

A real delight for breakfast



Fill a canteloupe with

Kellogg's
10c. per pkg.



TOASTED CORN FLAKES
Made in Canada

CHEESE BOARDS.

OTTAWA, Aug. 4.—337 white and 513 colored cheese were boarded to-day. All but one lot sold at 12 5-16c.

NAPANEE, Ont., Aug. 4.—At the cheese board this afternoon 510 white and 976 colored were boarded. Sales were 255 colored at 12 1-16 and 800 at 12 1-4. The balance sold on curb at 12 1-4.

CORNWALL, Ont., Aug. 4.—30 factories offered 1411 boxes cheese to-day, 275 white and 1136 colored. All were sold at 12 1-8 cents, 110 at 12 1-16 cents. Next market to be on Friday, Aug. 18.

BRANTFORD, Ont., Aug. 4.—At the Brantford cheese market to-day there were offered 745 boxes. All were sold at 12 1-8 cents, 110 at 12 1-16 cents. Next market to be on Friday, Aug. 18.

PICTON, Ont., Aug. 4.—20 factories boarded 2375 boxes, all colored. The highest bid was 12 3-8. 1563 sold at 12 3-8 and 811 at 12 1-16.

NEW VITALITY FOR MEN

Use the Free Coupon



Vitality gives you the manly courage to protect those depending upon you, as portrayed in the picture. No matter what thoughtless action or early indiscretion may have sapped your strength, Vitality restores it to you. It makes you over into a strong, vital, manly man, without an ache, pain or waste of time. Vitality puts the VIGOR OF YOUTH into your blood, no matter how nervous, debilitated or old you may be. It puts the sunshine of vigorous manhood into your life. I make you feel young and keep you feeling young, without the use of drugs, without the necessity of dieting, without one bit of change in your present mode of living, except, of course, to take my HEALTH BELT. Just lead a manly life and use my HEALTH BELT, everything else will come. My HEALTH BELT, with suspensory attachment, worn night and day, causes a great soft stream of VITAL STRENGTH into your blood, nerves and organs during all the hours you sleep in one night. It takes the kink, pain or weakness out of your back, ere long friends will say, "How well you look!" and you are answering: "Never felt better in my life!" Your eyes will sparkle with health; you will have that "pleasing" influence to fascinate and control which comes to a full-blooded, strong, vital, manly man. Thousands upon thousands are now using my Health Belt all over the world. With special attachments it cures rheumatism, kidney, bladder, stomach disorders, etc.



Let Me Send You This Book FREE

This 64-page book, illustrated with photo-engravings, gives a fund of health, vigor and vitality information which no man, single or married, can afford to be without; it points out Nature's way to preserve manhood and how to restore it. I send it to you willingly, free of charge, in a plain, sealed envelope. There will be no obligation on your part. Keep it as your service. The book fully describes my Health Belt. It contains a chapter on rheumatism, stomach disorders and other ills. If you are in or near Toronto drop in to see me; no charge whatsoever for advice. Please fill in the coupon when you send for book. Hours 9 to 6.

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Dear Sirs,—Please forward me your Book, as advertised, free.
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Where Sifton Stands and Why.

Hon. Clifford Sifton is one of the most outstanding figures in the battle being fought over Canada's fiscal future. In taking a determined stand against reciprocity with the United States, he is careful to explain why he does so, and his latest manifesto on the subject is one of the powerful weapons in the hands of opponents of the pact. As a well-reasoned explanation why Canada cannot afford to take the plunge, laying sentimentalism aside, it should appeal to both producer and consumer.

This is what he says: "From a business standpoint, the arrangement is, on the whole, injurious to Canada. It opens up our markets and greater trade are meaningless without application of the particular conditions of the country. In any arrangement of the kind proposed there will be some benefits and some injuries. I regard the benefits as largely problematical, while the injuries are more certain. Taking the situation as a whole, it appears to me that the disadvantages largely outweigh the advantages. "To be more specific, take the case of Ontario and Quebec. While there may be opening up of a market for more or less important products which are not now readily saleable, and while the prices of a few high-class products may be higher, the raising of the market for the great bulk of the staple products of the farm, such as butter, eggs, sheep, hogs, etc., will be flooded from the outside. In addition to this, it is certain that many important industries will be seriously affected."

