Genuine FLEET FOOT shoes have the name stamped on them. It pays to get the genuine FLEET FOOT—pays in style, comfort, long wear and economy.

Ask your Shoe Dealer for Fleet Foot and make sure you get Fleet Foot.

