FOR YOU IF HEALTH

worth of the brawn of your arm:

Suppose you did something so

Don't let it go so far, take Ferro-

ening elements that every run-down

Especially before the hot weather

Headaches disappear, weakness

guaranteed, 50c per box or six for

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Wednesday, June 18th, at Mr

W. J. WESTWOOD,

June Brides Silk Shades

gany stendard, 11.00 silk and rose 11.00

standard, two- 8.50 and blue silks, 11.00 r walaut, two- 11.00

or golden, rose- 6.50 golden, blue and rose, ors to choose from; also r lights, in mahogany

-five Styles to

omewhat to the new situation was decidedly vigorous rallying

mens' Auxiliary of the A. are holding a picnic We of this week.

IN IN NIAGARA FALLS, N.Y HE PARK HOUSE t and Cold Water in Every Room. All Conveniences

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Seek the best. The price is the same, but the quality of our Bread is su perior.

Good Bread is essential to man's health,

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Cotton Root Compound grees of strength—No. 14 51, 100, 7, \$3; No. 3, \$6 per box.
Soil by all druggists, or ser apprepaid on receipt of price.
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FRENCE MINERS TO STRIKE

Exact Copy of Wrapper.

Al Omonths old

35 Doses - 35 CENT

PARIS, June 16. - The general

NO EFFORT TO END STRIKE

KINGSTON, June 16 .- The retu trike of the members of the Min- of W. F. Nickle, M.P., from Ottawa day it was announced yesterday by committee appointed by the City M. Bartuel, General Secretary of the Council 's make an effort to settle Federation. The Secretary said that the metal workers' strike in connection make an effort to settle the first two seedings of barley and proposals made by M. Collised to the metal workers' strike in connection make an effort to settle the first two seedings of barley and proposals made by M. Collised to the metal workers' strike in connection to the first two seedings of barley and proposals made by M. Collised to the metal workers' strike in connection to the first two seedings of barley and proposals made by M. Collised to the first two seedings of barley and proposals made by M. Collised to the first two seedings of barley and proposals are seedings. ers' Foderation will take place Mon- is awaited by other members of the the proposals made by M. Colliard, tion with the Canadian Locomotive from the first date in the case of bardinister of Labor, and M. Loucheur Co.'s works here. This strike has been dinister of Reconstruction aiming at in progress five weeks and on effort case of case, crockery and kitchen utensils. Minister of Reconstruction aiming at in progress five weeks and on effort gave the highest returns from the a settlement of the dispute, were unhas been made to reach an agree-setisfactory.

The peas, however, gave the highest returns from the second and third dates, and even the fourth gave a higher average yield.

R. E. BOYLE,

Mason & Kisch Pianos

Family, Community, Nation

The art of music is a leavening, vitalizing Sand health-giving l'social agency. It

Music in your home will be of inestim-

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BRAND Maccaroni

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N this airy, sunlit factory, at St. Catharines, Puccini's "Lion Brand" Maccaroni is made. Only the BEST QUALITY

of "Durum" wheat is used. Experts prepare it in the original Italian way. This takes time and care and patience. No artificial drying is permitted. The maccaroni

must dry, naturally, on long, clean wooden poles. More

The result is a pure, nutritious product of delicious flavor, containing greater food value than the ordinary brands of

A. PUCCINI & CO., Limited

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Always INSIST on Puccini's "Lion Brand." Your grocer

than 60,000 of these poles are in use all the time.

your home will give you the best

medium of expressing music- it reprecents the highest standard of value

and quality among

pianos of to-day.

O brings family, community and national

O"life into a more compact relationship.

able value to your family.

Puccini's

has it, or will get it for you.

Sheep Shearing.

if left on and rolled into the lecte produce a damp-heavy condition that means a higher shrinkage and hence less value. They should, whenever present, be snipped off with the shears before the sheep is shorn or else pulled off by hand after the fleece is spread out for rolling. They can very easily be packed and shipped separately, bringing more money this way than if left upon the fleece. The same is true of all paint chotted locks

side down. Then fold the belly wool and both sides in until your fleece re-

Tying the Fleece,—Having relled tightly, tie both ways with the special paper twine supplied by the Department. Never under any consider-ation use binder twine as the fibres low right through into the cloth where they always show up quite prominently. Many mills have refused to have anything whatever to do with clips that have been tied with binder twine. If the paper twine is not available use any stout cord other than binder twine. Tie each fleece separately, never tying two or three together in the same bundle. Furthermore, avoid as much as pose. sible the shipping of loose wool. It you have two or three different, breeds of sheep, possibly a grade flock and a pure-bred flock, it is wise to keep the wool from each breed. separate and pack it so.—Director B. W. Wade, B.S.A., Outario Departs ment of Agriculture.

are in cuitivation, one to meet the present demand the Small White Pea bean is particularly saliable. Care should be exercised u. securing well matured seed of strong vitality as many of the beans grown last year ere unsuitable for planting.

