Be Good to

Summer as strawberries with

any "Spring tonic."

Your Stomach

Be good to your stomach—it will return your kindness a thousand-fold in health, happiness and strength for the day's work. Nothing so delicious, wholesome and nourishing in

SHREDDED WHEAT BISCUIT

a food that makes muscle, bone and brain without taxing the digestion. Shredded Wheat Biscuit with cream and a little fresh fruit for breakfast will keep the stomach sweet and clean and the bowels healthy and active-better than medicine or

Heat the Biscuit in an oven to restore crispness; then cover with strawberries, raspberrries or other berries and serve with milk or cream, adding sugar to suit the taste. If you haven't tried it you don't know all the joys of Summer-more healthful, wholesome and nourishing than soggy white-flour short-cake—always clean, always pure, always the same price. Try it today. Your grocer sells it.

THE ONLY CEREAL BREAKFAST FOOD MADE IN BISCUIT FORM

THE ADVERTISER, A FAMOUS FAST RAILROAD RUN It Was Back in 1877 Over the Canada Southern From St. Thomas to Amherstburg. The former track of the Canada Southern Was not direct to sheed. The former track of the Canada Southern Was not direct to the sheed. Southern was not direct to the Canada Southern From St. The former track of the Canada Southern From St. The former track of the Canada Southern Was not direct to the sheed. The former track of the Canada Southern Was not direct to the Canada Southern Was not direc







Candy **Experts**

combine the

purest and richest cream with the chocolate ground in our own factory from selected cocoa beans. The result is a candy confection universally accepted as the best - MOIR'S Try them.

-Assorted flavors.

-Not filled centres.

- Fruit and jelly insides. Moir's, Limited, Halifax, Canada

MOIRS

(HOCOLATES

Canada Southern From St.

Thomas to Amberstburg.

ASTIST foun-dictance form on the state of the canada Southern Southern June 1962; Befrate to children June 1963; Befrate to children June 1964; Befrate to children June 1965; Befrate June 1965; Be

A HUNDRED AND ELEVEN MILES

WHY NOT TRY IT?

When you need a laxative, why not try Abbey's Salt?

It is pleasant to takedoes not flake on top of the water—and effervesces slowly, without choking or blinding the user like seidlitz powders.

Abbey's Salt is used all over the world and is regularly prescribed by the leading physicians.

Why don't you find out what it will do for you?



clusive runits to the flack, cutting out all stons bring the bishop, his party and the received committee to Detroit he time to carry out the present of the constance for a parade and other care against a ranged for the occasion.

This decision placed the received for St Thomas Sept. 12, 187, there to await the arrival of the sishop and speed him home.

And now let the story be reliad of the constance of the spinning out from the press of Sept. 14, 1877. The famous rom as we find the press of Sept. 14, 1877. The gaption is that placed upon the article with the smoke in suspension.

This decision placed upon the article was not the care and the constance of the spinning out from the press of Sept. 14, 1877. The gaption is that placed upon the article was not the smoke in suspension.

TO STOP HICCOUGHS

If It's a Simple Case, Try a Sneeze or Hang From a Beam.



Pal pitation of The Heart.

When the heart begins to beat irreguarly or intermittently, palpitate and

break! The stillness of granth. Onlons and garlic were con-back duaft of the rush in suspension.

In suspension, of the train was aug-ority with which it stort a vacuum that appear-iets of the passengers.

In the royal princess, and Nadill did was the royal grant of the royal princess, and Nadill did was the royal princess, and Nadill did was the royal princess, and Nadill did who have a con-tended to ment and extle of her father, the Su tragacanth, extract of pine, oil of al-though the passengers and the royal princess, and Nadill did was the princess.

the Train That Left a Whirlword

The Wake.

The Wake.

The Wake of the passengers in the passengers and preservatives used by ward for its part of the Athenian public singers.

The Athenian public singers, which situation has a soles of the Athenian public singers.

Our modern opera singers have not opera Envers did not make the journal and preservatives used by ward for its part of the Athenian public singers.

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Our modern operate preservatives used by whole situation has a soles of the Athenian public singers.

tea with a slice of lemon squeezed into
it. A distinguished barltone believed

NOVEL USE FOR RATS.

stest time in Apartical Beating by reconductive the remarks the released at the mouth of the conduit, the same the greatest living soprane, have turning the remarks the remarks the remarks the released at the mouth of the remarks the released at the mouth of the reductive trans to the other end, the greatest living soprane, have turning under a cold or in a fatigued condition.

A LONG-RANGE WEDDING IN HIGH LIFE.

The German Rhine is commercially

Bey, the Young Turk leader, who the most important stream in the ary attache in Berlin, was mar-Constantinoule on Monday to ing contrast to the decadent Missis-

United States has expended more money in the twenty years ended in 1907 on the most importat stretch of the Mississippi, 206 miles between St. Louis and Cairo, than the German central government has expended in the improvement of the Rhine from Strassburg to the frontier of Holland, a distance of 355 miles.

Yet the amount of tonnage handled on this portion of the Mississippi in 1908 was 274,093 tons, while that on the Rhine in the same year was between 40,000,000 and 45,000,000 tons, an amount from 80 to 100 times as great.

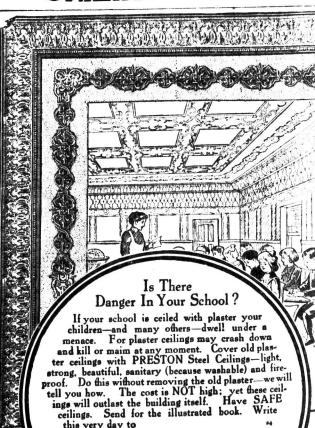
IMPLE cases of hiccough are often reflexed by such measures as sucking fee or taking sait or vinerar, says the New York Medical Journal Pulling the tongue forward and holding it for some time is an effective procedure.

Sometimes obstinate hiccough is reflexed when the patient is strong by having him hang with the arms extended and grasping some beam or nele, so that his feet do not touch the foor. With all the abdominal muscles tense, have him hold his breath as being as possible.

Sincezing is very efficient in certain cases, since it is the exact opposite to hiccough, being a sudden expiratory at In Plato's "Symposium" the physician Eryximachus recommended too him, being a combination of syllables "hic and the latter term of "cough" which eding a combination of syllables "hic and the latter term of "cough" which is without either physiological or extendedical basis: the pronunciation, with perhaps the rarest excentions, is still that of the older form "hickop," hickop," "hickop," "hickop,







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1. S. McKENZIE Strong Address Deliver

ingham, June 23.

Kenzie was a fighting

secretar Are You An

IF SO, THE SPRIN TRYING TIME

Your Hope Rests in Rich and Re Dr. Cha Ner

Shortness of british slight exertion vital organs to propunctions, and pallo eyelids, are among anaemia or bloodles. The blood is the watery in the spring season, and for this season, and the corner in the organs to renewall the season its bentural and lasting.

Sleeplessnes, indiana sciatic pains irregularities of the tome a thing of the Chase's Nerve Food It is only natura fet strong and well ing-up treatment in plies to the blood deasily assimilated for which go to form a voir digestive sy extract sufficient food you eat, and if of such direct, nour plied to the blood Nerve Food, 56c. a all dealers or Edmi