WHEN YOU WAKE

UP DRINK GLASS

system before putting more

food into stomach.

Says inside-bathing makes any-

sweet and refreshed.

to sustain the body.

drink, before breakfast each day, a

REGINA, SASK., June 16 .- Dr.

Regina Collegiate Institute for the

June 18 to 24

Armoury Grounds

Cor. Lake and Welland Ave.

\$2 A PLATE

What a banket we have pre

pared! Rather, it is a feast,

running through six days.

with an extra meal free on

Sunday if you wish to partake

First Day-3 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 Leciures

Fifth Day-1 course-a

Sixth Day-4 courses-

The Junior Play, 2 con-

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

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.

the Feast of good things.

full feast-The Play.

certs and 1 lecture.

PRINCIPAL LET GO

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;

Russell Avenue-One Pebble-dash House; 6 Rooms; 3-piece bathroom; good cellar; hot air furnace, chestaut barn, 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



District Interested two Hundred Technical Vsiitors From the

Upwards of two hundred representhe Pulp and Paper Industries of the United States paid a visit to Thorold Merritton and St. Catharines on Satur day and were given a most enjoyable ms. They came over from Buffalo and were met with automobiles nearThorold by the business men of that town and taken in cars to various paper manufacturing plants. During the our they visited the Ontario Paper Co., Interlake Tissud Paper Co., Riordan Paper Co., Lincoln Paper Mills, the Provincial Paper Co., the Beaver Soard Co., the Foley Pulp Co. and the Kinleith Paper Co. of St. Cathar-

At Thorold a luncheon was given the guests by the manufacturers and members of the Board of Trade. Mr. Carruthers presided. Several brief addresses were made. St. Catharines was represented by Ald. J. E. Riffer he Mayor being unable to attend. Ex-Mayor Burgoyne was also present The importance of the paper industries in this district was referred to and appreciation was expressed by the visitors for the hospitality extended to them.

Lowest Tender for Construction of Public School Takes Breath Away From the Trustees.

So high was owen the lowest tenler received by the Public School Board for the construction of a one shortly. storey school in this city that the Board may be unable to proceed with its original intentions with respect to building. The price asked in the tender was \$1v5.000 which is many thousands of dollars above what was its programme for the season. It is understood to ev h be possible that by the board that his services will be unless much lower estimates can be no longer required after June 30th. have to be abandoned

Vice President of Railway Brotherhood Says Those who Defied International Authority Will Have to Suffer.

WINNIPEG, June 16.-Union nembers of railway running trades who went on strike in defiance of international authority will be struck off the membership of their organization. James Murdock, Vice-President of the Brotherhood of Railway trainmen, declared yesterday that every man who walked out wil be dis-

In cases where the majority of a odge's membership are on strike or a lodge reuses fto expel striking members, brotherhood charters will be withdrawn immediately.

Neither railway or brotherhood officers could givet definite information as to the number on strike Mr. Murdock admitted that a "considerable number" from the railways walked out, and stated that Canadian Government lines probably would be affected to a greater extent than the Canadian Pacific.

Executive officers of all lines declared that service would be continued without interruption of a serious nature.



THERE WAS A YOUNG MAN NAMED MAHAFFY SHE SAID "MY DEAR FIZED"-BUY ME "THRIPT STAMPS INSTEAD THEY'LL BE HANDY FOR ME MAHAFFY.

ONTARIO'S BIG CROPS

Ensure Equal Crops Next Year by Attention to Seed Grain. OF HOT WATER

Larger Profits From Live Stock Made When Stables Are Given Thorough Clean-up - Live Stock Thrive Better In Dry, Well-Venti-

