

### **Refreshing Sleep**

A glass or two of the "Beer That Builds" at bed time, will bring restful, refreshing sleep. The tired business man—the woman who is nervous and run-down—will find this tonic and food most beneficial. Rich in food value—easily digested—and extra mild.

# O'Keefe's



Special EXTRA MILD

**STOUT** 

Your dealer should have it. Don't take a substitute but insist on having the genuine O'Keefe brew.

The O'Keefe Brewery
Co. Limited, Toronto.

All O Keete beers are browed only from pure barley malt choicest hops and filtered water.

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EVERYONE knows, of course, that Lea & Perrins' is the best sauce.

But few people realise that it is also the most economical.

It is easily proved. Make the comparison. You will find you have to use much more of the imitation.

And it cannot give you the same satisfaction.

The white writing on the Red Label:—



WORCESTERSHIRE SAUCE.

J. M. Douglas & Co., Montreal, Canadian Agents.

### The Canadian Courier

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#### Editor's Talk

PEN competition has begun between our service of war pictures and the space we have at our disposal to display them. A few weeks ago the dearth of war pictures was as bad as the scarcity of descriptive news from the seat of war. The censor still restricts the war correspondent and the descriptive writer. He is much more lenient towards the press photographer, who with his camera follows in the wake of destroying armies and tells the story of the war in retrospect, leaving the editor and the reader to fill in the gaps.

This week, besides the actual war photographs from France and Belgium, we have arranged to publish the only authentic and complete set of photographs of the Canadian army as it steamed out the St. Lawrence in a fleet of thirty-one troopships. We have made arrangements to publish these in full. They are the last pictures possible to get of the Canadian army before it landed in England. They are the last chapter in the series that began with the picking out of Valcartier as a mobilization base. Any pictures of the Canadian troops in future must deal with the troops in England or across the Channel in France. Once the Canadian army is incorporated in the great machine controlled by Lord Kitchener, the chances are very meagre for getting these men in the eye of the camera for the Canadian public. Therefore the Canadian pictures in this issue may be regarded as the photographic valedictory to our men at the seat of war. They should be seen by every Canadian.

Your home merchant will back up our guarantee on this splendid range. Ask to see

## McClary's Pandora

Range and let him demonstrate its many exclusive features to you. A McClary dealer in every town. 89



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THE Rayo Lamp is scientifically constructed, so that you get a clear, bright light without smell or smoke.



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Rayo Lamps are easy on the eyes—soft and steady—light up a whole room.

Made of solid brass, nickel plated—handsome, made to last. Easy to clean and rewick.

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