



CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of Dr. J. C. Hatheway In Use For Over Thirty Years CASTORIA

LOST INITIATIVE Some of the most utter twaddle is being preached in Canada by men who claim that the ex-soldier has lost his initiative. This doctrine is not only unsound and belied by an array of cold facts but is positively dangerous and harmful. It is claimed by these theorists that because a man, for a certain length of time, was absolved from choice as to whether he would have ham and eggs or 'mush' for breakfast, and was relieved from responsibility as to the proper length he should wear his hair, when he should get up in the morning, and so on, that he requires a gradual re-training after discharge in the elementary principles of conduct and self-management. Do these wiseacres profess to believe that had the same man remained at home selling silk stockings over a counter that he would today be an example of the citizen who has a properly balanced ration of 'initiative'? Can any arm-chair critic prove that initiative is lost by a period in the fighting lines, where every move that a man makes requires the development of that virtue which is the forerunner of initiative—courage? Do these self-appointed judges suggest that in the trenches, where every meal depended upon initiative of the most daring kind, that less of it was developed than in the pussy-footed mortal who had not even the initiative to go and do his duty to his country? Let us be done with this rubbishy talk and remember that the returned men not only have initiative, but the very highest kind of it developed to a degree which is destined to mean much to the future welfare of Canada. As time will prove—The Veteran.

FINANCIAL The mining market was quiet but firm. Metal sales being under one hundred thousand. Peterson Lake Silver Cobalt Mining Company was active victor in litigation with the Dominion Reduction Company. Locomotive common and cement common were strong features on the Toronto Stock Exchange, where business was otherwise quiet.

Lord Beaverbrook, who arrived on the Olympic, proposes taking a motor trip through Nova Scotia and New Brunswick.

British Trade Commissioner G. T. Milne is inviting Canada to exhibit in London, Glasgow and Birmingham exhibitions.



DR. ARTHUR B. COBB Dentistry

If Crown and Bridge work is impossible and a plate is absolutely necessary, you may have the keen satisfaction of knowing that the plates that we provide are perfectly natural in appearance and can be worn without a particle of discomfort or annoyance.

Our plates are made in our own laboratory by the most skilled men that can be found and the fitting of these plates is done most expertly.

The slightest error in fitting a plate means much suffering to the person who must wear it, and we candidly say to you that a plate that does not fit is worse than none.

It is important for you to know that our high grade plates are guaranteed in every way and come as low as \$7.50.

Offices 368-378 Main Street, Corner of Eagle Open until 8; No Sunday work. Phone: Seneca 405.

THE DOMINION CHAUTAUQUA

June 18 to 24 Armoury Grounds Cor. Lake and Welland Ave. \$2 A PLATE

What a banquet we have prepared! Rather, it is a feast, running through six days, with an extra meal free on Sunday if you wish to partake.

- First Day—2 courses, 2 concerts and a Lecture. Second Day—4 courses, 2 concerts and 2 Lectures. Third Day—4 courses, 2 concerts and 2 Lectures. Fourth Day—4 courses, 2 concerts and 2 Lectures. Fifth Day—1 course—a full feast—The Play. Sixth Day—4 courses—The Junior Play, 2 concerts and 1 Lecture.

This makes 20 courses for \$2.00, or 10c for each item provided, War Tax added. Get that \$2 ticket in advance, or you will pay 50c and 25c every time you sit down to the Feast of good things.

Profits Are to Be Given to the Local G. W. V. A. Tickets now on sale at Mrs. Bixby's, Veal Bros, Bradley's Grocery Stores, Standard Office, Karn Bros., John W. Gordon, Beattie Bros. any member of the G. W. V. A.



A BIG, FAT OPPORTUNITY IN KNOCKING AT YOUR DOOR

TO MAKE CHICKENS LAY To Make the Stock Pay Feed Concentrates.

Roughage and Roots Give Bulk to the Ration, But Production Depends Upon the Grains, Mill-feeds and Oilcakes.

Many people forget that a hen requires feeds other than grain in order to be in good health and to lay.

All-grain rations are neither conducive to health or egg production. At times when hens have the run of the stables and the yards, together with house scraps, they do very well, owing to the fact that an opportunity is given them to pick up bits of clover leaves, roots, and such like material.

A certain amount of meat foods is essential in order to produce the white of the egg. Too much of such feed is apt to cause trouble with the general digestion of the bird.

Milk as a drink, is, without doubt, the best animal feed known. It gives the best results when sour. When birds are accustomed to it they will not take too much.

