

WORN BY ALL MEMBERS OF THE FAMILY

SOLD BY ALL GOOD SHOE DEALERS

ST. JOHN AMBULANCE

First Aid Work of the Canadian Pacific Railway Centre.

"A most successful year, notwithstanding the general depression." This is the pleasing statement contained in the sixth annual report of the Canadian Pacific Railway Centre of the St. John Ambulance Association. For the twelve months ending September 30, 1915, no less than 1,816 passed qualifying examinations out of a total of 2,564 who presented themselves for instruction at the classes.

In all the departments of the C.P.R. Centre of the Association, which spreads over the country, a greater zeal than ever was manifested for work, and the support of the superintending officials of the C.P.R. is in no small way responsible for a good deal of the advancement made. Wives and daughters of C.P.R. employees have taken advantage of the free course of training offered, and no less than 825 ladies have taken out the certificate of qualification from the Association.

Under the auspices of the C.P.R. Centre instruction was given to the Borden Battery and Ammunition Column before leaving Montreal for the front. Afterwards the certificates of merit were presented to the officers and men by His Royal Highness the Duke of Connaught.

An important feature of the work of the C.P.R. Centre was the bringing of a large number of the lady clerks of the C.P.R. into touch with the Red Cross Society, an organization to which they proved a valuable asset.

Three men were saved from drowning at Winnipeg by W. T. Davis, C.P.R. ambulance instructor, and William Newcombe, a C.P.R. constable. Sir Donald Cameron presented the medal of the Royal Canadian Humane Society to each in recognition of their bravery.

Particulars were obtainable at 3,780 cases where first aid was administered by members of the C.P.R. Centre. The cases were thus divided: Atlantic Centre, 9; Eastern Division, 130; Ontario Division, 137; western lines, 3,440.

Concluding the report of the C.P.R. Centre pays a glowing tribute to the late Lieutenant-Colonel I. P. Johnson, who had been chairman of the Centre under review and also of the whole Association. During his time as chairman nearly 7,000 employees of the C.P.R. passed the qualifying examinations, and in this connection he himself was a most eminent example.

A TRENCH BATTLE.

How Wounded Frenchmen Repulsed a German Attack.

One of the remarkable stories of the war is that of the French sergeant who in a position of peculiar danger held the situation by his strange and daring cry, "Débait les morts!" (Down, up, you dead men!)—an officer witnessed the episode thus described:

"We were putting in order a trench and just taken. At the barrier of bags at each end two pickets kept a full guard.

Suddenly from behind a mound of earth a perfect avalanche of bombs came hurtling down upon our heads, and before our men realized what was happening, ten of them lay dead or wounded at the bottom of the trench.

I opened my mouth to rally my men, but a stone from the parapet, loosened by a falling bomb, crashed down upon my head and knocked me senseless.

But only for a second. A bursting bomb shattered my hand and the pain brought me back to life. As I opened my eyes, faint and dizzy, I saw a band of Germans leaping over the trench into the trench on our side of them—without rifles, with only their bayonets fixed to their rifles.

I looked to the right and the left. All our men had gone; the trench was empty. Just then one of my men, who had been lying apparently lifeless, a had across his forehead, another on his chin and his whole face covered with blood, sat up, seized a sack of grenades lying near and shouted, "Débait les morts!" Then he got up, his knees and hurled grenade after grenade at the enemy.

At his shout three other men scrambled up. Two whose legs were broken seized their rifles and opened fire. The shot going home with a bang, the third man, who was lying on his back, was shot in the chest. I was crying to myself again, and the men were retreating in disorder.

There, alone, leaning against the parapet and protected by a huge iron shield, stood an enormous German sergeant, sweating, panting, spluttering with rage, and bravely emptied his revolver at us.

The man who had rallied us, the hero at whose word the dead had come to life, got one of the shots right in the face. He reeled and fell.

Suddenly his comrade with the bayonet, who had carefully crawled forward, sheltered by the bodies of his men mates, pulled himself together, dodging two bullets, aimed at him, with one gigantic effort plunged his weapon into the German's throat. It was over; we held our ground; we were saved. At that all-impelling deed indeed had come to life.

A Sensible Thing To Do

When the drug, caffeine—the active principle in tea and coffee—shows in head-nervousness, insomnia, biliousness, jumpy heart, and so on, the sensible thing to do is to quit both tea and coffee.

It's easy, having at hand the delicious pure food-drink

Instant Postum

It is made from wheat roasted with a bit of wholesome molasses and is free from any harmful substance. Thousands who prefer to protect their health, use Postum with comfort and delight.

