Reliance Loan & Savings Co

OF ONTARIO.

(SUCCESSORS TO THE CHATHAM LOAN AND SAVINGS CO.)

ASSETS OVER \$2,000,000

3 1-2 Per Cent. per annum interest allowed on deposits. 4 Per Cent. on deposit receipts used for twelve months or longer.
4 1-2 Per Cent paid on Deban-

S. F. GARDINER-Pranch Manager.

The Daily Planet

S. STEPHENSON, PROPRIETOR. TEL EPHONES
CC 53. Edit orial Room 162.

WEDNESDAY, AUGUST 1, 1906.

SUMMER FOOD.

The superheated term presents the problem of what diet is best for one at this season, says the London Advertiser, and nature unerringly indicates in her profusion of fruit and

during the heated term nature wisely tempers the appetite for meats and other solids and contents us with lighter garden stuffs in their season, which in torrid zones constitute Reaume it is. cereals and fish," it says, "supply most of our needs for substantial nourishment, while the fruits and vegetables do the rest." The Herald continues:

"Cabbage is a veritable bugbear to many who might enjoy an otherwise relishable dish. Raw, boiled or fermented, it is the horror of the dyspeptic, but to the Teutonic stomach it is more than a welcome guest.

"Boiled spinach, however, an equally German dish, has no such objections and is now much in fashion with the medical professiom as a combined food and medicine for torpid digestion.

"The cooling salads are deservedly popular. The lettuce family, cresses and the like are wholesome, digestible and agreeable to the system. Asparagus is rightly prized for its delicious flawor. Even the onion, the despised interloper, is a most honest contributor to any feast, and by its volatile oil acts as a sufficient stomachie stimulant. The tomato ranks equally high as a relish, but is most unjustly under the ban as a provoker of rheumatism.

"Thus for the summer feeder there is truly an embarrasement of opportunities. The best of all is that fruit and vegetables in the raw state retain their original flavor and are all within reach when we appreciate and likely and the read and results of the raw state retain their original flavor and are all within reach when we appreciate and likely and the read and are all within reach when we appreciate and likely and the read and are all within reach when we appreciate and likely and are all within reach when we appreciate and likely and are all within reach when we appreciate and likely and are all within reach when we appreciate and likely and are all within reach when we appreciate and likely and are all within reach when we appreciate and likely and are all within reach when we appreciate and likely and the read and likely and are all within reach when we appreciate and likely and are all within reach when we appreciate and likely and are all within reach when we appreciate and likely and are all within reach when we appreciate and likely and are all within reach when we appreciate and likely are all sight and laving the formation and living to a 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

within reach when we appreciate and

favor of mostly vegetable diet for the hotter months animal food in

, Executed on al! Exchanges

BONDS AND STOCKS Investment Securities
Both Listed and Unlisted. Information upon Request
Members Toronto Stock Exchange

The Markets

WINNIPEG OPTIONS.

TORONTO PRODUCE MARKET.

Grain_

Baillie Wood + Croft. 401 TORONTO

workers. One meal of meat, fish or poultry is usually sufficient for such, unless the bodily labor is very severe. In this, as in other matters Liverpool and Chicago Wheat Futures of feeding, the appetite has a rule of its own that defies all theories and is a law unto itself."

JUST A LITTLE BIT OFF THE TOP

Locusts have cleaned up on 60,000 acres in Hungary. We suppose they were feeling Hungary and couldn't help it.

The Doukhabors are again running

Canadian North
Canadian North
The Doukhabors are again and couldn't c

vegetables the food which is best for the average human system, with the around naked in the Canadian North around naked in the Canadian North west. The naughty things—the bare in such plenty as to permit the poor-idea!

During the week wheat increased 24,835,000 bushels, corn decreased 333,000 bushels, west. The naughty things—the bare idea!

LEADING WHEAT MARKETS.

in such plenty as to permit the poorer people to enjoy the boon.

