

After Every Meal

A universal custom that benefits everybody. Aids digestion, cleanses the teeth, soothes the throat.

WRIGLEY'S

a good thing to remember

Sealed in its Purity Package

THE FLAVOR LASTS

MINARD'S

"KING OF PAIN"

LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

Mr. A. R. Lachy, Edmonton, writes: "I fell from a building and received what the doctor called a very bad sprained ankle, and told me I must not walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain. It gives instant relief.

Minard's Liniment Co., Limited

Yarmouth, N.S.

THE POWER OF SUGGESTION

Travelling is becoming more and more of a fine art. Formerly it was regarded simply as a process of getting from one place to another—most tiresome but unavoidable. Now it is looked upon as a joyful undertaking, a delightful interlude in the regular routine of life, especially when the journey is over the lines of the Canadian National Railways. The keynote of the Canadian National Railways is service. That service aims to make the passenger as comfortable as possible and to save him every bit of unnecessary effort. Thinking is a mental effort. Patrons of the Dining Car Service will now find themselves saved that trouble, by a casual glance at the little dodger that is distributed throughout the coaches on all trains to which Dining or Cafe Cars are attached. Upon the dodger, which is printed in both English and French, are several suggestions for a suitable combination of dishes for the coming meal. Prices for a complete menu for breakfast, dinner and supper range from 35 cents to \$1.25. The traveller merely needs to decide what he wishes to pay, and upon entering the Dining-Car he will find him self served as quietly and satisfactorily as he would in any well appointed home.

MILL SAW BILLS

We have just printed a large quantity of Mill Saw Bills, and can supply them to the different mills either singly or in quantities.

THE ADVOCATE

MAGIC BAKING POWDER

Magic Baking Powder has been known and used all over Canada for more than 25 years. It has set and maintained the standard for goods of its class. Its use is increasing daily because of its strength, purity and universal satisfaction.

Pure food insures good health.

Magic Baking Powder insures pure food.

CANADIAN MADE

EWING COMPANY LIMITED

TORONTO, CANADA

GRUBS PLENTIFUL

The cut worms, the most destructive of all garden pests is reported to be exceedingly plentiful this season in the rural districts. They have not only destroyed green garden vegetables but in some cases have actually attacked and destroyed potato plants and oats. The continued dry weather is believed to be the cause of the heavy run of cut worms.

A Matter Of Age And Temperament

Eight men having died while playing golf in England, the question is raised whether there is an age limit beyond which it is not safe to play. A physician says that golf is not a very strenuous exercise, and that the mental stress is perhaps worse than the physical exertion, especially in the case of elderly people, who take the game too seriously.

This may be the explanation. Physically, golf is a somewhat leisurely game, with plenty of walking between whacks, besides delays caused by losing balls. Nor is there any need for anxiety or worry; no great result hangs on the score, the hazards represent no real dangers, and the so-called penalties are mere love taps. Your opponent does not try to body-check or tackle you. There is nothing to become excited about.

Yet, such is the perversity of human nature that grave, elderly men, may be seen addressing abusive remarks, not to their fellow human beings, but to a harmless little ball, a slender stick with a bit of metal on the end, or even a grassy plain, a hill, a vale, or a purring brook that to the sleeping woods all night singeth a quietude. All the surroundings of golf links seem to conduce to musty, meditation, serenity, poetry nature study.

But instead of admiring the scene some men grow angry because they do not hit the landscape on the desired spot. For them the sun shines, the winds whisper and the brooks murmur in vain. They are even exasperated by the calmness with which nature views their errors and misfortunes. When all nature smiles they fancy she is laughing at the way they slice or fizzle.

This is the temper which should be avoided by those whose arteries are hardening. They should get into harmony with the landscape and the ball, and recite a few verses from some leisurely poem like the Lotus Eaters, when they miss. In this way golf may lengthen and not shorten their days.

A Caterpillar Year

Providence Journal: The tent caterpillars have wrought havoc along the New England roadways. They have spread their tents on every wild cherry tree and are a threat to the farmer's orchards. Some systematic attempt should be made to destroy them, either by cutting the infested branches or by burning the nests with kerosene torches. Here is a good work for the Boy Scouts. The farmers themselves, moreover might devote some portion of their energies to the task, though just now they are, of course in the midst of other engrossing labors. It seems to be a great caterpillar year. In Oregon the Southern Pacific Railroad is having a hard time with an army of the pests that has been seriously interfering with traffic on the Albany-Newport branch. The army is a mile long and has moved five miles in a few days, stripping trees and bushes in its progress.

The railroad is using crude oil in combatting the worms, and everybody will hope that it will literally wipe them out before they get much farther in their ruinous advance.

