

Before War Bread

With all the Nourishment, Taste and Flavor of the Bread you used to know and the bread you missed so much during Government war-time restrictions. Good Bread was never so much appreciated as now, that is why we make ours as good as bread can possibly be made. The wholesome properties of this bread gains nutriment from the fine wheat flour and zest from our modern formula of baking.

Its Crispy Crust and Fluffy Body is Relished By All the Family. On Sale By All First Class Grocers

WRIGHT'S SANITARY BAKERY
55 Geneva Street Telephone 575

The Royal Bank of Canada

HEAD OFFICE, MONTREAL
SAVINGS DEPARTMENT

It is a Natural Duty That You Should

SAVE

The Manager invites you to open a Savings Account. If you cannot bring your deposit, send it by your wife, by mail or messenger.

Joint Accounts An account in the joint names of two members of a family, either of whom (or the survivors) may operate it, will be found convenient.

Capital Paid Up.....\$15,000,000
Reserves.....\$16,000,000
Aggregate Assets.....420,000,000

t. Catharines Branch St. Paul and Queen Streets

LARGE OAKS

"Large oaks from little acorns grow". And large accounts grow from small amounts deposited regularly.

Deposit a few dollars to-day and watch your account grow to satisfactory dimensions.

THE DOMINION BANK

Drafts on China sold at favourable rates.
Temporary premises, 34 St. Paul Street.

"Seein' Things At Night"

TO MOTHERS! Guard your kiddies against torpid liver, sour stomach, constipated bowels which generate poisons. These "inside" poisons circulate to the brain, producing bad dreams, then a feverish head. Unless you "work" out these poisons you will have a real sick youngster shortly. Cascarets are a candy cathartic, ideal for children. Cost only 10 cents a box. Read below!



Children love Cascarets because they taste like candy. When your child has a white tongue, feverish breath, foul stomach, give Cascarets anytime to "work" the nasty bile, souring food and bowel poison from the clogged-up places. You needn't coax even cross, sick children to take these harmless candy "Cascarets". They never gripe & never injure. Cascarets never disappoint the worried mother. Each 10 cent box contains directions and dose for children aged one year old and upwards.

for
**Mens, Womens
and Childrens Shoes**

White Cake
10c.
White Liquid
10c.

Looks Better
Lasts Longer
Easy to use
Best for Shoes

**2 IN 1 WHITE
SHOE
DRESSING**

F. F. DABNEY CO. OF CANADA LTD. HAMILTON, CAN.

ONTARIO'S BIG CROPS

Ensure Equal Crops Next Year by
Attention to Seed Grain.

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

(Contributed by Ontario Department of Agriculture, Toronto.)

ONTARIO 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 chance there is to get the very best seed for sowing in the spring. Too many farmers forget the seed supply for next year's crop until most of their grain is fed or sold.

If the best of this grain was set aside for seed at threshing time or taken from the grain bins before any of it was fed or sold, there would be less work of seed preparation in the spring and a foundation provided for better seed than is often sown.

Small, shrunken or broken seed has a feeding value nearly equal to that of large plump seed. The falling results of seed selection experiments conducted at the Ontario Agricultural College at Guelph will show, however, that there is very great difference in the value of these seed purposes.

Selections.	Weight per Bushel (lb.)	Tons of Seed per Acre	Yield per Acre
Large Plump Seed	33.2	1.9	62.0
Medium-sized Seed	22.2	1.3	54.1
Small Seed	11.8	0.6	46.7
Large Plump Seed	49.5	1.5	53.5
Medium-sized Seed	43.8	1.5	54.4
Shrunken Seed	49.1	1.4	46.0
Broken Seed	48.6	1.3	43.3
Large Plump Seed	59.1	1.4	21.7
Medium-sized Seed	58.3	1.3	18.0
Shrunken Seed	56.9	1.2	16.7

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

Clean, Dry and Ventilate Stables. Cleanliness, dryness and good ventilation are hygienic conditions very desirable in the housing of all kinds of live stock. Horses, sheep, hogs and poultry all do better and are less liable to contract infectious and contagious diseases when kept under such conditions.