Made in the cup—instantly—with hot water. Instant, nourishing, satisfying.

Postum Cereal Co., Ltd., Toronto, Ont.

The loveliness of that remote and shining something, on whose underwings the westerling sun was beating up, possessed and dazzled me.

"There was a Bang! bang! bang! and out of the green hills across the valley, two hundred yards away, suddenly spurted great mushrooms of smoke, one after another. Bang! bang! bang! and one of the houses skimming on the outskirts of the town was enveloped in a dirty cloud.

"Take cover!" cried a fierce, authoritative voice near by. "The man on the crest, who was lame, limped swiftly into his house, the woman scuttling before him. I was left on the bare road, conscious of that fatal and beautiful thing poised plumb overhead. I dared not look up. Were I to do so, the falling bomb would surely catch me in the face and I preferred to take it in the neck.

"I made for the house opposite; it was empty and locked. "Then came the lame man running out. 'Come in here, sir!' he called. "But it was all over. And the creature from another world was flying homeward in the light of the sinking sun, the smoke of its handiwork pursuing it leisurely across the waters in pillars of soot."

He is Just One More of The Many

WHO HAS FOUND NEW HEALTH IN DODD'S KIDNEY PILLS.

Philip McLeod Tells How He Suffered from Kidney Trouble for Years and Found a Quick and Complete Cure in Dodd's Kidney Pills.

Victoria, B.C., June 15.—Philip McLeod is just one of the many residents in the neighborhood who have found new health in Dodd's Kidney Pills.

"I used Dodd's Kidney Pills with great success," Mr. McLeod writes. "For years I had kidney trouble and could get nothing to help me. Hearing of what Dodd's Kidney Pills have done for others led me to use them. Five boxes cured me completely. My doctor had recommended Dodd's Kidney Pills to many people. I cannot speak too highly of them."

The testimony of people who have been cured is better than all the pills in the world. Dodd's Kidney Pills are purely and simply a kidney remedy. If you have kidney trouble you need to do is to ask others. I will tell you that Dodd's Kidney Pills will cure you.

I will also tell you that Dodd's Pills cure rheumatism, dropsy, diabetes, gravel and all kidney diseases. That is because all diseases are either kidney diseases or are caused by diseased kidneys.

THE WEST PROVINCES RICH. Lorraine Has Vast Deposits of Potash, Iron and Coal. Quite apart from strong sentimental reasons, French people want to get their lost provinces of Alsace-Lorraine back because of their actual value.

In the provinces are some of the greatest potash mines in the world. These mines alone yield 44,000,000 worth of potash every year. Natural gas, while the Germans have owned them, they have made many millions out of them, supplying the world with potash, and with fertilizers from the potash which is mixed up with the potash.

Another fact about Lorraine which will surprise most people is that it has half the world's supply of iron ore, as well as huge untapped coal deposits. For the coal alone France would like Lorraine for she is short of coal, and has to import 10,000,000 tons a year.

Altogether, the return of Alsace-Lorraine will increase France's annual income by some 10,000,000, so there is a business side as well as a sentimental one to the recapture of the lost provinces.

The beauty that is only skin deep is better than the kind that rubs off.

BRIGGS ARE CLEAN FLY MATS NO STICKINESS ALL DEALERS G.C. BRIGGS & SONS HAMILTON

PRICE 5¢

A Tasty Summer "Snack"

for the warm days when the appetite craves "something different" for luncheon, for picnics or any kind of outdoor excursion is Triscuit, the Shredded Whole Wheat Wafer. It is made of the whole wheat steam-cooked, shredded and baked. Toast it in the oven to restore its crispness and spread over it butter, soft cheese or marmalade. Its snappy, tasty aroma is a delight to the palate, supplying the greatest amount of nutriment in smallest bulk. A deliciously wholesome toast. It is ready-cooked, easily carried, is strengthening and satisfying.

Made in Canada.

From the Ocean Shore

BITS OF NEWS FROM THE MARITIME PROVINCES.

Items of Interest From Places Lapped By Waves of the Atlantic.

St. John's oldest resident, Louis Smith, is dead at the age of 104. Hon. C. W. Robinson, for years City Solicitor of Moncton, N.B., has resigned.

A wave of crime has been sweeping over Fredericton, many robberies being reported. Mrs. Alice Lang and two daughters, of Cherhill, are dead as a result of a shooting affray. Edna Porter, a 16-year-old girl, of Meductic, is missing from her home. Foul play is suspected.

