

## The Untiring Energy

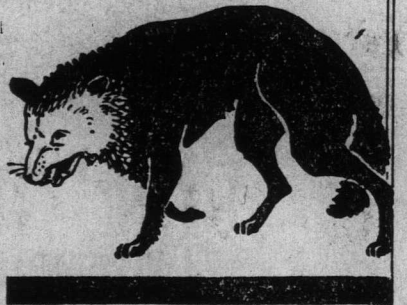
of the Wolf is proverbial. Practically no energy is required where SUNLIGHT SOAP is employed. SUNLIGHT SOAP is energy itself. The Wolf is the enemy of mankind;

## Sunlight Soap

is the enemy of all dirt. It is the friend of the housewife, and is made for her profit. To the housewife it means less labour, less dirt, more leisure, and time and money saved.

SUNLIGHT SOAP does away with needless rubbing and scrubbing, and so preserves the clothes.

GIVE IT A TRIAL.



## New Chemical Warfare Against the Russian.

The Germans are extending their newly invented forms of chemical warfare, the London Morning Post correspondent in Petrograd says, and it is evident that extensive experiments are in progress with a variety of diabolical engines hitherto unknown or long forgotten in civilized war.

I have mentioned before the vitriol spray which was largely used last year on the Buzura and Rawka fronts to resist the Russian bayonet attacks. Presumably there were heavy disadvantages about this infernal instrument, for although scores of Russian soldiers lost their eyesight or were left disfigured for life, and hundreds were badly burned through their uniforms, nothing more has been heard since the Buzura and Rawka fighting months ago of this particular experiment.

About Borkimoff, Gumin, and Wolosko-Wiecka, in the tremendous onslaught made by the Germans early in February of various descriptions loaded with some concentrated preparation containing formalin caused eye trouble over an extent of many miles. Thus far the Germans had been applying to their glorious war of Kultur only the familiar weapons of a jealous woman and patent vermin killer. Neither proved quite satisfactory, though both throw a useful light upon the mental processes of the German.

Then came the heavier-than-air gas experiments, first effectively used on the French front. The application of this mysterious gas, as also its composition, are still in the experimental stage, and developments may be looked for. It was used over a front of a dozen miles recently on the Buzura and Rawka section, but the method of application seems to have been altogether different from that, on the French front. I have received the following particulars about this attack at first hand. Its importance was such that military experts believe here that the Germans hoped actually to get through to Warsaw. Notwith-

standing the gas effects and others the Germans were flung back all along the line.

For several nights before tentative some of which ended painfully for the Germans, the movements noted were the flinging out in front of their trenches of straw linings, which were set on fire. Some scouts reported that when certain objects looking like short lengths of rope were thrown on the fires, the flame and smoke changed character and the latter enormously increased. Others reported that the Germans were apparently attempting to put out the fires with hoses after lighting them.

Over one considerable section of their line the Germans were seen climbing out to the rear in evident haste and confusion, and running for their lives. The Russians, of course, promptly opened an effective fire, and those who dropped in the saucy qui were credited to the Russian bullet. Subsequent events, however, indicated that the Germans were running from their own poison, for a change of wind was blowing the smoke into their trenches.

Straw linings to the trenches, timbers and all kinds of debris were piled in a series of bonfires along a twenty mile front on the evening of Sunday last and then apparently watered from a hose. These bonfires were all lighted simultaneously and gave forth incredible volumes of dense smoke, whereupon a tremendous artillery fire began from the German positions. Soon it was seen that the smoke came rolling in solid-looking clouds along the ground towards the Russian positions and behind came the German attacking columns with muffled faces.

At some points of the dozen miles of the front the Russian and German trenches were too near together for effective bonfire building, and here other supplementary means were employed to produce the same effect. Bomb-throwers, used in near trench warfare, sent into the Russian lines a number of tin boxes like biscuit boxes, which burst on impact and threw off volumes of dense poisonous fumes. Subsequent examination of some which had failed to explode showed a filling as follows: On the

top and bottom for one-third of the depth was a layer of moss. The middle third was a chemical composition resembling sand. A fuse ran through all three layers.

