

EX Theatre

deville Pictures
Thursday, Friday, Saturday
RENE CASTLE
—IN—
Via of the Secret Service
RACE SISTERS
SING AND DANCING
10th EPISODE
The Woman in the Web
CK-SENNETT Comedy
Coming Monday
LUNE CAPRICE
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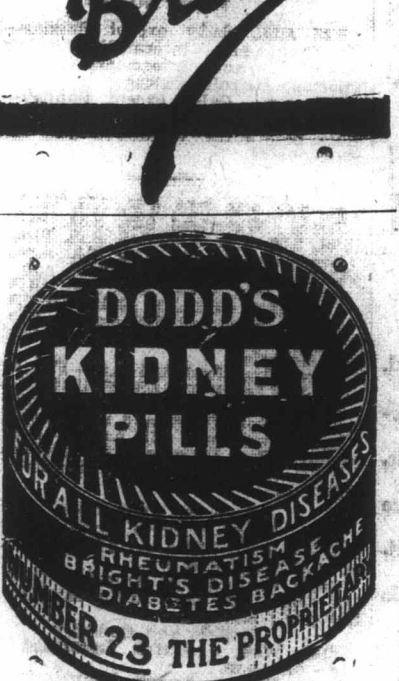
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One reason why "Fruit-a-lives"
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Constipation, Torpid Liver, Indigestion, Chronic Headaches, Neuralgia, Kidney and Bladder Troubles, Rheumatism, Pain in the Back, Eczema and other Skin Affections, is, because it is the only medicine in the world made from fruit juices.
It is composed of the medicinal principles found in apples, oranges, figs and prunes, together with the nerve tonics and antiseptics of proven repute.
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Perfect Glasses are the only substitute, and they may be purchased here.
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Poor eyes throw the whole nervous system off balance. Our glasses will positively correct this fault and give you relief from eyestrain.
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To obtain this pattern, send 15 cents to the Courier, Brantford. Any two patterns for 25 cents.

ARMY CLOTHES NOT HYGIENIC
Physician Says Soldiers are Hermetically Sealed from Heel to Chin

Uniforms as worn by our soldiers to-day come in for severe criticism from Dr. Walter B. James, of New York, in an article in the Medical Record. Those of our soldiers are far more hygienic, he insists, while those of the Scots are better still, those of the ancient Roman soldiers were almost ideal and the scant dress that is the feminine fashion of the day is best of all.
Dr. James points out that the source of a man's energy is the blood, that the distribution of the blood is regulated by the vaso-motor nervous system, and that only when this system is regularly drilled by changes of temperature can it be relied on to prevent the local congestions that are the first stages of inflammation.
This system, he contends, can best be exercised by exposure of the surface of the body to changes of temperature. As evidence in support of the truth of this assertion he cites the fact that the hardest and most productive areas are and ever have been those that lived in the stormiest climates.

English to Shield.
Therefore, he contends, we are foolish to shield ourselves from all atmospheric changes by over-heating our houses and shielding our bodies in heavy wraps and furs. For when some sudden alteration against which we cannot protect ourselves arises then our natural protective apparatus, having become sluggish and inefficient, is caught napping and we get sick with "colds," bronchitis, pneumonia and such diseases.
Women, he says, whose costume is regulated solely by the occasion and not all by the season or the weather, are far less liable to colds, catarrh, pneumonia and bronchitis than are men.

Short Skirts.
"Women are superior to the weather, while men are its slaves," says Dr. James. "It is only necessary to note the size and character of the woman's pocket handkerchief, as compared with the man's and the woman's scanty need of it, except as a trinket, as compared with her husband's slavish dependence upon it, to convince one that as far as the upper respiratory tract goes the so-called irrational dress of women has been attended with no increase in throat maladies among its devotees, and there is good reason to believe that as the daytime dress of the sex approaches more and more closely that of the Scotch Highlanders so will they in their bodily vigor and resistance to the weather approach more and more closely to that most hearty and vigorous of all people."

