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An indoor closet, properly flushed by an abundance of clean water.

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From the moment you have opened your account with us we look upon you as a friend of the Bank, to be served in every way possible, at every turn.

It is this spirit of "friendly service" that has been largely responsible for this Bank's solid, steady 87 years of progress.

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V. D. MACLEOD
Manager
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"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.

American Travellers Want Private Ownership

The Traffic Club of New York, with a membership of eleven hundred, or which the majority consists of users of the transportation systems of the country, has adopted the following resolution:

That Government ownership, management or operation of railroads is not conducive to economic efficiency, and that private initiative, enterprise and responsibility in the creation, extension, improvement and operation of the American railroads should be a matter of national policy be fostered and preserved.

That the extension of the present system of Federal control for a period of five years, or any extension beyond the limitation now prescribed by law of one year and nine months after the proclamation of peace, is earnestly opposed as prejudicial to the public interest.

That the recognized impracticability of continuing the Government operation of the railroads for twenty-one months after peace under the present law is a conclusive reason why the properties should be relinquished, and that in view of the termination of hostilities, it should be the policy of the Railroad Administration to restore the integrity of individual properties and prepare for their return to the respective owners.

That the principle of reasonable, responsible and adequate Governmental regulation of transportation facilities is recognized and accepted, but that such regulation should provide for the encouragement, protection and development of the railroads.

That the Congress should promptly enact such revised legislation as will provide a uniform system of regulation in essential matters, safeguard the public interest, ensure adequate revenue to provide for equitable treatment of all questions affecting wages and working conditions of employees and attract sufficient capital to maintain and develop transportation facilities which shall meet the necessities of the commercial manufacturing and agricultural interests of the country.

That energetic efforts should be exerted to accomplish the early return of the transportation system of the country to the control and management of their owners, and the enactment of suitable legislation for the protection of the shipping and traveling public, the carriers and their employees.

BARBERY CAUSES RUS

Provincial Campaign Advocated to Destroy This Shrub.

Current and Gooseberry Worms Causes Great Losses—How to Identify It—Simple Measures of Control—Spraying With Arsenate of Lead Solution Most Effective.

(Contributed by Ontario Department of Agriculture, Toronto)

THE Barberberry should not be tolerated by the farmers of Ontario. It is a thief in their midst, which every year takes money from their pockets, by increasing the amount of rust upon their grain, and thus reducing their crops.

The Barberberry increases the amount and severity of rust.

It is not necessary to go into the complicated life-history of the fungus which causes stem rust of grain. Scientists have known for many years that one phase of its life-cycle is passed on the Barberberry, and all who have made a study of this matter agree that the amount and severity of stem rust is very much increased by the presence of the Barberberry in the neighborhood of grain fields. While scientists do not expect to see rust entirely disappear if the Barberberry is destroyed, the general consensus of opinion is that it is more completely exterminated the chances of severe epidemics of stem rust occurring would be greatly reduced.

Enforce the Law Regarding the Barberberry.

In Ontario legislation has been passed regarding the destruction of this shrub. Let all concerned realize that the Barberberry does increase the amount and severity of stem rust and a sentiment will be created for the enforcement of the present act. This act should be enforced. The Barberberry in Ontario should be destroyed. There is strong evidence to show that Barberberry does cause rust. Trees of infection which in wet seasons may give rise to severe epidemics of rust.

The Common Barberberry and Its Purple-leaved Variety the Culprit.

The Common Barberberry and its purple-leaved variety harbor grain rust. The average man does not know this shrub when he sees it. It is a spiny shrub from six to nine feet high, with yellow wood, arching branches and gray twigs. The leaves are bright green, smooth, somewhat oval, from one to three inches long, the margins with bristly teeth. The flowers are small, yellow and borne in long, drooping clusters. The berries are oblong, red and sour. The purple-leaved variety is similar except for the color of the leaves, which are purple. Unfortunately, the Barberberry has been much planted in some sections of Ontario for ornamental purposes and has become wild in many localities.

The Japanese Barberberry. The Barberberries are required for ornamental shrubs, the low growing, small-leaved Japanese Barberberry (Berberis thunbergii, D.C.) may be planted, as this species does not harbor the rust. Prof. J. E. Howitt, O. A. College, Guelph.

Current and Gooseberry Worm.

The most common insect enemy of currants and gooseberries is the Current and Gooseberry Worm. The larva is a greenish caterpillar, about three-quarters of an inch long when full grown, with a black head and numerous black spots over the body. The larvae attack the foliage of gooseberries and of red and white currants but seldom injure that of black currants. At first they work chiefly in the central part of the leaf, stripping the leaves nearly all off there, and doing much damage before they are observed. Later they may devour the foliage any place. It is common to see nearly all the leaves eaten of numerous bushes.