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 ventilation in the stables are the order of the day.

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 diseases, 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 cleanliness is 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 the milk that causes it to spoil either by souring or putrefaction. Consequently, one step in the production of good clean milk is to have it produced where there is little danger of dirt 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 conducive to the development of various lung troubles with all kinds of stock. The damp stagnant air in badly-ventilated stables lowers the vitality, depresses the blood circulation and so puts the animals kept under these conditions in such a state as to make them ready subjects for the development of such diseases as influenza, pneumonia, tuberculosis and others. — Prof. D. H. Jones, Ontario Agricultural College, Guelph.

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 rutted the drag should be used once when the road is soft and slushy.

The reported loss of the Donetz Coal Basin by the Bolsheviks is regarded as a heavy blow to the Soviet government.

CITY AND DISTRICT

We buy everything you want to sell. McGuire & Co.

Choice cut flowers, potted plants and floral designs, at all times, at Walker's, Florist, 104 St. Paul Street Phone 783.

FOR RENT—House at 146 Dufferin St. Apply 144 Dufferin St. J18/19/20

For the June Bride, let us suggest an "Eureka" Vacuum Cleaner, or one of our One Minute Washing Machines. We have them at different prices, either Electric, hand, water or power driven. The Martin Electric Co., 9 St. Paul St. L. o. m. t. & f. t. f.

Special Boat Service on Saturday June 29th only, in addition to regular service, an extra boat will leave Port Dalhousie for Toronto at two (2.00) p. m. and will leave Toronto for Port Dalhousie at eleven (11.00) p. m. J 19 20

LOC Big Clearance Sale of Summer Millinery—Italian Millans, Leghorns and Panamas, trimmed and untrimmed, at great reductions. Come and see our large selection. Misses Cox and Belton.

Special Boat Service on Saturday June 29th only, in addition to regular service, an extra boat will leave Port Dalhousie for Toronto at two (2.00) p. m. and will leave Toronto for Port Dalhousie at eleven (11.00) p. m. J 19 20

Mr. William McCaffrey, Merritt Street, Merritt, had the misfortune on Thursday to lose his thoroughbred Jersey cow, the result of drinking some poisonous water out of a pond near lock 15 bridge.

Mr. Davis, 7 Capner Street, who has been a patient at the Welland Hospital for some weeks past, the result of a severe operation, has recovered sufficiently to be conveyed to his home.

Word has been received by relatives in Merritt that Mrs. John Read, and two daughters, Muriel and Nettie, have arrived safely at their destination in Glasgow, Scotland.

The many friends of Mr. Webster Haynes, who suffered a broken leg while attending to his duties at Niagara Falls, Ontario, on Tuesday last, will regret to hear he is not doing as well as they would like, and there is great danger of his leg having to be amputated.

The annual June Rose Show is being held at the Armouries this afternoon and evening.

John Cooper, for the past eight years proprietor of the New Dexter Hotel, at Welland, sold out last week to Fred Garbutt of Toronto, who will take possession next Saturday. Mr. Cooper retains ownership of the building. He intends taking a much-needed vacation. He came to Welland from Hamilton and made the Dexter Hotel the foremost hostelry in the county. Many thousands of dollars were spent in improving the building, and in adding a new wing. The big increase in Dexter House prestige, however, came from very painstaking and very efficient management.

TURN HAIR DARK WITH SAGE TEA

If Mixed with Sulphur it Darkens so Naturally Nobody can Tell.

The old-time mixture of Sage Tea and Sulphur for darkening gray, streaked and faded hair is grandmother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients called "Wyeth's Sage and Sulphur Compound." It is very popular because nobody can discover it has been applied. Simply moisten your comb or a soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that, besides beautifully darkening the hair after a few applications, it also produces that soft lustre and appearance of abundance which is so attractive.