## Presentation to His Grace the Archbishop.

His Grace Archbishop Roche celebrated his first Pontifical High Mass at the R. C. Cathedral at 11 a.m. yesterday. He was assisted on the Throne by Very Rev. Father Boutney and McGraith as deacons of honor, while Rev. Frs. Ashley and O'Flaherty were deacon and sub-deacon of the Mass respectively. Rev. J. McMahon, High Priest, and Rev. Dr. Greene, Master of Ceremonies.

After Mass the clergy of the Archdiocese presented a grand Pectoral Cross to His Grace, which was accompanied by an address in Latin, read by Very Rev. Dean Roche, of Wilkes Bay, and the priest of the Archdiocese. His Grace replied also appear below:

## CLERGY'S ADDRESS.

Translation of the Priests' Address of Welcome to Archbishop Roche:

Your Grace, — The Archdiocese of St. John's, which until now has been in mourning for her unexpected widowhood, greets you, her new father, with affection, and wishes you every happiness. Your predecessor was no sooner dead than all longed for the Holy See to promote you to his place, and the rapid fulfillment of this desire has been received with universal enthusiasm. May the advancement be as agreeable to you as your absence would have been painful to your flock!

Now, in this chorus of rejoicing, the priests, but yesterday your comrades and companions, hold the dominant note. They have had better opportunities than others of appreciating your zeal, talents and generosity; they have frequently made experience of that exquisite kindness which has endeared you to all; while the work you have done and your unwearied readiness to visit the sick and help the poor have filled them with admiration. For you never have hesitated to sacrifice leisure and personal comfort, when there was question of doing good to others and the difficulties and tedium of the task vanished before the inspirations of divine grace and your deep sense of duty. Called now to higher things, greater deeds for God's glory will be expected of you and more brilliant achievements will be yours.

We shall miss you sorely from our ranks, but if we have lost a brother, we have gained a Father; and we on our part shall be always obedient, respectful and loyal sons. May this day be ever a red-letter day in the life of the work of the Order, and the ever loyal support to the representative of the Church.

The following is an address from the laity which was read by Hon. John Harris. Accompanying the address was a souvenir cheque for \$5,200.

His Grace made a very pleasing reply on behalf of the laity, and in the work of the Order, and the ever loyal support to the representative of the Church.

The following is a copy of the address:

ARCHBISHOP'S REPLY.

Dear Beloved Brethren in Christ — It is with difficulty that I can find words to fittingly thank you for the testimonial which I have just heard of your loyalty and devotion towards me and for the precious and appropriate day which you have presented to me to-day.

Would I indeed that I could believe that I was not altogether unworthy of the words of praise which you so generously expressed towards me at the same time I do not deny I most willingly confess, that your words, breathing as they do a spirit of loyal devotion towards me, are a most comforting and most pleasing to me. Not indeed, that I need this testimony of your feelings towards me, but because the loyalty and devotion of a clergyman must be always most gratifying to the heart of any Bishop. Without the co-operation and the zealous labours of the priests, I truly confess that the Episcopate which has just begun, would be altogether barren of fruit.

For many years past I have laboured amongst you as a brother amidst brethren, bearing with you the burdens of the day and the night. I know well, therefore, your zeal for the spiritual house of God, your unwearied solicitude for the flocks committed to your care and your ceaseless labours in the Vineyard of the Lord. Moreover, whilst for nearly eight years I discharged amongst you the office of Vicar-General, I had repeated proofs of the truly priestly spirit of the clergy of this diocese and of your spirit of reverent obedience to our most illustrious and most beloved father—the Pastor recently deceased. That you will always give to me—my unworthy successor—the same fidelity, the same devoted service, is to day my earnest prayer in the Lord.

And thus, dear beloved brethren in Christ, in the words of the Apostle — "Supporting each other in charity, bearing each other's burdens," may all our future labours with the blessing and the assistance of the Almighty co-operate unto the edification of the people, the good of the Church, the glory of God and the salvation of souls.

