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Four Crown Scotch

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J. S. Hamilton & Co., Brantford

General Agents for Canada and Newfoundland

SNAP SHOT ALBUMS

When returning from your vacation it is a good plan to protect your holiday snap shots by securing at once a snap shot album, which we now have on display.

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CANADA STEAMSHIP LINES LIMITED

HAMILTON-TORONTO

Steamers "MODJESKA" and "TURBINA" leave Hamilton and Toronto 8 a.m., 11.15 a.m., 2.15 p.m., 6.15 p.m. daily (including Sundays)

NIAGARA FALLS, Queenston, Lewiston, Niagara-on-the-Lake, Buffalo

Steamers leave Toronto (Yonge Street Wharf), week days, at 7.30 a.m., 9 a.m., 11 a.m., 2 p.m., 3.45 p.m., 5.05 p.m.; Sundays at 8.15 a.m., 11 a.m., 2 p.m., 5.05 p.m.

1000 Islands, Montreal, Quebec

the Saguenay. R. & O. Steamers sail from Toronto at 3 p.m., daily, including Sunday.

Low Week-End Rates to 1000 Islands throughout the summer. Special Saturday-to-Monday return fare, \$5.50, including ramble trip among the islands.

Apply Local Agents, Hamilton Office, or 46 Yonge St., Toronto

SUNDAY IN THE LOCAL CHURCHES

Guide to Places of Public Worship—Bright Helpful Services—Special Musical Numbers

ANGLICAN
ST. JUDE'S CHURCH—Rev. C. E. Jenkins, Rector. Dalhousie and Peel Sts. Aug. 15th, 11th Sunday after Trinity. 8.30—Holy Communion. 11.00—Morning Prayer and Sermon. 3.00—Sunday School. 7.00—Evening Prayer and Sermon. "The Second Mile"—"Whosoever shall compel thee to go a mile go with him two"—Matt. 5:41. The Rector will preach at all services. Strangers are made very welcome.

WELLINGTON ST. METHODIST—Rev. W. W. Henderson, D.D., pastor. 10 a.m., class meeting led by Mr. Cooper. 11 a.m., public service; sermon by the pastor, "A Clarion Call." Solo by Mr. Charles Darwin of Toronto. 2.45 p.m., Sunday School and Bible Classes. 7 p.m., public service; sermon by the pastor, "Moral Dynamics." Solo, "Tell Me About the Saviour" (Caro Roma). Master Frank Clarke of Christ Church Cathedral, Hamilton. Thomas Darwin, A.T.C.M., organist and choirmaster. Epworth League meeting, Monday night at 8, in charge of the literary and social departments. Prayer meeting, Wednesday night at 8; topic, "Why the Un-answered Prayers?" Welcome to all.

CONGREGATIONAL
CONGREGATIONAL CHURCH—Corner George and Wellington Sts. Pastor, Rev. M. Kelly. The pastor will take charge of both services. Services 11 a.m. and 7 p.m. Sunday School and Bible Classes 10 a.m. The public invited.

NONDENOMINATIONAL
CHRISTADELPHIAN—C. O. F. Hall. Subject for Sunday, 7 p.m. "Some of the things concerning the Kingdom of God and the name of Jesus Christ." Speaker, Mr. Denton, in C. O. F. Hall, 136 Dalhousie St., opposite market. All welcome. Seats free. No collection.

PRESBYTERIAN
ALEXANDRA PRESBYTERIAN—Rev. D. T. McClintock, Pastor. 11 a.m., subject, "Another Great Separator." 3 p.m. S.S. and Bible Classes. 7 p.m., subject, "The Man Who Was Always Certain." You are most cordially invited.

HOW TO KEEP WELL

(By Chas. G. Percival, M.D.)

Proper food properly cooked and properly eaten plays a great part in obtaining and keeping perfect health. There is a great need for the people of this nation for proper instruction in diet. Few people know the right kind of food to eat at the different seasons of the year, and not always does custom prove a good guide. Upon the diet of a nation lies its importance among the nations of the world. A proper diet that many of the large industrial plants hiring men into the thousands, have hired expert dietitians to go thoroughly into the matter for the benefit of its help.

One food expert so employed evolved the following valuable advice which the concern in question issued as a bulletin to the wage-earners on their pay rolls:

Blood-making foods are a delusion. All good foods when well digested make good blood.

