NATURES CREATION

A TREATMENT FOR TUBERCULOSIS

If you are visiting Toronto, or live here, you are welcome to come to our offices and read scores of original testimonials from reputable men and women who have used this treatment. If you cannot come we will send Booklet containing Sworn Testimony from those who have been helped and benefited.

NATURE'S CREATION COMPANY
OF CANADA, LIMITED
Suite 14, Cosgrave Building, 163 Yonge Street, TORONTO, CANADA.

Sept. 8, 11.

MAY RAISE REGIMENT IN MARITIME PROVINCES

Lieut.-Col. Fowler's Offer Likely To Be Accepted.

[Canadian Press.]

St. John, N. B., Sept. 11.—Lieut.-Col. G. W. Fowler, M. P. for King's-Albert, some time ago offered to raise and command a New Brunswick and Prince Edward Island Regiment for overseas. Last night he receiveda message from Major-Gen. Sir Sam Hughes, asking him if the offer still held good. He replied in the affirmative, and now awaits word to proceed.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of Chas. H. Fletcher

FITS CURED
By Trench's Remedy
Recommended by Clergymen of All Denominations.
THIRTY YEARS' SUCCESS.
Over One Thousand Unsolicited Testimonials in One Year.
Convincing Testimony
Has been given by people in every walk of life. Those interested should write at once.
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Manufacturers of Patented Artificial Limbs.

Also repair all makes of artificial limbs at reasonable rates. t

WOMAN REFUSES OPERATION

Tells How She Was Saved By Taking Lydia E. Pinkham's Vegetable Compound.

Logansport, Ind.—"My baby was over a year old and I bloated till I was a burden to myself. I suffered from female trouble so I could not stand on my feet, and I felt like millions of needles were pricking me all over. At last my doctor told me that all that would save me was an operation, but this I refused. I told my husband to get me a bottle of Lydia E. Pinkham's Vegetable Compound, and I would try it before I would submit to any operation. He did so and I improved right along. I am now doing all my work and feeling fine.

"I hope other suffering women will try your Compound. I will recommend it to all I know."—Mrs. Daniel D. E. Davis, 110 Franklin St., Logansport, Ind.

Since we guarantee that all testimonials which we publish are genuine, is it not fair to suppose that if Lydia E. Pinkham's Vegetable Compound has the virtue to help these women it will help any other woman who is suffering in a like manner?

If you are ill do not drag along until an operation is necessary, but at once take Lydia E. Pinkham's Vegetable Compound.

Write to Lydia E. Pinkham Medicine Co. (Confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.

IMPERIAL BANK OF CANADA
ESTABLISHED 1875
HEAD OFFICE, TORONTO
CAPITAL PAID UP, $7,000,000 RESERVE FUND, $7,000,000
PELEG HOWLAND, PRESIDENT — E. HAY, GENERAL MANAGER
OUR banking service is extended alike to the corporation and the individual. 126 Branches of the IMPERIAL BANK OF CANADA are fully equipped to handle accurately and efficiently every datail of bank transactions.
A. J. GOODALL, MANAGER, LONDON, ONT.
Savings Department at all Branches

LOOKING FOR LOAN OF HALF A BILLION

Anglo-French Commission Is Preparing for Great Task.

MISSION MAY BE WIDENED

Holders of American Securities Said To Be Loath to Let Them Go.

[Canadian Press.]

NEW YORK, Sept. 10.—The Anglo-French commission, seeking a way to meet the huge bills of Great Britain and France for American munitions and other supplies, reached New York today, was welcomed by J. P. Morgan and met approximately 100 prominent bankers, insurance heads and leaders in other lines of finance late this afternoon at a reception in Mr. Morgan's library. Tonight the commissioners were dinner guests of a party of New York financiers.

Actual negotiations as to the credit they hope to establish here were not begun and will not be for several days. During this period the commission expects to meet many other bankers and exporters and to become familiar with the situation. With these preliminaries disposed of, the commission will start on the actual details of the proposed loan.

Significant Statement.

For publication, the commission confined its comments to a statement issued upon its arrival here on the steamship Lapland. This statement detailed the personnel of the body and recited its purpose. It was assumed significant that in this statement reference was made to the commission as "the joint Anglo-French commission." This was taken as an indication that the credit which it hopes to establish here will be of a joint nature as previously reported unofficially.

