## A Living Prisoner;

Or, Friends in Name, Enemies at Heart.



For Preserving




"SALADA"
Iced Tea is most refreshing. It cools and invigorates without harmful results. Sealed Lead Packets Only.


|  |  |
| :---: | :---: |
| Our body takes in an arerage of | that could |
| dey which amountsto one ton of | ${ }_{\text {burnt }}^{\text {bud }}$ And |
| and | tomatic |

nually, so that in 70 years an man
eats and drinks 1,000 times his own

$$
\begin{gathered}
\text { weie } \\
\mathrm{E}_{1}
\end{gathered}
$$

esery time wo breathe the pro-
cess is no less wonderful. For each
100 muscles are employed, 4 op per
cent. of the muscles of the body being active inuccies of oful the booper
ation in this single actul. Another mareve of the human
body is the self-regulation process by which Nature keeps the temper-
ature in health at 98 degres. Whether in India, with the temper-
ature at 130 degrees, or in the arctic, regions, whore, to records
show 120 degrees below the frezzing point, the emperature of the
body remains the same, practically steady at 98 degrees, despite the
extremes to which it is is subjected. Oif the total heat given out by the combustion of food man can make
one-fifth available in the form o

| Weather Lore. <br> It is universally recognized that a "high dawn" is the sign of a bad day, for it shows that the lowor levels are thick with, masses of var por: A "low dawn," on the other por. A is a pretty sure pledge of a fine day. Glom and likely to fow appears in the morning, while a vivid straw-colored sunset foretelli when rain follows it kills the wind. Rain does not affect the wind. Wind will drive furiously when rain is coming down in torronts. It is simply a matter of squalls. When the barometer falls sharply you sheuld prepare yourself for bad should prepare yle weather, for a gale will come soon- |
| :---: |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |





Co

## SONORA

GUARANTEED for Torm
Experien by by sevaral years of
tory horn. The most satisfac diviven, using but litale e motrent
By $a$ new device the away nith devico rasping sond more doeee sorecches on ourun nong and modith pro-
duces a mooth, ear-pleasing tone. special price thll august 1st.


 RIISSELL MOTOR CAR COMPANY, LIMITED Accessorices Department. WEST TORONTO

The only building material that has not increased in price is

CANADA Portland CEMENT It makes concreic<br>High quality ard low price are made possible by efficient organization and manufacturing See that every bag of cemeant you buy bears the "Cande" Ital it your guarantee See that every bag of cemeat you buy bears the "Canada" of satidaction<br>Canada Cement Company Limited, Montreal