"The contention that the western wheat grower will get a better price under reciprocity has been pretty well shattered. A leading article in The Manitoba Free Press of the 21st inst., giving a moderate and reasoned statement of the case for the treaty, does not claim that the price will be higher. The article, after pointing out that Great Britain takes only 105,000,000 cwt. of wheat from all countries, and showing that the total western wheat crop may soon reach 400,000,000 bushels, puts the question as follows: "The problem before Mr. Borden is to demonstrate how the Canadian producer is to dispose of this volume if he is limited to the Canadian market and the British market."

"Great Britain settles the price of wheat for three reasons. She is the largest importer of wheat. She is a free trade country, and she is the world's carrier. She therefore acts as the world's clearing house for wheat for many commodities. The price in Britain is settled by the world's supply and demand. If the United States should become a wheat importing country and wants fifty millions of bushels it would make not the slightest difference whether she bought it from Canada, Argentina, Egypt or India. "What the United States absorbed from the world's supply is the demand and the price in precisely the same way wherever she might get it. Ten years hence there would not be a market for the wheat of Canada of Canadian wheat because of wheat being free between Canada and the United States. The ratio of the whole available supply of wheat in the world fixes the price in the world's centre of trade, and that in turn regulates the price in the remotest corner of the earth, where there is transportation to take the wheat to the world's market."

"Suppose next year there is a shortage in the United States of fifty million bushels. The United States increases the demand upon the world's supply and raises the price at the world's centre of trade. From there it sends the demand for wheat at the price at all the shipping markets of the world. The United States buys its fifty million bushels wherever it is most convenient at the market price, enhanced by the United States demand. It makes not the slightest difference where the wheat is bought. Every primary market in the world gets the benefit of the increased demand and the enhanced price by the shortage in the United States."

"Incidentally, I may remark that a study of the statistics and the agricultural conditions of the United States does not indicate that she is nearer to becoming a wheat importing country than she was twenty years ago. "But the most serious feature of the arrangement is the sacrifice of our local independence. You look at it from the more certain does it become that from the moment the treaty takes effect our policy will be controlled by what is done at Washington. "We are the most independent country in the world; we are absolutely control every department of our public administration. Once we put ourselves into a state of dependence upon American markets and American tariffs our freedom is gone. With it goes the mainspring of our national life. "No intelligent man can deny that the policy followed by the United States in excluding us from her markets in the past has been a prime factor in making Canada a self-reliant and independent country. It was at first a hardship, and there was every excuse for those who sought reciprocity."

"Now we have overcome the difficulties and won our way thru to independence and prosperity there is no excuse for throwing away the advantages of our position. The true path for Canada is the path she has been following, a dignified independence in policy and a vigorous development and careful conservation of her own resources. The treaty is the first step towards the exploitation and subordination of Canada."

"I hope and trust that there are a great many thousands of Liberals in Canada who are patriotic enough to put country before party, and stand by our true national interests. Particularly I hope that the thousands of young men who have lately been forming themselves into non-political Canadian clubs for purposes of discussion will see that the ideal which they have been working towards is in danger, and will, regardless of party affiliations, throw themselves into the fight. It makes little difference to the future what is the name of the party which is in power for the next five years, but it is of incalculable importance that the true lines of true national development should be firmly and jealously maintained."



Scratched Until I Tore The Flesh

"It was in the latter end of the year 1908 that a nasty itch came through my skin, and I scratched it until I tore the flesh. I tried several remedies to no effect. I went to a skin hospital. They advised me to go to the hospital, but I refused. I could not sleep with the constant itch. I was that way until about the month of January. One day I chanced to see in the papers a cuticure advertisement. I got a box of Cuticura Ointment and Cuticura Soap. I used the ointment on my face, neck, and arms, and the itch was all right, and I have not had a return of the same since, and I shall always praise the Cuticura Remedies as being the means of my cure."

