

**New Fall Suits**

in the latest styles.  
**One piece Dresses,  
 Coat Suits and  
 Underskirts.**  
 A fine display of  
**Waists**  
 in the Newest Designs  
**Whitewear, Hosiery,  
 Wall Paper.**

**MRS. F. L. MOOERS**

Payson's Block, Main St

**Many Persons Eat Too Often**

There are a great many people in this country to-day who are living on only two meals a day, and they have found by experience that no physical or mental weakness results from such a course of living, says The Pittsburg Leader. Many others who have never given the subject any thought simply follow the custom and eat three daily meals, whether they can digest them or not. Some others who hear their friends speak of the two-meal plan think such a course absurd, and that it is only a "fad" which will pass with other "queer" habits which people are constantly practising.

The improvement in health and general spirits which many have experienced in changing from three to two meals a day thoroughly warrants the change. Now how about the two-meal plan? Have any nations ever thrived on such a plan? Has such a plan of feeding any scientific or natural basis, or is it entirely opposed to what we find among savages and the lower animals? Some doctors tell us that it is injurious to study before breakfast and that the eyes may be injured thereby. They also say that no physical or mental strain or exertion should be undertaken before the system is "braced up" with food. Other members of the medical profession advise that a "good substantial meal" should be ingested and partly digested before any severe exertion of the body or brain is to be done. As opposed to these statements, several medical men of high standing say that the body is never so well able to perform severe labor as after a good night's rest and before any food is taken; also that the brain is clearer and best fitted for hard work when the stomach is empty. Custom

**Hyomei**

The Breatheable Remedy for Catarrh

The rational way to combat Catarrh is the Hyomei way, viz: by breathing. Scientists for years have been agreed on this point but failed to get an antiseptic strong enough to kill catarrh germs and not destroy the tissues of the membrane at the same time, until the discovery of Hyomei (pronounced High-o-me).

Hyomei is the most powerful yet healing antiseptic known. Breathe it through the inhaler over the inflamed and germ-ridden membrane four or five times a day, and in a few days the germs will disappear.

A complete Hyomei outfit, including the inhaler, costs \$1.00 and extra bottles, if afterwards needed, cost but 50 cents. Obtainable from your druggist or postpaid from The R. T. Booth Co., Ltd., Fort Erie, Ont. Hyomei is guaranteed to cure asthma, croup, sore throat, coughs, colds or grip or refund your money back. Sold and guaranteed by E. W. Mair.

makes slaves of us all to a greater or less extent, and medical opinion on this, as on practically all other subjects, is divided, or of various opposite opinions. It is both profitable as well as interesting to look back in human history and see what eating habits have been followed by the various people of ancient times, writes Harry B. Bradford in Health. In his exhaustive work on "Strength and Diet," R. Russell of England gives us many quotations from writings of the ancients which tell of the eating habits of those early peoples.

Cyrus, the King of Persia, one of the greatest of generals, and a man of enormous bodily vigor, who performed the most extraordinary marches and won very many victories, was raised upon the simplest of food, such as vegetables, cress, bread and water. He advised his men to abstain from food until after labor, and they subsisted upon the same simple fare as that of their powerful leader, who raised that country from an obscure colony into one of the world's most powerful empires.

Xenophon writes that Cyrus was brought up on a diet of bread, cresses and water till fifteen years of age; when honey and raisins were added to his fare. "Athletic Greece" says Russell, "rose to her greatest culture upon two meals a day, consisting principally of maize and vegetables steeped in oil." The Greeks had their first meal at midday, with a second one at evening, while the Persian Empire in its highest glory lived on one daily meal which was taken at noontime.

St. Ulric, who was very feeble in infancy, grew to be very strong on one scant meal of vegetables a day, we are told by Russell, and from which it would seem that meat is not essential as an article of diet.

Plutarch wrote of the ancient Britons that they began to grow old at 120. They were remarkable for their bodily vigor and great capacity for bearing hardships. Before the eighteenth century all these people had but two meals a day, consisting of only a drink of ale or tea, with or without a piece of bread or toast.

From all the facts I can gather it seems to be the rule that a very large majority of the ancient people lived upon a fleshless diet and accustomed themselves to two meals a day.

