

**CAPITAL & RESERVE — \$ 8,400,000**  
**TOTAL ASSETS — \$13,000,000**

**MONEY IN CATTLE**

National demands make it essential that more cattle be raised immediately. "We must go on or go under" — the surest way to go under is by not keeping the Allied armies fed.

The profit of raising cattle is enormous on account of the prices now prevailing and prices will continue high even after the war.

Raise more cattle as a duty to the nation and your bank account. If financial help is required, consult our local manager.

**UNION BANK OF CANADA**  
HEAD OFFICE WINNIPEG, MAN. 213

CARLETON PLACE BRANCH, D. B. OLIVER, Manager.  
STITTSVILLE BRANCH, W. A. L. BURCHILL, Manager.  
KINBURN BRANCH, T. McMILLAN, Manager.  
PAKENHAM BRANCH, A. C. THOMSON, Manager.

**PROMOTION EXAMINATIONS**

**The Carleton Place Girls and Boys who have gone Forward in the Recent Tests**

**Primer to First Book**

Gordon Bennett, Victor Bennett, Violet Brooks, Allie Buffam, Harrison Chamberlain, Gordon Drummond, Laura Folkard, Ruby Folkard, Amy Foote, Mary Godfrey, James Griffith, Blanche Howard, Merrill Houston, Harold Meary, Oswald McLaughlin, Margaret McGregor, Constance McMullen, Fred Porteous, Jean Smythe, Nanreen Tetlock, Wilmet Tuggey, Lorraine Whyte, Yvonne Whistler.

Violet Atwell, Dorothy Allan, Travers Abernethy, Muriel Barber, Gladys Bennett, Edna Brown, Hazel Clements, Gordon Drummond, Clarence Edwards, Earle Fumerton, Muriel Fumerton, Alfred Fraser, Lorne Garvin, Allan Gallip, Francis Hudson, Charlie Hale, Dorothy Hucklestep, Alice Hudson, Clavenna Herron, Mable Jordan, Alfredda Leach, Jackie Machin, Myrtle Maloney, Peter McNeely, Eva Nolan, Beatrice Nesbitt, Lillian Porteous, Clyde Purdy, Willie Porteous, Doris Richards, Arnold Smith, Arthur Stanzel, Geneva Wilson, Ethel Willis, Sydney Willis, Laurence Wright.

Kathleen Boyle, Travers Coates, Kenneth Dack, Carleton Flegg, Velma Giles, Earl Hughes, Olive Hurdie, Della Hueston, Marjorie Hooper, Marguerite Kellough, Marguerite McGonegal, Gordon McDaniel, Lillian McClelland, Willie McKim, Lyle Menzies, Doris Porter, Alwyn Prime, Annie Poxon, Fern Sheffield, Pearl Sheffield, C. Vald Scott, Howard Saunders, Leonard Saunders, Hazel Saunders, Fred Tinslay, Evelyn Warier.

**Corena Baird, Heber Burrows, Emily Clarke, Anna Mary Clarke, Harvey Campbell, Gordon Cunningham, Isabel Donald, Lloyd Douglas, Kenneth Findlay, Frances Gordon, Willie Graham, Ruby Hager, Vera Hark, Esther Back, Dorothy Hastings, Helen Hudson, Frank Kirkpatrick, Marjorie Lewis, Thomas Lang, Gordon Lancaster, Ruth McLaren, Gertrude Phillips, Willie Pendergast, Henry Stevens, Mary Waugh, Clifford Waugh, Margaret Whitcher.**

**First to Second Book**

John Ball, Reta Bennett, Jackie Bittle, Gordon Cable, Jane Carter, Roy Collins, Joe Condon, Murray Dunlop, Lillian Edwards, Peter Ferguson, Alfred Goodwin, Albert Howard, Myrtle Lambertus, Joseph Moulton, Ralph McPherson, Rolo Newman, Staunton Stanzel, Oatway Thomas, Herbert Townsend, Dorothy Townsend, Ida Vexler, Francis Wilkinson, Alean Wilson.

