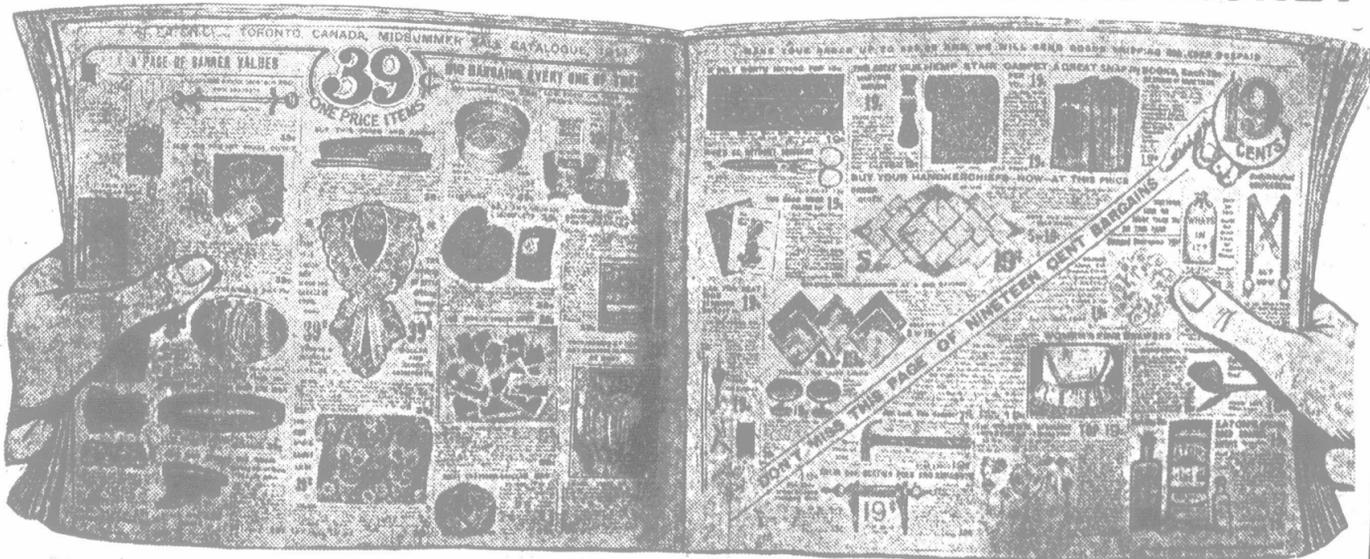


HUNDREDS OF OPPORTUNITIES TO SAVE MONEY



THREE STRIKING FEATURES OF OUR MIDSUMMER SALE

UNUSUAL VALUES SUPERIOR QUALITY LOW PRICES

OUR July and August Sale has always been a grand opportunity for you to save money, but no previous sale ever held by T. EATON CO. has equalled this one. We never listed values before which were quite as good as those contained in the 24 pages of our Midsummer Sale Catalogue. We are not over-estimating them: in fact, we cannot do them justice by describing them.

YOU MUST SEE THE GOODS and examine them to appreciate the phenomenal opportunities to save money, which we are placing before you. If you have not received a copy of our Catalogue, write for one immediately. We are not exaggerating the merits of this Sale. It would be folly for us to do so, since our Guarantee allows you to return any article with which you are dissatisfied and get your money back in full.

ALTHOUGH the prices quoted in our Sale Catalogue are wonderfully low, nevertheless the quality of the goods has in no way been sacrificed to make the price. We have bought in enormous quantities, we are selling in enormous quantities, and to create two months of hustling business, we have reduced our already low margin of profit. Every item is something which every household is either needing at present or soon will be. Buy now either for present or future needs. It will pay you to do so.

OUR prices are low—they are exceptionally low—in fact, they are the lowest ever quoted on similar goods by T. EATON CO. This Sale has already proved a great boon for thousands of shrewd buyers who are ever anxious to make a dollar reach the limit of purchasing power.

WRITE TO-DAY
FOR OUR
JULY AND AUGUST SALE
CATALOGUE
IT IS FREE FOR THE ASKING

MONEY SAVED IS MONEY GAINED, and this sale is your opportunity to save. Now is the time to take advantage of the wonderful values which we are placing before you. Send us your order—when the goods arrive look them over—if you don't like them send them back and we will refund your money in full. Try us once and do it now.

REMEMBER OUR GUARANTEE
"SATISFACTION
OR YOUR MONEY BACK"

T. EATON CO.
LIMITED
TORONTO CANADA

TRY THE EATON MAIL
ORDER SERVICE.
IT WILL PLEASE YOU

Melons for Breakfast.—Place the melons (musk) on ice until thoroughly chilled, then cup open, take out the seeds, fill with finely-cracked ice—provided you are sure the ice is pure—and serve. For dessert at dinner the melons may be prepared the same way, but fill with ice cream.

