

Delicious Dish

Appetizing goodness of home baked beans, added zest of a tomato-meatless flavor—is the best of Pork and Beans.

For hours in the spot Camp's kitchens, these brown nuggets of deliciousness are a perfect example of the good things that are being made.

Petite tempting aromas, wholesome digestible, home-cooked beans can be approximated.

Hot or cold, Van Camp's Beans are always acceptable, always pleasing.

They will relish this Van Camp's food. You nothing more wholesome, more satisfying, more nourishing.

Grocer Sells VAN CAMP'S.



KNOW-YOU CAN KNOW

our cakes and pies are made from the best ingredients and are baked in our own ovens. Buy them from the bakery. Buy them from the bakery. Buy them from the bakery.

THE BAKERY, 18 Brien Street, July 12, 1923.

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inkled Green Peas. Each 100 lbs.

June Peas, doz. to Case. Sweet Corn, doz. to Case.

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SIDETALKS.

By Ruth Cameron.

GOOD SAMARITANS AND AUTOMOBILES.

The original good Samaritan lived some two thousand years before the word automobile entered our language, so perhaps it may seem startling to connect the two subjects. But this is not the case. The Samaritan helped his fellow man in a time of trouble, and the automobile is a very crowded district where accidents are not infrequently made the street their playground.

He offered His Help. The Samaritan helped his fellow man in a time of trouble, and the automobile is a very crowded district where accidents are not infrequently made the street their playground.

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More Tips for Tennis Triers.

By MRS. PHYLIS SATTERTHWAITE (the famous lawn tennis player).

WAITE (the famous lawn tennis player).

After our talk last week about the best way to improve your tennis by practising games, I think it would be well to continue in the same strain and see how we can carry on the good work still further by examining the various faults and failings that the young player is likely to fall into on his way to success.

First and foremost is the great truth, "don't run before you can walk," and that means, don't try to make the most difficult shots (just because you have seen Tilden and Mille, Longden doing them) before you can hit the ball over the net.

I remember a very famous player at Wimbledon who was being slowly bored to death by a young man who was asking all sorts of questions about top spin drives, reverse American service, out drop strokes, and the like.

At last, when there came a pause in the flow of conversation, the great man said very quietly, "hit the ball over the net, my lad and if you do it oftener than the other fellow, you'll win the match."

If you think that over, there is a great deal in it indeed. So many people have said to me, "How wonderful it must be to be a first-class lawn tennis player! How I wish I could ever be one, but, of course, I know it's quite impossible for me, as I haven't got the talent for it."

Now this, of course, is absolute twaddle, because, though naturally geniuses like Tilden, Johnston, or Mille, Longden do not appear very often in a lifetime, yet there are some thousands of people who could become first class players if they were only prepared to do the necessary spadework.

I can think of three instances at the present moment of people who, when I first saw them play tennis, were so hopelessly bad in every way that it seemed to me much the kindest thing would have been to have told them to stop tennis and try something else.

Yet the same three to-day are all behind the scratch mark in first-class handicap, and their achievement has been brought about by sheer hard work. This means a great many very boring things, such as playing singles when you feel extraordinarily disinclined for them or taking a couple of dozen old balls and practising your service on a court till you've used up all the balls and then going round to the other side and starting again.

I can't really imagine anything very much duller than that last as a form of entertainment, and yet Mrs. Lambert Chambers used to do it regularly when she was a girl at her old club at Ealing.

It may sound dull and stupid, but honestly there is no royal road to success at tennis, and probably we shouldn't all love it so much, and it wouldn't be the amazingly popular game that it is now, if there were.

Even Suzanne will tell you of many weary hours spent in practice when her patient father used to teach her by putting a small piece of white paper on to a given spot in the court, then making her hit some fifty or sixty shots coming in to her from all parts of the court on to that marked place.

Not very difficult I can hear you say, but just try it for half an hour or so, as I have done many times, and you won't find it too easy, I can promise you.

Remember above all things at tennis that you must lay in a good foundation. This includes a good forehand and backhand drive, a decent service of some sort and, if possible, an overhead stroke of some kind as well.

If you are not lucky enough to be able to get lessons from a really good "pro," try at least to watch some of the first-class players. It is amazing how much one can pick up in this way.

If you are this is impossible try to get some really good books on the correct grip and stance for the fundamental strokes.

An ornate hat should be worn only with a very simple frock.

Flat brown braid is effective on a sports frock of tan camel's-hair. Beige and tan shades in suede footwear are in extremely good vogue. Black lace veils a hat of black crin trimmed with black faille ribbon. The French at present seem to favor

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We have a line of Extra Good Quality Trout Fishing Rods.

