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In 1912 the Canadian Life earned surplus of $1,530,667, exceeding by over $237,000 the earnings of 1911, and by a much larger amount the earnings of any previous year. This is of importance to policyholders, for their Dividends must come from this account.

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50 large bunches BANANAS.
50 boxes CALIFORNIA ORANGES.
30 cases VALENCIA ORANGES.
30 cases SILVERPEEL ONIONS, small size.

july9,tf **EDWIN MURRAY.**

Why Grow Old?

By RUTH CAMERON.

There are not many Doctor Johnsons to set forth on a first romantic voyage age at 64.—Stevenson.

A reader friend hunted me out in my lair the other day and gave me a delightful half hour. I found great pleasure in meeting her and hearing her intelligent comments on men and events, but even greater pleasure in listening to the following account of herself:

She is something over 70, an age at which, not so many years ago, women used to put on caps and retire to chimney corners, and at which, even to-day, it is not ordinary for them to go more than a few hours' journey from home unaccompanied.

But this woman does not see why years and helplessness should be connected unless there is actual physical feebleness, and so every spring and fall she puts her house in order and then sallies happily forth alone on a pilgrimage to the homes of those friends who must be merely letter friends to her for the rest of the year. Whenever possible she includes a little sight-seeing and other diversions.

After two or three weeks of this she returns to her quiet country home, with a mind full of new thoughts and ideas, and a heart full of new associations and memories, tired, perhaps, in body, but infinitely rested in soul.

Is it any wonder that she is 72 years young?

When she left my home I walked a little distance with her, and I was surprised at her brisk step.

"It's because I never began walking slowly," she answered my comments. "I never let myself get the idea that I had to."

That last sentence evidently contains the secret of this woman's youth. She has never let herself get the idea that she had to walk slowly, and never go away from home, and be afraid of automobiles, and wear old-lady clothes and think old-lady thoughts, and be an altogether different person; and so none of these things ever happened to her.

Sometimes I wonder how much of the change that comes to people in the late sixties and seventies is caused by physical weakness, and how much is the result of their acquaintance of the traditional point of view.

Of course I have never been old myself, and so I don't know, but whenever I meet someone like this reader friend of mine who, though old in years, refuses to grow old in her ways of life, refuses to think of old age, I always wonder if a great many more people could not keep as active and unchanged if they would only take this point of view. And I am happy to believe that there are more and more such old folks every year. In Stevenson's day there were "few Doctor Johnsons to set forth on their first romantic voyage at 64," but in this day and generation I, myself, know at least half a dozen who have set sail for the lands across the seas when they were over seventy.

I think it is a splendid sign of the times and I hope it may be amply fulfilled during the twentieth cenury.

Ruth Cameron

Grey Top Hats In London.

London, July 8.—The grey top hat has come into fashion again this summer, after having suffered a long eclipse. More light grey top hats are now to be seen than for many years. They are now "the thing" in the House of Commons and they are becoming quite de rigeur at all fashionable open air gatherings. Mr. Winston Churchill has led the fashion in grey top hats among politicians. His was the pioneer grey hat.

Two Brothers Drown.

Canso, N.S., July 14.—A drowning accident occurred off the entrance to this harbor about noon on Saturday. Two brothers, William and Elias Berrigan, were returning from the fishing ground. In some unknown manner the boat was upset or swamped, and they were drowned. The first indication of the accident was the finding of oars, bait tubs and other loose appliances about the boat. No trace has been found of the bodies.

William leaves a wife and three young children. His brother was a boy of sixteen.

A Stickler For His Rights.

Signor Caruso, the famous tenor, who is at present singing at Covent Garden, tells a story of a Roman peasant who was out of work and who applied one day to a rich man for a situation.

"Have you a boat?" the rich man asked.

"Yes, sir," the peasant answered.

"Well," the rich man went on, "do you see those logs of wood drifting down the river? Well, they look as though they might be worth something; go out in your boat and collect them, and I'll give you half of all you get."

The peasant got into his boat and rowed hard for some time towards the drifting logs. Then suddenly he turned round and made for the shore. A friend who had heard the bargain made asked why he had come back without the logs.

The peasant scowled. "They're just as much mine as they are his," he said. "I'm not going to give him any. So here I am out of work again!"

Celebrates 900th Anniversary.

London, July 9. — Greenstead Church, near Olgar, has just celebrated its nine hundredth anniversary, the Bishop of St. Alban's, the vicar and the folk of the countryside taking part in the roceedings, while the Bishop stood beside the original oak walls of the sanctuary which, upon a night, according to tradition, protected the remains of King Edmund the Marytr, who was too youthful and saintly to be a match for hirsute Danish pirates.

