

If this name is on the barrel you can buy with confidence. PURITY FLOUR More Bread and Better Bread

The Home Garden Now is The Time to Utilize All Vacant Plots and Thus Reduce The Cost of Living

Within the few weeks, the workman said that, while paying 60 time will be opportune for making cents per week additional rental, he home gardens out of even the most costly actually saving 12 cents.



A backyard scene which is anything but attractive and bemelike.

The appearance of his surroundings is usually an index to a man's The work of the garden created an character. The planting and care of interest in the home, and an in a garden has also an influence for fluence for good in the lives of those good, as well as a sentimental effect directly responsible as well as those in the home, which cannot be meas-of the neighborhood.



Surroundings like these lend enchantment to the home and encourage industry

is illustrated by the experience of a local organizations can do no better workman and his wife at a garden village in Hull, England. A house was rented to them at \$1.80 per week. They had formerly lived in a poorer district and paid only \$1.20 per week. Explaining how they could afford to pay the increased rental, the

Vacant Lot Gardens

Organization work for the promotion of vacant lot gardening should be taken up at once. Good work was done in many places last season, and this year should show a large increase. Many mouths may be fed by this means; fresh vegetables the most healthful food available, may be obtained with very little effort. In every city and town many vacant lots can be made available for gardens, requiring only the initiative of public spirited citizens to start the movement.

Among the successes of last season, the results from vacant lot gardens in Ottawa may be cited. The enterprise consisted of 128 plots, fifty by one hundred feet, which by fewer than 180 applications were received. No charge was made for the plots. The gardeners supplied their own tools and seeds, and to minimize failures, were given until May 25th to begin work. If no work was done on a plot by that date it was given to some one else. In this way several plots changed hands. June 15th was set as a second time limit when at least two-thirds of the plot must have been planted. Again a number of plots changed hands, as several gardeners failed to do sufficient work or showed a lack of interest. Of the one hundred and twenty-eight only twenty were weeded out for failure to do justice to their plots.

The crops secured from some of these plots were as follows

- Plot No. 13-12 bags of potatoes; a liberal supply of corn, pumpkins, and squash. One squash measured 80 inches around and weighed 125 pounds. Plot No. 31-10 bags of potatoes; 300 ears of corn; 1,200 cucumbers; 200 tomatoes. Plot No. 20-9 bags of potatoes; a large crop of tomatoes, cucumbers and beans. Plot No. 110-Potatoes, 6 bushels; carrots, 1 bushel; turnips 1 1/2 bushels; beans, 2 bushels; cabbage, 36 heads; green beans, 16 gallons; peas shelled 10 quarts; onions, 2 gallons; corn, 13 dozen cobs; tomatoes, 314 pounds ripe; 2 bushels green. Plot No. 121-For a family of seven, a constant supply of green beans, July 15th to October 1st; potatoes, 6 bags; and sufficient carrots, turnips, parsnips, onions, and cabbage for summer, fall and winter supply. The cost of living continues to soar in Canada, entailing an added hardship on the head of a family in supplying food. The cultivation of the vacant lot garden offers healthful and pleasant recreation and an effective means or augmenting the family income.

How Women Cleaned Up a Town in Texas

The following letter appears in the June issue of Pictorial Review and won the first prize in the section for club women in Pictorial Review's Clean-Up Day competition. "Mart is a new town of about 3,500 people in central Texas. It was a very dirty town and though it had been cleaned up spasmodically it always went back to dirt. To accomplish permanent results, we needed an organized effort backed by the city officials and town paper. That is what we now have in the "Better Mart Club" to which about two hundred women belong. The women do the actual work but we have an advisory board of men who help when we need them.

Through a "Committee on Streets, Alleys and Vacant Lots," we cleaned up the town and are keeping it a great deal cleaner. There are two chairmen, one in South Mart and one in North Mart. Each chairman has her territory divided into three parts with a supervisor at the head, each supervisor has a captain in each block, and has three boy scouts to help her, which organization is appointed for one year.

With only her block to look after a captain has but little to do and often can do that little by setting a good example. Moreover, by enlisting someone in each block, a great many people are started working. There are always a few who fail to do their part in cleaning up and to these the chairman sends out printed postal cards:

"BETTER MART CLUB To arrive at and maintain pure food standards we have a Pure Food Committee subdivided into several committees as "Grocery Store Committee," "Dairy Committee," and so on. There are as many separate committees as there are different kinds of stores handling and distributing food. They first inspected each store, guided by a list of pure food requirements, obtained from the State Department and made recommendations to the merchants in a tactful manner inviting co-operation.

Every merchant responded, and now each month these committees grade each store according to a state score card. These grades are published in the town paper, and at the end of the year a framed certificate is given to the best store in each class. The merchants work hard and constantly for good grades, and the improvements in some of the stores are almost unbelievable.