Following the above an address of welcome was presented by the Christian Brothers, and read by Rev. Bro. A. P. Kennedy, of the Order in St. John's. The following is a copy of the address:

CHRISTIAN BROTHERS' ADDRESS. To His Grace, Most Rev. E. P. Roche, D.D., Archbishop of St. John's: May I Please Your Grace:

With joyful hearts we, the Christian Brothers of your Archdiocese, unite with your devoted priests and faithful people in offering you our warmest congratulations on your selection by His Holiness, the Pope, to govern the ancient and important See of St. John's.

Your career from your tender years has been intimately connected with several members of our Order, and so marked was the impress of your fine natural gifts on the minds of those teachers, who were privileged to take part in developing your rare talents, that your brilliant record has come to be an inspiration to each succeeding generation of students in our schools. And it is pleasing to know that the cherished hopes entertained of you in boyhood have been fully realized by your many successes of later years, culminating in the very high honor which has lately been conferred on you by the Holy Father.

It is a matter of pride that the mantle of your illustrious predecessors, who were friends and patrons of our Institute, has fallen on one who has grown up under the teachings of our Educational System. Hence we have with joy your elevation, and feel confident that as Patron of that System we have in your Grace a powerful advocate of the principles, which our forefathers succeeded in placing among the Legislative Statutes of the Colony.

This day, which is a day of rejoicing throughout the land, is one particularly dear to us, as we claim your Grace, and your two esteemed Suffragans, as old pupils, whom, by their learning, and zeal render them worthy successors of the distinguished prelates who have guided the destinies of the Church in Newfoundland.

Deeply beloved Archbishop, it is a joy to your friends and an honour to yourself to know that the rank you have reached is solely the reward of merit—merit won by exalted piety, profound learning, administrative ability, and the faithful discharge of duty. In distant years, when future generations read the annals of our Church, we predict a golden page for the reign of the Most Rev. Edward Patrick Roche.

We thank God that the widowed See is again filled by a wise and patriotic prelate, who at all times counts on the loyalty and hearty co-operation of the Brothers of your Archdiocese in carrying out the great work entrusted to them—the Christian Education of youth. The prayers of the Brothers and of their precious charge will ever ascend to the throne of Grace that God may grant you length of days, and the length of days may be added new and brilliant records to those established by your distinguished predecessors.

In conclusion, we assure Your Grace that you may at all times count on the loyalty and hearty co-operation of the Brothers of your Archdiocese in carrying out the great work entrusted to them—the Christian Education of youth. The prayers of the Brothers and of their precious charge will ever ascend to the throne of Grace that God may grant you length of days, and the length of days may be added new and brilliant records to those established by your distinguished predecessors.

On behalf of the Brothers of the several Communities: J. F. ENNIS, Mount Cashel. J. B. RYAN, St. Bon's College. M. St. RYAN, St. Francis.

St. John's, Nfld., July 4th, 1915. His Grace made a very pleasing reply on behalf of the laity, and in the work of the Order, and the ever loyal support to the representative of the Church.

The following is an address from the laity which was read by Hon. John Harris. Accompanying the address was a souvenir cheque for \$5,200. His Grace made a very pleasing reply on behalf of the laity, and in the work of the Order, and the ever loyal support to the representative of the Church.

The following is a copy of the address:

ARCHBISHOP'S REPLY.

Dear Beloved Brethren in Christ — It is with difficulty that I can find words to fittingly thank you for the testimonial which I have just heard of your loyalty and devotion towards me and for the precious and appropriate day which you have presented to me to-day.

Would I indeed that I could believe that I was not altogether unworthy of the words of praise which you so generously expressed towards me at the same time I do not deny I most willingly confess, that your words, breathing as they do a spirit of loyal devotion towards me, are a most comforting and most pleasing to me. Not indeed, that I need this testimony of your feelings towards me, but because the loyalty and devotion of a clergyman must be always most gratifying to the heart of any Bishop. Without the co-operation and the zealous labours of the priests, I truly confess that the Episcopate which has just begun, would be altogether barren of fruit.

