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1919

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ROCHON, P.Q. suffered for many years with Indigestion and Constipation. neighbor advised me to try ruita-tives". I did so and to the se of my doctor, I began to rove and he advised me to go on "Fruit-a-tives".

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	Accom. Wednes- days only
Read down STATIONS	Read up
11.10 a.m. Lv. Middleton Ar	5.00 p. m
*Clarence	4.28 p. m
12.00 m. Bridgetown	4 10 pm
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*Karsdale	3.05 p. m
13.30 pm Ar Dort Wode To	0 45

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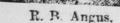
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C.P.R. Directors in the West







Sir Herbelt Holt,

C. R. Hosmer.









A LTHOUGH Montreal is the round the world, and since that he Mining and Smelting Company of headquarters of the C. P. R., has been twice across the continent. Trail, B.C., he is particularly interthe interests of the railway lie. The great Angus Shops at Montreal sted now in mining development. Just as much in the West as in the are named after him, and the present Sir Edmund Osler is also a citizen

powerful also in the world of banks, ment schemes in Canada. Mr. C. R. terest in the Canadian Patriotic of light, heat and power, or pulp and Hosmer began life as a te.egraph Fund.

Victoria, B.C., and the French-Canadian element is admirably represented in Senator Beique, the President of the Banque d'Hochelaga. The Senator was not actually a traveller on the special directors' train this year, for he was already in Vancouver on a frip of his own when that train left for the West. Mr. R. B. Angus is the doyen of the directors. but in spite of his years his is one of the leading and is a director of the Royal Trust Company, the Dominion Textile Company, the Laurentide Paper Company, the Laurentide Paper Company, the Dominion Textile Company, the Do

Sir Augustus Nanton, Senator F. L. Beique, E. W. Beatty, K.C.,

East, if not more so, and the train outstanding position of the Bank of of Toronto. As president of the Dowhich carries the President on his Montreal in the world's finance is due minion Bank and head of one of the annual inspection trip always carries in no small degree to his foresight most powerful brokerage firms in with it a strong contingent of direc and ability. Sir Herbert Holt was Canada, his financial advice is of construction great value to the C 1 who accompanied Lord Shaughnessy of the C. P. R., so far back as 1883. Sir Augustus Nanton came this year give an indication of the The Royal Bank under his presidency Winnipeg in 1884 and remained there ramifications of the interests which has made phenomenal progress, while to become the leading financial are allied to the great transportation he is the moving spirit behind some authority in the West. Like Sir Hersystem, for these directors are all of the most important power develop- bert Holt, he has taken a strong in-

paper, of steel, or foundries, of bridge building, of the milling industry, of textiles, of shipping and of insurance They are representative not of Montreal only, but comprise also leading citizens of Toronto, Winnipeg and Victoria, B.C., and the French-Cana-dian element is admirably represent.

Hosmer began life as a te.egraph Mr. E. W. Beatty, K.C., in addition to being a director is also the legal vice-president of the railway.

The advent of so distinguished a party of visitors naturally created great interest at the cities where the special train made a stop. The itin-dian element is admirably represent.

The Lord of Castle Mountain

Castle Mountain in the Canadian Pacific Rockies.

THE early fall had come in the mountains. Hunting parties patrolled the valleys still green and untouched by frost. The lower slopes of the rising ground were dark with spruce, brightened here and willow. Higher still the spruce and willow. Higher still the spruce tails up the water fed gulches, while here and there large patches of poplar lails up the water fed gulches, while here and there large patches of poplar gleaned golden yellow, for the frost gleaned golden yellow, for the frost gleaned golden yellow, for the frost green was nipping things at six thousand feet.

Above the timber line the grey crags towered, their highest peaks

crags towered, their highest peaks precipice on which the sheep stood source of danger was discovered.

and plateaus shining with the virgin dropped sheer for some six hundred The hunter raised his sights a trifle, and plateaus shining with the virgin brightness of the first snows. In the midst of the mountains, standing alone in seeming aristocratic exclusione in seeming aristocratic exclusions. The snow-covered rubble of the sighted a little further back, and pulled the trigger. The sheep heard no sound of the rifle. Something

sion, the colored battlements of Castle out a precarious existence where the struck him and crushed through his Mountain reached heavenward above rock walls started to climb. Away body; something that sped faster

the timber. Castle Mountain is a in the valley bottom a black dot than sound. Blindly, frantically, he the timber. Castle Mountain is a first the valley bottom a black dot than sound. Billing, frantically, he freak of nature. For a hundred miles crawled unheeded. It was a Canalleaped up and out over the chasm. The hunter scrambled madiy to the south there is none like it. To the south there is none like it. To the south there is none like it. To the south the Arctic close from Renff to Lake Louise.

with no similar outcropping. East-

with no similar outcropping. Eastward to the prairies where the Low River crashes down from the first steps of the foothills it is not duplicated, but westward, fifteen or twencated, but westward, fifteen or twency miles, there first appear signs of ty miles, there first appear signs of similar formation. Castle Mountain is igneous rock thrust from the bowels of the earth by some fierce heat of the earth by some fierce heat stone aand limestone formation of the first belt of the Canadian Rockies

A man, rifle on back, crawled like a fly up a steep "chimney"; sweat dripped from his brow, his breath was labored; he crept slowly upwards, using hands and feet and sair; for he knew his game would lay there dear as the very rocks. And there he found it; its head lying up the slope, a dark blotch on the snow. And it had a pair of horns that many a sportsman has spent a thousand dollars to obtain, but in vain—there side of a canon, which it would take a half day to circle, steed the

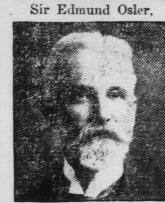
north the range runs to the Arctic along from Banff to Lake Louise.

stone and limestone formation of there side of a canon, water it would the first belt of the Canadian Rockies take a half day to circle, stood the

On the edge of a sheer precipice a game placidly feeding. Waiting in

THE early fall had come in the magnificent specimen of the Rocky concealment behind a rock until his

but in spite of his years his is one of Corn Exchange and chairman of the satisfactory in spite of rather unfav-the most active brains controlling Eastern Grain Standard Board. As the destinies of the C. P. R. At the president of the great Consolidated summer. age of eighty-four he went on a trip





GENUINE CASTORIA ALWAYS Bears the Signature of

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Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

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Castoria is a harmless substitute for Castor Cil, Paregoric,

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and has been made under his personal supervision since its infancy.



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One reason why the Kootenay Range gives the most use of the heat generated from the fuel, is that the grates have ample vents to make perfect combustion in the firebox, which is properly and scientifically proportioned ac-cording to the needs of

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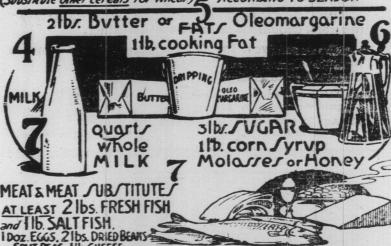
ONE WEEK' BUDGET



101b/ FLOVR (use as little Wheat flour as possible) 10 lb. CEREAL in other forms
Substitute other cereals for Wheat



ACCORDING TO SEASON



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1DOZ. EGGS, 21bs. DRIED BEANS
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