Although the commission comes as the representative of the British and French Governments and importers of both nations, it seemed likely tonight that it might, before its departure, be called upon to adjust the whole foreign exchange situation for all the Entente powers. To the previous report that the delegation probably would act for Russia, there was added tonight the intimation, on good authority, that Italy might within a few days find it expedient to request the commission to act for its Government as well.

Italian Depreciation.

Italian money is depreciated in this market to a degree unequalled by any other. At the present time lires are worth approximately but three-quarters of their face value. Largely because of this, Italian exporters no longer, in many cases accept their own money in payment for goods shipped here, but insist upon being paid in dollars or sterling.

In the case of Italy, the depreciation of money values here has resulted in a situation which, financiers have feared, might be paralleled with respect to France, Great Britain and Russia should the exchange rates on their moneys drop much lower than the lowest levels already touched. Chiefly because of the depreciation, Italy some time ago cancelled orders for millions of bushels of American wheat and sent her buyers to Argentina for the grain, which otherwise would have been purchased here.

Great Britain and France, it was said tonight, have seriously contemplated the possibility of having to go to South America for grain and meats to an extent much greater than at present, and of turning to Egypt for their cotton. Munitions of war they must buy in the United States because there is no other market; but these, it was said, form only a minor fraction of the total exports and can be paid for in gold for a long time to come.

Heavy Reduction Planned.

From an authoritative source it was learned tonight that not only had Great Britain and France contemplated a heavy reduction in their purchases here—in every line, except necessities which they cannot buy elsewhere—but that it had been decided that such a reduction would be the only alternative left them should the commission fail in its mission to the United States.

Five hundred million dollars is the smallest sum which the commission hopes to borrow. They could much rather have a round billion. In view, however, of the many difficulties which lie in the way of floating a credit loan of such proportions in America, it was thought that the commission's task would be almost of Herculean proportions in borrowing the smaller sum. The entire proceeds, of course, would be used in paying for American supplies.

Chief of the obstacles which the commission faces is the nature of the collateral. It is regarded as almost imperative that American securities be offered as collateral if the loan is to be financed largely by the national banks, as it would have to be, if of the proportions indicated. So far, it was said, the holders of American securities abroad have evinced a strong tendency to cling to their holdings as the best investment in the world today. Nothing approaching half a billion dollars of American securities is at the command of the British and French Government, it is said, although citizens of those countries have eight to ten times that amount of such securities in their vaults.

SEEMS TO INDORSE MUNITIONS EXPORT

Times Sees This in Decision of States To Dismiss Dumba.

[Canadian Press.]

The Times in an editorial finds the President's affirmation of the legitimacy of American trade in munitions, in his decision regarding Dr. Dumba, as important, "since it foreshadows the full use of the presidential veto should Congress be weak enough to pass a bill forbidding the export of war materials."

"Dumba's dismissal," it adds, "at any rate will convince Austro-German propagandists that there are limits even to American forbearance, and that when those limits are passed retribution is apt to be swift and peremptory."

Comenting on what it terms the difficulty of understanding the American attitude, which resulted in the first definite step taken being to punish a breach of diplomatic etiquette instead of exacting reparation for the loss of American lives, the Times says it is willing to believe some governing principle exists, although it may not be apparent to British observers, and that President Wilson, having taken his stand, is not the man to be put off with any false issues.

STATES MAY ACCEPT CARRANZA'S PROPOSAL

Mexican Leader Will Consent To Discuss Affairs On International Basis.

[Canadian Press.]

Washington, Sept. 11.—Gen. Carranza's rejection of the Pan-American appeal for a peace conference in Mexico, and his counter-proposal for a meeting with the diplomats at some point along the Rio Grande to discuss Mexican affairs "solely from an international point of view," will be considered by Secretary of State Lansing and the other conferees at a meeting to take place in Washington within the next few days.

It was suggested here today that Carranza's proposal probably would be accepted, as possibly opening the way to a discussion through which an agreement for the settlement of the republic's affairs might be reached.

It was pointed out here today that if the Carranza suggestion was accepted the question of establishment of a provisional government might be discussed as an international question at the meeting, because practically all world powers have interests in the republic, and are eager to have the long years of turbulence there brought to an end.

CANADIAN LIVE CATTLE TO LAND AT LONDON

[Canadian Press.]