For many years past I have laboured amongst you as a brother amidst brethren, bearing with you the burdens of the day and the night. I know well, therefore, your zeal for the spiritual house of God, your unwearied solicitude for the flocks committed to your care and your ceaseless labours in the Vineyard of the Lord. Moreover, whilst for nearly eight years I discharged amongst you the office of Vicar-General, I had repeated proofs of the truly priestly spirit of the clergy of this diocese and of your spirit of reverent obedience to our most illustrious and most beloved father—the Pastor recently deceased. That you will always give to me—my unworthy successor—the same fidelity, the same devoted service, is to day my earnest prayer in the Lord.

And thus, dear beloved brethren in Christ, in the words of the Apostle — "Supporting each other in charity, bearing each other's burdens," may all our future labours with the blessing and the assistance of the Almighty co-operate unto the edification of the people, the good of the Church, the glory of God and the salvation of souls.

Following the above an address of welcome was presented by the Christian Brothers, and read by Rev. Bro. A. P. Kennedy, of the Order in St. John's. The following is a copy of the address:

CHRISTIAN BROTHERS' ADDRESS. To His Grace, Most Rev. E. P. Roche, D.D., Archbishop of St. John's: May I Please Your Grace:

With joyful hearts we, the Christian Brothers of your Archdiocese, unite with your devoted priests and faithful people in offering you our warmest congratulations on your selection by His Holiness, the Pope, to govern the ancient and important See of St. John's.

