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Save time by Phoning in Your order. It will be laid out ready for you when you arrive.

BINDER TWINE

Pure Manila Ropes; Sizes 1/2 to 1 inch.
Hatch Bird Proof Barn Door, Hangers
Louden Bird Proof Barn Door, Hangers
Allith Round track and Hangers.

WE HANDLE THE BEST.

E. T. CARTER,

Phone 19 JARVIS.

The Pleasure of Exercise

There is much to be said for an exercise which you can combine with your interest. Every one should have his favorite sport or game or pastime; interests of such things is most easily acquired in youth. The pleasure of exercise, apart from the immediate interest that it excites, comes largely from the sense of well-being that follows increased organic activity. It is not peculiar to any one sport or set of exercises or form of labour; I have heard a young man say that to him the highest form of physical happiness was to be in the middle of a field, hoeing potatoes. The best way to find pleasure in exercise is to enter it in the spirit of play, and with feelings of unrestrained abandon. Intense competition, bitter rivalry, fear of defeat kindle emotions that rob many sports of their ethical and social, as well as of their physiological value. If you do not leave any exercise with a feeling of pleasure and a full sense of the joy of living, something is the matter with you, or with the game or with the conditions under which you have been playing. In practising any system of physical training, or in pursuing any sport or exercise, a man should constantly bear in mind that the fundamental object of it all is the personal improvement of the individual, and through him, of the race. It is possible to overdo in sport, as it is in study or business, and as possible to receive injury through indulging in its success. Temper your enthusiasm for special sports and exercises with moderation. Try to attain some of the strength of the strong man, some of the grace and finish of the dancer, some of the nimbleness and alertness of the tennis player, and some of the speed, stamina and endurance of the runner and swimmer, all directed and dominated by the poise and self control of the gentleman.

"Friends, in this world of hurry and work and sudden end, If a thought comes quick of doing a kindness to a friend, Do it that very instant! Don't put it off, don't wait! What's the use of doing a kindness if you do it a day too late!

Look for this label on every bag

It means best quality—tested quality—full measure and thorough satisfaction.

It is on every bag of

CANADA PORTLAND CEMENT

UNLESS you have facilities for testing cement, you must depend upon the manufacturer for Cement that is reliable—Every car of Canada Cement is thoroughly tested, and unless it passes every test it is not allowed to leave the mill.

You can depend upon Canada Cement. Be sure you get it.

Canada Cement Company Limited, Montreal

There is a Canada Cement dealer in your neighborhood. If you do not know him, ask us for his name.

Write our Information Bureau for a free copy of the 160 page book "What the Farmer Can Do With Concrete."



NERVOUS DEBILITY

OUR NEW METHOD TREATMENT will cure you and make a man of you. Under its influence the brain becomes active, the blood purified so that all impurities, blotches and ulcers heal up; the nerves become strong as steel, so that nervousness, hesitancy and despondency disappear; the eyes become bright, the face full and clear, energy returns to the body, and the moral, physical and mental systems are invigorated; all drains cease—no more vital waste from the system. You feel yourself a man and know marriage cannot be a failure. Don't let quacks and fakirs rob you of your hard earned dollars.

NO NAMES USED WITHOUT WRITTEN CONSENT THREATENED WITH PARALYSIS

Peter E. Summers relates his experience:



BEFORE TREATMENT I was troubled with Nervous Debility for many years. I lay in bed, unable to get up, my back ached, had pains in the back of my head, hands and feet were cold, tired in the morning, poor appetite, fingers were shaky, eyes blurred, hair loss, memory poor, etc. Numbness in the fingers set in and I could not hold a pen. I took all kinds of medicines and tried many first-class physicians, wore an electric belt for three months, but received little benefit. I was induced to consult Drs. Kennedy & Kennedy, though I had met all sorts of doctors. Like a drowning man I grasped at the New Method Treatment and it saved my life. The improvement was like magic—I could feel the vigor going through the system. I was cured mentally and physically. I have sent them many patients and continue to do so.

CURES GUARANTEED OR NO PAY

We treat and cure VARICOSE VEINS, NERVOUS DEBILITY, BLOOD AND URINARY COMPLAINTS, KIDNEY AND BLADDER DISEASES and all Diseases peculiar to Men.

CONSULTATION FREE. BOOKS FREE. If unable to call write for a Question Book for Home Treatment.

Drs. KENNEDY & KENNEDY

Cor. Michigan Ave. and Griswold St., Detroit, Mich.

NOTICE

All letters from Canada must be addressed to our Canadian Correspondence Department in Windsor, Ont. If you desire to see us personally call at our Medical Institute in Detroit as we see and treat our patients in our Windsor offices which are for Correspondence and Laboratory for Canadian business only. Address all letters as follows: DR. KENNEDY & KENNEDY, Windsor, Ont. Write for our private address.