London, Sept. 11.—(Montreal Gazette Cable).—Preparations are being made for the landing of Canadian cattle to be slaughtered at this port, and an official order authorizing the reception of the cattle will be issued as soon as any cargo is shipped from Canada. Glasgow, which was suggested as a suitable port, has all its accommodation taken by Irish cattle. The fear of giving Ireland reason to complain of another injustice really underlies the Government's refusal to remove the embargo on Canadian live stock.

TAFT IS PLEASED

Says Administration Took Only Possible Course With Dumba.

[Canadian Press.]

Tacoma, Wash., Sept. 11.—"In my judgment, the Administration has pursued the only course open to it in the case of Ambassador Dumba," said William P. Taft, in a statement given out here last night. "After the admissions made, he could no longer be persona grata to the American Government."

WAS ESTEEMED IN PAISLEY.

Paisley, Sept. 9.—There passed away at her residence this morning one of Paisley's esteemed residents, in the person of Mrs. J. B. McArthur, in her 81st year. She sustained a paralytic stroke about six months ago. Mrs. McArthur is survived by her husband, one daughter and three sons, Duncan and John in Paisley; Hugh in Cardinal, and Mrs. A. W. White, Pittsburg.

DIES OF PARALYSIS.

CLINTON, Sept. 10.—Mrs. Hessian, Huron street, and who had been ill for some weeks with heart trouble, died last night from the effects of a paralytic stroke. Her son, Dr. Harry Hessian and daughter, Mrs. Cuningham, both of Toronto, were with her at the time of her death. J. W. Hessian of New York is another son, and two other daughters, Mrs. R. D. Muir of New Rochelle, N. Y., and Mrs. A. G. Read of Pittsburg, Pa.

GERMAN-AMERICAN CRISIS NEAR AGAIN

Perfidy of Teutons Once More Makes Break Not Unlikely.

NEW OFFICIALS INVOLVED

Submarine Question Unsettled and Berlin's Reply Thought Unsatisfactory.

WASHINGTON, Sept. 10.—President Wilson's request for the recall of the Austrian ambassador, Dr. Constantin Theodor Dumba, has broadened into a situation involving Capt. Franz Von Papen, the military attache of the German embassy; Alexander Nuber Von Pereked, the Austrian consul-general in New York; and possibly Count Von Bernstorff, the German ambassador. The official view is that the ambassador, although technically involved, is not so seriously concerned as the military attache or the consul-general. It is not unlikely that both of the latter may be recalled or dismissed from the country.

Coupled with Germany's disappointing and unsatisfactory explanation of the sinking of the White Star liner Arabic, after Count Von Bernstorff had given assurances that full satisfaction would be given if it was established that a German submarine sank the ship, official Washington views the friendly relations with the Germanic powers strained more toward the breaking point than ever before.

Crisis Not Past.

Hopes that the submarine crisis had been safely passed and that a break between Germany and the United States had been avoided, were displaced today by misgivings. Talk of the possibility of breaking diplomatic relations was heard again, although this time it involved both the central powers, on the theory that Austria, after having her ambassador practically dismissed from the country, might stand with her ally in relations with the United States.

Unofficial reports that a second note had been started from the Berlin foreign office for Washington furnished about the only basis of optimism in official quarters, so far as the submarine controversy was concerned. There was no official intimation that another communication was on the way, but the American reply to the note on the Arabic probably will be delayed until officials can learn whether to expect anything additional from Berlin.

New American Note.

It may be stated, however, that if nothing comes in the nature of a modification of Germany's explanation, an American note will reach Berlin probably early next week, which will set forth the views of the United States in a brief and unmistakable manner.

The President spent most of today going over the German note. No official comment was made at the White House or the state department, but the disappointment of officials was undisguised. The latest turn in the submarine controversy almost overshadowed the Dumba case.

Von Papen's Part.

Capt. Von Papen is involved in the Dumba case because he forwarded by James F. J. Archibald, the American correspondent, traveling under an American passport, a personal letter, in which he made offensive statements about American officials. Moreover, Ambassador Dumba's letter to the Vienna foreign office, found on Archibald, mentioned Von Papen as having approved with the state department in its note to the Austro-Hungarian Government characterized as a conspiracy to cripple the legitimate industries of the United States. Consul-General Nuber is drawn into the case because the Dumba letter disclosed that he was connected with this strike plan.

Hungarian Paper Involved.