Several millions of francs are being expended by the French government in developing the fishing industry on the Island of St. Pierre.

WANTED — TO RENT OFFICE space with use of stenographer about one hour daily. Apply Box 3397 Journal. J23

Frank Stevens was before the magistrate this morning on a charge of having no rear light on his car. The case was dismissed owing to the light not being in working condition.

Mr. H. M. McElroy, local representative of the Ontario branch of Agriculture, is at Crystal Beach today attending the picnic of the Beamsville Farmers' Club.

Danilo Levio of Thorold passed away at the Welland hospital on Thursday night following a brief illness. As the man has no known relatives or friends, he was taken to Grob Bros. Chapel, from which place the funeral will be held.

Several weddings are scheduled for Wednesday of next week.

BORN STEVENS—At St. Catharines, Ont., on June 19th, 1919, to Mr. and Mrs. W. A. Stevens, 31½ Academy St., a son.

MERRITTON CHOIR ENJOYS A PICNIC

The choir of Merrittton Methodist church held a successful picnic to Queenston on Wednesday, leaving the church by motor at three o'clock. On arriving the choir opened their day's fun by the singing of the beautiful anthem, "O, Canada," which was loudly applauded by the many picnickers at the Heights. Then came the ice cream, which credit is greatly due Mr. Suckling (the leader, Mr. W. A. Richardson and Mr. Rotz, who looked out for the many ladies in attendance. After every person had done ample justice to the cream, they adjourned to the sports ground, where a baseball match took place between the ladies and men. Miss Mary Strong was captain for the ladies' side, while Mr. Charlie Gooch looked after the men's side, the former side winning by a big score, due to the credit of Mr. Rotz, who willingly came forward and acted as pitcher for the ladies' side, the ladies playing better ball in the field.

Then came the races, a fifty-yard dash for men, Charlie Gooch. Single ladies' race, Rita Gillis. Married ladies' race, Mrs. George Lings. Children's race, Master Rotz. Throwing ball contest, Lois Phelps. Laughing contest, Arnold Shriver. After the sports everybody did ample justice to the supper served by the ladies. The choir arrived home at 10.30, tired, but happy, wishing for another picnic in the near future.

Gordon Ross and J. Davidson, of Welland, had a narrow escape from death when their automobile turned over near the M. C. R. tracks at Welland.

Any motion to quash or set aside the same or any part thereof must be made within three months after the first publication of this notice and cannot be made thereafter.

Dated this 18th day of June 1919. J. ALBERT PAY, City Clerk.

City Hall, St. Catharines. J18/25/J2

Spring Water Wells

Why not have spring water from the rock? Write us for information and prices.

W. L. NEILL
Fenwick, Ont.
Phone Ridgeville 67, 75

WANTED

Competent Stenographer Must have experience; high wages. Apply

The Pedlar People, Limited
Oshawa, Ont.

BUY

THIRTY STAMPS
WAS SAVING STAMPS

A BIG, FAT, OPPORTUNITY
IS KNOCKING AT YOUR DOOR

VEALE BROS.

41 Ontario Street Telephone 1458

HAMO-COUCHES

We are showing a complete line of hamo-couches from the very cheapest to the very best padded couch.

No. 1 Couch in plain khaki duck with heavy shut spring and a mixed khaki mattress, heavy frame ends and chains at, each 14.50

No. 2 Couch, practically the same as the one listed above but with an all felt mattress, spring seat has a raised head, at 17.00

No. 3 Couch in an all felt box edge mattress, spring seat, very heavy frame ends and back. The seat has a raised head, a beauty at 20.00

No. 4 couch practically the same as the one listed above but with spring padded box mattress on both seats and back, also with a raised head, an unusually fine article at 27.00

Hamo Stands, the length when opened 7 feet, and when folded up together makes them easy for storing at 5.75

Canopies in the plain or striped duck, complete with rods at 5.75

Canopies with scalloped edges at 6.50

THE WEATHER

Thunder showers have occurred in many parts of Ontario, Quebec and New Brunswick. The temperature was over 90 degrees, yesterday over large portions of Alberta, Saskatchewan, Ontario and Quebec, and the weather has become warmer in the Maritime Provinces.