**Norman Abernethy, Kathleen Allan, Mary Andison, Margaret Bond, May Cleland, Hazel Cleland, Isabel Cleland, Alfred Connors, Earl Connors, Constance Cram, Dorothy Crawford, Etta Culbertson, Lloyd Edwards, Ernest Foote, George Frizell, Beatrice Garland, Osie Hastie, Roy Hastie, Cecelia Kennedy, Eleanor Lackey, Jennie Lever, Norma Lever, Viola Menarey, Willie Meabry, Gordon Miller, Rilla Misener, Bernard Mondas, Mildred McKittrick, Harry McKittrick, Roy McKittrick, Ralph Porter, Eileen Richards, Laurence Saunders, Lonella Shails, Clarence Shail, Evelyn Sheppard, Doreen Steele, Daniel Watt, Elaine Whitcher, Wilma Whyte, Elvina Cleroux.**

**Elmer Baird, Wesley Bradley, George Bleach, Mary Cumming, Mary Ceno, Willie Campbell, Mabel Cardiff, Clayton Flynn, Alex Ingram, Jean Kingston, Wilfred Lewis, Raymond Lancaster, Gordon Langtry, Harris McCann, Marie Mahon, Eva McFarlane, Donald McDaniel, Doris Menzies, David McLaren, Bert Mahon, Pearl Poxon, Lillian Rudolph, Hyman Rudolph, Jessie Ralph, Verna Splane, Archie Stevens, Mona Sheffield, Dorothy Splane, Ernest Tinslay, Victor Tinslay, Austin Trotman, Alma Whalen, Marguerite Walsh, Phyllis Wright, Teddy Voyce. Recommended—Eva Bowland, Derril Stoddard.**

**Second to Third Book**

Laura Burrows, Aurora Carriere, Elsie Carter, Gibson Craig, Bob Deaves, Jean Dolan, Glen Dunlop, Marion Ferguson, Eric Giles, Annie Graham, Katherine Hudson, Marjorie Logan, Isabel McLaren, Annabell McPhail, Mary McPherson, Meredith McRostie, Margaret McRostie, Flossie Nesbitt, Agyle New, Teresa Parsons, Margaret Patterson, Wilfred Purdy, Mabel Ralph, Edna Reid, Lily Reynolds, Lloyd Saunders, Sophie Smith, Orrie Splane, Dorothy Thoma, Jackie Voyce, George Walton, Clarence Waugh, Allan Wilson, Helen Baker, Doris Bennett, Ethel Bradford, Burt Brown, Elizabeth Condon, Archie Fraser, Russell Gallip, Gertrude Garland, Muriel Henderson, Bertha Jordan, Beatrice Lambertus, Florence Mace, Gracie McAllister, Carmel McCann, Margaret McClasky, John McDaniel, Willie Moore, Hilliard

McGonegal, Walter McMullen, Edith Patterson, Irene Porteous, Olive Powell, Allan Purdy, Howard Sadler, David Thompson, Marion Watt, Franklyn Whyte, Alex Wright, Merville Townsend. Recommended—Marguerite Menzies, Marjorie Stoddard.

Lyle Abernethy, Willie Boyle, Christopher Condon, Mae Eynouf, Ernest Hastie, Fred Hudson, Isabelle Miller, Jackie McGregor, Glen McGregor, Morris Smith.

**Junior Third to Senior Third Book.**

Mollie Cumbers, Resamond Findlay, Eleanor Langtry, Douglas Allan, Albert Bennett, Hugh Box, Harry Carter, Willie Griffith, Blake Robertson, Clare Baker, Mae Devlin, Ena Goodwin, Mary Hooper, Mary Ingram, Morna McDaniel, Hazel Miller, Connie Mullenger, Lillian Nichols, Muriel Sherlock, Hilda Wilkinson, Clark Donald, Roy Griffith, Wilfred Henry, Billy Kirkpatrick, Gerald Miller, James Patterson, Leslie Reynolds, Ernest Trotman, Carl Williams, Eugene Williamson. Recommended—Leslie Baird, Victor Atwell, Alfred New, Rhona Wright, Hilton Arthurs, Willie Reynolds.

Ruth Godden, Hilda Carr, Meta Stadel, Percy Bond, Edna Pretty, Fern Powell, Frances McDiarmid, Ida Muirhead, Wynifred Burgess, Eleanor McDiarmid, Florence Bittle, Marjorie Curtis, Margaret Fraser, Helena Meabry, Marjorie Oliver, Alean Perry, Annie Pretty, Lily Vexler, Helen Wethey, Mary Whitcher, Delbert Corr, Orville Evey, Murray Flegg, Howard Foote, Donald Fraser, Walter Kennedy, Walter McLaughlin, Earl McPherson, Gordon Patterson, George Smith. Recommended—Curtie Wright, Margaret Gorrod, Isabel Hamilton, Marguerite Saunders, Clyde Abernethy, Willie Rogers, Ross Ferguson.

