## "BELA"

 Seneral direction of the river, cuttin he Horizon anead was the pine-cla
Idge that bounded the lower end
take. Jack-Knife Mountain roe he take. Jack-Knife Mouwtain rooe
ver. The sea of rass was dazziling
vo the Eunlight.

Beata brimging up the rear, glared







## chem no slimpse ahead of thei quarry Waste and

 "Well Be , you did the most of It ," re"Wied Joe.
 This congry exelamations. It was not However, for what they thought Bel
had worfered. Each man was thinking
the wrong Sam had done him. To warlly Had cooled down. So man
Ho had chat happened to him during the
hangs two days that his capacity fo
angor and astonishment was pretite
 rell used up. He now felt more like
apectator than the leading man in
the drama.







## FIELD CASHIERS

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## 

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$\qquad$
THOS. FRENCH

toronto fat stock show

MRS, KIESO SICK SEVEN MONTHS

Resiared to Hzalth by iydia E.
Pinkhan's Vegetable Compound.




Hard to Dup Mea All depends on what you eat
as a substitute It is a god
time to stuuy "food value." time to study "food value."
You may be eating the
wrong foods, the foods that cost most and give the leas nutriment. Shredded more real, body-building nutriment, pound for pound than meat, eggs or potatoes and costs much less. Two and a little fruit make nourishing meal at a cost a few cents. Make Shreddec Wheat your "meat." A satis fying breakfast on which to
start the day's work. It is ready-cooked and ready
cat. Made in Canada.
Wonderful Invention. Thomas A. Edison was talking
about some of the gueer anti-submar about sonese of the queer ant-summar
ine inventions that had been submit "The best I can say for them," h the lunatic. A lunattc in an asylum
once sald toa visitor:
san ain a munatic, mister. Im a
sane as you are. $\mathrm{I}^{\prime} \mathrm{m}$ an inventor,


 "'Now, then, you see we take this
bird cage and we put her on a pronze
redestal 1i toet highi, the p pestal tanding on a marble slab. We placea
7 -ooot ladder on the right gide or the Ig to the opposite door.
Now, what happens? along and climbs up the Itght-hand
ladder. It opens the right-hand door hrough the cage, irons thob, left--hand
door by means of the cther iron knob ther side. And that's where we get
im, sir.' The inventor in his excltement gave
will Ieap int ot he air.
"Yes, sir, that're where we get him, Yes, , irr, that'e where we get him,'
omelt in. That's where the inventor
omhere I make monet

BEDTIME STORIES
 the chuse ff backache
 POSTURE OF FroMESY. Upon It in Great lieasure
pends Good or Bad Health.

$\qquad$

 It depends upon the maintenance of
natural conditionso of ifie. Som theatith
spectalists attribute all abnormalites or heath to bad posture. Depressed
mental condition. ill.piting elothmg
and poorly-adapted
intinture and Dibute to a slouchy sitting or standing Bar posture is blamed for such ais-
cazes as sclatica and lumbaro.
Good postige