Varicose Veins and Itching Piles

Usually Arise From Same Cause—Relief and Cure Effected by Dr. Chase's Ointment.

Nearly everybody knows of Dr. Chase's Ointment as the most effective treatment for piles or hemorrhoids that medical science has been able to compound. So much suffering and misery arises from this ailment that one is not long in telling his friends when he has found an actual cure. This accounts for the enormous sales of Dr. Chase's Ointment.

This letter tells of relief from the suffering of varicose veins by the use of Dr. Chase's Ointment. Many suffer from this trouble not knowing the comfort to be obtained by the use of this great soothing ointment.

Mrs. R. J. Evans, 187 Munro street, Toronto, writes: "We have used Dr. Chase's Ointment for years. I have been troubled with varicose veins, and find it the only thing that gives relief. For every purpose when a soothing, healing ointment is needed there is nothing so good as Dr. Chase's Ointment." 60 cents a box all dealers, or Edmanson, Bates & Co., Limited, Toronto.

Wire Wounds.

My mare, a very valuable one, was badly bruised and cut by being caught in a wire fence. Some of the wounds would not heal, although I trfied many diqerent medicines. Dr. Bell advised me to use MINARD'S LINIMENT, diluted at first, then stronger as the sores began to look better, until after three weeks, the sores have healed and bst of all, the hair is growing well, and is NOT WHITE as is most always the case in horse wounds.

F. M. DOUCET.

Weymouth.

Something Like a Speech.

After another of his speeches Mr. Bryan received what, he says, he considers to be the greatest compliment that has been paid him

He had been speaking for two hours, and at the close an old backwoodsman, who had sat solemnly facing him in the front row all the time, come forward and shook his hand warmly.

ever heard," he exclaimed. "I could

"That was the bulliest speech I've see your back teeth all the time!"

Plan to Stop Fish Depletion.

Toronto, July 14.—The Ontario government is expected to take up in the near future the re-organization to some extent of the outside game and fisheries service and the formulation of means to put a stop to the depletion of the lakes and streams.

One of the proposed reforms is the permanent appointment of experienced men as game and fish protectors in the place of the large number of men now employed who devote but a portion of their time to inspection work.

HOSE!

This week's special is Child's, Misses' & Ladies'

Hosiery,

in Cashmere, Lisle, Silk, Fancy Embroidery and Gauze.

EXTRA VALUES.

Child's, all sizes, 16c. pair
Ladies' Black and Tan Cotton, Cashmere, Rib and Plain, 25c. pair.

Soper & Moore.

Company's Innovation.

London, July 14.—Railwaymen are protesting against the experiment of the Great Western Railway Company in employing women as carriage cleaners at their Wormwood Scrubbs depot. The women, whose work, the company say, has given considerable satisfaction, are paid at the rate of 16s a week, against their male colleagues' 21s, and it is this distinction which is the cause of the men's resentment.

A meeting of the local branch of the National Union of Railwaymen was held at Gladstone Park, Harlesden, and a resolution protesting against the difference in wages was unanimously carried.

Sanitary arrangements on English railways were the subject of caustic criticism a few months ago by the Deptford Borough medical officer. He wrote:

"Anyone who has seen that prehistoric method of carriage cleaning at present employed in this country, which chiefly consists of violently disturbing the microbe-laden dust on the floors and allowing it to settle at once on the cushions, must often have wished to have the authority to teach the cleaners how to go to work."

He suggested that every railway company should have its own sanitary officer and medical inspector, as in the case on some of the lines in America. Failing this, the public health authorities should have power to compel them to maintain a decent standard.

Deptford Health Committee agreed, and thought that united action should be taken by London sanitary authorities.

Scientific Farming

By Moving Pictures, to be Adopted in Ontario.

Toronto, July 15.—The teaching of scientific farming by moving picture methods is likely to be the next step in the educational work the Ontario Department of Agriculture is carrying on for the promotion of improved farming methods in the Province. The matter has not been taken up definitely yet, but officials of the department are studying with interest the experiments now being made in that direction in the United States, and are considering its various advantages in connection with the institute lectures carried on during he winter.

CLOUDED BRAIN

Clears Up On Change to Proper Food.

The brain cannot work with clearness and accuracy, if the food taken is not fully digested, but is retained in the stomach to ferment and form poisonous gases, etc. A dull, clouded brain is likely to be the result.

A lady relates her experience in changing her food habits, and results are very interesting;

"A steady diet of rich, greasy foods such as sausage, buckwheat cakes and so on, finally broke down a stomach and nerves that, by inheritance, were sound and strong, and medicine did no apparent good in the way of relief.