PULPWOOD BILL IS PASSED IN FEDERAL HOUSE

By a vote of 96 to 57, the House defeated an amendment to give the six months' hold to the Government empowering the

Used After Shaving Keeps Skin Soft and Smooth



Many men suffer from irritation of the skin as a result of shaving. With some it assumes a form of eczema and becomes most annoying and unsightly. By applying a little of Dr. Chase's Ointment after shaving the irritation is overcome and Barber's Itch and Eczema are prevented or relieved.

DR. CHASE'S OINTMENT

60 Cents a box, all dealers, or Edmondson, Bates & Co., Ltd., Toronto

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

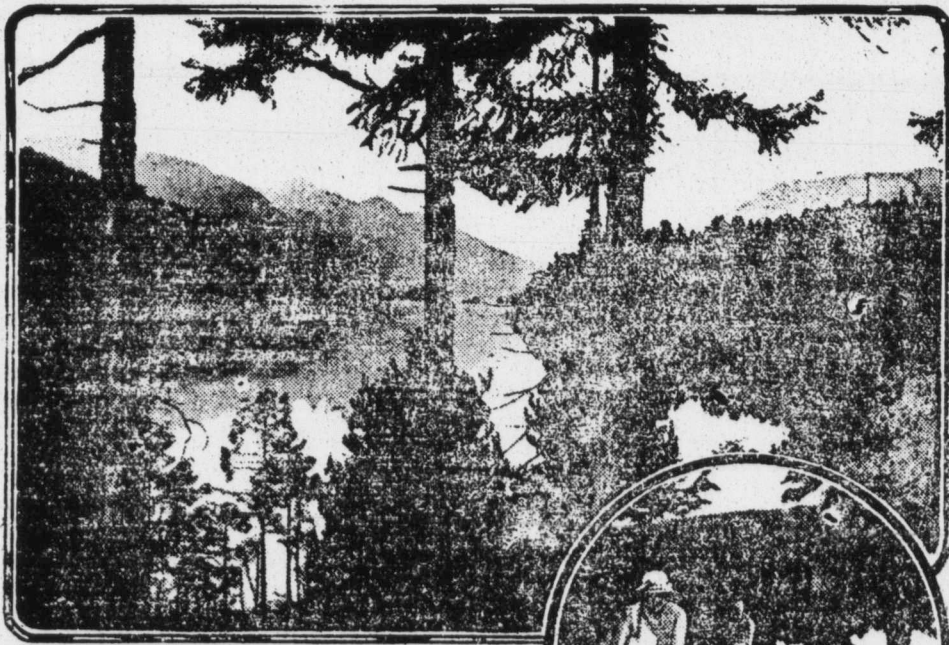


Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mononitrobenzoic acid of Salicylic acid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company are stamped with their general trade mark, the "Bayer Cross."

Mountain-Climbing on Vancouver Island



Cameron Lake showing Mount Arrowsmith in the distance.

Vancouver Island is becoming famous for many things. Among the chief of these is its climate, among the more utilitarian its strawberries; and among the tourist attractions its marvellous scenery, and magnificent drives, its many fascinating trips both by boat and by rail. But, while tens of thousands of visitors holiday in the island every summer, very few of them are aware of the fact that within less than a day's journey of Victoria there are mountain peaks covered with perpetual snow, and massive glaciers, which defy the warmest of the summer sunshine, where those who enjoy that most exhilarating sport, mountain-climbing, may put all of their skill to the test.

The most popular mountain from an Alpinist's point of view is Arrowsmith. It is about six thousand feet high, and to reach it one travels by one of the most magnificent scenic railways on the continent. There is a diversity of country all along the hundred miles from Victoria to Parksville. Parksville is on the east coast of the island, and Victoria, situated at the extreme south of the island is the starting point for the journey. One of the first summits to be crossed is that of the splendid Malahat, about fifteen hundred feet above the sea. Here, from the "Lookout," one looks down on a wonderful panorama of green-embowered hills, narrow winding waterways, the wide stretch of the sea itself and the Olympic mountains on the Mainland in their dazzling dress of ice and snow. After crossing the Malahat there are miles along the shores of the salt water, quick passages through picturesque villages and towns, journeyings among sweet-scented woods which are always gay with flowers.

At Parksville the road divides one branch swinging toward the west. And there begins the first trek in the journey which leads to the everlasting hills. As one nears Cameron Lake, whether one travels by rail or highway, one sees the beginning of the vast forest of Douglas fir, than which there is no finer stretch of timber in America.

Just across the lake from the Chalet one begins the ascent of Mount Arrowsmith.

The particular day when we made the journey was in early June. It was sweet and cool near the water, the bracken thrusting up branches and tall, maiden-hair ferns just unfolding, all of the trees and shrubs wearing their new dresses of fresh, young green.