**Senior Third to Junior Fourth Book**

Jean Bennett, Maudie Cuddeford, Dorothy Devine, Margaret Findlay, Isabel Galbraith, Bessie Harrott, Florence Jordan, Veronica Lahaie, Bessie Lewis, Elsie Nesbitt, Vera Splane, Allan Brown, Harvey Baird, James Graham, Ernest Halliday, Hiram McCann, Gladwyn MacDougall, Kenneth Muirhead, Ralph Muirhead, Wilfred Ralph, Gordon Whyte. Recommended—Ralph Hill, Harold McFadden, Worthington New.

Hazel Gallip, Doreen Nolan, Gladys Powell, Christie Stewart, Geo. Goodwin, Jas. Misener, Thos. Rogers, Harry Goodwin, Marjorie Connors, Mona Cudbertson, Elizabeth Coderre, Bertha Lever, Reta Lowe, Dorothy Machin, Dora Macklem, Dorothy Stanzel, Reta Wilson, Laura Whelan, Robt. Ashfield, Alec Devlin, Ross Dunlop, Donald Hudson. Recommended—Theodore Nesbitt, Gladys Poxon, Agnes Arbuckle, Marguerite Crawford.

**Junior Fourth to Senior Fourth Book**

Leita Andison, Annie Bolton, Willie Burnie, Minnie Dunlop, Margaret Dunfield, Marjorie Douglas, Hazel Darou, Kenneth Darou, Jean Findlay, Dorcas Flegg, Odo Frizell, Stuart Hudson, George Kirkpatrick, Ethel Langtry, Hilda McNeely, Eleanor Muirhead, Mary McLaren, Helen Monds, Ruth McDiarmid, Natalie McDiarmid, Charlie Maguire, Hector McGregor, Maud McFadden, Willie Patterson, Margaret Rintoul, Iva Shaw, Bessie Saunders, Gordon Taber, Gordon Taylor, Bessie Vexler, Margaret Wethey, Mae Williams, Paul Williamson. Recommended—Leita Ardifi, Nellie Lewis, Hubert Arthurs, Orvel Beck, Willie Ball, Gordon Young, Charlie Finners, James Williamson.

R. J. ROBERTSON, Principal.

**WAR TIME BREAD**

**CORN FLOUR BREAD.**

2½ pounds standard flour  
¾ pound corn flour  
1 tablespoon brown sugar  
2 tablespoons salt  
½ oz. yeast  
1 tablespoon fat  
3 cups of water  
This should produce 4½ pounds of bread.

**BARLEY FLOUR BREAD.**

5 2/3 cups wheat flour  
1 1/3 cups barley flour  
2 cups milk and water  
1 cake of compressed yeast  
2 tablespoons sugar  
2 tablespoons fat  
2 teaspoons salt  
This should make two loaves.

**RICE YEAST BREAD.**

8 cups standard flour  
7 cups boiled rice  
½ cup milk and water  
½ cup warm water (for yeast)  
½ cake compressed yeast  
4 teaspoons sugar  
4 teaspoons fat  
1½ teaspoons salt.  
When ready for the pans will look like a stiff drop batter. The quantities mentioned make two loaves.

**Carleton Place to Help Y.M.C.A.**

The new "Hub," the Y.M.C.A. building at Petawawa camp is a popular resort with the men. A reading and game room is one of the features of the institution. Robert Hannah, the Social Director of the Y.M.C.A. there, is in need of popular and current magazines, books, reviews and papers of recent date. Recently a parcel containing magazines as ancient as 1908 issue, and none more recent than 1912 was received. This parcel was practically useless. It is not complimentary to the intelligence of our soldiers to send them anything but the best and most recent reading material. What is wanted is good snappy, up-to-date reading matter such as the Sphere, Graphic, reviews of current events as Literary Digest, humorous papers, etc. People in the vicinity of Petawawa Camp can help materially by handing in magazines and papers as soon as they are read by themselves. Rev. W. A. Dobson has been authorized to receive and forward magazines and papers to Petawawa camp from Carleton Place and vicinity. These may be left at the offices of the Herald or Central Canadian or at Zion manse.

**Promotion Results of S.S. No. 8.**  
Ramsay: Sr. IV to Sr. IV—Wilfred Chapman, Jr. III to Sr. III—Earl Thom, Wesley Thom, James Miller (rec.), Harry Sadler (rec.). Sr. II to Jr. III—Lorne Cox, Jr. I—Jackie Young, Alex Turner, Orville Cox, Jr. Primer—Hannah Turner, Margaret Cox.