Malcolm McPherson, aged 80, of Union Vale, was arrested, charged with the murder of his wife. The large general store of Thos. Lunney, at Swift Point, N.B., was completely destroyed by fire. Trees were sprayed and sweet peas sown at the Experimental Station, Charlottetown, P.E.I., on May 1.

Capt. Courtenay of the "Olanda" left St. John's, Nfld., recently, for Barbados, to get a cargo of molasses. The strike amongst the men of the Dominion Cartage Co., Montreal, has interrupted freight traffic around St. John.

Pte. Glode, one of the two Micmac Indians, who enlisted with the 112th Battalion, died at Digby, N.S., of pneumonia. "Joe" Mitchell, the famous Indian fox trapper, recently trapped three foxes at Ashton, P.E.I., two of which were silver grays. The St. Mary's Army and Navy Club of Halifax gave an entertainment recently, for the St. Francis Xavier hospital unit.

Premier Murray of Nova Scotia was presented with a silver tea set, salver and an address by the Liberal members of the Province. Dartmouth, N.S., is about to be supplied with electric power for night and day. At present electrical power is available only in the evening.

Mrs. Bentille Dufresne, Quebec, secured the gold medal for highest percentage in all classes at the Brooklyn Kings' County Hospital Training School for Nurses. Capt. Dan McKinnon, formerly one of the best known followers of the harness racing game in the Maritime Provinces, is now commanding officer of the 36th Battery at Fredericton. The Women's Canadian Club of St. John, N.B., is doing an excellent work in encouraging the art of toy-making in New Brunswick. They expect to hold an exhibition of "Made in N.B." toys early this summer.

ZAM-BUK

is the best remedy known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food!

All Druggists and Stores—50c.

The Dunlop Rubber Company Wants Workmen for Toronto

More men are needed in the Toronto factory of The Dunlop Tire & Rubber Goods Company, Limited, to keep up with the demands of a steadily increasing business. Here is a chance for mechanics, or unskilled workmen, who wish to become mechanics, to learn a trade that commands good wages everywhere. No previous experience in rubber working necessary. The right kind of men can trust the Dunlop Company for a square deal. Send in your name and address for an application blank. Address:

Dunlop Tire & Rubber Goods Company, Limited
Booth Ave., Toronto

THE SUMMERLESS YEAR.

What the Year 1816 Was Like in This Country.

The year 1816, that is, 100 years ago, says the Perth Expositor, was known as the "summerless summer." Snow commenced falling in the middle of June, by the middle of August it was one foot in depth, and from the first fall of snow in June until the following summer the earth remained under the covering of the wintry blanket. Absolutely nothing in the way of harvest was garnered. Everything in the way of crops rotted in the ground. What did the people live on? Meat—meat and fish—there were no vegetables and there was no flour; it was venison and fish-to-day, relieved by fish and flesh to-morrow, taken from slaughter-cattle. Hay had to be shipped from Ireland to save the starving cattle in Quebec, and it sold there for \$45 per ton; flour sold at \$17 per barrel in Quebec, and potatoes were one penny a pound. This year was called "the year eighteen hundred and frozen to death." The cause of the cold was believed to be sunspots, which were so large that for the first time in their history they could be seen without the aid of a telescope. It was also known as "poverty year." In New Hampshire hay sold at \$180 a ton. The next spring the market price of corn was \$2; a bushel of wheat, \$2.50; rye, \$2; oats, 90c; beans, \$3; butter, 25c per lb. (It usually sold in those days at eight or ten cents.) Further particulars of the "summerless summer," The Expositor adds, are among the files of the Grenville Historical Society.

Retaliation. Hostess—"Pray, don't go yet, Mr. Basso. I want you to sing something."

Mr. Basso—"You must excuse me. It is very late, and I should disturb the neighbors."

Hostess—"Never mind the neighbors. They deserve it. They poisoned our dog yesterday."

Keep Minard's Liniment in the house

Dangers of Pharmacy. "Did you ever make a serious mistake in a prescription?" "Only once. Then I charged a customer thirty cents for a prescription instead of fifty."

I was cured of Bronchitis and Asthma by MINARD'S LINIMENT. MRS. A. LIVINGSTONE.

Lot 5, P. E. I. I was cured of a severe attack of Rheumatism by MINARD'S LINIMENT.

Mahone Bay. JOHN MADER. I was cured of a severely sprained leg by MINARD'S LINIMENT. JOSHUA A. WYNACHT. Bridgewater.