"My brain was clouded and dull and I was suffering from a case of constipation that defied all remedies used.

The 'Road to Wellville,' in some providential way, fell into my hands, and may Heaven's richest blessings fall on the man who was inspired to write it.

"I followed directions carefully, the physical culture and all, using Grape-nuts with sugar and cream, leaving meat, pastry and hot biscuits entirely out of my bill of fare. The result—I am in perfect health once more.

"I never realize I have nerves, and my stomach and bowels are in fine condition. My brain is perfectly clear and I am enjoying that state of health which God intended his creatures should enjoy and which all might have, by giving proper attention to their food." Name given by Canadian Postum Co., Windsor, Ont. Read, "The Road to Wellville," in pkgs. "There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

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Wireless Telegraphy, and how to make the apparatus.
Motor Cycle Building and Repairing.
Building Model Boats, including Steam and Sailing Vessels.
How to Become an Engineer.
Decorative Designs of all ages for all purposes.
Cycle Building and Repairing.
Rustic Carpentry and how to do it.
Conjuring Apparatus and how to make it.
Bamboo Work and how to do it.
House Decoration.
How to Repair Household Articles.
Photography and how to do it well.
Photographic Cameras and accessories.
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Upholstery and how to begin the work

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[FOR THE TE

Visitation of th of Ne

Diary of the Rev Bishop's C

While the Bishop was in Bermu- last winter, he notified the north- Deaneries of this Diocese that it his intention to visit the various ishes and missions from Cape n to the bottom of Trinity Bay. ordingly, a few weeks after his ival, the Church Ship was thorhly overhauled and put in comsion for her third visitation voy- and if successfully concluded be the twenty-third for the Bishnineteen in the old Laverock, one he Sapper and three on board the azon. The ship's company are:—

he Bishop, Commander (ex-offi-)
ev. H. Leggo, Chaplain.
ohn Randell, Captain.
lexander Hamlyn, Engineer.
amuel Eddy, Asst. Engineer.
ilvanus Young, Mate.
oseph Lush, A.B.
artin Frampton, A.B.
eter Hiscock, Jr., A.B.
eter Hiscock, sr., (Cook.)
ohn Williams (Steward.)

he Amazon was ready for several s before the weather was suffiently clear to put to sea, and it was until the 7th July that her head pointed seaward, and she passed ough the Narrows on her cruise the north.

he Bishop and the Chaplain did leave St. John's until the evening the 10th, when accompanied by ons Noel and Bolt, who said d-bye and wished us bon voyage Waterford Bridge, left the town, Bishop proceeding to Lewisporte join the Amazon. Next morning safely arrived at our destination, the Church Ship had not put in appearance, nor did we get any s concerning her whereabouts, ll Mr. Leonard Earle coming m Twillingate in a motor boat inmed us that the Amazon was beatup the bay with a very light wind. he was returning almost immeely, he kindly offered to give us assage down the bay and put us board the Amazon. We were y glad to accept his invitation and ted in the boat. After four rs' run we sighted the ship and in hour or more we were on board. one good turn deserves another, as Mr. Earle's motor was not king satisfactorily we towed his t to Moreton's Harbor, only a few s from his anchorage. Here we ained for the night, going on re at 8 o'clock and holding ser- in a very neat and nicely kept ool-chapel, a large congregation ed in the service, and the singing very hearty. At an early hour morning we got under way to s Notre Dame Bay as we were ous to get to Tilt Cove for Sun- A few miles from Moreton's bor the wind dropped, and soon were becalmed. About half a to leeward a huge iceberg was und, and this white shimmering s looked very beautiful in the ning sunlight. Never a breath of d filled the sails and the tide slowly but surely drawing us to- d this cold beautiful castle of ice. ething must be done and done kly, the gig was lowered and sailors began to try and tow the out of line with the berg, but make little progress, and the ance is gradually lessening. The nd boat was put out manned by assistant engineer, the cook, and lieve the steward. They pull for r lives for by this time the huge s is towering over us, and might turtle at any moment. Slowly so slowly the ship moves and by a few feet do we clear the ther edge of this beautiful but gerous tower of Arctic ice. The e coast is studded with bergs; e are hundreds and hundreds of , every bay is full, and as they continually foundering and scatg huge fragments far and wide. danger of navigation is increasnd no man who can make a harwill risk running during the t. Soon after our escape from iceberg, a little breeze sprang up soon we left our "danger" far nd—but the wind did not last and all too soon the sails were ing idly, and the ship was sta- l fo

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