**Promotion Results of S.S. No. 9.**  
Beckwith: Sr. III to Jr. IV—1, Wilhelmine Switzer, 2, Gordon McKae, Jr. III to Sr. III—1, Annie Timmons, Annie Robertson, 3, Peter Timmons, Jr. II to Sr. II—1, Kenneth Switzer, 2, John Fumerton, 3, Orville Turner, Jr. I to Sr. I—1, Ernest Robertson, 2, Gerald Campbell, 3, Mary Lowe (Recommended). Sr. Primer—Marguerite McKae, Jr. Primer B—Gordon Lowe, Frank Lowe, Jr. Primer A—Bessie McLaren, Bessie Whyte, Willie Lowe.

Ninety per cent of the disabled soldiers returning to Canada are making good, some of them in new trades, according to an address at the Engineers Club.

**How is Your Appetite?**

Loss of appetite during the summer months is a common trouble, and indicates that the digestive system is out of order. Lacking a healthy appetite many people—especially women—go too long without food, or eat sparingly because food seems to distress them, and it is no wonder that they complain that they are constantly tired and unable to stand the hot weather. This simply means that the digestive system is not doing its proper work, and that the nutriment that should come from the food is not being distributed to the various organs of the body. In other words the blood is growing thin and watery.

You need a summer tonic, and in all the realm of medicine there is no tonic can equal Dr. Williams' Pink Pills. Take a short treatment with these pills now and notice how promptly your appetite returns and your power to digest food improves. Your food will then do you good, your strength will return and you will no longer complain that the hot weather tires you out.

The best time to begin taking Dr. Williams' Pink Pills is the moment you feel the least bit out of sorts. The sooner you do so the sooner you will regain your old time energy. You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Rod and Gun for July is a special fishing number, most of the stories relating to the pursuit of the finny tribe, with just enough variety to make the number of interest to those whose allegiance to the piscatorial art is divided among other outdoor sports. The usual departments are well maintained, the Trap department containing an illustrated write-up of the recent tournament of the Dominion Trap Shooting Association at Hamilton, and the Kennel department the list of awards at the London and Montreal Shows. "Snooping in France," by a professional Sniper is only one of the fine articles appearing in the Guns and Ammunition section. Rod and Gun is published by W. J. Taylor, Limited at Woodstock, Ont.

**TABER & CO.**

**MONARCH FLOSS WOOL FOR SWEATERS**

Shades in stock, Rose, Purple, White, Nile, Emerald, Black.

Shades expected this week, Melon, Copen per skein, 40c

**New Check Voile and Gingham DRESSES**

at \$5.00 and \$10.00

in Billie Burke styles.

**TABER & CO.**

SUBSCRIBE FOR  
AND ADVERTISE IN  
THE HERALD

**Have You Applied for Help FOR Haying, Hoeing & Harvesting?**

If you have not yet done so, and you need help—send in your application at once. Otherwise you may lose your choice of the experienced men.

We have worked hard to get this labour for you—and we have succeeded.

We have lined up hundreds of men willing to go (and they are all more or less experienced in summer farm work).

These men will be sent only to farmers in the following counties: Carleton, Dundas, Glengarry, Grenville, Lanark, Leeds, Prescott, Renfrew, Russell and Stormont.

Many first-class men are giving up their holidays, as they did last year, and some are even sacrificing good city wages to be of assistance to you.

But don't delay—the best men are always picked up first.

If you want help apply for it NOW. Fill out the form below or get your local banker to do it for you.

We will give your wants prompt attention.



**Ottawa Branch, Organization of Resources Committee**

J. R. REID,  
Chairman

T. D. MCFARLANE,  
Chairman of Labor

R. B. FAITH,  
Secretary,  
Journal Building



Fill out and mail this Coupon NOW or ask your Local Banker to do it for you.

R. B. FAITH, Secretary Ottawa Branch, Organization of Resources Committee, Ottawa, Ontario.

Dear Sir:

I expect to need ..... men for ..... months, commencing about .....  
I am willing to pay ..... wages per month. I prefer men who can do .....  
(State kind of work you want men to do.)

Farmer's Full Name .....

Address .....

Nearest R.R. Station .....

Local Banker .....

(Issued by Organization of Resources Committee in co-operation with Canada Food Board.)