## List of Unclaimed Letters Remaining in the G. P. O. to June 30th, 1915.

<p><b>A</b> Also, Harry Ashman, Miss Alice M. Andrews, C. R. Hutchings St. Andrews, Samuel, care General Post Office Atkinson, Mr., card Aston, Max Abbott, Miss A. New Gower St. Alcock, Wm., Notre Dame St.</p> <p><b>B</b> Baird, John B. Bradbury, Mrs. Jas. Military Road Baird, Mrs. Wm. Baird, Robert, Allendale Road Barrett, Geo. J. Baldwin, Miss Minnie, care General Delivery Baird, H. Long Pond Road Barnes, Miss Annie M. Byrne, Miss A. Prescott St. Barnes, Samuel, Pennywell Road Bonnett, G. C. Barnes, Tom, Newtown Road Bennett, Clement J. Byrne, Jas. Railway Customs Dept. Blawett, Geo. H. Flavin's St. Brinston, Miss Emily, Carter's Hill Bailey, James, card Bishop, Mrs. Samuel, Lime St. Brown, Miss Nora, Murray St. Brown, William Brown, Mrs. Queen St. Brothers, Miss Fanny, Gen. Hospital Boyle, V. red. Blundon, Mrs. Robert, Lime St. Burt, Mrs. H. Gilbert St. Bulger, James, Newtown Road Brussett, Curby Butcher, Miss E. care Post Office Budden, George, late Port au Port Butler, Joseph M. Burns, James Butler, Miss Bessie, care Mrs. Malone, Duckworth St. Boone, Mrs. Samuel</p> <p><b>C</b> Caron, Joe C. K., care General Post Office Callahan, Katie Clarke, L. B., card Caroy, Miss Stella, Prescott St. Chafe, Mrs. Jacob, Long's Hill Clements, Wm. Crichton, Miss Elsie B., Cabot St. Costello, Wm., care General Delivery Cromey, Miss Elsie, Casey St. Coleman, Mrs. Walter, Hutchings St. Crocker, Miss Marion, Rossiter's Lane Connolly, Mrs. David Cochrane, Jack, Gower St. Coneduck, Wm. J., Pitts Building Condy, Michael, care Gen. Delivery Collins, Hannah, Queen's Road Connors, J. W. Cooper, Samuel, late Badger Crichton, Matthew, card Curtis, John, care Mrs. Clarke, 36 — St. Curran, Miss Annie, Leslie St. Culler, Mrs. Elizabeth, Cuddihy St. Curran, Annie, card, Leslie St. Coates and Hall Lewis, James, Pennywell Road Clouston, Miss Ethel, Hayward's Ave.</p> <p><b>D</b> Davidson, Wm., late s.s. Clyde Davidson, Margaret Daly, John, Water Street Davidson, Neil C. Dawley, Miss Gerlie, Theatre Hill Driscoll, William, card Driscoll, Edward, Lime Street Dick, Frank, Queen's St. Dooley, Mrs. John, New Gower St. Dobbin, Mary, care Brownrigg's Droge, Joseph Gower St. Dunn, Thomas Dwyer, M. Dewley, Annie M., Gen. Hospital Dewley, Miss Annie M. Dewley, E. J., card Densmore, Michael, care Post Office Dyke, J. W. Duff, Miss May, Water St.</p> <p><b>E</b> Edwards, Mrs. Evans, Percy B. Edwards, Thomas Earle, Mrs. Leonard Edmonson, E. General Hospital Edwards, P. B. Earle, Miss E., Queen's Road</p> <p><b>F</b> Fleming, Miss Alice, Garrison Hill Fry, T., late s.s. Meigle Fitzpatrick, M. K. Fitzpatrick, W., card Fisher, Miss Gerlie, New Gower St. Fordham, Ronald, Pleasant St. Ford, C. E., card</p> <p><b>G</b> Grant, James E. Grant, D. G., Gower St. Grant, Mrs. Jas. W. Gotherall, Miss Mary, New Gower St. Gear, J., South Side Green, George, care General Post Office Green, Archibald Gibson, S., New Gower Street Gill, Stewart, card, Methodist College Godley, Mrs. Selina, care General Post Office Goss, Miss Eliza</p> <p><b>H</b> Hamlin, Miss, St. John Road Hann, Jacob Harvey, Jack, care Reid Co. Hartery, Thos., Howe Place Hartery, M. G., card, care Ellis &amp; Co. Haines, Eleazar, Pleasant St. Hannlin, J., Water St. Hartley, F., card Halliday, Mrs. D., Queen's St. Hackett, E. J., Cabot St. Harwood, Lena Henderson, Mrs. D. Hickey, W. J., Lime St. Higdon, Sarah B., Cook St. Hickey, Miss Mary, slip Hefford, Mrs. Heppich, Otto, Fort Amherst Hill, Miss Fannie, care General Post Office Higgins, Mrs., Water St. Hodnotte, Miss M., Freshwater Rd. Holland, Miss Maud, British W. Co. Holman, F. E. Hopkins, Alice, LeMarchant Road Hovey, John, Patrick St. Hunt, Sarah, Goodview St. Hunt, Joe, care General Delivery Hustin, Kenneth, red. Hunt, Miss Maggie, late Glovertown Hayward, Allan, Power St. Hallett and Hiscok</p> <p><b>I</b> Irvine, Miss Mary Ivany, Mrs. James, Angel Place</p> <p><b>J</b> Jackson, Mary, care Gen'l Delivery James, Miss L. V., Military Road Jackson, H. P. O. Box 803 Johnson, Mrs. M. G. Jones, H.</p> <p><b>K</b> Kennedy, Willie Kennedy, Mrs. Tobias, Scott St. Kelly, Miss Gerlie, Patrick St. Keough, Miss Agnes Bond St. Rogers, Miss L. Sheehan St. Kennedy, Captain W. J., care General Post Office Keefe, Miss M., Madeline Kins, Rouben H. Knight, Muriel, card King, Mrs. W. G. Keels, Miss Mary, Signal Hill Road.