



## CURLERS FOR SCOTLAND

Ontario Branch Will Send Rink  
Abroad in 1920-21.

DETROIT, June 25.—The executive committee of the Ontario Curling Association met here Saturday relative to accepting an invitation from the Royal Caledonian Curling Club of Scotland to send eight rinks of four members each to Scotland either during the winter of 1920 and 1921 or 1921 and 1922. It was decided to accept for the winter of 1920 and 1921.

## Care of the Weanling Lamb.

For best results lambs should be weaned at between four and five months. It has been found that under conditions prevailing during the hot dry months of mid-summer the ewes will drop off considerably in their milk flow. The lambs receive comparatively little nourishment and it is better for both ewe and lamb for them to be separated. When the lambs are removed from the ewes they will miss little the small amount of milk they would receive and will soon learn to depend upon pasture. They should receive the very best pasture available. Nothing fits in better than a patch of rape sown at the proper time so as to be ready for pasture when the lambs are weaned. Care should be exercised in turning the lambs on the fresh rape to avoid bloating and probable death. If no rape is available fresh clover will give satisfactory results. In addition to pasture a feed of grain given a day will push the lambs along to a good finish. At no time should it be necessary to feed over one-half pound of grain per day to each lamb while on pasture. J. P. Sackville, D.S.A., Ontario Agricultural College.

## Uses of Fruits and Vegetables.

The drastic regulations set forth by the Canada Food Board lately, have caused much anxiety to many people who feel that they must now choose between either being considered unpatriotic, or going without sufficient food to nourish their bodies.

This is a mistaken idea. In their excitement they have forgotten for the moment to recall the long list of available substitutes which can wholly replace the Allied demands, and to remember that foremost among these stand fruits and vegetables. Fresh vegetables not only contain a high percentage of water—a necessary requirement of our bodies—but, also, a large amount of mineral salts and acids which act as blood purifiers and body regulators; they also serve to prevent too great concentration of food and thus aid in the digestive process. Dried vegetables on the other hand, are rich in tissue-building material, dried peas and beans containing as much protein as our best cuts of beef, in addition to containing a large percentage of starch.

While fruits are usually noted more for their flavor, mineral matter and water than for anything else, still we must not forget that bananas, dates, figs, raisins and prunes are high in food-value, some containing as high as 50 per cent. of sugar. For this reason they are a valuable substitute for cane sugar. They might well be given to children in place of candy, and when served in combination with puddings, or salads, reduce the amount of sugar needed and add much to the value of the dish.

Vegetables and fruits should form a large part of the diet during the winter, as well as the summer months, and it is therefore to our advantage to see that they are canned or dried at the proper time for future use. Much valuable information on the canning and drying of fruits and vegetables may be secured from the Women's Institute Branch, Ontario Department of Agriculture.—Geo. A. Putnam, Superintendent of Women's Institutes.

Compiling family trees is an industry subject to more or less graft.

## IN FOUR LEAGUES

## INTERNATIONAL

	Won	Lost	P.C.
Baltimore	41	17	.707
Toronto	36	21	.632
Binghamton	26	27	.491
Buffalo	27	30	.474
Newark	27	31	.466
Rochester	25	30	.455
Jersey City	21	34	.382
Reading	20	33	.377

## Yesterday's Results

Toronto 5; Newark 4.
Buffalo 11; Baltimore 2.
Rochester 19; Reading 0.
Jersey City 6; Binghamton 4.
Jersey City 6; Binghamton 4.

## GAMES TODAY

Toronto at Newark.
Buffalo at Baltimore.
Rochester at Reading.
Binghamton at Jersey City.

## MICHIGAN-ONTARIO LEAGUE

	Won	Lost	P.C.
Saginaw	26	9	743
Hamilton	24	12	667
Battle Creek	23	14	622
Bay City	20	15	571
Brantford	18	17	514
Flint	15	19	441
Kitchener	13	22	371
London	3	34	81

## Yesterday's Results

Brantford 10; Kitchener 6.
Hamilton 6; London 1.
Flint at Saginaw—Rain.
GAMES TODAY
Hamilton at London.
Kitchener at Brantford.
Flint at Saginaw.

## AMERICAN

	Won	Lost	P.C.
New York . . . . .	31	16	660
Cleveland . . . . .	33	18	647
Chicago . . . . .	32	20	615
Detroit . . . . .	25	26	490
St. Louis . . . . .	24	26	480
Boston . . . . .	21	26	447
Washington . . . . .	19	31	380
Philadelphia . . . . .	13	35	271

## Yesterday's Results

New York 9; Philadelphia 0.
Detroit 8; St. Louis 4.
Cleveland 2; Chicago 0.
Boston 5; Washington 2.

## GAMES TODAY

St. Louis at Detroit.
Cleveland at Chicago.
Washington at Boston.
Philadelphia at New York.

## NATIONAL

	Won	Lost	P.C.
New York	34	17	.667
Cincinnati	32	20	.615
Pittsburg	30	23	.566
Chicago	28	25	.528
Brooklyn	25	29	.463
St. Louis	23	29	.442
Philadelphia	17	31	.354
Boston	17	32	.347

## Yesterday's Results

New York 4; Brooklyn 2.
Brooklyn 9; New York 3.
St. Louis 9; Pittsburgh 2.
Boston 10; Philadelphia 6.
Philadelphia 9; Boston 5.
Chicago 6; Cincinnati 2.
Cincinnati 2; Chicago 0.

## GAMES TODAY

Boston at Philadelphia.
Pittsburgh at St. Louis.
Chicago at Cincinnati.
New York at Brooklyn.