(Contributed by Ontario Department of

NTARIO is fortunate this year in having a good supply of grain in almost all classes of crops. The more grain there is to select from, the better Wash your self on the inside bechance there is to get the very best ore breakfast like vou do on the outside. This is vartly more important because the skin pores do not for next year's crop until most o absorb impurities into the blood, caus

ing illness, while the bowel pores For every ounce of food and drink aken into the stomach, nearly an of it was fed or sold, there would be parried out of the body. If this waste pring and a foundation provided for paterial is not eliminated day by day material is not eliminated day by day

it quickly ferments and generates poisons, gases and toxins which are that of large plump seed. The follow absorbed or sucked into the blood stream, through the lymph ducts stream, through the lymph ducts which should suck only nourishment however, that there is very great difference in the value of these for A splendid health measure is to

glass of real hot water with a teaspoonful of limestone phosphate in it, which is a harmless way to wash these poisons, gases and tox- ins from the stomach, liver, kidneys and bowels: thus cleansing, sweet-	Selections,	Weight per Measured Bushel (D	Tons of Straw per Agre.	Bushels of Grain per Acre.
ening and freshening the entire	Large Plump	00.0	1.0	000
alimentary canal before putting more	Medium - sized	38.2	1.9	62.0
food into the stomach.	Seed	32.2	1.8	54.1
A quarter pound of limestone phos	small Seed		1.8	46.0
phate costs but very little at the	Barley— Large Plump			
drug store but is sufficient to make	Seed	49.5	1.5	53.8
anyone an enthusiast on inside-bath	Small Plump			
ing. Men and women who are ac-	Seed	48.8	1.5	57.4
customed to wake up with a dull,	Shrunken Seed	49.1	1.4	46.0
aching head or have furred tongue,	Broken Seed		1.3	43.2
	Spring Whea	it		
bad taste, nasty breath, sallow com	Large Plump			
plexion, others who have billious at	Seed	59,1	1.4	21.7
tacks, acid stemach or constination	Sinall Plump			18.0
are assured of pronounced improve	Seed		1.3	16.7
	Mrunken Seed	00.8	1.4	
ment in both health and appearance	(Oats were	tested	RAVAN	Years.

(Oats were tested seven years, barley six, and spring wheat eight.) Selecting the best seed from that which the farmer has available will AFTER LONG SERVICE not only provide large plump seed for sowing which will produce the most vigorous plants and the largest rield of best quality, but it will very largely illiminate any weed seeds which may be in the grain. - Dr C. A. Zavits, Ontario Agricultural

past ten years has been given notice Clean, Dry and Ventilate Stables. unless much lower estimates can be rounded the construction of two new in the general secured eight roomed schools this year may in the same position. In the case of of live stock. Horses, cattle, sheep, to find position for memb its of the are less liable to contract infectious and contagious diseases when kept staff returning from overseas. No successor to Dr. Black has been appoint-dirt, dampness and poor ventilation are found in the stables in which they are housed. Undoubtedly, out-breaks of infectious and contagious In the opening game of the Intediseases do occasionally occur in the best built and best kept stables, but national series Scottish on Saturday the danger of these spreading is much less than where unhygienic conditions afternoon defeated Canada by 5 to

> Without doubt good stock has been produced under stable conditions that were not of the best, but the chances of producing and maintaining good healthy stock are much greater where cleanliness, dryness and good ventila-tion in the stables are the order of

Dirt of all kinds, whilst it does not itself produce disease, is liable to harbor and foster the bacteria or other germs that do cause infectious disease, hence, so long as it is lying around inside the stables it is a source of danger to the stock.

If there is one class of stable more than another in which eleanliness is desirable it is the dairy stable. Milk desirable it is the dairy stable. Milk is an ideal food for many varieties of bacteria as well as for human beings or live stock, and many varieties of bacteria are always present in stable dirt. Consequently, when dirt or stable dust gets into milk, many contaminating bacteria get in with it, it is the action of these bacteria in It is the action of these bacteria in the milk that causes it to spoil either by souring or putrefaction. Conseof good clean milk is to have it prodirt or dust getting into it.

Dampness is a great agent in the spreading and fostering of disease. Perhaps the one disease that it is most liable to induce is pneumonia. Many hogs are lost annually as a result of contracting pneumonia through being kept in low-lying, damp quarters. Dampness due to bad ventilation is very conductve to the development of various lung troubles with all binds of stock. The damp stagnant air in hadly-ventilated stables lowers the vitality, depresses the mals kept under these cor such a state as to make them ready subjects for the development of such diseases as influenza, pneumonta, tuberculosis and others.—Prof. D. H.

