

## "HERE'S TO APPETITE"



The cheese that  
adds a zest to  
plainest fare or  
finest feast

### Mac Laren's Imperial Cheese

With a flavor all its own. Delicious and appetizing. You will never know how really good and wholesome cheese can be made until you've tasted "Imperial" Cheese.

Its quality and flavor are due to the care in curing and ripening, and to the rich, pure milk from which it is made.

Cheese is an ideal food, containing everything necessary to sustain life and develop energy. Imperial Cheese contains from two to six times the nourishment in a like amount of meat, with no waste products combined, and is easily digested and assimilated.

Mac Laren's Imperial Cheese is put up in sealed, opal jars, and remains clean, soft and fresh, good from the first taste to the very last bit. It spreads like butter and never dries or gets stale. Always ready to serve. Your grocer has it from 10 cents up.

Mac Laren Imperial Cheese Co., Ltd.  
Detroit, Mich., and Toronto, Can.

### The CANADIAN OFFICE & SCHOOL FURNITURE CO. PRESTON, ONT.

Manufacturers of  
High Grade Bank  
& Office Fixtures,  
School, Library &  
Commercial Fur-  
niture, Opera &  
Assembly Chairs,  
Interior Hardwood  
Finish Generally.



### Mail Contract

SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until noon, on FRIDAY the 24th JUNE 1910 for the conveyance of His Majesty's Mails, on a proposed Contract for four years six times per week each way, between Carluke and Hamilton from the 1st JULY next.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Offices of Carluke and Hamilton and Route offices and at the Office of the Post Office Inspector at Toronto.

POST OFFICE DEPARTMENT,  
Mail Service Branch  
Ottawa, 6th May, 1910

G. C. Anderson  
Superintendent.

Altering the date for one's preparation, doesn't suit in all cases.

Should Cotter be successful in the forthcoming race, it will mean much for his country, since Cameron—a fellow-Canuck—by winning the Boston Marathon, has already annexed the championship of America.

\* \* \*

### The Late King Edward and Sport.

NO truer friend of legitimate sport ever lived than the late King Edward.

Being intensely human, he understood perfectly the innate love his subjects had for feats of strength and skill of all kinds, and being alive, as he ever was, to their interests, did what he could to foster and encourage them. He was a sportsman in the truest sense of the word. He loved the pastimes of his people, but deplored deeply the gambling that was incident to some of them. He was, however, broadminded, and intelligent enough to understand that, while there would undoubtedly be a certain amount of harm done in this way, which it seemed could not well be avoided, there would be infinitely more benefit, and that the rule of "the greatest good for the greatest number" would in this, as in all cases, be a sound one to follow.

Personally, he was devoted to yachting, shooting (and a crack shot, too), golfing, motoring and cycling, while his fondness for the turf is well known. For years he maintained an extensive racing stable, and owned, at different times, many noted thoroughbreds, including Persimmon, Diamond Jubilee, and Minoru, all winners of the world's greatest turf classic, the English Derby.

In athletics, too, he always manifested a great interest, and attended many of the most important meetings, especially those between the universities of Oxford and Cambridge, and the Braemar gathering in Scotland.

Canadian athletes, who had the pleasure of meeting him, both at Athens in 1904, and London in 1908, will remember the cordial greeting he gave them, and the great interest he seemed to take in their success.

Sport—clean, honest, wholesome sport—has lost a good patron and supporter in the late lamented King Edward, who, by his example, has taught the world that, when honestly conducted, there is no branch of it but should be encouraged.

Moreover, it may not be out of place to say that, by the interest he always took in it, he won the hearts of the masses, and incidentally accomplished more, in the way of preserving the integrity of his empire, than he could perhaps have in any other way.

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### Training for the Mile Run.

IT is advisable always, in training for this event, to jog slowly (half-speed—or to be more explicit, say, a 7.00 clip—a couple of miles every second day, for the first two weeks, and to walk, from five to ten miles, on the remaining days. Then, when the legs and vital organs are in condition to stand fast work—run from half to three-quarters of a mile, three days a week, at fairly fast clip, and the remaining three days, from a mile to two miles, at about a 6.00 to the mile gait. Take a sprint or two of 75, or 100 yards, at each practice, and an occasional fast "quarter," and a good long walk, or two, during the week, and you'll soon develop form good enough to win almost anywhere—provided always that Nature has endowed you with the other necessary qualities.



## Has Tried Them all— Uses "New Perfection"

The housewife with years of experience—the woman who knows how to cook—finds, after practical tests and hard trials, the New Perfection Oil Cook-Stove is her idea of what a good cook-stove really ought to be.

She finds it requires less attention, costs less to operate, and cooks all food better than any other stove she has ever tried.

She finds the New Perfection oven bakes and roasts perfectly.

### New Perfection WICK BLUE FLAME Oil Cook-stove

has a Cabinet Top with a shelf for keeping plates and food hot. There are drop shelves for coffee pot or saucepans, and nickered towel racks.

It has long turquoise-blue enamel chimneys. The nickel finish, with the bright blue of the chimneys, makes the stove ornamental and attractive.

Made with 1, 2 and 3 burners; the 2 and 3-burner stoves can be had with or without Cabinet. **Cautionary Note.**—Be sure you get this stove—see that the name-plate reads "NEW PERFECTION."

Every dealer everywhere; if not at yours, write for descriptive circular to the nearest agency of the

**THE QUEEN CITY OIL COMPANY, Limited**  
OR THE IMPERIAL OIL COMPANY, Limited

## A TWENTY DOLLAR GOLD PIECE

is valuable—but attached to the end of your electric wires would give you no illumination. It is not suitable for that purpose.

### YOU MUST HAVE A LAMP

To get the illumination you must have the right lamp. The proper reflector and correct voltage are important.

### THE TORONTO ELECTRIC LIGHT TUNGSTEN IS THE RIGHT LAMP FOR STORES

Our experts will advise you regarding the reflectors and voltage. They are at your service. *Phone us, call or write.*

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**A. A. CAMPBELL** - **Managing Director**