**Bramwell Booth To Visit  
 Canada**

Montreal, Aug. 22—A London cable to the Herald says that General Bramwell Booth, the new commander-in-chief of the Salvation Army, will probably be in Canada before Christmas, as part of his tour of the world's army posts. These plans have not been definitely adopted yet, but it is known that the new General and other prominent army leaders consider it his first duty to personally cement the allegiance of the entire organization to his authority and generalship. Canada will be selected as the starting point for this tour because it is one of the strongest army territories. Particular attention will be paid to social development and the evangelization of foreigners in Canadian cities and the Canadian west. The new General regards Canada

as the most convenient and most natural point of settlement of exodus from the crowded mother countries. His accession to command will mean extraordinary activities in the way of diverting British immigration mostly toward Canada.

London, Aug. 22—No word has yet been heard from Dean Herbert E. Ryle, who has jurisdiction over the burials in Westminster Abbey, as to whether the body of the late General William Booth of the Salvation Army is to be offered sepulchre in the Abbey. Dean Ryle is at present in Scotland. It is thought probable that while the offer may be declined, even should it be tendered, yet it may be made by the authorities.

Canon Herbert Henson of Westminster Abbey said to-day that no question of creed was considered in regard to burials there. Only the distinction and character of persons concerned were taken into consideration. General Booth's body is to be removed tonight from the modest cottage at Hadley Wood, where he died, to the Congress Hall, Clapton, for the lying-in-state.

One of the first duties of General Bramwell Booth now commander-in-chief of the Salvation Army, will be the appointment of chief-of-staff.

New York, Aug. 22—Commander Eva Booth, second youngest daughter of the late General William Booth, sailed to-day on the liner France for Havre, in a race across the Atlantic in the hope of reaching England in time to attend her father's funeral next Thursday. The France is the only steamer that can get her across to London in time for the ceremony. The France is due in Havre next Wednesday morning, and Miss Booth hopes to be in London Wednesday night.

Miss Booth has received a telegram from General Bramwell Booth, the new leader of the Army renewing her commission as commander of the forces in America.

**Loose Tea Loses Flavour**

—deteriorates in quality and flavour before half your last purchase is used up, but



Tea, in its sealed lead packages, always has a delightful freshness. You buy it in pound or half-pound packets from your grocer just as you require it. Besides, you know, "SALADA" was picked just fifteen weeks ago in Ceylon.

**Slack Barrels Made  
 In Canada Worth  
 Million and Half  
 Dollars.**

That Canada is fast losing her possibilities as a producer of tight cooperage is brought out by statistics compiled by the Forestry Branch of the Department of the Interior. These show that, whereas 2,768,000 oak staves were cut in the Dominion in 1911, 7,293,000 were imported.

In the manufacture of slack cooperage, used for the dry rough commodities such as lime, potatoes, apples, dry fish, flour, cereals, etc., which predominate in Canada's products. Elm is the principal wood employed forming over 50% of the total consumption. Spruce is rapidly coming into more general use as a source of stave supply, eleven million more spruce staves and nine million fewer elm staves having been used in 1911 than in 1910. When elm is exhausted birch will probably take its place being comparatively flexible and available in great quantity.

The total value of the materials used in the slack cooperage industry in Canada for the past

year was \$1,465,702. In 1910 it was \$1,595,119 or some \$130,000 more. Imports and exports of material and finished products were, respectively, \$329,992 and \$135,463, an excess of imports over exports of \$194,529.

The total amount of material used, according to an estimate of the Forestry Branch, was over 62,000,000 feet, board measure. Through checking, loose methods of manufacture, etc., there is also a great deal of waste not accounted for.

**Deafness Cannot be Cured**

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O.  
 Sold by Druggists, 75c.  
 Take Hall's Family Pills for constipation.

**A DAILY THOUGHT**

"Let us make haste to live, since every day to a wise man is a new life."

Friendship hath the skill and observation of the best physicians; the diligence and vigilance of the best nurse; and the tenderness and patience of the best mother.—Lord Clarendon.

**Master Workman**  
**SMOKING TOBACCO**  
 This world-famous Brand can now be obtained  
 for 15¢ a cut at all the best Stores