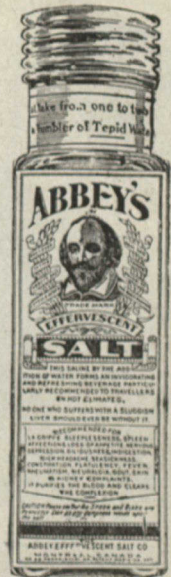


To Cool the Blood

and relieve the depressing effects
of hot weather, add a pinch of

Abbey's EFFERVESCENT SALT

to each glass of water you drink. Abbey's Salt makes a sparkling, refreshing summer drink—it keeps the system toned up, and helps to prevent those stomach and bowel troubles which occur so frequently in summer.



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Oakey's

SILVERSMITHS' SOAP

For Cleaning Plate

Oakey's

EMERY CLOTH

Glass Paper, Flint Paper

Oakey's

"WELLINGTON" KNIFE POLISH

Best for Cleaning and Polishing Cutlery

Oakey's

"WELLINGTON" BLACK LEAD

Best for Stoves, etc.

Oakey's Goods Sold Everywhere

JOHN OAKEY & SONS, LIMITED
Wellington Mills, London Eng., S.E.

Mutual Benefits Day by Day

Every working day the Mutual Life is paying in cash to its policyholders \$12,700.

—is increasing the policyholders' funds at the rate of over \$10,000.

—is assuming new risks at the rate of \$135,418.

—is receiving for all purposes \$28,611.

The net profits, credited entirely to policyholders, amount to \$4,341 for every working day.

The Mutual has \$170,706,000 of life insurance in force on the lives of 70,000 members, an average of \$2,400 each.

Be a Mutualist

The Mutual Life
of Canada
Waterloo-Ontario.

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