The Sanitary Committee is another very important one. We have sewerage in the town, but a great many people haven't it in their homes. This committee urges the necessary for sewerage, looks after the sanitation of the above ground, and tries to discourage dirty back lots and stagnant water.

We have other committees such as the "Beautifying Committee," "Finance Committee," "Social Committee," "Membership Committee," and so forth, enough to keep a great many people busy and the more you keep busy and interested the better. We have had, from the first, the active assistance of the three City Commissioners and of the editor of the town paper. We have had at times visits from Mrs. E. L. Darwin, of the Co-operative Division of the State Pure Food Department who did splendid work in arousing the people to the need of civic improvement."

Little Worries In The Home

It Is These That Bring Wrinkles And Make Women Look Prematurely Old

Almost every woman at the head of a home meets daily many little worries in her household affairs. They may be too small to notice an hour afterwards, but it is these same constant little worries that affect the blood and nerves and make women look prematurely old. Their effect may be noticed in sick or nervous headaches, sickle appetite, pain in the back or side, sallow complexion and the coming of wrinkles, which every woman dreads. To those thus afflicted Dr. Williams' Pink Pills offer a speedy and certain cure; a restoration of color to the cheeks, brightness to the eye, a hearty appetite and a sense of freedom from weariness.

Among the thousands of Canadian women who have found new health through Dr. Williams' Pink Pills is Mrs. N. Worrall, Bronte, Ont., who says:—"After the birth of my second child I was so weak and run down that I was unable to do anything. The doctor said I had scarcely any blood in my body. I could not walk half a block without being completely exhausted and all the treatment of the doctor did not seem to help me. I called in another doctor, but with no better results. My feet and legs became frightfully swollen, I suffered with severe pains in my back and sides. I would be all day dragging around at my household work, and I was beginning to give up all hope of recovery. I had been urged to try Dr. Williams' Pink Pills, but like many others, thought they could not help me when doctors had failed to do so, but after much urging I decided to try them. To my surprise in a few weeks I found myself getting better. I then gladly continued their use and found myself constantly growing stronger, and eventually able to do my house work without fatigue. I strongly advise every weak woman to give Dr. Williams' Pink Pills a fair trial."

You can get these Pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Food For Thought

Get up right in the morning. Go to bed right at night. Start with joy in your heart, hope in the future, kindness in your purpose. If it is a dark day, never mind; you will lighten it up. If it is a bright day, you will add to the brightness. Give a word of cheer, a kindly greeting, and warm handshake to your friends. If you have enemies, look up, pass them by, forget and try to forgive. If all of us would only think how much of human happiness is made by ourselves, there would be less of human misery. If all of us would bear in mind that happiness is from within and not from without, there would be a well-spring of joy in every heart and the sun would shine brighter. Try it!—Leslie Weekly.

IF YOUR CHILD IS CROSS, FEVERISH, CONSTIPATED

Look Mother! If tongue is coated, cleanse little bowels with "California Syrup of Figs."

Mothers can rest easy after giving "California Syrup of Figs," because in a few hours all the clogged-up waste, sour bile and fermenting food gently moves out of the bowels, and you have a well, playful child again.

Sick children needn't be coaxed to take this harmless "Fruit Laxative." It allows them to keep their bowels because they know its action on the stomach, liver and bowels is prompt and sure.

Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains directions for babies, children of all ages and for grown-ups.

Patriotic Fund Changes

Toronto, May 18.—The following important findings of a special committee which met last night were today submitted to and carried by the Patriotic Fund delegates: "1.—That all children, wives, married before enlistment and where they have complied with the requirements of the fund, be entitled to an allowance of \$5 a month. "2.—That no post-enlistment wives be assisted unless the wife is an expectant mother; that wife an expectant mother she be treated as a child's wife, married before enlistment, and when the child is born she be treated as a mother married before enlistment. "3.—That women whose domestic duties do not require their attention should be encouraged to work and that no deduction be made on account of casual earnings. "4.—That a uniform scale throughout eastern Canada is impracticable but the central executive maximum allowance to dependents be not exceeded by any branch and that the central executive be urged to obtain uniformity in the scale of grants by neighboring committees similarly situated."

Parliament Prorogued On The 18th

Pension Scheme Thoroughly Revised and Left With The Pensions Board

Ottawa, May 18.—Parliament prorogued at 4:30 this afternoon. Practically every item on the program has been disposed of.

The increased pension list for lower ranks can be brought into effect under the War Measures Act. Pensions under the scheme proposed are not to be assigned, commuted or anticipated.

The minister of marine said that the war office had estimated the casualties of an army of 10,000,000 in the field for a year as follows: Deaths, fifteen per cent; cases of total disability, three per cent; of partial disability, six per cent; and of slight disability nine per cent.

