# Abbey's
## Effervescent
# Salt

is made from the Salts extracted from the juices of fresh fruits. Harmless, yet most effectual in relieving the system of all impurities. Tones up the Bowels and promotes gentle and regular action.

**A teaspoonful in a glass of water in the morning**

Will permanently cure all stomach troubles, dyspepsia, sick headache, liver and blood disorders.

All Druggists sell it.

If you want
"POSITIVE PROTECTION"
Combined with good investment, insure your life in the

**Manufacturers Life Insurance Company**

Security to policy-holders, over
**$4,900,000.00**

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# SHUR-ON

The objectionable features of the old-style Eye Glasses are entirely overcome by the new "SHUR-ON."

In appearance they are extremely neat, and once in position they are "on for sure."

The "SHUR-ON" mounting may be fitted to the lenses you are wearing.

Our Optical Department has the endorsement of many leading physicians.

# RYRIE BROS.,
JEWELERS,
CORNER YONGE AND ADELAIDE STREETS,
TORONTO.

**Wretched Hot Weather Sufferers!**

# Paine's Celery Compound

**should be used in July and August.**

**AT ALL DRUGGISTS.**