"It is chance, therefore, that has given to modern women the healthiest of all costumes, and it is to be hoped that such imitation of men will not lead the other sex to adopt their irrational and unhygienic mode of dress.
"But nowhere is the irrational in dress more striking than in military life. The chief points in the army uniform that seem not to be in accord with the principles before demonstrated and which prevent free contact between the skin and the air, which is necessary for health, resistance to disease, and for efficiency are the close-fitting woollen and often padded coats which must always be kept closely buttoned; the high, close-fitting collar, the woollen puttees resembling the bands in which the legs of infants were swaddled in a former and more barbaric age, and the regulation which necessitates the constant wearing of the hat or cap when out of doors.
The modern soldier is almost hermetically sealed from the soles of his feet to his chin.

Naval Uniform.
"From the point of view of modern science the clothing of the man is far more rational than is that of the army—at least as far as the man of the line is concerned. It would be interesting to know whether the health of the former is less good than that of the army. The open front blouse and the bell-bottom trousers flapping in the wind secure at least a moderate exposure of some part of the body.
"We have taken thousands of young men from evil costume and have put them into garments from which any doctor of wide experience and common sense would remove a

Physician Says Soldiers are Hermetically Sealed from Heel to Chin

Bowling

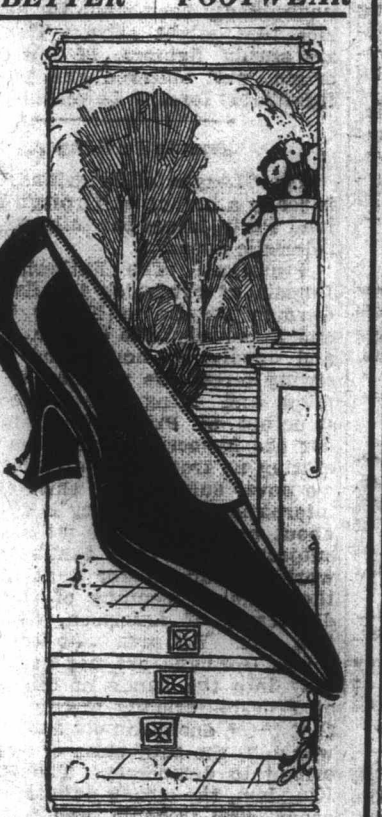
In spite of cold winds and chills 16 rinks of 74 bowlers from the city clubs enjoyed themselves in keen competition on the beautiful greens of the Dufferins. The game was carried out without a hitch. Each rink had to play 3 games of 6 ends. The highest plus score to count. The handsome cut glass flower stands were carried off by the Heathers. The rink being skipped by H. B. Beckett won out by winning 3 straight games with a plus score of 17.
Echo Place came in for 2nd honors and were runners up the rink being skipped by Chris Edmondson, each man receiving a handsome pair of cut glass and silver salt and pepper shakers. The following are the winning rinks:
Winners: Runners up—
Jno. Ryan 1 Albert Williams
2 H. L. Conway 2 Geo. Campbell
3 Geo. H. Cromar 3 Alex. Edmondson
H. B. Beckett, Chris Edmondson.
The success of this first effort was fully appreciated and others will likely follow.

young person as the very first step toward overcoming a tendency to catch cold.
"Benjamin Franklin knew the value of a cold air bath night and morning, and the boys of our schools and colleges all know the delights and the health inspiration that come of going bare-headed and scantily clad in the coldest winter weather.
The Romans put their fighting men into a short tunic with bare legs, and this, although their operation were carried on in Spain, Germany and Britain and during centuries when, as shown both by physiography and geology, the climate of southern Europe was a far stormier and more rugged one than at present."—New York Herald.