Constipating foods—White bread, rice, boiled milk, soup, etc.

Laxative Foods—Whole wheat bread, fresh vegetables, fruits, corn products, etc.

Avoid extremes of heat and cold in food and drink; your stomach has no teeth.

Chew your food; your stomach has no teeth.

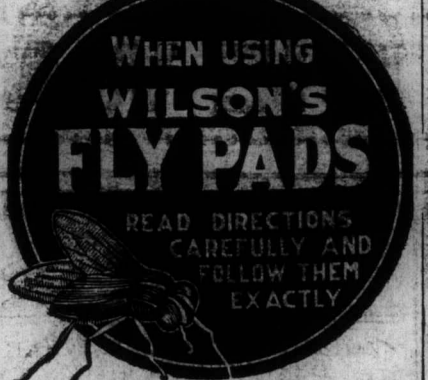
There are five types of food as follows:

1. Proteins. Make and repair tissue. Consist of eggs, cheese, nuts, beans, peas, fish, fowl, lentils, etc. Very important food elements. Concentrated foods. Most expensive type of food. Apt to be constipating. No storage places for them in the body. Avoid excess.
2. Fats. Heat producers. Consist of cream, cheese; fat meat; butter; olives; nuts; olive oil; etc. Excess fats delay stomach digestion.
3. Carbohydrates. Energy producers. The most abundant of all food elements. Consist of starchy foods, cereals, bread; macaroni; figs; raisins; dates; fruits; etc. Starchy foods should be thoroughly cooked. Excess stored in liver and muscles. Laxative tendency.
4. Sugars. Are energy producers as found in fruits, but not cane, boot, or maple sugar. Require but little or no digestion. All fruits, raisins, dates, figs, etc.
5. Mineral salts. Nerve stimulants and bone builders. Small but important part of human sustenance. Greens, lettuce, cereals, vegetables, fruits in general. Spinach and tomatoes rich in iron. Baked beans contain more salts than boiled foods.

PRISON DOESN'T CURE

Alcohol Victims Need Some Place to Reform them While Incarcerated. Chatham, August 14.—An institution halfway between the prison and the booze cure, where inebriates can be treated and at the same time incarcerated, is regarded by Magistrate Stanworth as something that is needed in counties in Ontario. Prison has failed to reform men addicted to the use of liquor and the court has found that to impose heavy fines only means that their wives and children are made the ones to suffer and still the unfortunates are no nearer being cured than before.

In Kansas the younger pedagogues are displacing the old teachers, who are stranded.



WHEN USING WILSON'S FLY PADS READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY

HARVEST HELP EXCURSIONS. \$12.00 TO WINNIPEG. The Grand Trunk Railway System will run Harvest Help Excursions to Winnipeg on the following dates: AUGUST 19TH and 26TH—From stations Kingston and Renfrew and Eastern Ontario and Quebec. AUGUST 21ST and 28TH—From stations Toronto to North Bay inclusive and East, but not including Kingston, Renfrew or east thereof. AUGUST 24TH and 28TH—From stations in Ontario, North and West of Toronto, but not including line Toronto to North Bay. Fare \$12.00 to Winnipeg. For particulars as to tickets west of Winnipeg, etc., apply to any Grand Trunk ticket agent. The Grand Trunk Pacific Railway is the shortest and quickest route between Winnipeg, Saskatoon and Edmonton and traverses some of the best farming country in Manitoba and the most rapidly developing section of Western Canada. Tickets and full particulars on application to Grand Trunk Ticket agents.

SOME GOOD ADVICE

If you have dandruff, get rid of it by killing the germs. If your hair is falling out, stop it. There is one sure cure that will remedy these misfortunes and aid you to remain young.

PARISIAN SAGE, the great hair restorer, is guaranteed to permanently remove dandruff in two weeks, or we will give you your money back.

PARISIAN SAGE stops falling hair—it prevents the hair from falling. It is the best beautifier for ladies' hair, as it makes harsh, lifeless hair fluffy, soft and beautiful.

PARISIAN SAGE is rigidly guaranteed. 50 cents a large bottle. T. J. BOLES.