The Leafs divided Saturday's

GET UN LAND EARLY EVERY WAGE EARNER SHOULD ANSWER QUESTION HIMSELF OR HERSELF

The Dates to Plant for Heaviest WHAT DOES THE FUTURE HOLD

To Make Most Money From Wool Shearing Must Be Done Properly and Wool Handled Carefully-A Few Hints Which Have Saved | what is the value of the staying pow-Farmers Dollars. er that permits continuous labor-

(Contributed by Ontario Department of what are they worth to you? HERE is a best time to sow foolish as to reduce your strength, each class of farm crops to vitality or judgment one-half, and it secure the highest returns. were impossible to get them back-It is difficult, however, to how much would you pay to regain know which are the most favorable the lost portion? dates for the best returns of the dif- When you let yourself run down, ferent crops in all seasons. The re-wou reduce your chances for success walts of experiments conducted over in life—if sleeplessness comes you a series of years form a good gen- score lower still should appetite or eral guide. Some crops give best red digestion fail, you are stared in the anits from later seedings. Seasons face by physical bankruptcy. vary so much that in some years the grains are practically all sown by the zone, it has cured thousands and it dates at which it is only possible to will cure you; it builds up bodily start sowing in other years. It is of stength, makes muscles like steel, rethe utmost importance, however, to places Spring tiredness by energy start cultivating the land as early as and new life. Ferrozone rebuilds sick it is dry enough to work to good ad- folks because mains steringth vantage. The first cultivations should take place for those crops which

system requires. should be first sown. In this connection it is interesting to study the recomes, everyone needs a purifying sults of an experiment which was tonic-Ferrozone fills the bill exactconducted in each of five years at the Ontario Agricultural College.
Spring wheat, barley, oats and peas were sown on each of six dates. One week was allowed between each two week was allowed between each two rest well and arise next morning dates. The experiment was conducted in duplicate by sowing with the grain drill and broadcast by hand in Headaches disap gives the average results for the ten rozone can supply. Try it, results are

tests in the five-year period: Bushels of Grain Per Acre. \$2.50 at all dealers or by mail to any Seedlings. Wheat. ley. Oats. Peas. 1st 21.9 46.2 75.2 25.4 address, if price is remitted to the 25.4 Catarrhozone Co., Kingston, Ontario 2nd 19.2 45.9 76.0 28.8 3rd 15.4 39.8 64.2 28.5 6th 6.7 18.4 37.0 19.6 hour of 1.30 o'clock at the home of

It will be seen that the spring than the first date. After the first J14 16 17 18 week was past there was an average decrease per acre for each day's depounds of spring wheat, 47 pounds of barley, 48 pounds of oats, and 20

These esults are of special inter- Flood's, 8 Trafalgar St., starting at est and are worthy of careful atten- 9 a.m., everything to be sold. Cabin-tion at this particular time. et Grand Piano, hall rack, dining ta-

ble, chairs, sideboard, couch, carpet Shearing and Tying the Fleece .box, oil heater, kitchen cabinet, dress Shearing should only be carried on ers, beds, desk china and garden under the most favorable conditions; upon bright, warm sunshing days when the sheep are dry of fleece and the wool has "risen" somewhat from the body. Cleanliness and care in the removal of all fleeces is very ts-ential and the shearing floor should sential and the shearing floor should be swept after each fleece has been removed and tied. This will eliminate a great deal of foreign matter which, although it may add weight,

does so at the expense of quality.

Dung Locks or Tags.—It will be noticed with many fleeces that there are certain hard dung locks or tags adhering to the britch ends. These contain a great deal of moisture and if left on and rolled into the fleece areduce a damp heavy condition that

Rolling the Fleece.—Spread the deece out on the floor, being careful not to pull it apart and with the flesh presents a strip about 18 inches wide. Starting at the tail end, roll tightly Starting at the tall end, roll tightly toward the neck, thus leaving the shoulder wool, which is always the superior portion, on the outside of the roll. The grader always estimates the grade by the appearance and quality of this wool over the shoulder and heart-girth, that over the hind-

A number of varieties of beans

double-header with Reading and are now ten points behind Baltimore,

THE POSSIBILITES OF IRRIGATION



Wheat on one of the Veterans' Farms, near Tilley, Alberta.