</p> <p><b>L</b> Lovesey, Bert, care Gen'l Post Office Lalton, Miss Jessie, Lime St. Larney, Mrs. Thomas, Carter's Hill Lamb, Mrs. Mary, Spencer's St. Levitz, S. P. O. Box 185. Lewis, James, Pennywell Road Lovesey, Bert, care Gen'l Post Office Luther, Edward, care E. Warren, New Gower Street Lynch, Mrs. A. D., Leslie Street Lewis, Mrs. W. F., Pennywell Road</p> <p><b>M</b> Marshall, Ensign, card, Quidi Vidi Martin, Miss Annie, Pennywell Road Martin, Mrs. Stanley March, A. March, Ebenezer, care Gen. Post Office Maynard, Francis Ma—, John, Signal Hill Road Martin, C. P. O. Box 295 Merry, D. Morse, Mark, card Miller, Mrs. Eliza, Carter's Hill Milley, Miss Miller, E. J. Mitchell, Mrs. H. G., Gower St. Moore, Miss Annie, Maxse St. More, Mrs. J., Cabot St. Moore, Christy, card, 21 — St. Morgan, Ethel, New Gower St. Mitchell, Miss Sarah, Military Rd. Moores, Mrs. F. 33 — St. Mundy, Stella, care Mrs. J. R. Taylor, care General Delivery Murray, Mrs. Wm., care G. P. O. Murray, David, Water St. Moorey, Mrs. J. Miller, Mrs. Arthur, 47 — Rd.</p> <p><b>Mc</b> McKellop, Mrs., red., Signal Hill Rd. McCarthy, Mrs. Edward, care Mrs. Kelly McCarthy, Miss Nellie McCruden, Walter, Colonial St. McCarthy, Miss Martha, care Mrs. Ed. Ryan, Water St. McGillivray, J. M. McDonald, Mary E., Power St. McKellop, Susie, 16 — Street McCarthy, Annie, Woodville Road McCallister, Miss Mary, Prince's St. McCarthy, Miss C., Carter's Hill McGillivray, J. M.</p> <p><b>N</b> Nelson, O. K. Neville, Miss Bridget care Arthur Walsh, Livingstone St. Nicholl, Mrs. Sarah, Pleasant St. Noel, Miss Tot, Water St.</p>	<p><b>O</b> Owen, Miss Mary, card O'Keefe, Mrs. Philip, 5 — St. O'Keefe, Miss Mary J. O'Keefe, Miss Janet, Prescott St. Osmond, A., care General Post Office O'Toole, Nicholas, late Victoria Osmond, Miss Alice, New Gower St. O'Donnell, Mrs. P. J., Pope St. Osmond, Miss Della, care G. P. O.</p> <p><b>P</b> Parsons, Miss Essie, care Captain Parsons Parsons, Allan Parsons, Mrs. H., card, Duckworth St. Patten, John M. D., Gower St. Parsons, A., Bond St. Pardy, Miss Alice, Water St. Parsley, Miss Bridget, LeMarchant Rd. Peddell, Miss Elizabeth, Hamilton St. Percy, Mrs. Geo. E., Hamilton St. Phelan, Patrick Pillely, Wm. Pritchett, Miss Lucy Pike, Miss E. R., card Pink, Andrew E. Hepich, Otto, Fort Amherst Power, Mrs. Barrett, East End Porter, Geo. J. Power, Bella, King's Road Power, Edward, Nagle's Hill Power, Mrs. James, 12 — St. Parsons, Miss Annie Penny, Miss G. M., card, New Gower St. Power, Alice Power, Miss Leane, Water St.</p> <p><b>R</b> Ryan, Miss Minnie, Freshwater Rd. Ryan, Const. John, City Ryan, Miss Carrie, card Monkstown Road Ryan, J., Queen's Road Reid, Jerrett, Queen's Road Reid, Miss Alice, Scott St. Reid, Thord, Jack, care J. Wilson Reid, Gerlie, Scott St. Reid, Eleazar, 4 Middle Street Reid, Miss Gertrude, Victoria St. Rendell, E., card, P. O. Box 161 Rogers, Miss L. Sheehan St. Rogers, Miss Katie Cochrane St. Roberts, Gilbert, care S. A. Army Roberts, John, care Gen'l Post Office Roberts, Thomas, York St. Rose, Mrs. C., care E. of Orphanage Roberts, George, Allendale Road Russell, Mrs. L., Barker's Hill Roberts, E. W., Fleming St.</p> <p><b>S</b> Sparkes, Miss Emma, red. Scaplin, Mrs. New Gower St. Skeans, Miss Lily, Military Road Slaney, Miss, Adelaide St. Sharpe, Abraham, care General Post Office Saunders, Miss Amy Saunders, R., Flower Hill Stephens, A. E. P., care General Delivery Senors, James, Convent Lane Spence, Harold C. E. Stewart, George Smith, Miss Violet, Gower St. Smith, Mrs. F. J. Sticklin, Bonham, Coronation St. Simmons, Isabella, Pennywell Rd. Smith, W. F. Smith, J. Barrett Spencer, Max, P. O. Box 902 Sopher, Dora Sullivan, W. Sullivan, Mrs. Mary, Carter's Hill</p> <p><b>T</b> Tibbs, Richard, care Mrs. Bishop, 165 Gower St. Thomas, Mrs. Lizzie Tulk, N. T., Prescott St. Tucker, Walter Tucker, Gladys Mayo, Carter's Hill Tucker, Walter Tucker, Mrs. Jim, Monroe St.</p> <p><b>V</b> Vaughan, Miss L., red., Cochrane St.</p> <p><b>W</b> Walley, E. B., care Post Office Walsh, Martin, Coronation St. Walsh, Laura M. Walsh, Thomas, Young St. Walsh, John J., Young St. Walsh, Agnes, 15 — St. Walsh, May, Scott St. Wakeley, T. Warren, Louie, New Gower St. Wallis, A. W. Walkin, Miss Nellie, card West, Garland Walsh, Sarah A., Gower St. Walters, W. B., Water St. Walsh, Laura, card, Casey St. Weir, Edward, Newtown Rd. Wells, Wm., Hutchings St. West, Stanley, Bannerman St. Winsor, E. J. Williams, Mrs., Water St. West Windross, Thos. B. Woodford, Mary, Military Road Wiseman, Miss C., Casey St. Winsor, Rev. J. W., Balsam Place.</p> <p><b>Y</b> Youden, Miss Nellie, Field St.</p>
---	--