Binder for Stone Road. If a broken-stone road gets very

heavy auto traffic then it must be laid with a tar or asphalt binder to keep the pieces of stone from grinding on each other and finally powdering up under traffic.

Time to Use Road Drag. If the roadway is full of holes or badly rotted the drag should be used once when the read is seff and

The Society of Friends in Ontario is celebrating this week its hundredth

GAS? NO! ELECTRIC STOVE? YES!

Clifford Installed Mine. Why Not Yours?

THE FAMOUS

Moftat Electric Stoves All sizes, styles and models.

\$60.00 Up.

HANDLED EXCLUSIVELY BY

The Clifford Electric 21 Ontario Street

Phone 1169

Night Trouble 1974

STOCK UP NOW WITH Palm Olive Soap

> at the less than cost price of 3 Cakes for 29c

Get Your Chautauqua Tickets Here TICKETS \$2.20

entitles you to admission for 6 afternoon and 6 evening entertainments.

WALKER'S EAST DRUG STORE

297 ST. SAUL STREET



LIQUIDS & PASTES KEEP YOUR AQUICK BRILLIANT LASTING SHINE. FOR BLACK, WHITE, TAN. DARK BROWN OR OX-BLOOD . SHOES.

ZHOES NEAT

PRESERVE THE THE F.F. DALLEY CORPORATIONS, LTD.
HAMILTON, ONT.

KING GEORGE THEATRE

TO-DAY and TUESDAY Kitty Gordon, Irving Cummings and George MacQuarrie In the most Dramatically Intense Production Ever Seen on the Screen

Unveiling Hand

The Passing of The Buck Two-Reel Special Vitagraph Com-edies, Featuring Larry Semon The Strand Comedies

British-Canadian News Mat. 10e; Eve. 15e and 10e

Knox Church, Galt, celebrated its iftieth anniversary.

GRAND TRUNK RAILWAY **Double Track Route**

Montreal, Toronto, Detroit and Chicago Unexcelled Dining Car Service

Sleeping Cars on night trains and Parlor Cars on principal day Full information from Grand

Horning, District Passenger Agent, Toronto, Ont. C. J. HARRIS . - Agent Phone 947

Trunk Ticket Agent, or C. E.

Wm. Uelson of Lindsay died in his garden from the heat on Saturday

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, tcu 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 positionot 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. House Phone 732 Phone 734 FREE AIR AT YOUR SERVICE

FORECASTS-Norther and very warm today nesday.

ESTABLISHED

PLANS FOR

borate Scale-Will Tak an Hour to Affix Sign

PARIS, June 17._Plans ormal ceremony on the sig holes in which they we dist when no definite date lemenceau or the Council the necessary approval

French officials, entruste arrangements were informe month ago through the p nels for approval.

Unexpected delay arose ject for the ceremony now for possible use abou

Staged in Hall of M toric Hall of Mirrors, so cribed. The delegates, who by automobile after tra They will de cend from at the moorway of the ch which the Paris mob on th day of French revolution the chateau, massacred guards and compellel Kir Queen Marie Antoinette

Once Occupied by M To reach the Hall of delegates will traverse apartment at one time, the monarch and his que at either end of the Hal will be railed off. At one the privileged spectators, other will be the corresp resenting the newspap

Probably only the Fen float from the chateau at of the ceremony, but who President Wilson, as th gate, is placed to the d standards of the twenty-t associated in the war wi out upon the chateau in a of triumphal bunting .

It is expected that t will be timed to begin o'clock in the afternoon. be speeches by Premier as chairman of the Cor by the head of the Ger ion. The actual work the signatures of the re of all the belligerent na cupy well over an hour.

The plenipotentiaries ceremony will leave the portal opening on the which many of the foun ible The German delega er regarded as enemies along with the other ple

CARRIED OFF

TORONTO, June 17 .the aid of a stolen aut away a safe from a gr station on St. Clair a morning. They made t spot in the country n road and Eglinton they were seen trying the safe. Police Sergea Constable Young motor but the thieves ran aw saw the officers and let tact. The motor they h from 511 Parliament

THE WEAT

TORON10, Juna 17. has been very warm i comparatively cool in I and the Maritime Pro light scattered shower ed in all the provinecs tiba.