Women Must End War.
Martha Poole Crow, noted American educator, has written to Gertrude Atherton, giving an account of a recent conversation with a prominent German social democrat, whose words furnish striking corroboration of Mrs. Atherton's predictions in regard to Germany. The German, Mrs. Crow explains, had served fourteen years in the Kaiser's army as a surgeon, and had been near to the Imperial family. He had only been away from the front five weeks.
"Will the war end?" was the question put to him.
"Will the women of Germany decide to have it end?" was the reply.
"The allies will undoubtedly win the war. The trouble is, the German people have become slaves of a fixed idea, that unless Kaiserism prevails Germany will become once more a system of dependencies. The war will end when German women realize it is they who are bearing the burdens, making the sacrifices, — sacrifices which serve no end. Then they will demand a change and the change will come."

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Easy Rests the Feet that Wear Coles Shoes
Then why should you, young man or young woman, sweeter in the heat, when such foot comfort is so close at hand. Battle against the heat with the proper weapons — Correct Footwear — and you'll win out. Don't forget that we have all kinds of shoe toggery for the little tots, such as White Pumps, Canvas Shoes and Barefoot Sandals.

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BRITISH FARMER A SKILLED MAN

Duke of Marlborough Warns Against Over-Taxation of the Agriculturists
By Courier Leased Wire.
London, June 12.— Correspondence of the Associated Press.— "The British farmer is the most skilled agriculturist in the world," said the Duke of Marlborough, in an interview here, discussing the new income tax measures directed against the farming classes.
"The war period has brought out the value and virtues of the British farmer as never before," continued the Duke. "His farmer has lost his skilled men, and the difficulties due to the war have made his pursuit more and more irksome, but he has made a supreme effort, and the results have exceeded all expectations."
The Duke declared that over-taxation of the farmer would be a great national disaster. "The farmer is not a profiteer," he explained. "In my opinion, profiteering as applied to agriculture does not and never has existed in this country. Those who accuse the farmer of profiteering have little or no knowledge of conditions. Labor, feeding stuffs and machinery have all advanced in a manner out of all proportion to the extra profits realized by the farmer. To-day the farmer's net margin of profit on his investment does not exceed ten or twelve per cent."

"The question is, what does the government consider a legitimate profit for a man who stakes the whole of his capital on an industry in which he also expends the whole of his labor and abilities? At this age, and the farmer's profits are in excess of that sum, then he may be accused of profiteering, but not of it."

"In industrialism the returns on capital are higher and the risks many times less. For this reason people prefer to invest in industrial enterprises, where they obtain a larger return without working for it rather than in the soil. If home-grown food matters, then the profits gained from agriculture should be in relation to the profits gained elsewhere."

The success of the British farmer's labor during the war, in the Duke's opinion, is due very largely to the loyal support of women workers. "The women and workers have toiled splendidly," he said. "They have filled the gaps on the farms, and considering that they have hitherto had no experience in agricultural pursuits, they have shown an extraordinary aptitude for the work. To use a well-worn statement of mine, women can supplement the men, but they cannot supplant them. We are not an agricultural people, an agrarian people. Our women are not fitted to toil on the land in the same way as the French, Italian and the women of Argentina."

It would be futile to suggest that the time will ever come when British farmers can hope to supply the entire needs of our population. At the best, we can hope to augment the supply in such a way that our dependence on other countries is many times less than was the case in pre-war days."

In the Upper Dream-World.
Old 2887 is a bully bus. I was off the ground at 5 pounds of copper wire. It was rather an occasion for a beginner who had never before flown over 2,500 feet. The little Caudrons, of course, are not high-powered. At the end of the flight, in ten minutes I was circling over the camp at 3,800 feet, and in twenty I had reached 6,000, just under the roof of the clouds. There was only one other plane in the air, and I climbed in decreasing circles, till I finally burst out into the gorgeous upper sunlight. At 8,000 feet I began to float about in a world of blue celestial loneliness—dazzling pure sun, air like the water of a coral atoll, and beneath me a billowy sea of clouds, stretching away to infinity. Here and there, from the cloudy prairies, great fantastic mountains reared themselves: foothills and long ridges, vast snowy peaks, impalpable sisters of Orisawa or Chimborazo, and deep gorges, ever narrowing, widening, or deepening, across whose shadowy depths drove ribbons of this gray mist—Atlantic.