(Signed) JOHN TYRRELL, 94, Scotland Road, Liverpool. "In a further letter Mr. Tyrrell adds: "The first appearance of my skin eczema was a burning itch which I could not scratch. It caused sleepless nights, but now I can sleep as well as ever."

Cuticura
Soap and Ointment
Solely by Cuticura Remedies, Boston, Mass. Mailed free. Cuticura Soap on 22th Street.

Something Like a Pie. Seventy guests banqueted on a single pie at Gorleston, and there was plenty to spare when they had finished. The pie had a three-inch crust, and weighed a hundredweight and a half. It was made in three sections or watertight compartments, and each held had substantial bulkheads of crust. Its interior was packed with six rabbits, six kidneys, 28 pounds of beefsteak and potatoes, turnips, carrots and sprouts. The pie was, as it is called, is baked, not baked, and its builder, Cypher Harman, made the cooking process an eight hours' watch.

The three-decker provided a savory meal which more than satisfied the guests, and its wrecked and dismantled hull provided ten gallons of excellent soup, that was gladly welcomed by the poor of Gorleston.—London Daily Sketch.

Seacoast Resorts. The Grand Trunk Railway System offers excellent service to the seaside resorts of the St. Lawrence and Atlantic Ocean, also the coast of Maine and Massachusetts. Through Pullman sleepers leave Toronto for Portland and Boston 9 a.m. daily. Night train leaving Toronto 10:30 p.m. daily, connects at Montreal with train for Portland and Old Orchard, Me. Full particulars from any Grand Trunk Agent.

LOCAL SUFFRAGETTES VICTIM OF IMPOSTER

Lady, Hailed as Pillar of the Cause in England, Collected Money For Own Uses.

It appears that local supporters of the women's franchise movement have recently been the victims of a daring imposture.

A woman came to this city time ago describing herself as a member of the militant section of suffragettes in England. She rapidly made a large circle of acquaintances. Made Bruce was the name by which this enterprising lady preferred to be known, but she explained, in the strictest confidence to everybody, that her name was really Bruce-Dequhart, and that she was the daughter of the Provost of Dundee. The second name had been dropped in deference to the wishes of her relatives, who objected to tactics which began with throwing missiles and ended in being coddled by policemen.

There is a rumor that the visitor, by her eloquence, loosened the purse-strings of the more ardent supporters of the "votes for women" movement; then she left for Montreal.

Now a young lady arrived in Montreal and used the names of Toronto suffragists as introductions. She was similar in appearance to Miss Bruce-Dequhart, but her name was Stewart. After a brief period of great social success, Miss Bruce-Dequhart Stewart suddenly announced that her organization had called for her to return to Scotland at once. She had booked her passage and this had left her very short of funds. All that was left was a cheque for \$125, sent by the Toronto Association in payment of lectures she had given.

Miss Bruce-Dequhart Stewart was unknown to the banks, so she persuaded a Montreal lady to introduce her to a bank manager, and finally, when the manager still looked askance at the cheque, her new-found friend endorsed it. Since then Miss Stewart-Circumlocution has vanished, but not by the ship she mentioned. The cheque was declared to be a forgery, and on enquiries having been made in England, it was stated that Scotland Yard could supply the Canadian police with some account of the lady's antecedents, if necessary.

POWER ON STURGEON LAKE

Engineer Symmes Plans to Aid Gold Field Development.

Mr. Symmes, the water power expert, who recently installed the hydro-electric plant in Porcupine, and who owns the water power rights in Sturgeon Lake, the rapidly developing gold field north of Fort William, is in town to-day completing his plans for development of the power and arranging for the sale of same to the various mining interests in the Sturgeon Lake district.

Mr. Symmes, who has had a large engineering force on the ground for some time, estimates that he can develop ten thousand horse power at the Sturgeon River Falls, where a head of forty feet can be secured and as the Sturgeon River forms an immense reservoir assuring a steady flow of water regardless of seasons, and as the outlet is narrow with high rock walls, the conditions for development are particularly favorable.

