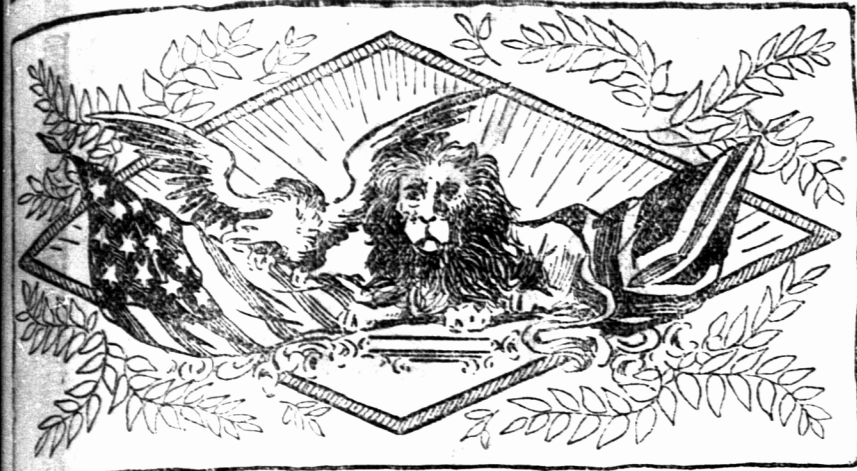


Alliance Rug Dyed with Diamond Dyes.



The cut above represents an Alliance Rug made by a Canadian lady from old woolen rags and yarns all dyed with the celebrated Diamond Dyes. Five colors were used as follows: Diamond Dye Fast Black for Wool, Diamond Dye Fast Scarlet for Wool, Diamond Dye Fast Green for Wool, Diamond Dye Fast Yellow for Wool, and Diamond Dye Fast Dark Blue for Wool.

The ladies of Canada who are successful Rug, Mat and Carpet makers always make use of the Diamond Dyes to color their rags and yarns. Special Diamond Dye colors for Cotton and Mixed Goods are sold; the colors are lasting and permanent. The Diamond Dyes have such wonderful strength that one packet does as much work as three packets of any other dye.

(ASSESSMENT SYSTEM).

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As a Man
Leave your Wife
and Babies Helpless?**

Reluctantly, NO you say. But don't know that the unprotected widow depends on the sport of Fate—the sport of humanity—What can they do when you are not there to help them? Dependence demands an answer. The answer is starvation or degradation. The remedy is Insurance. Add to Insurance brotherly consideration, care, attention, aid and help, and you have

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2.00	3.00	5.00	7.00
3.00	4.50	7.50	10.00
4.00	6.00	10.00	13.00
5.00	7.50	12.50	16.00
6.00	9.00	15.00	19.00
7.00	10.50	17.50	22.00
8.00	12.00	20.00	25.00
9.00	13.50	22.50	28.00
10.00	15.00	25.00	31.00

Information sent on application to R. ELLIOTT, 111, Inverness, Ont.; THOS. WHITE, H. S., 111, Inverness, Ont.; or ERNST GARTUNG, Supt. of Insurance, Brantford, Ont.

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probable that his heart is suffering; that his terrible struggles of last year have left their scars.

"Look at Tewkesbury," says Father Bill Curtis, "of Pennsylvania. He is but seventeen years of age, and today his records are almost equal to Wefers'. He is as fleet-footed a runner and as graceful a boy as I ever saw. There was a time, not so long ago, when he had a strongly athletic and vigorous bearing. He has it still, for that matter, but the face of the lad is already beginning to show the unmistakable signs of destruction that must inevitably follow such exertion.

Already Tewkesbury has met Wefers in an invitation race, on which occasion he went within two-fifths of a second of Wefers' 120 yard record. That was a wonderful sprint for a boy of seventeen. But can his constitution stand it? The outcome is worth watching. His work is telling on him and he may be striving for something that his constitution will not permit him to achieve."

"Father Bill" Curtis has been in athletics nearly fifty years. He is the dean of the sport and his judgment goes a long way with athletes. Mr Curtis is not an idle prattler. He is honest in his judgments, keen in his study of men and their limits.

Mark the fate of John V. Crum, one of the most noted amateur sprinters of the decade. He had made a hundred yards repeated in ten seconds. He had also made 210 yards in 21 4-5 seconds. He had made the closest study of the art of training, but frequently after exercise he was troubled with violent internal pains. He always recovered and ran races in excellent time. But destruction was going on inside all the time.

May 3, 1897, he died in Des Moines, Iowa, the result of running a swift race the day before. He finished his spurt and staggered across the tape, falling unconscious in the arms of his friends.

A man may train for a 100 yards race for a month or more and his whole reserve force is thrown into the last two seconds of the run. He has stored up energy and speed for that fleeting fraction of time. He spends it like a cannon sends its projectile into space and is left smoking and shocked from the internal recoil.

It may be true after all that the sprinter is racing with death.

Extreme exertion at frequent intervals has a tendency to develop what is known to the medical profession as "Fireman's heart," or, in other words, enlarged heart. This condition is brought about by violent exertion after long periods of inactivity.

It is a common complaint with sprint runners, who hold themselves for final efforts. They make unreasonable demands upon the heart's action and it overpumps itself and swells, displacing the valves and causing it to leak. This leakage is hard to perceive, but it is nevertheless disastrous.

The arteries and veins are also put to a strain that they are not accustomed to and they finally degenerate and their worth and action are impaired. The result can be nothing more nor less than rapid destruction, as all functions and organic centres are proportionately weakened by the unreasonable strain.

There is another issue to be considered, and that is the forcing out of the fat globules from between the fibrilli of the muscles which when hardened and reduced to mere muscle fibre leaves no room for the necessary fat globules. It is easy to overtrain, and great danger lies in violent exertion, such as sprint runners subject themselves to.

JOHN H. GIRDNER

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DR. J. H. AYERS

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Bargains in Clothing

There are a few lines we wish to dispose of to make room for our fall stock prices are right, who wants them.

MEN'S SUITS.

Large size only \$3.00 to \$5.00 a suit former prices from \$7.00 to \$12.00 any person wanting a good cheap suit now is the time. 50 child's Blue Serge Blouses at 50c former price 75c 30 child Suits "3 pieces" for age 9 at less than the cost of cloth and trimmings to clear.

MEN'S SUITS.

A few Light Suits at \$10.00 cut to \$7.00 to clear,—Big Bargains,

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New Goods a nice Heavy Tweed Suit for fall and Single or Double Breasted for \$7.00

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