Blackberry Charlotte.—Make a boiled custard with 1 quart milk, yolks of 6 eggs, ½ cup sugar, flavoring to taste. Line a large glass dish with slices of sponge cake dipped in sweet cream, then a layer of sweetened blackberries, then another layer of cake and berries as before, and so on until the dish is full. When the custard is cold pour it over the whole; then beat the whites of the eggs to a stiff froth, add ½ cup sugar, and flavor to taste. Heap this on the top and decorate with large berries.

English Cream.—Mix together well half a cup each of sugar and flour, and ¼ teaspoon salt. Blend with hot milk, from a pint scalded over hot water. Return to the fire and cook, stirring constantly until it thickens; then cook, stirring occasionally, for 15 minutes. Beat 2 eggs, add ¼ cup sugar, and stir into the hot mixture. Stir until the egg looks cooked, then let cool and flavor with vanilla, lemon, orange or coffee.

Graham Bread.—Soften one-third cake of compressed yeast in ¼ cup lukewarm water; add 1½ cups of scalded and cooled milk, ½ cup molasses, 2 tablespoons butter, and 1 teaspoon salt. Mix well, then stir in 2½ cups graham flour and 1½ cups white flour. Mix very thoroughly; the dough is not firm enough to knead. In the morning cut the dough through and

through with a knife and turn it over and over. Turn it into two buttered pans, make smooth with a knife, and let stand to become nearly doubled in bulk. Bake about an hour.

Is Your Child a Mouth Breather?
By Charlotte C. West, M. D., in Pictorial Review.

Perhaps the most common of all conditions in children that interfere seriously with the health, are troubles of the nose and throat. The mother who lovingly presses her baby to her breast while in the act of nursing, thus interfering with its breathing, does not realize that she may be laying the foundation for future distress to her child, which may affect it throughout its entire life.

As everyone is aware, the nose is but partially developed at birth, assuming shape and form only with the general growth of the body. That portion of nose which we see is the least of it; the most important part, the part with which we breathe, is inside, and is most intimately connected with the development of the brain, and, therefore, of intelligence; with the ears, and consequently with our sense of hearing; with the proper formation of the mouth, and thus with the growth of the teeth; with the lungs, and, therefore, with a sufficient supply of oxygen upon which life depends. So you see that just as "Big oaks from little acorns grow," so does the proper development of the entire body depend upon so apparently small a thing as an unobstructed breathing apparatus.

In an infant, the nasal passages are ex-

tremely small, whereas the glands at the back of the nose and in the throat are large. The least thing that interferes with the intake and output of air through these narrow passages affects the general health, and more particularly the condition of these glands.

THE GLANDS OF THE THROAT ARE NATURE'S SENTINELS.

Nature has provided an abundance of glands in this location at birth, because children are peculiarly susceptible to air-borne diseases; by that I mean those diseases of early childhood, such as measles, chicken-pox, whooping cough and diphtheria, which are due to germs that are carried about in the air. These glands are Nature's sentinels which guard the passageway to the lungs and blood, and protect the body against the invasion of these germ diseases. As we grow older and stronger, and are more able to resist the action of germs, these glands in the nose and throat shrink, because we no longer have the great need for them we had in childhood.

But anything that interferes with nose breathing during the early years of life causes these glands to take on an additional growth. In time large masses of them may be formed, completely stopping up the air passages at the back part of the nose, so that breathing through the nose is not only extremely difficult and only partially performed, but in some cases is absolutely impossible. Mouth-breathing, not only while asleep and during the night, but at all times, becomes the rule.

Who has not noticed such a child, with

its mouth hanging open, the lower lip usually enlarged, the nostrils pinched together with scarcely any opening, the bridge of the nose unformed, the mouth long and narrow with overlapping teeth, the whole face wearing a dull expression, and the general manner listless and pre-occupied?

This may be an extreme picture, but thousands of children suffering to a greater or less degree from this condition, are found in the public schools throughout our country. Fortunately, the physicians on the health boards are making new children of them by removing these growths—called adenoids—and so enabling them to breathe into their bodies a proper supply of fresh, pure air.

A great many people are under the impression that the nose is made only to smell with, whereas it should more rightly be regarded as the principal organ of respiration or breathing. The moment this is understood, together with the fact that without air life is impossible, we can appreciate the importance of this subject.

It might be supposed that although a mouth-breather, the child would be able to take in a sufficient supply of oxygen (the life-giving element in air) for all the demands of the body, but this is not so. The air must pass through the nasal passages, because this organ is supplied by Nature with the necessary apparatus for warming, filtering and moistening the air before it enters the throat and lungs. When the nose is obstructed, and the child breathes through the mouth, the cold, dusty and dry air coming in contact with the delicate coverings of the upper air passages (larynx, bronchial tubes, and