

To Fish, Flesh and Fowl

# LEA and PERRINS' SAUCE



adds the taste of perfection.

Ask any honest grocer for THE BEST SAUCE—He is sure to give you LEA & PERRINS'.

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CUT DOWN MEATS AND PASTRIES IN THE SUMMER DAYS AND USE

# SHREDDED WHEAT

It will tone up your system and supply the nourishing, health-giving properties necessary to withstand the enervating effects of hot weather.

Try BISCUIT with Fresh Fruits or Creamed Vegetables.

All Grocers—13c. a Carton; 2 for 25c.

## A Great Prize for Some One.

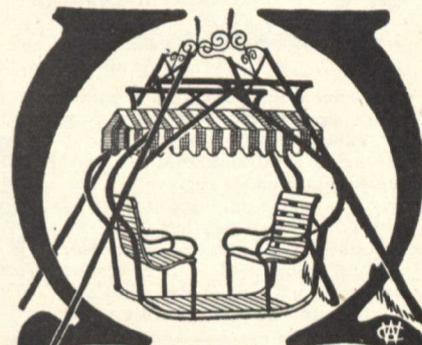
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UNIVERSITY  
Absolutely Free

1. This will include board, fees, books and a fair allowance for pocket money.

2. Open to all matriculants and undergraduates of any recognized Arts or Theological College in the Dominion. Expenses paid while the contest is going on.

3. Write or telegraph for full particulars to the Head Office of **The Canadian Courier**, 61 Victoria Street, Toronto—Canada's National Illustrated Weekly. This Competition begins August 10th and closes October 10th. Every student who enters will make money.

WRITE TO-DAY.



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are in store for the happy folks who own an *Eagle Steel Lawn Swing*. It gives a new idea of comfort. Constructed on an entirely new principle it swings as lightly as a feather in the breeze; safe as a baby's cradle; comfortable as an easy chair. No matter how high or low, fast or slow you swing, the seats remain upright. No tilting backward or forward. Perfect mechanism. Substantial frame of carbon steel prevents all accidents.

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