Do Not Tell This Often. Smith was a parson. One day he went out fishing and lost a valuable presentation ring. Two years afterwards he went fishing in the same place, and caught a large trout, which he had for supper that night. Suddenly he jumped up half-choked by something that had stuck in his throat. By a violent effort he dislodged it, and found—a bone.

Sore Eyes

Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Murine Eye Remedy**. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. **Murine Eye Salve in Tubes 25c.** For Book of the Eye Freckle Druggists or **Murine Eye Remedy Co., Chicago**

He Knew The Kind. A hobo knocked on the back door of a suburban house, which was opened by a large muscular, hard-faced woman. "Get out of here, you miserable tramp!" exclaimed the woman in a screechy voice, at the first sight of the hobo. "If you don't march straight for that back gate I will call my husband!" "I guess not," was the calm response of the tramp. "He ain't at home." "Is that so, Mr. Tramp?" was the scornful rejoinder of the large lady. "How do you know he isn't at home?" "Because," grinned the hobo, backing toward the aforesaid gate, "when a man marries a woman like you he is home only at meal time."

Ask for Minard's and take no other

Flippancies. Airships should increase the floating population. Cooking school girls don't always pan out well.

When the house ge's cold the tenants are apt to get hot. Most of the "good fellows" have a lot of bad habits.

Speaking of work, that's as near as some men ever got to it. When an irritable man is on a loaf, he is not so crusty.

It is easier to carry on a flirtation than it is to carry off an heiress.

Minard's Liniment Lumberman's Friend

"When your wife gets angry won't she speak to you?" "She won't do anything else."

Mr. Chaffe—"Johnnie, your mother complains that you are disobedient. That's got to stop. You must obey your mother." Johnnie—"Not much. It's you who have to obey her. It isn't me that's married to her."

EATS DIRTY

GILLETTS LIVE

Rich Uncle (to his physician)—"So you think there is hope for me?" Physician—"Not only that, but I can assure you that you are out of danger." "Very well; I wish you would inform my nephew; but break the news gently to him."

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FORD OWNERS

\$500 a year protects your new Ford Touring Car from loss by fire to the extent of \$600, including loss from explosion and self-ignition.

Covers fire loss while car is in any building—or on the road—lower rates and more liberal terms than any other policy you can procure. Write for rates on Ford cars up to three years old. Similar rates and conditions are granted to owners of Chevrolet cars.



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HEAD OFFICE - 33 SCOTT ST. TORONTO.

SEED POTATOES

SEED POTATOES, IRISH COBBERS, Delaware, Carman. Order at once. Supply limited. Write for quotations. H. W. Dawson, Stratford.

HELP WANTED. BLACKSMITH FIREMAN OR Floorman. Steady employment. Apply Hendrie & Co., Ltd., Hamilton.

WANTED—TEAMSTERS, STEADY employment; good wages. Apply Hendrie & Co., Limited, G. T. Ry. Cartage Agents, Toronto.

EXPERIENCED AND INEXPERIENCED Girls for Hosiery and Underwear Mill. Also a few Young Men. Highest wages paid. Mercury Mills, Limited, Hamilton.

A GOOD ALL ROUND DRY GOODS man to take charge of Staple Dept and assist in general management of Dry Goods. Steady employment. Would prefer man who could be made junior partner. F. G. McTavish & Co., Stratford, Ont.

MEN WANTED FOR ALL branches of Finishing trade, including Rubbing and Polishing, also Cabinet Makers and Trimmers. Steady work and good wages for competent men. When applying state experience and whether married or single. Apply The Geo. McLagan Furniture Co., Limited, Stratford, Ont.

BOX NAILERS, SAWYERS, LABORERS, good wages. Apply or write Firstbrook Bros. Limited, Toronto.

WANTED—GOOD COOK OR GENERAL for Burlington. Other servants kept. Best wages. Apply Mrs. Proctor, R.R. No. 2, Freeman.

FOR SALE. FARM HANDY WAGON CHEAP. Steel Wheel Farm Truck, two ton capacity, for sale cheap. Bargain to cash buyer. F. J. Halliday, Box 61, Hamilton, Ont.

NEWSPAPERS FOR SALE. PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide Street, Toronto.

MISCELLANEOUS. CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

For Freezing Ice Cream you get best results with **CRUSHED ROCK SALT**. A more even freeze. Smoother Ice Cream. Takes one-third less salt and keeps Cream hard twice as long. Write **TORONTO SALT WORKS**, 60-62 Jarvis St., Toronto, Ont.

Machinery For Sale

Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dynamo 30 K. W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.

S. Frank Wilson & Sons
73 Adelaide Street West, Toronto.