The life history of the insect is as follows:—The adults, which are known as Sawflies, are small four-winged flies, about a quarter of an inch in length. The female has the abdomen yellowish and the rest of the body blackish in color. The male is for the most part blackish or black. The flies appear in spring very soon after the leaves have expanded. Eggs are laid on the under surface of the leaves in chains along the main veins. The young larvae, hatching from the eggs, feed upon the foliage and become full grown in two or three weeks. Then they drop to the ground and form little cases in which they pupate. A new brood of flies emerges from their eggs and from these there comes a second brood of larvae, which may be seen on the plants at the time when the currants are ripe. When these larvae are full grown they enter the soil, form little cases or cocoons, and remain there till the next year, when they pupate and emerge as adults.

Method of Control.—These are easy insects to kill. All currant bushes and gooseberries should be sprayed with from two to three pounds arsenate of lead paste or half that amount of the powder form in forty gallons of water as soon as the leaves have become well expanded. Particular care should be taken to spray thoroughly the inner parts of the bush. This will kill all the first brood. If a second brood appears, the bushes should be sprayed instead of arsenate of lead, in the proportion of one ounce to one gallon of water. Arsenate of lead would be dangerous on the ripe fruit. The insect occurs everywhere in the province, and everyone should prevent his plants being weakened and seriously injured by it, especially as it is so easy to control.

Notes.—Hellebore loses its insecticidal properties unless kept in airtight packages.—Prof. L. Casaret, O. A. College, Guelph.

An electrical storm badly damaged two houses, in one of which two children narrowly escaped being killed at Browns, Alta.



FARM LOANS for SOLDIERS



Agricultural Training For Soldier Settlers

A SOLDIER is entitled to the benefits of the Soldier Settlement Act if he can satisfy the Agricultural Qualification Committee in his district that—

- He has performed the required military service;
- He is sincere in his intention to make farming his permanent occupation;
- He is physically capable and is fitted in general to make a success of the farming business.

If he is otherwise qualified, but has not had sufficient practical agricultural experience, the Committee may recommend that he be given agricultural training. A generous scale of allowances for soldiers in training has been adopted.

Training Centres For Soldier Settlers

The applicant who is recommended for instruction in agriculture may first be sent to a Training Centre, specially operated for the purpose, where he will learn, by practical experience, how to handle and feed horses and other live stock; milking; the operation of farm machinery, ploughing, etc.; general farm building work; farm blacksmithing; the different kinds of soil and rotation of crops; the selection and judging of live stock and the marketing of farm products. Short lectures on the business management of a farm will be given.

With A Selected Farmer

After the course at the Training Centre, the length of which depends on the progress of the individual but

will not exceed three months, the man is placed with a carefully selected farmer in the district in which he intends to settle, to complete his training. During this period (not exceeding one year), the soldier is visited from time to time by representatives of the Soldier Settlement Board, who check his progress and recommend when he is considered qualified to take up a farm of his own.

It will be evident that by this system of preliminary training the soldier settler will gain a thorough practical knowledge of farming without expense; will learn to appreciate the responsibility involved in the venture, and at the same time gain a clear conception of just what farm life means.

On His Own Farm

When a settler is deemed qualified by the Agricultural Qualification Committee, the Board will assist him to become established on a farm of his own, and will, through its Agricultural Advisers, continue to co-operate with him in his work, thereby ensuring his success and consequent ability to discharge his obligations and become permanently established.

Fair To Both

The procedure outlined not only gives the soldier an opportunity of first becoming familiar with his environment and of acquiring the experience requisite to success, but ensures adding to the nation's fundamental industry only competent and satisfied producers.

Detailed information regarding the provisions of the Soldier Settlement Act and further particulars regarding agricultural training may be obtained from the Provincial Superintendent, 32 Adelaide Street East, Toronto, Ont.

The Soldier Settlement Board

W. J. B. Chairman,
Union Bank Building,
OTTAWA

IF KIDNEYS AND BLADDER BOTHER

Take Salts to Flush the Kidneys and
Neutralize Irritating
Acids.

Kidney and Bladder weakness result from uric acid, says a noted authority. The kidneys filter this acid from the blood and pass it on to the bladder, where it often remains to irritate and inflame, causing a burning, scalding sensation, or setting up an irritation at the neck of the bladder, obliging you to seek relief two or three times during the night. The sufferer is in constant dread, the water passes sometimes with a scalding sensation and is very profuse; again, there is difficulty in avoiding it.

Bladder weakness, most folks call it, because they can't control urination. While it is extremely annoying and sometimes very painful, this is really one of the most simple ailments to overcome. Get about four ounces of Jad Salts from your pharmacist and take a table spoonful in a glass of water before breakfast, continue this for two or three days. This will neutralize the acids in the urine so it no longer is a source of irritation to the bladder and urinary organs which then act normally again.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used by thousands of folks who are subject to urinary disorders caused by uric acid irritation. Jad Salts is splendid for kidneys and causes no bad effects whatever.

P. P. McCallum, teacher for S.S. No. 2 Colchester South, Essex county, had his salary raised from \$900 to \$1,500.

THE DOMINION

West Elgin Liberals want farmers and Laborites to join them.

There were forty-three acclamations in eighty-one constituencies in the Quebec nominations on Tuesday.

The senate killed the measure providing for prohibition for a year after peace is signed.

The nitrogen plant at Trenton, formerly operated by the Imperial Munitions Board, was destroyed by fire.