SPLIT BAMBOOS (Jointed)

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BASKET STRAPS Good and Strong.

Prices 65c. to 1.10.

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We have an exceptional value in this well made article.

Prices 1.50 to 2.20.

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We have a variety that will please the most fastidious.

Prices 8, 10, 12 each.

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Camp Stoves, Kettles, Paper Plates

Landing Nets, Poles, Tops, Baskets, Traces, Pipes, Waders, Bait Cans, Watches, Fly Hooks, Thermos Bottles, Basket Straps, Fly Nets, Cards, Camp Stoves, Rope Scales, Steel Rods, Charts, Compasses.

12c. FLIES 12c.

Our Flies are from the best known maker, they are hand-made with extra strong loops, the hook is so ganged that it is impossible for it to come off the gut.

Our Bamboo Poles are of Extra Good Quality. Two Prices: 17c and 20c BAIT CANS.

LANDING NETS.

A Landing Net capable of handling any size trout, it can be folded up when not in use, and can be carried in the pocket. The price of this article is very low considering its resourcefulness.

Nets, Rings and Handles all priced separate.

12c. FLIES 12c.

Silver Doctor, Canada, Claret Hackle, Admiral, Dashwood Butcher, Jock Scott, Terra Nova, Rubenwood, Cow Dung, Black Gnat, Black Hackle, Royal Coachman, Montreal White Miller, Red Hackle.

For the worms, Price 45c.

CAST LINES.

We have some extra good quality Cast Lines looped and not looped, 2 yards and 3 yards long.

Prices 20, 25, 30, 35c. UP.

We have the famous Red Loop Cast Lines also. Will hold any salmon. Price 2.20.

RODS.

Our Salmon Rods are all made up of the best stock that can be procured and selling at a price that is remarkable.

The Landing Net Handle is hollowed out to take the two top joints to prevent it from breaking.

MINNOWS

Price70c.

CASTING SPOON

Price80c.

SCALES.

We have a nickel plated Spring Balance capable of weighing a Trout or salmon up to 15 lbs.

This Spring Balance we offer you for60c.

SALMON FLIES!

Prices 90c. and 1.00



LINES!

25 YARDS

SALMON FLIES!

Our SALMON FLIES speak for themselves for Quality and Prices.

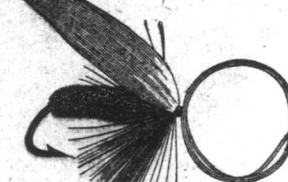
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Just a word to you about Lines: We have the best, tested up to 32 lbs. dead strain. Prices 8c., 10c., 15c., 18c., 20c., 25c., 70c., 75c., 80c., 1.00, 1.10, 1.25, 1.50, 2.10, 2.35 up to 12.75 each

SALMON FLIES!

Prices 90c. and 1.00



LINES!

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We have the Reel with the click in it, guaranteed the best made, will hold 40, 100, 150 and 300 yards of line each.

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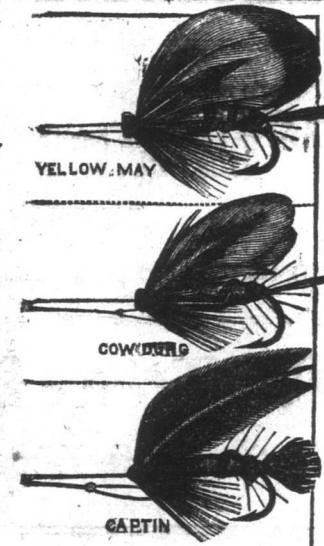
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GAFF HOOK.

This Gaff Hook is made from hardened steel with thread on end for handle.

Price 90c. only.



G. KNOWLING, LTD.

July 10, 17, 24

Fads and Fashions.

The cape-back frock is a delightfully popular model for summer. The return of the graceful train is heralded for fall evening wear.

Flat brown braid is effective on a sports frock of tan camel's-hair. Beige and tan shades in suede footwear are in extremely good vogue. Black lace veils a hat of black crin trimmed with black faille ribbon. The French at present seem to favor

a combination of metals in trimming. A cape of midnight blue wool cashmere has a crushed collar of tan cashmere. Dainty slippers of very thin black kid are laced up the side with narrow black ribbon.

Net trimming gives an airy appearance to summer frocks and is quite in vogue. Beneath a sleeveless summer wrap is worn a frock with strikingly printed sleeves.

MUTT AND JEFF

IT LOOKED LIKE AN AUTOMOBILE ACCIDENT TO THE DOC.

By Bud Fisher.