High officials indicated today that the Government would take steps of some kind against the editor of a Hungarian newspaper in this country from whom a memorandum was inclosed in the Dumba letter, outlining carefully-prepared plans for putting into effect the scheme for handicapping munitions plants.

Count Von Bernstorff is involved because Archibald carried a letter for him, but as it was a copy of a statement previously made to the ambassador by Secretary Lansing, wholly of an innocuous character, officials do not regard the German ambassador's status in the affair as approaching that of his military attache or the Austrian consul-general.

It is quite probable that until the Vienna foreign office replies to the request for the withdrawal of Dr. Dumba nothing further will be done in his case, nor in the cases of Von Papen or Nuber. If the receipt of documentary evidence bears out the information now in the hands of the state department, officials would not be surprised to see both men withdrawn by their home government or, as a final resort, dismissed from the country.

Abuse of Passport.

The fact that Von Papen's letter was a personal one would not alter the situation. Secretary Lansing said that while the department had no official information on Von Papen's case, it regarded the use of an American passport for carrying any sort of a communication through the lines of the belligerents as an abuse of that document.

The copy of the German note on the Arabic as received at the state department varied from the copy cabled to the Associated Press from Germany only in that the former said the submarine stopped the English steamer Dunsley about sixty nautical miles south of Kinsale instead of sixteen. Otherwise, the two copies were pronounced by state department officials as identical.

PORT STANLEY TO BE SECOND BRIGHTON BEACH

Great Improvements Planned For Next Year—Casino On Hill.

[Special to The Advertiser.]

PORT STANLEY, Sept. 10.—Before the "Summer Girl" season rolls around again, big changes are to be made at Port Stanley, involving the expenditure of thousands of dollars. Already men are at work on the picnic grounds on the Fraser hill chopping down many of the trees and levelling the ground.

Modern buildings are being erected, and a woman and man will be engaged to look after the comforts of picnickers the season round. A picnic ground hot water system is also being installed.

Sir Adam Beck, accompanied by engineers, visited Port Stanley Thursday, and the blueprints of the plans for extensive improvements at the lakeside, included the terracing of the hillside, so as to form a roadway from the beach to the top of the hill, which would accomodate pedestrians, automobiles and other vehicles. A casino will be erected on the hill, with a large dance hall, similar to the one on the beach.

And Artificial Lakes.

Two small artificial lakes will be constructed on that portion of the beach lying between the hill and the lake, near the incline railway. The miniature lakes are to be stocked with various kinds of food fishes, that inhabit Lake Erie, the water contained in them, will be clear, not being subjected to the influences that cause the water of the lake to rile.

Great lawns are to be constructed around the lakes, with huge flower gardens.

CANADIAN FRUITS

Fine Display.

Nothing is more appetizing and attractive than a store window display of our Canadian Fall Fruits. Many merchants realize this, and in their own interests take full advantage of the opportunity to make their stores attractive. There is abundant health as well as luxury in our fall fruits, and anything that can be done to increase the consumption of nature's delicious specifics is worthy of encouragement; it is a work of national benefaction.

One might think the Canadian should not need any introduction to our own fruits, but it is a fact that foreign fruits have a large sale in this country, and it may be accounted for only by presuming that people do not appreciate the superiority of the home-grown product. The Dominion Government is making commendable efforts to educate our people along these lines by means of display advertising. The farther north a fruit can be grown successfully, the better the flavor and quality. This is exemplified in the superiority of Canadian peaches, plums and apples over the ones imported from the south.

The thrifty housewife will can and preserve more fruit this year than ever—it is an economy she, if wise, will adopt. b

HANDSOME PROFITS ON WAR RISK INSURANCE

[Canadian Press.]

Washington, Sept. 11.—In the first year of its operation completed September 2, the federal war risk insurance bureau wrote 1,245 policies on American ships and cargoes with a risk aggregating $82,709,689 according to a report made yesterday by Director W. C. Delanoy.

The net premiums received amounted to $2,004,696 and losses paid to $720,653, leaving a net balance on hand of more than $1,300,000.

DEATH OF MRS. E. HUNTER.

KINCARDINE, Sept. 10.—Mrs. Elliott Hunter was buried here on Thursday, having passed away on Tuesday after a lingering illness. She was a well-known and highly-esteemed resident of the town. Her husband was drowned many years ago.

SOLDIER RUN DOWN.