Beef scrap and high grade tankage are used very extensively on large poultry plants where milk is not available. These are mixed with ground grain, generally in the proportion of fifteen to twenty per cent. For the general purpose breeds the former amount is sufficient. Breeds such as Leghorns will make good use of twenty per cent. of meat scrap in the ration.

Cooked butchers' meat, green cut bone, cooked beef head, lungs, liver, etc., are all very good feeds and may be fed in a manner similar to meat scrap.

Some people think that because a little of these feeds are good, more would be better. Experience has shown that such is not the case. Too much often causes serious trouble.

Green feeds are essential for health and for economy. A hen should have all the green feed she will consume. A certain amount of bulky, succulent green feed she will consume. Such feed is usually fairly inexpensive. Where birds are not fed any green feed, in the course of time they become unthrifty, lay poorly and moreover, the eggs from such birds many times are very low in hatching power.

Experience has shown that oats when properly sprouted are a most excellent feed. The hens are very fond of these and the value of the oats as a feed is good. That is, the sprouted oats reduce the grain feed consumption equal to the pounds of oats sprouted and one gains the increased palatability of the oats, as well as the value from the greens.

Thin-leaved greens contain one of the very important elements of growth and health. They are called nature's protective foods; that is, they assist in maintaining the bird's health or normal resistance against disease. Health is an essential to profit. In winter we find such feed in sprouted oats, cabbage, and clover leaves. Prof. R. W. Graham, O. A. College, Guelph.

Value of Concentrates in Ration. A cattle feed is valuable to the extent it contains those substances which will repair body tissue, build new tissue and furnish energy to do work. The particular materials in a food which have this power are protein, the flesh-forming substances, carbohydrates and fat, the fat and energy producers and the mineral matter which has a great many functions in the body.

Any feed that carries a high percentage of protein and fat and a large amount of a digestible form of the carbohydrates is called a concentrated feed or concentrate. Thus grains, mill feeds and oil cakes are concentrates. On the other hand, a feed low in these valuable constituents and high in indigestible carbohydrates, or crude fibre, as, for instance, hay, corn stalks, are called roughage or bulky feeds. Roughage may also be put in this class because they contain a very high percentage of water and they are for this reason bulky.

These bulky feeds have their place in the ration, indeed in the case of full-grown animals on maintenance ration, they may form the whole of the food; but it is impossible for a young animal to make rapid growth, a cow to give a large amount of milk or a horse to work hard on such feed. The hard woody fibre of the straw and hay are difficult to digest and much of the energy that should go to production of work or increase is used up in digesting the food. Consequently when production is desired the amount of roughage feed must be reduced and the concentrates increased.

Another reason why concentrates must be used is that to get the largest production we must have the maximum amount of the various constituents which together form a food. A cow cannot continue to furnish a large amount of casein in milk unless it gets the material from which to form it from the food. Neither can a steer make rapid growth and fatten on a food that does not furnish a large amount of the food constituents essential for growth. These cannot be supplied in the largest and best quantities except by the use of the concentrates. The coarser feeds or roughage are necessary to give bulk to the ration, but there must be an abundance of easily-digestible materials if the best results are to be obtained and this is the place of concentrates in the ration. We want some coarse feeds, even if they are poorly digested, but we also want some concentrates to supply the material for growth and production. Furthermore within certain limits the more of the concentrates fed the greater the production. — Prof. R. H. Hartcourt, O. A. College, Guelph.

Calgary sold \$1,500,000 treasury bonds to the Spitzer-Borick Co. for 100.89.

The Old Home Singers

AFTERNOON PROGRAM In a sketch written around a choice collection of old familiar songs presented in costumes of the middle of the nineteenth century. ESTHER BOURK, ETHEL WRIGHT FUSON, THOMAS FUSON (Manager and Director), CLIFF R. CLINE, FERN SHERMAN.

EVENING CONCERT Come With the Gipsy Bride (from The Bohemian Girl), Ballade Me Ain Folk, My Heart is Singing, Master, the Tempest is Raging, Now the Day is Over, Concert Etude in A Major, Ethel Wright Fuson in a costumed recital of original Indian songs collected and arranged by Thurlow Lieurance.

- (a) Love Song (b) Her Blanket (c) By the Waters of Minnetonka. Ballata, from Rigoletto. Camp Meeting Songs, Soldiers of the Cross, Lecture By Dr. Evans.

GAS? NO! ELECTRIC STOVE? YES! Clifford Installed Mine. Why Not Yours?