We started at noon, and from the very outset found the trail fairly steep. With only occasional stops for breath, we pushed on for five hours before we made the first, a distance of about 2000 feet up. It was rather easy in the beginning, the mountain had the trail had not been clear upon the winter storms, which made one going rather more difficult than it would otherwise have been. But every step of the way the forest was

Just before the end.

magnificence of scene that called forth exclamations of delight.

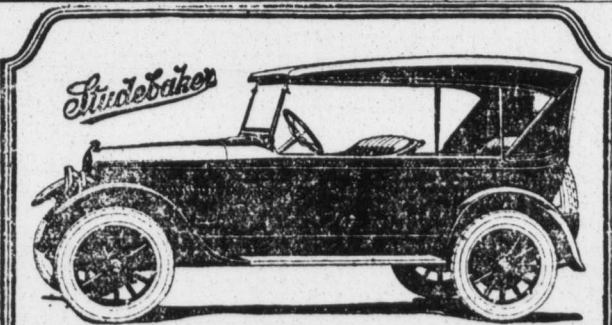
The Hut was practically buried, for the snow lay deep on the upper reaches. It took us an hour or more to tunnel into it, for although our packer had gone ahead with the blankets, he could not accomplish much alone. But we finally dug our way in, cleared the snow from the windows, made a fire, and before very long the aroma of boiling coffee and fried ham filled the little cabin, and we sat down to eat with ravenous appetite.

The sleep that comes to one on these high, snowy altitudes, far above the slightest sound of life, is deep, dreamless and infinitely refreshing. We awoke at eight the next morning, full of eagerness to continue the climb, which from there on is a real test of strength and endurance.

The final five hundred feet were very steep, and not without danger for the unwary. We had a few tumbles, and slides, which only added to the enjoyment, and when we had pursued our journey to the end our satisfaction was very great. For it was an objective worth striving for.

The view was grand beyond conception, snow-peaks all about us, dazzlingly splendid in the sunshine, clouds of mist lifting from the valleys, and rolling away to give a glimpse of lakes blue as periwinkle, of bare cliff-sides coloured with the tints of the rainbow, and bright, green valleys, and forests of sturdy little jack-pines, while now and then when the clouds would roll up and melt into the blue of the sky, we could glimpse a farther view, and we said it was the sea, and the mountains beyond the sea, but the distance made it almost as vague as a half-forgotten dream.

It is a journey that one can easily make within the day, providing there is no precipitation, and it is a most joyfully exhilarating one, while the picture which the summit discloses is always stand out conspicuously in the memory of one's imagination.



STUDEBAKER LIGHT-SIX TOURING CAR \$1375

More Cars Shake Themselves to Pieces Than Ever Wear Out

Charge that up to vibration—the constant trembling that causes cars to grow old prematurely by racking the chassis, destroying the "metal life" of vital parts, loosening up bodies and causing squeaks and rattles. Frequent, costly repairs are the result.

The Studebaker Light-Six is freer from vibration than any car of its approximate size or weight yet produced. This has been accomplished largely by machining the crankshaft and connecting rods on all surfaces—a practice used by Studebaker exclusively on cars at this price and not to be found on any other car in Canada selling for less than \$8500.

Aside from its mechanical excellence, the Light-Six is handsome in design, extremely comfortable, sturdy, and we believe the most economical car to buy and operate ever offered at \$1375 or anywhere near this figure. It is powerful, flexible, speedy, easy to handle and convenient to park.

The Light Six is well worthy of the Studebaker name, which for 71 years has stood for unfailing integrity, quality and value.

MODELS AND PRICES—f. o. b. Walkerville, Ont.—Exclusive of Tax			
LIGHT-SIX 5-Pass., 112" W. B. 40 H. P.	SPECIAL-SIX 5-Pass., 117" W. B. 50 H. P.	BIG-SIX 7-Pass., 126" W. B. 60 H. P.	
Touring.....\$1375	Touring.....\$1795	Touring.....\$2445	
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Sedan.....2225	Sedan.....2950	Sedan.....3750	

Terms to Meet Your Convenience

The LOUNSBURY CO., LTD.
Newcastle Doaktown Chatham

THIS IS A STUDEBAKER YEAR

Governor-in-Council to prohibit the export of pulpwood, and subsequently the bill received its third reading.

The amendment, moved by Major Power of Quebec South, came from the Liberal ranks but it received only seven Liberal votes, including that of the mov

A. R. McMaster, Brome, opposed the bill, as being "not consistent with the principles which we would have supposed animated a

party calling itself Liberal." "The Prime Minister has said that I have erected a little altar of my own," continued Mr. McMaster. "That may be so, but I can inform him that the fires of this altar are at least not fed with fuel from the splinters of a broken platform."

PILES

Dr. Chase's Ointment will relieve you at once and afford lasting benefit. See a local dealer, or Edmondson, Bates & Co., Ltd., Toronto. Sample box free if you mention this paper and enclose the stamp for postage.