WELLAND MOURNS LOSS OF STEEL FOUNDRIES PLANT

NIAGARA FALLS, Ont., June 20.—Welland received a great industrial blow this week when it was announced that the directors of the Canadian Steel Foundry had decided to dismantle their plant and ship all the machinery to Montreal. About eight hundred men were employed in Welland at the plant. The firm specialized in railway supplies and a few months ago shut down owing to the scarcity of orders.

CITY OF ST. CATHARINES

NOTICE IS HEREBY GIVEN that a By-law was passed by the Council of the Corporation of the City of St. Catharines on the 20th day of May 1919 providing for the issue of debentures to the amount of \$158,000 for Public School purposes, and that such by-law was registered in the Registry Office of the County of Lincoln on the 17th day of June 1919.

Any motion to quash or set aside the same or any part thereof must be made within three months after the first publication of this notice and cannot be made thereafter.

Dated this 18th day of June 1919. J. ALBERT PAY, City Clerk.

City Hall, St. Catharines. J18/25/J2



Thick, Tender Savory Meat

of chops—the kind you know, that make your guests praise your hospitality, your cooking, your entertainment. Why not this kind of meat, instead of the doubtful cuts and inferior meats? We want you to know our meats. A sirloin or porterhouse steak, a roast, chops from the loin, etc., will enable you to judge our quality.

C. H. SHELLY

Meats and Provisions
Lake Street and Chaplin Avenue
Phone 1853

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Dr. J. C. Sherrin*

A. R. DE CONZA

95 Geneva St.
Farms for sale.
Farms for rent.
Houses for sale.
Houses for rent.
Lots for sale.
Phone 1177.

WHEN IN NIAGARA FALLS, N.Y.

stop at
THE PARK HOUSE

Hot and Cold Water in Every Room. All Conveniences

224 1ST STREET

SPOT CASH PAID FOR VICTORY BONDS OR RIORDON COMMON

Open Saturday Till 9 p.m.

John W. Gordon

Room 1 Phone 49
5 James Street

Why? not?

Seek the best. The price is the same, but the quality of our bread is superior.

Good Bread is essential to man's health.

To be sure of the good kind

EAT SIMMOND'S BREAD

Simmond's Bakery
Phone 1190
279 St. Paul St.

Book's Cotton Root Compound

A safe, reliable, non-toxic medicine. Sold in three sizes: 25c, 50c, and \$1.00. It is a powerful purgative, and is used for all cases of constipation, biliousness, indigestion, and all other ailments of the digestive system. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Toronto Office)

Lincoln

PROPERTIES FOR

\$2300.00—On Monk St. frame dwelling with rooms all decorated and repair, lot 30x125. Small ment required.

\$2400.00—On Richmond storey frame dwelling, air furnace two bedrooms, bath, taps inside 32x73. Small cash payment required.

\$2600.00—On Maple storey frame dwelling, sign with six rooms, rooms, on large lot 40x125. Small cash payment required.

\$3000.00—On Haynes storey frame dwelling, bedrooms, large lot with driveway. Will accept cash payment.

\$3200.00—On Haynes storey frame dwelling, and every convenience, class repair. Will accept cash payment.

KERNAHAN & G. Phone 33

AT More

COAL
BEER
FOR
DAY
MEAT
TUR
THIS
BY

2c

Kero

Kero-Gas Heating burners, stoves and throughout Canada. Kero-Gas Heating being necessary and

Anyone

There is nothing do all the work

AND WE WILL

WE ARE DEMONSTRATING HOME CLEAN. YOU WOULD USE FOR

Agents

Hald
show

Lincoln