THE FAMOUS Moffat Electric Stoves All sizes, styles and models. \$60.00 Up. HANDLED EXCLUSIVELY BY The Clifford Electric 21 Ontario Street Phone 1169 Night Trouble 1974

Much speculation is going on as to what will happen at the City Council tonight when the Hydro resolution again comes up. The passage of it means that the Commission can proceed with the work looking toward construction. The Council is somewhat divided over the problem it is understood.

WALKER'S Rubber Jar Rings, highest quality, 10c. per dozen, three dozen... Church's Bug Finish, per package 15c; two for... Welch's Grape Juice... Montserrat Lime Juice... Bathing Caps... Palmolive Soap, three cakes for... English Health Salt...

The Wide Outdoors pure health-giving air and miles of beautiful surrounding country are yours for the asking, if you own a car. Of course, you want the tires kept up in good condition and don't want to entrust them to bungling amateurs. That's why you'll be interested when you meet with a puncture, or other tire troubles in our work in Vulcanizing We have ample facilities for vulcanizing tires and tubes. The latest machinery, tools and equipment, backed by fifteen years' experience in the tire industry, place us in a position to give you the very best results.

Phelan's Vulcanizing Works! Rubber Tires For All Vehicles Tire Repairing of All Kinds Opp Glen Ridge Bridge We Sell Tires of All Makes! 20 St. Paul St. W. Phone 734 House Phone 732 FREE AIR AT YOUR SERVICE

Properties For Sale

Wiley Street—One Frame House, 6 Rooms, 1 bathroom, with kitchen addition, 10x20; Good cellar, newly painted outside this spring, decorated inside last year; Lot about 35x90. A snap at \$2,600; terms

Nelson Street—One House, 6 Rooms and bathroom, with kitchen addition, 10x20; good cellar; Lot about 32x132; good value at \$2,500; terms.

Woodland Avenue—2 Frame Houses, 6 Rooms and bathroom with kitchen addition; 10x20, good cellar; Lots about 35x80; well worth the money; \$2,500; terms

Russell Avenue—One Pebble-dash House; 6 Rooms; 3-piece bathroom; good cellar; hot air furnace, chestnut bars, lot about 33x78. A bargain at \$3,200; terms

Russell Avenue—2 Frame Cottages; 4 Rooms; cheap at \$1,500 each; terms to suit.

FOR PARTICULARS AND TERMS APPLY The St. Catharines Improvement Corporation, Limited 49 St. Paul Street Phone 1107

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

FORECASTS Light winds, fine and decid

ESTABLISHED 1859

Vote Police HIGH SPEED INTO ST. CA

Message of Resolution Last Night Means The Commission Will Be Work at an Early Date Features of Debate

By a vote of five to three Council at a special meeting carried a resolution submitted Rose and Westwood, to authorize municipality to issue debentures called upon to do so, for approximately \$80,000 in addition to the \$223,000 odd approved by the in 1916-17 as this city's portion of a hydro construction of a hydro road from Fort Cre city. Those who voted for ion were Aid. Westwood, Rose, and McDowell. The Ald. Riffer, Dakers, and latter held that the people permitted at the polls to they wanted to assume the

This vote followed a long over the matter, most of was consumed in questioning Gaby, chief engineer, of Electric Commission, and hin.

Early A.D. Have P All of the municipalities city and Fort Credit with of three have now passed law and on the strength Commission can go ahead w construction of the road.

At the opening of the Mayor explained that meeting had been called at of Mr. Gaby who was an and under disposed of o other this week. He had from Toronto asking that the opportunity this week over and supplying any information wanted.

On motion the Council committee of the whole w in the chair. The Council exceedingly warm and d were few. It was 11 o'clock vote was taken.

Required More Int In opening the debate explained that the Council w

SCHOOL BOARD

Want to Know What C aster Property are Three Teachers H Wrecking of Ho be Done by Labor.

HEAT HARD ON CHILDREN

A meeting of the P Board was held last night sent were Chairman Jo Paxton, Rutherford Jo Dunlop, Inspector Heth Secretary McBride.

Many Communic Communications were following:

The Boards of Educa following cities favori convention to be held 25th and appointing follows: Niagara Falls—C. F. son Fielding, J. H. Me Sarnia—Rev. J. R. Ha Ottawa—R. W. Han ney Kirby.

Windsor—T. C. Ray, Brantford—J. W. Sh Kitchener—H. L. St Replies were received Belleville and Welland would name their delea Fort William Board they were not able to a representative but to terest in the proposi like to know what M. Irene Stewart, M ser and Gertrude Wi their resignations to 20th. The Ontario Safety Safety Essay Competi