In an editorial on summer foods, the New York Herald points out that duping the heated term nature wise-

Hon. Dr. Reaume has contracted heumat'sm. What's in a name? If t's rheumatiz, why then assuredly

NEW YORK LIVE STOCK.

within reach when we appreciate and ead them most.

"But for all that can be said in avor of mostly vegetable diet for the hotter months animal food in the control of the

TOWNSHIP COUNCILS

HOWARD COUNCIL.

Howard Council met in the township hall Saturday, July 7th, 1906, as per adjournment. All members in

court of revision on North Branch Bell or Orawford drain, also on the Rushton drain outlet, read and con-

Communications. From A. Bill, Judge County Kent,

appointing July 22nd re the appeal of B. W. Wilson on his assessment. Close Lower-Live Stock Markets-The Latest Quotations. Monday Evening, July 30.
Liverpool wheat futures closed to day 1/2d lower and corn futures 1/2d to 1/2d lower and corn futures 1/2d lower and corn fut

At Chicago to-day July wheat closed 1%d lower than Saturday; July corn %c higher and July oats ½c lower. music for annual pionic.
From A. S. Everitt, staking that he was unable to procure steel for bridge over Julien drain and wished to be relieved as comtractor for At Winnipeg option market to-day the following were the closing wheat quotations; July 80c bid, Arg. 79 1/2c bid, Oct. 75 1/2c.

From H. A. Thomson, managar of

From H. A. Thomson, manager of Molsons Bank, stating that on June 3rd there was a credit to the treasurer of \$7,730.22.

From A. E. Drew, stating that he would build a bridge over Julien drain for \$575, as per specifications, and if allowed to put in steel backing he would build it for \$540.

S1CO Waists 683

3 doz. White and Colored Waists, prettily trimmed with embroidery, tucks and lace insertion, regular \$1.00 and \$1.25 each, clearing at 680.

and it allowed to put in sieel bloking he would build it for \$540.

From Jonas Gosnell, giving the amount of county 1ste which had been levied against Howard for 1906 as \$3.194.01.

see of roads.

From the United Typewriter and Smith Premier companies, re purchase of typewriter.

From G. W. Riseberough, clerk of Harwich, in reference to account of Mr. Padbury, stating that their Council refused to pay account presented. From Geo. W. Rivers, Watford,

East Buffalo, July 30.—Cattle—Becelpts, 7200 head; fairly active and 15c to 25c tower; prime steers, \$5.50 to \$5.55; shipping, \$4.85 to \$5.50; butchers, \$4.25 to \$5.25; helf-ers, \$4.25 to \$5.50; butchers, \$5.25 to \$5.50; butch \$4.85 to \$5.40; butchers, \$4.25 to \$5.25; helicers \$3.25 to \$5; cows, \$3 to \$4.85; bulls, \$2.25 to \$4; stockers and feeders, \$2.25 to \$4; stockers and reders, \$2.25 to \$4; stock helicers, \$2.25 to \$3; fresh cows and springers, good steady; others, \$2 lower; \$20 to \$5.5.

Veals—Recelpts, 2000 head; 25c lower; handy calves, active; heavy, slow; \$4.50 to \$7.50.

Hogs—Recelpts, 12,750 head; slow and a shade lower; heavy and mixed, \$6.25 to \$7.45; yorkers, \$7.05 to \$7.10; pigs, and light yorkers, \$7.50 to \$7.15; roughs, \$5.30 to \$7.50 to \$7.10; slikes, \$6.75 to \$7.10.

Sueep and Lambs—Recelpts, 5000 head; active; sheep, steady; lambs, 25c higher; lambs, \$5.50 to \$7.50; yearlings, \$6 to \$6.25; wethers, \$5.50 to \$7.50; wes, \$4.75 to \$5; sheep, mixed, \$3 to \$5.50.



A STIRRING TIME

AMONG THE

Ready-to-Wear Garments

Ladies' Wrappers Reduced

From Joseph O'Neil, re furnishing music for annual circles.

Station on his assessment.

