

SLEEP Is More Important Than FOOD



No one can live without sleep for a whole week, while Dr. Tanner and others have fasted forty days. Restful sleep is necessary to do good work—you can't rest in a hammock, or on a spring bed that sags to the centre—your body should be supported throughout, and yet be on a level surface, which yields to every move.

A "Star" Felt Mattress and a "Banner" Spring

fill this bill exactly—will give you comfort and rest—will prevent that tired feeling next morning. The two cost less than a cheap hair mattress, and are good for an ordinary lifetime—no cleaning—no repairs.



We are the largest Bedding Manufacturers in Canada, and protect you by this trade mark, which is plainly shown on each, and is

A "Money Back" Guarantee

If you don't sleep well, or have that tired feeling in the morning, it will pay you to change your present Spring and Mattress for a "Star and Banner."

if your dealer will not supply you, send us a post card.

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GRAND TRUNK RAILWAY SYSTEM Fast Trains from the Atlantic to Chicago

The Popular Double Track Route Between the East and the West.

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Roadbed equal to the best—excelled by none.
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Unsurpassed dining car service.
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New Trails to the CANADIAN GAME LANDS

Before the six railways of the Canadian Northern System followed the old fur trails into the Canadian game lands, only a hardy few dared to go in. But now, the back places of the woods—wealthy in moose, caribou, deer and bear—may be quickly and easily reached. The Canadian Northern System serves a wide range of undisturbed territories. Here are a few suggestions:—

The country between Parry Sound and Sudbury, traversed by the CANADIAN NORTHERN ONTARIO RY., is a land of lonely muskeg and brulé, the native country of the white-tailed deer. From Sudbury north to Sellwood this same line goes in through a moose hunting territory unequalled in Ontario.

The CANADIAN NORTHERN QUEBEC and QUEBEC and LAKE ST. JOHN RAILWAYS span the native country of ouananiche, northern brook trout, and the spruce shored lakes of the Roberval country, where moose and caribou abound.

The Eastern shore of Nova Scotia, from Yarmouth to Halifax, is served by the HALIFAX and SOUTH WESTERN RY. On the barrens, slightly inland from the railway are some of the best places for big moose in the east.

THE CANADIAN NORTHERN RAILWAY from Port Arthur to Edmonton, with many branches, griddles almost undisturbed haunts of moose, caribou, deer, wolves, bear, and all species of four-footed and feathered game.

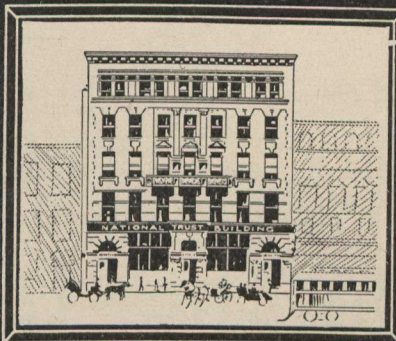
For information—general and special—address the Information Bureau, Canadian Northern Railway, Toronto

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FOR SPORTSMEN'S LITERATURE, MAPS, AND ANY INFORMATION, WRITE—



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HUNTERS' EXCURSIONS IN OCTOBER AND NOVEMBER



The Peoples Building and Loan — ASSOCIATION — 428 Richmond Street, London, Ont.

Money rates are governed by the law of supply and demand. The Association provides a safe medium by which those living in a community where there is little demand for money on first mortgages on real estate can secure higher rates in localities where money is required to improve lands and erect buildings, thereby rendering a public service to the Investor as well as the Borrower. Let the East lend the West and the West will pay the East a good rate of interest.

Call or write for copy of the 15th Annual Report.

All business strictly private.

A. A. CAMPBELL, Managing Director.

MOOSE OPEN SEASON

New Brunswick, September 15th—November 30th.
Nova Scotia, October 1st—November 30th.
Quebec, September 1st—December 31st.

Write General Passenger Dept.

INTERCOLONIAL RAILWAY MONCTON, N.B.

For Free Copies

"Moose in the Mic-Mac Country"

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