KINGSTON, Sept. 10.—Pte. Herbert McAdoo of Barriefield Camp was run down by an automobile and suffered serious injuries. He belonged to the 95th Battalion and his home is in Picton. The police are trying to trace the driver of the car, who did not stop after hitting McAdoo and allowed him to remain on the roadway. He was found in half an hour's time in an almost exhausted condition.

IN THE CLUTCHES OF RHEUMATISM

The Great Suffering of a Calgary Lady Before Relief Was Found.

If you are suffering from rheumatism or any weakness of the blood, give Dr. Williams' Pink Pills a fair trial, and they will speedily restore you to health and strength. Sold by all medicine dealers or by mail at 50 cents a box, or six boxes for $2.50, by The Dr. Williams' Medicine Company, Brockville, Ont.

There is still a very prevalent belief that rheumatism is due to cold or wet weather. This belief is probably due to the fact that when the blood is thin and watery there is an acute sensitiveness to atmospheric conditions and a change to wet weather often means a return of the excruciating pains. Rheumatism, however, is rooted in the blood, and it can only be driven from the system by building up and enriching the blood. Hot baths and outward applications of liniment may give temporary relief, but cannot cure. If the disease is not attacked through the blood, it simply fastens itself more firmly on the system, and the sufferer ultimately becomes hopelessly crippled. The truth of this is proved by the case of Mrs. Frank Ford of Calgary, Alta. Mrs. Ford says: "I was an almost helpless cripple from rheumatism. It seemed to have settled in every joint. My arms and hands had to be bandaged. My ankles were so swollen that I had to use crutches. After doctoring for a long time and growing steadily worse, the doctor advised me to go to Banff Springs. I stayed there for eight weeks, taking daily baths, and returned home poorer in pocket by about $150 and not one bit improved in health. I then entered a local hospital, but did not derive any benefit. I was in such constant pain that I almost wished to die, and I felt sure I would be a lifelong cripple. It was at this stage that a friend who had been greatly benefited by Dr. Williams' Pink Pills urged me to try them. I began the use of the Pills, and after taking them a few weeks the swelling in the joints began to go down and the pain was relieved. This greatly encouraged me, and I continued the treatment until in the course of three months the cure was complete. I had thrown away the crutches, could walk anywhere, and do my own housework, and I never felt better in my life than I do at the present time, and all this is due to the use of Dr. Williams' Pink Pills. I have also given the Pills to my daughter, who suffered from anaemia, and she has gained in flesh and become a strong, healthy girl."

RUSSIA CONTINUES GALICIAN SUCCESS

Forces Austrians To Beat a Precipitate Retreat On the Sereth.

5,000 PRISONERS TAKEN

Petrograd Says Armies Are Confident and Ready for Victories.

(Canadian Press Cable.)

PETROGRAD, Sept. 10, via London, Sept. 11.—2:30 a.m.—The official communication issued by the war office today, says:

"On the Sereth (Galicia), our troops having yesterday repulsed a series of enemy attacks delivered counter-attacks in the sector above Trembowla and in the district of Tchortkoff. The Austrians were forced to beat a precipitate retreat. According to a provisional estimate we took five thousand prisoners, among them sixteen officers.

"Generally, the situation of our armies is one of calm confidence in themselves. The initiative in these isolated engagements is gradually passing into our hands."

Progress South of Riga.

"On the left bank of the Dvina southeast of Riga we are fighting, and we are progressing in the region between the Missa positions and the Grosse Ekau-Neuhut Railway. West of Jacobstadt the fighting continues with undiminished intensity. In the direction of Dvinsk there have been advance guard engagements north of Abel.

"On the road from Vilkomir the enemy with strong forces has taken an energetic offensive since the morning of the 9th in the region of Kourkl on both sides of the road. Our machine gun and automobile detachment contributed actively to a repulse of the enemy. The engagement continues.

"Between the Sventa and the Vilna the enemy's infantry and cavalry made a local attack on our troops in the region of Shirviaty. On the other roads toward Vilna there has been no change.

"East of Grodno, supported by a strong artillery, the enemy has undertaken a series of attacks against our positions since the morning of the 10th in the direction of Skidel and also on the lower course of the Melwianka River. These attacks have been repulsed.

Germans Repeatedly Beaten.