5 doz. Print and Percale Wrappers, good dark colorings, choice patterns, deep flounce on skirt, waist lined and trimmed with ruffles and shirring sizes 32 to 44, regular \$1.25 each, clearing at \$1.00.

Children's Dresses

Stylishly made in Print, Muslins, Ginghams, Crash and White Lawns, sizes 1 year to 14 years, clearing at each, 39c, 50c, 75c, 89c, 98c, \$1.19 and \$1.48.

75c. Waists 48c. 6 dozen White Lawn Waists, latest cut, trimmed with

s \$3,194.01.

From the general freight agent, M. C. R., re purchasing of gravil for use of roads.

From the United Typewriter and Smith Premier companies, re purchase of typewriter.

Since the United Typewriter and Smith Premier companies, re purchase of typewriter.

Fine White Lawn and Organdy Waists, beautifully de and trimmed, sizes 32 to 44, reg. up to \$2.25 each,

Silk Waists at \$2.00 Worth \$2.75. Fine Pure Jap Taffeta Silk Waists, white or black, made with front of all over, hemstitched tucks, tucked back and sleeves, size 32 to 44, clearing at each \$2.00

Silk Waists at \$300

Fine Quality Wash Silk in black and ivory, made with pleats, pin tucks and rows of silk insertion down front, fine tucks on back, deep cuffs with two rows silk insertion and fine tucks, sizes 32 to 44, regular value \$3.75 for \$3.00

Silk Waists at \$4.00

Rich Quality Silk in white or black, made with front of all over tucks and wide silk embroidery, tucked back and collar, cuffs trimmed with all over silk embroidery, sizes 32 to 42, clearing at each \$4.00

\$5, \$6.50 and \$7.50 Skirts for \$3.89 38 Only Ladies Skirts in fine voiles, panamas, tweeds, homespuns, mohairs, sicillians, etc., blacks, navy, greys and mixtures, good range of styles, sample skirts worth up to \$7.50, clearing at \$3.89

\$1.25 to \$150 Black Underskirts 98c

9 Dozen Rich Black Satana Uuderskirts, cut full width, with deep flounce, ruffles, tucks, etc., lengths 38 to 42 inch, regular \$1.25 to \$1.50 each, clearing at **98c**

\$3 and \$3.50 Muslin Suits \$1.89

14 only Fine Muslin and Percale Suits, cut in the latest styles and prettily trimmed with Swiss embroidery insertion, sizes 32 to 40, regular \$3 to \$3.50, clearing at \$1.89

From Geo. W. Rivers, Watford, quoting prices for sewer pipe. From Angus Smith, C. E., stating that reports on the several drains would be forwarded at once.

Branch Bell or Crawford drain do now close.—Carried.

Then met as a Court of Revision on Rushton drain.

Moved by Galbraith and Walters, that the following changes be made on Rushton drain outlet: E pt lot 7, T. L. R., be reduced \$2; E 1-2 lot 11, T. L. R., be reduced \$5; and Court of Revision do now close.—Carried.

Carried.

Moved by Walters and Campbell, that the drainage viewers, Messrs.



anything else.

Black in 10c. and 25c. tins. White in 15c. glass.

SAMUEL GELLER Chatham Iron and Metal Yards

Highest prices paid for Scrap Iron
Metal and Rubber Phone 503 Advertise in The Planet!





''Shad**eland Nu**tamber''

is a beautiful cherry bay standing 16 hands and weighs 1200 lbs. He was foaled in 1897, and has just been purchased by the undersigned, and is looked up as one of the handsomest stallions ever imported into Kent county. He is related to Carl Wilks 2 04%; Manager 2.05%; Lady of the Moon 2.04%; Manager can turf. The pedigree of Sunderland will be mailed free to any person interested in breeding and an inspection of this stallion is cordially invited at his stables in the Rankin House Barns, Chatham, where he will stand for service during the season. Terms: \$15.00 to insure. Gilbert, Donovan & Lethbridge, proprietors.