The pension scheme now in force called for an expenditure for an army of 100,000 men in the field for one year estimated at \$4,811,500 a year. The scheme recommended by the committee would call for an expenditure of \$7,184,181. In conclusion Mr. Hazen said that the committee had felt that the men who came forward to fight their country's battles should be treated generously.

Britain Sweeping The Baltic

Paralyze Ore Trade Between Sweden and Germany—Several Ships Torpedoed

Stockholm, May 17.—(via London, May 18)—The German steamer Hera was sunk this morning off Landsort, in the Baltic. The sinking of the Hera marks the first activity of British submarines in the Baltic this season. The Hera left Stockholm on Tuesday to take iron ore to Oxelosund, carrying a cargo of 2,000 tons. Her captain was ordered on board the submarine with the ship's papers and made prisoner. Sufficient time was given the crew to leave the ship.

Although the weather was rough all on board were saved.

The report of the submarine activity has stopped the movement of numerous German vessels with cargoes of iron ore now at Oxelosund and other ports.

The Hera was a vessel of a gross capacity of 4,705. She was owned in Hamburg and was 379 feet long and was built in 1912.

The Koiga, 2,086 tons gross and 260 feet long, built in 1903, and owned in Lubeck, and the Blanca, owned in Hamburg, gross tonnage 1,954, built in 1907 and 225 feet long, have been sunk in the Baltic by the Russians.

ALLIES' GREAT DRIVE PREPARING

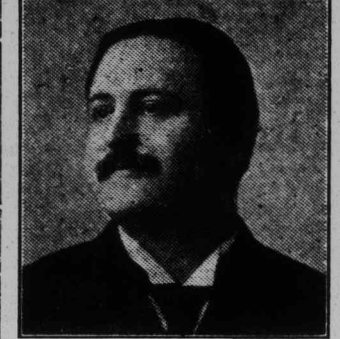
Since shortly after the war began, there have been frequent predictions that the final move was about to be started. Most of these predictions have been based on some isolated movement of troops, whereas, the only logical prediction should include the whole comprehensive system of all of the allies working together.

The very recent transfer of Russian troops from the eastern battle front to France, at the time when Russia is driving the Turks out of Asia and completely closing the only open door of Germany and when France has completely felled the German attacks at Verdun, is very significant. It indicates two important facts, that Russia is well able to handle the situation along the entire eastern front, by herself, and second, that the allies are already beginning to mass the troops on the western front in preparation for the death struggle that is to scald Germany's fate.

France has whole corps in reserve that have not yet fired a shot in this war, England has 2,000,000 men in preparation in England, steadily preparing for the "Big Drive," Russia has so many men that she is sending large numbers to France (250,000 are to be sent) to part of Colombia has fallen.

HE STRUCK IT RIGHT AT LAST

After Suffering Almost Two Years, "Fruit-a-tives" Brought Relief.



MR. WHITMAN 382 St. Valier St., Montreal.

"In 1912, I was taken suddenly ill with Acute Stomach Trouble and dropped in the street. I was treated by several physicians for nearly two years. I was in constant misery from my stomach and my weight dropped down from 225 pounds to 160 pounds. Several of my friends advised me to try 'Fruit-a-tives' and I did so. That was eight months ago. I began to improve almost with the first dose. No other medicine I ever used acted so pleasantly and quickly as 'Fruit-a-tives', and by using it I recovered from the distressing Stomach Trouble, and all pain and Constipation and misery were cured. I completely recovered by the use of 'Fruit-a-tives' and now I weigh 208 pounds. I cannot praise 'Fruit-a-tives' enough". H. WHITMAN, 60c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

take part in the big move, and Italy is more than able to hold the Southern front.

Equivalent of every kind is ample for present needs and accumulating for the enormous demands of the near future. So all facts considered, it is almost certain that the big forward crushing drive of the allies will be starting before the summer is far advanced. Another very significant fact is that we have not recently heard of any very large munitions orders for delivery a year or more after date. The presumption is that the war will be over in less than a year.

Must be Faced

(Berwick, N. S., Register) Railway nationalization in Canada is no longer an academic question. It is an issue that must be faced. Public ownership of railways would remove one of the most troublesome and dangerous influences from public life. The standard of political morality is not sufficiently high for private ownership.

AUSTRALIA IS RICHEST COUNTRY

Australia's population is only 34,311,073. Yet it has \$27,918,204 in savings bank deposits and \$174,479,236 deposited in banks of issue. It is said to be the richest country per head on the earth.

Chinese Revolutionist Assassinated

San Francisco, May 19.—General Chen Chi-Nel, a high official of the Chinese revolutionary party, was assassinated by three alleged Yuan Shi Kai supporters in Shanghai last night, advices to the Chinese republic association stated today.

Rimini, Italy, May 19.—Serious damage was done here by the earthquake which shook central Italy during the night of May 16-17.