Hamilton Centennial Industrial Exposition and Old Home Week

August 11th to 16th, 1913

Manufacturers' Exposition of Hamilton-made Products, filling two Armories and Parade Grounds. Grand Carnival Midway. Aviation Exhibition daily. Military Pageant with seven Canadian and U.S. Regiments participating. Fourteen Military Bands. Aquatic Sports. Motor Boat, Sailing and Rowing Races. Championship Athletic Events. Championship Ball Games, two U.S. League Teams. Trap-Shooting Tournament. Rifle Matches. Big Parades daily.

Come to Hamilton—Canada's Magneto

and see the biggest Civic Holiday Week and Industrial Demonstration that has been seen in Canada—or elsewhere.

Special Rates by Rail and Boat—ask your Local Agent.

CHAS. A. MURTON, Secretary

Good Roads Pay for Themselves

The direct effect that changing bad roads into good roads has upon land values, and the general economic welfare of a community, is shown in several concrete illustrations gathered by the U. S. Department of Agriculture. The Department has just issued a statement on the subject, based upon a mass of information gathered by the Office of Public Roads, which is making a special study of the economic effect of road improvement in the country. According to data gathered, where good roads replace bad ones, the values of farm lands bordering on the roads increase to such an extent that the cost of road improvement is equalized if not exceeded. The general land values, as well as farm values, show marked advances, following their improvement of roads. Among the illustrations cited by the Department are the following:

In Lee County, Virginia, a farmer owned 1000 acres between Ben Hur and Jonesville, which he offered to sell for \$1,800. In 1908 this road was improved, and, although the farmer fought the improvement, he has since refused \$3,000 for his farm. Along the same road, a tract of 188 acres was supposed to have been sold for \$6,000. The purchaser refused the contract, however, and the owner threatened to sue him. After the road improvement, and without any improvement upon the land, the same farm was sold to the original purchaser for \$9,000. In Jackson County, Alabama, the people voted a bond issue of \$250,000 for road improvement and improved 24 per cent of the roads. The census of 1900 gives the value of all farm lands in Jackson County at

\$4.90 per acre. The selling value at that time was from \$6 to \$15 per acre. The census of 1910 places the value at \$9.70 per acre and the selling price at is now from \$15 to \$25 per acre. Actual figures of increased value following road improvement are shown. As the roads in no way effect soil fertility or quality of the farm, advances are due to the decrease in the cost of hauling produce to market or shipping point. Farms are now regarded as plants for the business of farming and any reduction in their profits through unnecessary heavy costs for hauling, profits are increased; with the result that the farm plant shows satisfactory earnings on a higher capital value. The automobile also has begun to be an important factor in increasing rural values where good roads are introduced. Immigration is particularly marked where road conditions are favorable; in fact, the figures of the Department seem to indicate that good roads indirectly increase the demand of rural property; and the price of rural land, like that of any commodity, is ruled in its relations between demand and supply.

Autos and Roads in England

In 1902 it cost £9,500,000 to maintain the public highways in England and Wales. For last year the cost and maintenance was £15,500,000, almost double the outlay of 20 years ago. The explanation of the increase it found mainly in the fact that 220,000 automobiles are in use in Great Britain to-day whereas practically none were being used 20 years since. We are having a similar experience here in Ontario. The cost of road maintenance is growing with rapid growth of motor traffic. The late Superintendent of Parks in Toronto declared that speed greater than seven miles an hour would destroy the gravelled roadways of High Park. Over the gravelled highways of rural Ontario, Toronto motors are frequently driven at thirty to fifty

miles an hour. No wonder, despite all the efforts which township authorities are making, that rural roads in many sections are steadily deteriorating.

Buying in The Home Town

An editorial appeared in a recent issue of a Sutherland, Sask., paper, containing some good homely advice on the question of the general public buying at home and cutting out the mail order house. It is worth reproduction here:

"If everybody was loyal to the home town there would be no hard times. Let us look at the circulation of money. A storekeeper gets \$15 for his goods; he sends \$10 to the wholesale dealer to pay for the goods. He takes the \$5 and pays his rent bill. The coal dealer pays it for his board and so on. This is giving a short circulation of money. We might go on to figure it out till most every dealer in town would have a portion of this money, but the point is that just as soon as one sends a part of the money in circulation out of the town, then every one suffers by that action, and he then wonders what makes collections poor? Retailers should all do their part to keep the money at home by buying everything possible from their fellow merchants. They can too enlist the services of the local press in showing the public by such an illustration as appears above what they lose in dealing with out of town stores. Usually when a person is made to see the injury done to the community by purchasing from mail order houses, he is easily won over as a good booster for his home town."

