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7c. for one by itself;

25c. for four.

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You'll be a quarter purchaser afterwards.

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MAIN 4234

Many a Pair of Shoes may be made to do double and treble duty if you'll bring them here for attention at the first indication of wear. D. Monahan & Co. MARKET ST.

(New York Times.) James C. Lincoln, tall, well-knit New York A. C. javelin thrower, created a new American record for throwing the steel-tipped spear yesterday in the Fall track and field meet of the New York A. C. at Travèrs Island. Lincoln, who holds the local title, made the remark-able toss of 197 feet 6½ inches. This effort was an improvement of 4 feet 7.3-4 inches on the best previous nation-al figures, made by Milton S. Angier of the Illinois A. C. in the fiftal Olympic try-outs at Cambridge. Angier's mark was 192 feet 10.8-4 inches. Lincoln's superb performance drew a continued round of applause from a crowd of about 5,000 who witnessed the feat on the famous old Mercury Foot athletic field. Even before the an-nouncement of the new record was made the crowd, realizing the tremendous throw by the different stake marks dot-ting the infield, burst forth in a thun-derous applause, which was only excel-led in the outburst which greeted the official announcement of a new mark. "Cats are very poor swimmers," states "Cats are very poor swimmers," states a writer in a weekly journal. This no doubt accounts for the exceptionally high infantile mortality among these domestic

Games of New York A. C.

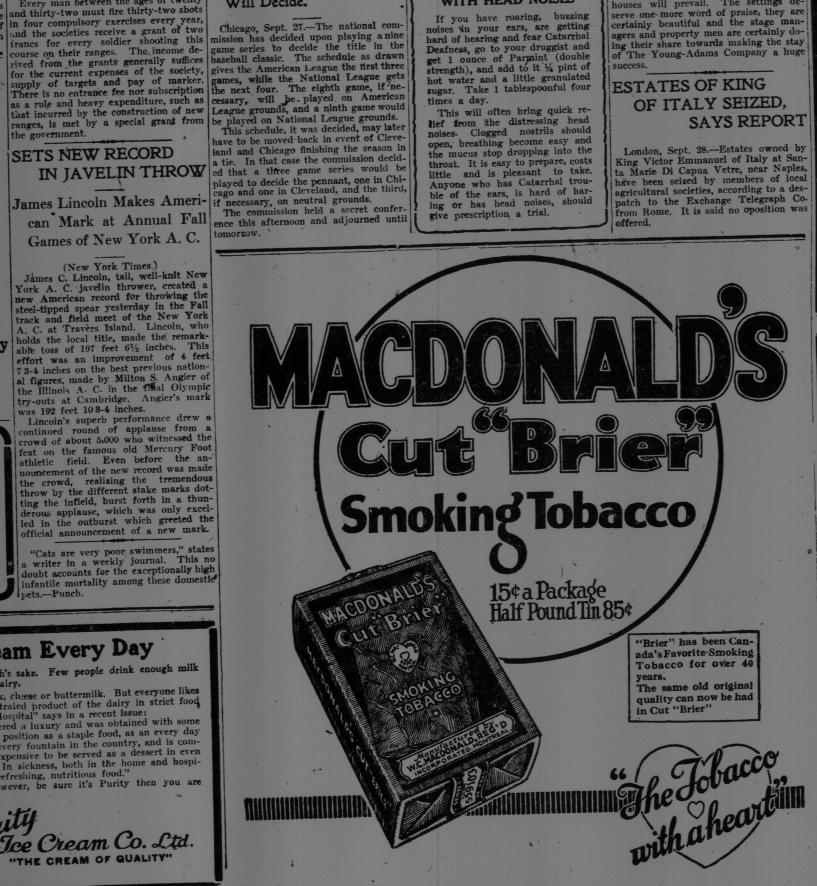
## Eat Ice Cream Every Day

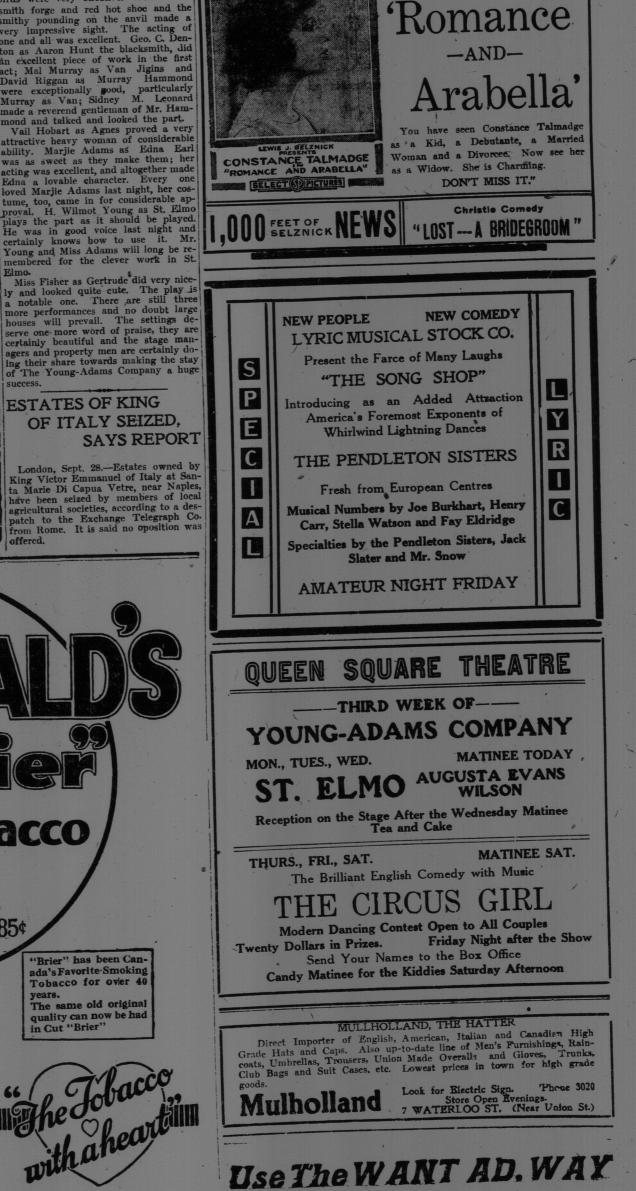
It's important for your health's sake. Few people drink enough milk or eat sufficient products of the dairy.

or eat sufficient products of the dairy. Many people do not like milk, cheese or buttermilk. But everyone likes Ice Cream. It's the most concentrated product of the dairy in strict food values. Here's what "Modern Hospital" says in a recent Issue: "Ice Cream was once considered a luxury and was obtained with some difficulty. It has now taken its position as a staple food, as an every day commodity. It is dispensed at every fountain in the country, and is com-mon enough and sufficiently inexpensive to be served as a dessert in even unpretentious boarding houses. In sickness, both in the home and hospi-tal, it is recognized as a useful, refreshing, nutritious food." - When getting Ice Cream, however, be sure it's Purity then you are re of getting the best.

Purily Ice Cream Co. Ltd. THE CREAM OF QUALITY 92-98 Stanley Street.

times a day. This will often bring quick re-Hef from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone who has Catarrhal trou-ble of the ears, is hard of har-ing or has head noises, should give prescription a trial.





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Constance Talmage