H. J. B. WOODS, P.M.G.  
G. P. O. June 30th, 1915.

## Ready for Vacation?

One should be fit and ready for both work and play all the year 'round.

If vacation time finds you run down, physically and mentally, you may be sure that body, brain and nerves have not been properly rebuilt day by day with the right kind of food.

## Grape-Nuts

made of whole wheat and barley, contains all the rich food elements of the grains in easily digestible form.

All of those vital mineral salts found under the outer coat of the grain, so necessary to repairing the wear and tear of work or play, are retained in Grape-Nuts.

Grape-Nuts has delicious flavour and has proven itself a mighty builder of brain and brawn.

## "There's a Reason"

MADE IN CANADA Grocers everywhere sell Grape Nuts.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

## ANCESTRY.



Man's father was an ape, of rude, ungainly shape, according to the chaps who study human maps, and fossil teeth and toes, and ribs and things like those. Through woodlands dark and green, in a s.s. pilocene, our fathers used to roam, and made the trees their home. When I feel gay and proud,

above the common crowd, and walk with haughty tread, like badly swollen head, of facts like these I think, and then you see me shrink. I seem to catch a glimpse of long-tailed woodland imps, and from a phantom ape I hear these words escape: "Don't get too chesty, boy; your origin was low; your grandfathers, ages back, acquired the useful knack of going on two legs; but don't," the phantom begs, "claim to fame abuse—for so kangaroos." I had an ancient sire who twanged a famous lyre; another one, they say, was knighted, on a day; and on the Mayflower ship another made a trip. But when I faint

would boast of a distinguished host upon my pedigree, a vision comes to me; my sires in ancient vales, swinging by their tails, or prone in grass-made nests, devouring cocoas nuts.

## WILL MAKE REVELATION.

NEW YORK, July 4. Charles Becker, in the death house at Sing Sing, will reveal before he goes to the electric chair, the name of police department officials, living and dead, with whom he divided \$100,000 graft money. This was the prediction made to-day by the condemned man's lawyer.

MINARD'S LINIMENT