Mr. Symmes expects to be delivering power by April 1 of next year and he has about concluded a contract for one thousand horse power with the St. Anthony Mine, which has already a ten stamp mill, with a six foot pebble mill in operation under steam power, and whose development work in the past few months has made such a wonderful showing in the blocking out of a large body of high grade ore, that the early installing of a stamp mill with 500 tons capacity per day is now being considered. As this alone would mean the use of fifteen hundred to two thousand horse power, and the St. Anthony is but one of the many mines that will be developed in that district, it will be seen that the prospects for the use of all the power that can be developed there are bright. It has been proven by experience that nothing helps a gold camp like cheap power. Rapid development of the Sturgeon Lake district from now on may be looked for. The St. Anthony Mine has been proven and others are sure to have development now that cheap power is assured.

A Vest Pocket Camera Which Makes Postcard-Size Pictures

This camera—the "ENSIGNETTE"—is different from any other. With an "ENSIGNETTE" you make clear pictures, postcard size, and yet the camera is so compact that it slips into a vest pocket. The process is just the same as with an ordinary camera, but the "ENSIGNETTE" is a marvel of construction—all built of metal—very compact and complete in every detail. Ask to see some of the work made with an "ENSIGNETTE". The camera sells from \$2.50 and upwards. Make a point of seeing the "ENSIGNETTE".

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Established in 1854 by John Redpath.

able mill in operation under steam power, and whose development work in the past few months has made such a wonderful showing in the blocking out of a large body of high grade ore, that the early installing of a stamp mill with 500 tons capacity per day is now being considered. As this alone would mean the use of fifteen hundred to two thousand horse power, and the St. Anthony is but one of the many mines that will be developed in that district, it will be seen that the prospects for the use of all the power that can be developed there are bright. It has been proven by experience that nothing helps a gold camp like cheap power. Rapid development of the Sturgeon Lake district from now on may be looked for. The St. Anthony Mine has been proven and others are sure to have development now that cheap power is assured.

On a Grain of Wheat. Prayers have been written and engraved on many very small objects, but only one person ever has been patient and painstaking enough to inscribe a complete prayer on a grain of wheat. One day Sir Moses Montefiore received a small tin box in the mail. On the cover of the box was written: "A Prayer for Sir Moses Montefiore, by Bauch Mordecai, son of Zebi Hirsch Scheinmann of Jerusalem." The box contained a single grain of wheat, on which were inscribed, in characters so small that they could only be read with the aid of a powerful microscope, the 288 Hebrew letters of the prayer, and the date of the year (Hebrew reckoning), 5646. Sir Moses kept the prayer in his private desk until he died, and it is now preserved with religious care by one of his friends.—Tit Bits.

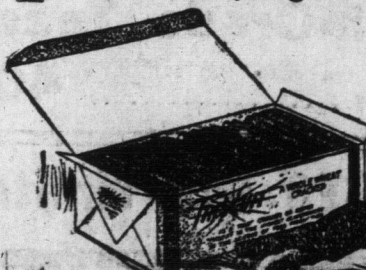
Take Triscuit with You

Take it with you on the fishing trip, on the automobile tour, to the Summer camp, the bungalow in the woods, the cottage by the sea, wherever you go to escape the trials of housekeeping, the worries of business or the weariness of Summer days.

TRISCUIT

is the Shredded Wheat wafer, made of the whole wheat, steam-cooked, shredded and baked by electricity. It is crisp, tasty and full of nutriment. Serve it with butter, cheese, caviar or marmalades—or eat it with nothing. Enough Triscuit can be taken in a fisherman's creel to supply all the strength needed for a day's sport.

Shredded Wheat Biscuit with berries or other fresh fruit, served with milk or cream, makes a complete, wholesome, nourishing meal. If you like Shredded Wheat Biscuit for breakfast you will like Triscuit for any meal with butter, cheese, caviar or marmalades. Contains more nutriment than meat or eggs and is more easily digested.



Made only by
Canadian Shredded Wheat Co., Limited
Niagara Falls, Ont.