"These attacks have been repulsed. A German offensive at 4 o'clock in the morning along the road toward Skidel, accompanied by a strong fire from heavy and light artillery, was arrested by the fire from our batteries. After 7 o'clock in the evening the German fire sensibly increased and they resumed the offensive, making desperate efforts to break our front, but this attempt also was repulsed by the concentrated fire of our artillery and machine guns. We also repulsed a German attack near the village of Leady, south of the bridges on the Niemen.

Civilians as a Shield.

"On the remainder of the front as far as the Pripet the enemy made attacks only in the region of Rozhany and continued his offensive along the left bank of the Pina. The attacks near Rozhany were repulsed by our fire at close range followed by a bayonet charge. The Germans chased from Rozhany a great crowd of inhabitants, whom they used as a cover in approaching our positions. In the direction of Kremenetz the enemy bombarded our troops with asphyxiating gas projectiles and engaged in a combat in the region of the Upper Goryni River."

FOE FIGHTS HARD TO GAIN RAILWAY.

LONDON, Sept. 10. — In the east, there is little change in the situation. The two Russian successes on the Sereth River, Galicia, while they made a big capture of men and guns, has not interfered with the Austro-German advance. Further north, the Austrians have taken Dubno, the second of the triangle of fortresses to fall into their hands, and with the help of the Germans, are advancing to Rovno, the third of these fortified centres. Meanwhile, the Germans from the south of the Pripet marshes to the region southwest of Vilna are fighting hard and with some success for the strategic railway system of the Brest-Vilna area.

Most of this railway system is already in the possession of the invaders, but they are now aiming particularly at the main trunk line which, starting at Riga, runs through Dvinsk, Vilna, Lida and the East Pripet marshes to Rovno and onward to Lemberg, Galicia. Military critics express the opinion that once this line is in the hands of the Austro-German forces they will go into winter quarters, for the more important military purpose of bringing any large part of the Russian forces to a decisive battle under disadvantagous conditions now seems out of the question as the autumn rains already have set in. The three main Russian armies under Generals Ruzsky, Evert and Ivanoff, although reduced and outnumbered, still are full of fight, as is shown by their offensive on the Sereth River, and the Austro-Germans must look to their own defense before reinforcements reach their opponents.

WHAT ABOUT THE OWNERS?

[Richmond Times-Dispatch.]

In the action of the Welsh coal miners, who again have left their pits and gone on strike, the convinced believer in and lover of democracy finds cause to shake his faith, if not to change it. Autocracy, assuredly—and autocracy of the sternest kind—is the only treatment for such men as these. Their countrymen are dying in France and Flanders, the women of their country are mourning for husbands and brothers, fathers and sons, slain on the battlefield in the common defence. That they should be recreant, in such a situation, to their less dangerous and onerous duty, is a reflection on the race.

HAD "CHOLERA INFANTUM"

WAS WASTED TO A SHADOW

Cholera Infantum is one of the most common summer complaints of infants, and many die who could be saved if taken in hand on the first sign of the trouble. It begins with a profuse diarrhoea, very often accompanied by vomiting, and the matter ejected from the stomach has a bilious appearance. The child rapidly loses flesh and becomes weak and languid.

Mrs. W. Fallis, 455 Jones avenue, Toronto, Ont., writes: "I have used Dr. Fowler's Extract of Wild Strawberry for my three boys, and I do believe it saved their lives. One of them had cholera infantum so bad he was wasted to a shadow, and the doctor had given him up, but 'Dr. Fowler's' cured him. I have also used it myself for colic and find it an excellent remedy. I would not be without it in the house."

Dr. Fowler's Extract of Wild Strawberry is the original remedy for the cure of all bowel complaints. It has been on the market for the past 70 years.

When you ask for "Dr. Fowler's" see that you get "Dr. Fowler's."

Manufactured only by The T. Milburn Company, Limited, Toronto, Ont. Price, 35c.

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The Hot Weather Health-Habit
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Cut out meat for a few days and eat Shredded Wheat with fresh fruits and you will experience a mental buoyancy and bodily vigor beyond description.
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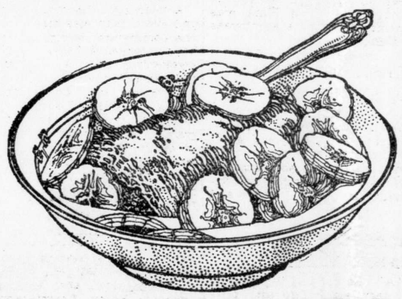
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Serve plenty—wholesome.