WHAT surprises a person mest when travelling through the Alberta is the wonderful variety of trops that can be successfully grown there, their abundant yields, and their accellent quality. Wheat, cats, barley and flax, the standard crops of the Canadian West grow there and give as heavy yields as anywhere else en the continent. Alfalfa thrives as it does nowhere else in Canada, and is literally making fortunes for its water the crops of clover and the many varieties of nutritious tame grasses are multiplied manifold. In the purdens vegetables of all kinds, including these that are associated with hotter climes, such as tematoes, melons, squashes, grow in the open so well as to indicate great possibili-

ties in this direction.

erep there as it is in those areas of stern Canada where irrigation is not practised. Oats, barley and flax



Squash grown with Irrigation at Brooks, Alberta.

mot practised. Oats, barley and flax are also grown extensively. The yields of all these grains compare werry favorably with those in any other part of the west. Crops of wheat this season that have been properly irrigated are averaging thirty-lave bushels to the acre. Some crops will thresh as high as forty bushels for more to the acre. The yields of stawberries, raspberries, goose-irrigation farmer to give considerably larger watermelons, tomatoes, cucumbers, yields. It makes possible the development to the highest degree of the live stock industry. Horses, cattle, and all varieties, carrots, turnips, beets, all kinds of beans and with oats, barley, the clovers and which produce the most delicious. Southern Alberta, alfalfa enables the strawberries, raspberries, goose-irrigation farmer to give his stock or more to the acre. The yields of strawberries, raspberries, goose irrigation farmer to give his stock other grains are equally as good berries and other small fruits—this the best balanced food possible. He Grain growing under irrigation land will, me doubt, be used to grow is thus able to get the most milk brings ample returns to the farmer, more of these things in the future, from his cows, the most wool from especially when it is considered that especially when labor conditions are his sheep, and to have his cartle, pige especially when it is considered that an inform results may be looked for every year.

But, yielding such good returns as the growing of grain does, other the growing of grain does, other trops that may be grown under irrigation are possibly still more profit able, and it seems reasonable to suppose that it is not grain, it is not grain, and it is advantage to the farmer of a widespread belief, it is not grain, if a dvantage to the farmer of a such as to enable a more intensive and lambs ready for market in the earliest possible time. No wonder that it is prosperity wherever alfalta is the chief. Contrary to a widespread belief, it is not grain, if a dvantage to the farmer of a line, but to the growing, not truck garden.

The advantage to the farmer of a great diversity of crops cannot be too that in years to come the growing not truck garden.

pose that in years to come the grow- that the greater portion of the irri make his plane for the future with ing of grain in districts where water gable lands in the United States are greater certifude. He can devote his As available will be to some extent devoted. The large yields of a falfa chief attention to crops that remain superceded to enable larger areas to that are being obtained in Southern erate him best. He is not greatly in be put into other crops. Land that Alberta under irrigation assure this fluenced by the fluctuations of the will produce up to seven hundred crop of an important place in the markets, and when any of his production of the farmer who is able ducts are down others are likely in brings the best prices, on which to utilize the water from the moun be up. It thus makes for greater peas sat the most desirable kinds, tain streams on his land. Not only stabilization of his efforts, and as yielding forty to sixty bushels to the are the yields of alfalfa large, but sures him of a regular and steady in being grown, where sugar this crop also enriches the soil to come year after year. beets of high sugar content thrive, such an extent that any other crop

The Provincial authorities are going Lean, Deputy Minister of Highways to oil the Provincial highway east and Mr. Hogarth, Chief Engineer of week. They gave this assurance to and west of Grimsby. Mr. W. A. Mc the Department visited that place last Reeve Farrell,

A Tribute to the Hardest Worked Merchants in Our Country

HAVE you ever considered the important part played by the grocer in our daily life?

From early morn and often until late at night the grocer keeps open for our convenience.

Whether we want a 5-cent bar of soap, a package of tea or a sack of potatoes he is there to serve us -and with a cheerful "thank you".

You trade with him almost every day. You look upon him as a friend. He treats your children kindly when you send them to the store.

When sickness, accident or unemployment occurs, it is the big-hearted grocer who supplies the home with the

necessities of life and often waits a long time for his money.

He has had many trials during the past four years. Government regulations have hampered his business. Goods have been difficult to procure. Help scarce. Profits small. He sells on a closer margin of profit than probably any other line of retail trade.

For nearly twenty-five years, the T. H. Estabrooks Company has been distributing millions of pounds of Red Rose Tea through the grocers of Canada. Our relations with them have been very intimate and very friendly. We, therefore, know something of their difficulties and something of the services they are rendering, which we think deserve recognition and appreciation.

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