

## I'll Do It-

The ability-to do things worth while is almost always limited to the fortunate combination of a well-balanced mind and body.

Food-right food, and right living play an indispensable part in the program.

Unfortunately the usual dietary consists of too many heavy, indigestible foods, often lacking the mineral elements, phosphate of potash, etc., which are absolutely essential for physical well-being.

## **Grape-Nuts**

(Made in Canada)

is a food especially designed to correct these faults of the modern dietary. Made of whole wheat and malted barley, it contains all the nutriment of these grains, including the mineral salts stored by Nature in these cereals. Grape-Nuts combines readily with other food, and is a wonderful help in restoring and maintaining healthy balance of body, brain and nerves.

Thousands have found the "Road to Wellville" by cutting out improper foods and using Grape-Nuts as a daily ration. Ready to eat, nourishing, appetizing, economical.

"There's a Reason

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

100 Yards Dash-(Scouts), 12-14 years: 1st, Dingle; 2nd, Mews; 3rd, N. Johnson. Time, 14 secs. 220 Yards Dash—(Scouts), over 16 vears: 1st, Harris; 2nd, Perry; 3rd, Hall. Sack Race—(Regiment); 1st, H. Belbin; 2nd, Price; 3rd, Chafe. Tug-of-War-(Scouts). Won by No. Troop. Pole Jump-(Under 15): 1st, Mac-Pole Jump-(Under 15): 1st, Mac-pherson; 2nd, Bowring. Pole Jump-(Over 15): 1st, Fisher. 440 Yards-(Scouts under 15): 1st, Horwood; 2nd, Soper; 3rd, Dingle. 440 Yards-(Regiment): 1st, Le-Messurier; 2nd, Francis; 3rd, Martin. 880 Yards—(Scouts over 15); 1st, Perry; 2nd, Crocker; 3rd, Harris. ¼ Mile—(Reservists) '1st, Moss; 2nd, Rogers; 3rd, Noftal. Tug-of-War—(Regiment)., Win by No. 1 Platoon, No. 1 Co. 100 Yards Dash—(Wolf Cubs); 1st, Peters; 2nd, Moore; 3rd, R. Jardine. Inter-Patrol 'Relay—(Scouts). Won by No. 4 Patrol. by No. 4 Patrol.
1 Mile--(Regiment); 1st, Herber;
2nd, Chancey; 3rd, Price.
Football Fives Won by No. 1 Troop,
by 3 goals to nil. Winners-Perry, Darby, Macpherson, Stowe, and Barrett. Pick-a-back 75 Yards-(Regiment) Won by A. Holmes and J. Ezekiel; 2nd, J. Pretty and W. Underhan. 2nd, J. Pretty and W. Underhan. Inter-Troop Relay Race-(Scouts). Won by No. 2 Troop. 1 Mile-(Scouts): 1st, D. Johnson; 2nd, Herder; 3rd, Diamond. <sup>1</sup>/<sub>2</sub> Mile-(Senior Scouts): 1st, Per-ry; 2nd, Phalen; 3rd, Macpherson. Keen competition and friendly riv-alry was displayed by the contestants in all the events. Of special interest was the tug-of-war contest, which was won by No. 1 Platoon. Lady Horwood presented the prizes at the close. The receipts of the sports amounted to \$239.82, which will be donated to the Red Cross Fund. Red Cross Fund. NORWEGIAN FISHERY .--- Up to

cellency the Governor was met on ar-rival by Scout Master Murdock, the

National Anthem being rendered by

the T. A. Band. The programme of sports was run off by Scout Masters Murdoch, Christian and Goodman; Messrs. W. J. Higgins, C. E. Hunt, T.

Curran, F. Pippy, J. Baxter and H. Foster, and was as follows:— 100 Yards Dash—(Scouts), 10-12 years: 1st, D. Johnson; 2nd, Herder; 3rd, Peters. Time, 15½ secs.

Monday last, May 22nd, the total Nor-wegian catch was 46,400,000 agains 58,400,000 up to May 22nd, 1915.

The second state

And secure your share of the many bargains offered at "The Fair," cor. Water and Springdale Streets, at this Great Bargain Festival. Low prices are talking. Hear them? They're fairly shouting—calling you. Come to an avalanche of bargains that you will never forget. The values are simply dazzling, breath-taking, climax-capping. The Grand Bargain Feast starts at 7 o'clock to-night. Come! Let nothing keep you away.

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