Ten houses collapsed, and about a thousand dwellings, in all, were damaged, many of these so badly that the safety of those in them was endangered. The Municipal Theatre and the under prefecture school buildings were cracked to an alarming extent, and part of Colombia has fallen.

TASTEFUL SATISFYING KING COLE TEA You'll Like the Flavor 40c., 45c. and 50c. Per Pound

WINNIPEG MAYOR'S NOTE OF WARNING

Manufacturing, Rather Than Wholesale, Necessary to Build up Community—Convincing Statistics

In a recent speech to the Canadian Credit Men's Association, at Winnipeg, Mayor R. D. Waugh gave some very interesting statistics showing the deterioration of Winnipeg as a manufacturing centre. No one can accuse Mayor Waugh of being an exponent of protection or interested in manufacturing enterprise; he simply spoke as the civic head of the greatest city in Western Canada—and as a business man who analyses a source of economic loss to his community.

The mayor stated he might be too optimistic, yet he ventured the opinion that we in this favored land of Western Canada had passed through the critical period in the great economic crisis which the world is experiencing. He trusted that this period in our history would be the beginning of a new era of sane productive development of our great natural resources and possibilities. The promotion of manufacturing interests is one of the live topics of the day, and in this connection his worship gave the following facts and figures. These figures refer to the manufacture of goods in Winnipeg, and the importation of goods into Winnipeg, comparing the past two years:

Table with 2 columns: 1914 and 1915. Rows include Output of, Lab. hands, Wages, Imp. goods sent postpaid by Fruit-a-tives Limited, Ottawa, Total goods man and imported.

Working Day and Night

It is a known fact that Eastern factories are working day and night to keep ahead of orders. Compare, for a moment, the citizens of Montreal, Toronto and Winnipeg, considering the estimated population, in 1914 and the value of manufactured products in 1914, and how much this amounts to per one hundred thousand population:

Table with 2 columns: Est. Val. For Every 100,000 and Population. Rows include 1914 Manufactured, 1914 Population, 1915 Manufactured, 1915 Population.

This clearly shows that Eastern manufacturers are increasing their output tremendously per 100,000 population, while in Winnipeg we show a large decrease as compared with 1914. As closely as can be estimated Winnipeg will not average \$16,000,000 worth of manufactured goods per 100,000 people, or \$50,000 less than in 1914. In that year it was estimated that Winnipeg manufacturers employed approximately 18,000; in 1915 fourteen to fifteen thousand at the outside. Wages of the workers consequently will decline from \$10,000,000 to a little over \$7,000,000, with a corresponding decrease in the purchasing power of the individual.

In 1914, Winnipeg imported goods to the value of \$140,000,000. This makes a total of manufactured and imported goods of \$183,000,000. "If," said Mayor Waugh, "we could manufacture one-half of this amount in the city of Winnipeg, it would make a payroll, on the basis of these figures of approximately \$22,000,000, and instead of employing 18,000 people we would have over 40,000 at work in our factories."

Buy Home Products

"Most of the food products made in Canada are manufactured under a government standard. Therefore, the goods made in Winnipeg are just as pure as those manufactured anywhere in the Dominion, furthermore, they are decidedly fresher and have less shrinkage, from the consumers' standpoint. If we are to be a greater commercial centre we must develop our manufactures and support our manufacturers by purchasing home products whenever possible."

These figures clearly indicated that we are unconsciously endeavoring to construct a warehouse city. We import \$140,000,000 of goods in a year—not for the consumption of Winnipeg, be it remembered, but for transhipment and re-sale to the urban and rural population of the Canadian West. That the vast proportion of this great Western order is not made in Canada would seem evident.

Comparison is at times a useful factor. In Western Canada we have neglected manufacturing and the building of the home market, consequently we must decrease the population of our cities, for the factory workman, if he can, follows the job.

Tariff and the States

A protective tariff has made the United States the wealthiest nation in the world. Doesn't it seem foolish to destroy the source of our national prosperity by turning it over to all the other nations of the world?—(Exchange.)

A pigeon on the farm of H. T. Williamson of Williamson, W. Va., took a notion to set on a hen's egg and it has hatched a chick. Now the pigeon is engaged in a vain effort to teach the chick to fly.

Life is but a light dream, which soon vanishes. To live is to suffer. The sincere man struggles incessantly to gain the victory over himself.—Napoleon.

THREE VITAL QUESTIONS Are you full of energy, vital force, and general good health? Do you know that good digestion is the foundation of good health? Pain and oppression in stomach and chest after eating, with constipation, headache, dizziness, are sure signs of indigestion. Mother Seigel's Syrup, the great health remedy and tonic, will cure you. AFTER MEALS TAKE MOTHER SEIGEL'S SYRUP AND BANISH STOMACH TROUBLES