Aug. 28 Canadian National Exhibition TORONTO Sept. 13

\$150,000 IN PRIZES AND \$150,000 ATTRACTIONS

"PATRIOTIC YEAR"

Model Military Camp
 Destruction of Battleships
 Battles of the Air

MAMMOTH Military Display
 MARCH OF THE ALLIES

Farm under Cultivation
 Millions in Livestock
 Government Exhibits

THRILLING Naval Spectacle
 REVIEW OF THE FLEET

Belgian Art Treasures
 Creator's Famous Band
 Biggest Cat and Dog Show

WAR TROPHIES

Field Grain Competition
 Greater Poultry Show
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One Thousand and One New Things to See

REDUCED RAILWAY RATES FROM ALL POINTS

OUR BIG Motor Truck

is for long distance moving and the rapid handling of Pianos, Furniture, etc.

We do all kinds of teaming and carting.

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 226 - 236 West Street
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Show Preference and Talk for Articles Made in Brantford Factories by Brantford Workmen—Your Neighbors and Fellow-Citizens—Who Are Helping to Build Up Brantford. Keep Yourself Familiar With the Following:

The Wm. Paterson & Son Co.
 HIGHEST GRADE BISCUITS AND CANDY

Gold, Shapley & Muir Co. Ltd.
 BRANTFORD
 Gas and Gasoline Engines, Windmills, Tanks, Pumps, Water Boxes, Concrete Mixers, Power Sprayers, etc. We manufacture the most complete and up-to-date line in our business.

SMOKE
 El Fair Clear Havana Cigars 10 to 25 cents
 Fair's Havana Bouquet Cigar 10 cents straight
 Manufactured by T. J. FAIR & CO., Limited BRANTFORD, ONT.

YOUR DEALER CAN SUPPLY YOU WITH
 Blue Lake Brand Portland Cement Manufactured by Ontario Portland Cement Company Limited Head Office Brantford

Crown Brand Corn Syrup
 and
 Bensons Prepared Corn

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COURIER JOB DEPT. CANADA STARCH CO

"MADE IN KANDYLAND"

SOME OF WHAT WE SERVE FROM OUR Ice Berg Fountain

ICE CREAM SODA, ALL FLAVORS
 EGG PHOSPHATES, ALL FLAVORS
 COCA COLA AND GRAPE JUICE

A partial list of our COMBINATION DISHES and SUNDAES is as follows:

Kitchener's Call	10c	Tommy Atkins' Smile	10c
Heavenly Hash	10c	Coney Island Dream	10c
Banana Split	10c	Chop Suey	10c
Dick Smith	10c	David Harum	10c
Jack Canuck	10c	Chocolate Soldier	10c
Isle of Pines	10c	Lovers' Delight	10c
Allies' Peacemaker	10c	Buster Brown	10c
Pride of Canada	15c	Cleopatra	15c
Blood Orange Ice	10c	Pineapple Ice	10c

All Made From Our PURE JERSEY VELVET ICE CREAM

TREMAINE
 The Candy Man 50 Market Street

Brushes

If you require a good brush you will by examining our stock have your wants supplied at satisfactory prices. We carry a full line of paint, floor, radiator, horse, scrub, banister, shoe, stove, striping and wire brushes.

Howie & Feely
 Temple Building Next New Post Office

"MADE IN CANADA"

Ford Touring Car
 Price \$530

ANNOUNCEMENT

The following prices f.o.b. Ford, Ont., effective Aug 2, 1915:

Ford Runabout	\$480.00
Ford Touring Car	\$530.00
Ford Town Car	\$780.00

No speedometer included in this year's equipment, otherwise cars fully equipped

There can be no assurance given against an advance in these prices at any time. We guarantee, however, that there will be no reduction in these prices prior to Aug. 1, 1916.

C. J. MITCHELL, 55 Darling St.
 Dealer for Brant County

TACKLE DEPULSED



Relieved Just in Time—Lives!

WEEEN, Toronto, was a victim of the attack of the gas in the city. He attacked my eyes all over the body. At last, I bought a box of the medicine, and now I am completely cured. I feel like a new man. I have no more pain. I have no more trouble. I have no more worry. I have no more sorrow. I have no more grief. I have no more pain. I have no more trouble. I have no more worry. I have no more sorrow. I have no more grief.

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