THE EFFECTS OF TEE-TOTALISM

More of good than we can tell.
More to buy with, more to sell.
More of comfort, less of care.
More to eat and more to wear.
Happier homes with faces brighter;
All our burdens eendered lighter;
Conscience clearer, mind much stronger,
Debts much shorter, purse longer;
Hopes that drive away a sorrow;
Something laid up for to-morrow.

HOT! Hot! HOT!

You make extensive preparations for meals over a hot stove during warm weather when a phone call will place on your table prepared foods practically ready to serve.

A FEW SUGGESTIONS:—

BREAKFAST:—Oranges, Bananas (Fruits in season), Corn Flakes, Shredded Wheat, Cream of Wheat, Fresh Eggs, Bacon, No. 1 Coffee or Cocoa.

DINNER:—Van Camp's Soup, Ham, Rolled Shoulder, Cat-soup, Relishes (various kinds), canned vegetables, Assorted Jellies, prepared in two minutes.

SUPPER:—Salmon, Sardines, Kipperd Herring, Corn Beet and Balona, Twenty-Five varieties in Fancy Cakes, Honey, Syrup, Fruits, Etc.

ALL CROCKERY OFFERED FOR SALE AT COST TO AUGUST 1ST

T. E. MORROW

THE OLD RELIABLE.

FINANCIAL ETC.

\$20,000 to loan at reduced rates or interest either on the straight loan or on the installment principle on a greatly reduced tariff

Agent for several first class insurance companies, and will take risks at the lowest rates. Also insures of marriage licenses. Several valuable farms for sale cheap on easy terms.

C. BOURNE.

CAUSES OF STOMACH TROUBLE

Sedentary habits, lack of outdoor exercise, insufficient mastication of food, constipation, a torpid liver, worry and anxiety, overeating, partaking of food and drink not suited to your age and occupation. Correct your habits and take Chamberlain's Tablets and you will soon be well again. For sale by ALL DEALERS.

The Folly of Worry

The same brain can't at the same time dwell on work and worry. You can't dare while you despair. Do not meet trouble half-way, make it race after you. There are obstacles in all roads and they are only insurmountable to cowards. No one ever got to the top without a tussle. It isn't so much the quality of a man's mind as the quantity of his nerve, that brings him through. So long as ruin is only a possibility, there is always a chance to escape. Get out of the fright habit and into the fight habit. Many a man has missed a picnic because he was certain a cloudy sky meant rain.

July Clearance

Sale

MURDOCH'S

SIMCOE'S FAVORITE SHOPPING PLACE

July Clearance

Sale

JULY CLEARANCE SALE

Great Reductions In Every Department

Some Smart Reductions in Millinery Department

It will pay you to be in this Department early on Saturday morning, if you wish to be in on these bargains.

Hats specially trimmed by our own milliners in styles that sold earlier in the season up to \$8.00.

One Table of Trimmed Hats, regular 98 \$3.00 to \$5.00. Saturday.....

One Table of Trimmed Hats, reg. \$5 to 8. Saturday..... \$2.98

One Table of Children's Straw Sail-ors, reg. 50c and 75c. Saturday..... 25

One Table of Children's Ratine Hats 25 regular 75c. Saturday.....

One Table of Flowers, regular \$1.00 19 Saturday.....

Men's Combination Underwear Balbriggan, sizes 34 to 42, regular 75 \$1.00 Saturday Clearing.....

A Clearance Sale of 35c Foulards for 19c

For a quick clean-up Saturday, our full range of Foulards. The Assortment includes practically all shades and all good washing fabrics.

Children's Rompers and Dresses

Prints, Ginghams and Duck, regular 25c to \$1.25. Saturday 19 to 83 Clearance.....

Four Dozen Waists

In Lawns and Ginghams, regular \$1.25 and \$1.50. Saturday clearance 75 all.....

Tan Lace Hose

Regular 50c. Saturday Clearance 32

Special Reductions in Men's Straw Hats

If you have not yet got a Straw Hat, or if you can use another one by all means come here Mr. Man.

Just Wright Shoes

During our July Clearance Sale we are selling this popular Shoe, regular \$5.00 for..... \$4.50

Men's Silk Ties

In fancy Bar effects, Floral and plain colors, Blue, Grey, Tan, etc., re-37 regular 50c. Clearing.....

GROVER MURDOCH Co. Ltd., Simcoe, Ont.

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SUMMER F

Now that the Sun will be the proper thing. And that is where Strong. All the up-to-

SPLIT BOTT GRASS CHA RATTAN RO HAMMOCKS HAMMOCK SO REFRIGERA

And now a few AND RUGS: ever shown in Simcoe, sold so cheap.

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