Mrs. Thelma Charbonneau of Lévis, Quebec, was stricken with congestion of the brain while doing the weekly family washing, and died thirty hours afterwards without regaining consciousness.

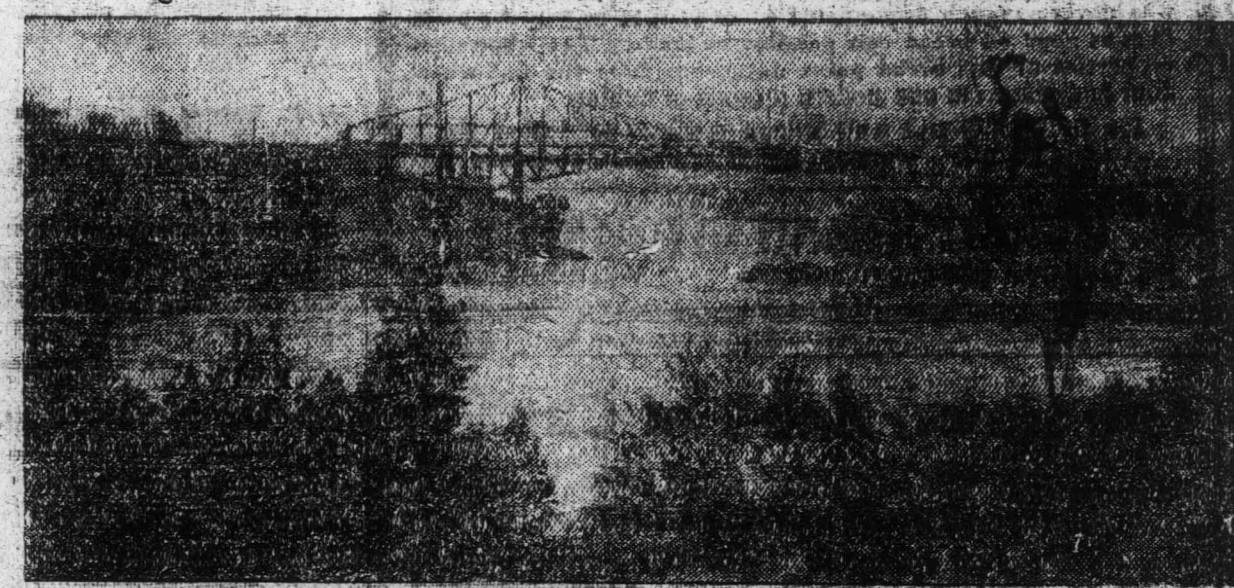
A valuable new magnesium alloy has been discovered at McGill University, which is only two thirds the weight of aluminum.

Dr. James Salmon, who lived under five sovereigns, died at his home at Simcoe.

Hamilton street railway employees have obtained recognition of their union and an increase in wages.

Dr. E. T. Adams of Toronto has been appointed medical officer of health for Windsor district at a salary of four thousand dollars.

The City of the Reversible Falls



The Bay of Fundy is famous for its tides which are reported to be the highest in the world, and the variation in the harbor depth, owing to the great rise and fall in the tides, is from 20 feet at ordinary neap tides to 28 feet at ordinary spring tides. St. John is the winter port of the C.P.R. and has splendid facilities for handling ocean traffic.

The harbor is entered from two channels, the east channel being used for large vessels and that on the west side for the smaller craft. Numerous large berths stand in the harbor and alongside them there are many capacious warehouses and some big grain elevators. The war has stimulated building in St. John.

The chief attraction for the tourist to St. John is the Reversible Falls, a curious phenomenon due to the great tides. When the tide of Fundy Bay is low the waters of the St. John river pour under the great railway bridge in the form of rapids. But when the tide begins to rise it forces back the current of the river and rushes up into its bed with great force. This continues until full tide. Then as the tide recedes, the immense volume of water in the bed of the river dashes to the Bay in a massive whirling sheet of foam. At low tide the piled up waters of the river are higher than the sea and at high tide the incoming flood of the Bay or Fundy is higher than the river. This is the explanation of the phenomenon. It is on certain periods of the day that the falls may be seen at their best. The river is deep, but not broad, however large, dare venture on these waters when they are falling. Small boats



(1) The Reversible Falls at St. John N.B.

(2) Martello Tower, St. John N.B.

go up and down the river at opportune times when the waters are in their mildest moods. Lanselet Heights overlook the port of St. John, and it is here that the Martello tower stands. This tower was built over a century ago as a water tower over the harbor. Since the Canadian Pacific Railway has taken over the hotel at Digby, Nova Scotia, known as "The Pines," there is likely to be an increased influx of visitors to the land of Evangeline in the future. Before crossing the Bay of Fundy from New Brunswick to Digby there is a great deal to interest the traveller in the City of St. John, the commercial capital of New Brunswick. St. John has a population of 11,000. The city takes its name from the St. John river which was discovered by Champlain and de Monts on June 24th, 1604, the first day of St. John's patron. No permanent settlement was made until 1785, when 3,000 United Empire Loyalists, who had refused to take the oath of allegiance to the United States after the war of Independence, made their home at the mouth of the St. John river and founded the city.