While the Toronto Leafs were beating Newark, 5 to 4 yesterday, Buffalo were winning from the Baltimore Orioles by 11 to 2.

Herscovitz of the C.E.F. was beaten by Norton of the A.E.F. in the heavyweight boxing bout at Pershing Stadium in Paris yesterday.

Peckinpah of the New York Americans has increased his lead over Cobb for the batting honors. The New Yorker is now leading by 22 points.

The Army, Navy and Civilian Board of Boxing Control will be consulted by the managers of Willard and Dempsey regarding the appointment of a referee, over which a deadlock has arisen.

British tennis players were again badly beaten by the United States representatives at Wimbledon, England, yesterday. Andre Gobert of France beat Lovibond of New York in the feature match.

In the Red Cross exhibition golf matches yesterday, Evans and Sawyer beat White and Kirby at the Toronto course 2 up and one to play, while at Rosedale White and Kirby were one up in an extra hole.

When a gallant man is asked to guess a woman's age, he first makes a silent guess and then knocks off one-third.



Cost this Month \$4.01

Next month War-Savings Stamps will cost \$4.02, and so on until December, when the price will be \$4.11. The extra cents represent the interest which is accumulating all the time. These, too, are the prices you can secure for your W.S.S. should circumstances make it necessary to realize on your investment before January 1st 1924, when the Dominion of Canada pays \$5.00 for every stamp you own.

SOLD WHEREVER YOU SEE THE BEAVER-TRIANGLE SIGN

## ROADS THAT ARE STREWN WITH FLOWERS



There are many who believe that all big corporations and industrial concerns only look to the material side of things and work machine-like for the production of wealth, regardless of the winter's snow and unheeding of the summer's bloom. This is often an erroneous idea, for it is generally realized that man does not altogether live by offices and pens and papers and engines and other accoutrements of labor—he requires trees and shrubs and flowers and the loveliness of nature.

The Canadian Pacific Railway has always paid considerable attention to the development of garden plots along its lines. It is just thirty years ago since a C.P.R. employee raised a few varieties of flower seeds in his own garden, and distributed them amongst his friends in the service of the company, with the object of promoting flower gardening at the various station plots of the railway. A vast advance has been made since then; and now the company possesses a Floral Department with headquarters at Windsor street station, Montreal, and a Floral Committee which embraces members from the Eastern and Western lines. It is under the guidance of this department that the various station plots and other properties of the company are cleared up and beautified. Thousands of packages of flower seeds, bulbs, trees, and shrubs and large quantities of grass seeds and fertilizers have been distributed during the last few years to station agents, section foremen, caretakers of round houses, and all employees living on the property of the com-

(1) Cranbrook Station, B.C. (2) Flowers Beautify the C.P.R. at Calgary. (3) Guelph Junction, Ont.

pany. Travellers on the line observe the happy results achieved. The cultivation work is done in all cases by the employees themselves, who in most cases acquired the art of amateur gardening by taking their lessons from leaflets issued by the Floral Department. The best material is always provided. Amongst the varieties of trees supplied are: Maple, birch, beech, poplar and catalpa. Some of the shrubs are: wiggelia, berberis, laurel leaf willow and sumac. Perennials distributed are: Oriental poppies, iris, phlox, veronica, gaillardia, larkspur, columbine, sweet william, and pink. Bedding plants used include: geraniums, coleus, cannas, pansies, asters, verbenas, petunias, and castor oil plants. Standard seed packets sent out contain: Nasturtium, alyssum, mignonette, sweet peas, phlox and kochia. Ferns and house plants are given to the larger stations. The establishment and main-

DEPARTMENT  
SOLDIERS' CIVIL  
RE-ESTABLISHMENT

It is notified for the information of men discharged from the Canadian Expeditionary Force who require Medical Treatment that

DR. J. SHEAHAN

will act as Medical Representative of the Department Soldiers' Civil Re-Establishment in and for the

City of St. Catharines

Chick Evans turned in a card of 70, beaten by Kirby and White. T over the Hamilton court yesterday, play here today, morning and afternoon. Far is 73, Evans and Sawyer were non.

## TWO ANTI-FLU'S

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## KIDNEY PILLS

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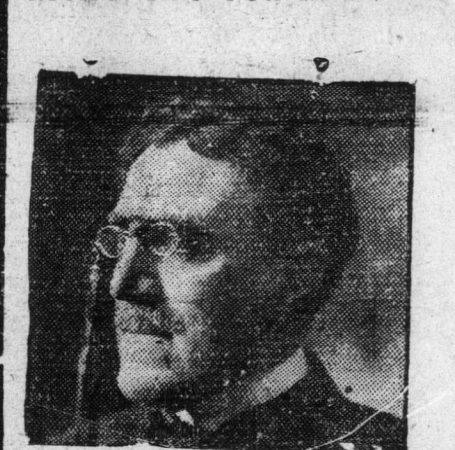
For Sale By—J. N. Walker and A. W. Garner & Co., St. Catharines; R. Stuart, Merritt; J. M. N. Waugh, Port Dalhousie.

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## Men! Are You In Doubt?



DR. WARD, SPECIALIST

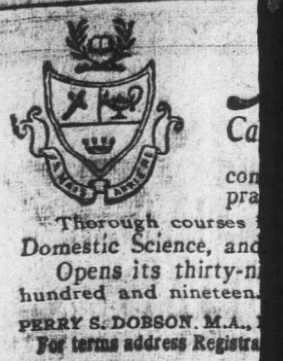
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