The Modern Child.
Father had decided that he must administer a stern lecture to his six-year-old son. The boy had been naughty, but did not seem to appreciate the fact, and it was with some reluctance, therefore, that the parent undertook a scolding. He spoke judiciously, but severely; he recounted the lad's misdeeds, and explained the why and wherefore of his solemn rebuke, his wife the while sitting by duly impressed. Finally, when the father ceased for breath, and, incidentally, to hear the culprit's acknowledgment of error, the lad, his face beaming with admiration, turned to his mother and said: "Mother, isn't father interesting?"

Lemon Juice For Freckles

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.
Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day, and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

TO SAVE THE HAY CROP

Efficient Machinery and Careful Cutting Required.
Spraying for Potato Blight Begins— By Using Bordeaux Mixture and Paris Green Increased Potato Crop Will Be Harvested.
(Contributed by Ontario Department of Agriculture, Toronto.)
In a season of labor scarcity hay-making is a problem on the average farm. It is necessary to make use of all the modern machinery available in order to expedite the saving of this important crop. First, then, we must emphasize the use of machinery in curing and storing. Men are not to be had in plentiful supply, but, in most cases some form of co-operation may be resorted to in order to obtain the use of tedders, hay loaders and horse forks to handle the bulk of the crop. By all means plan to use machinery in place of men this year or otherwise considerable of the crop will not be harvested in the best possible condition.
It is usually safe to cut after a rain when the weather appears to have cleared. Red clover should be cut when about one-third of the heads have turned brown. The tedder should then be used until the crop is dry enough to rake—a period which will vary according to the weight of the cutting, the weather and the amount of sap in the stalk. While it is possible to make slightly better hay by soaking up, this will be a practice of doubtful value this year in view of the labor shortage. Gather with a side-delivery rake if possible, or in small windrows with an ordinary dump rake. The hay loader works best with a small windrow. By all means use a loader if possible and to facilitate matters a sliding rack may be used so that when one-half the rack is loaded it may be pulled ahead and the remainder loaded.
We mention red clover because it is the commonest and most satisfactory hay crop, and is used in all general farming hay mixtures. Timothy should be cut either after the second blossom has fallen—generally the latter. It will require less tending than clover, is more easily cured and stored, and is more satisfactory after cutting. Do not let get too ripe and woody.
Alfalfa should be cut when the young shoots are noticed starting out from the axils of the lower leaves and the stalks, and should be handled much like red clover, only greater care is necessary to preserve the leaves, a very valuable portion of the plant. Wade Woods, Ontario Agricultural College.
Spray for Potato Rot.
Late blight and rot is the most destructive disease of potatoes in Ontario. In wet seasons it frequently destroys a very large proportion of the crop and causes a loss of many thousands of dollars to the farmers of the province. This is a large extent a needless loss, for "late blight" and "rot" can be prevented by timely, thorough and intelligent spraying with Bordeaux mixture.

Directions for Spraying.
Spray with Bordeaux mixture, strength of 4 to 5 pounds of copper sulphate (bluestone) and 4 pounds of lime to 40 gallons (imperial) of water. Commence spraying when the plants are from five to eight inches high, and repeat the spraying with Bordeaux throughout the season. Forty to 100 gallons of the Bordeaux mixture will be required for each application, the amount to be used depending upon the size of the plants. Take special care to see that the spraying is very thoroughly done if the weather is at all damp about the 15th of July, as blight often begins at this time. Add a poison when necessary for potato beetles—arsenate of lead paste, 3 1/2 lbs. to each 40 gallons of the liquid spray, or Paris green, 4 to 4 1/2 gallons or a mixture of 2 lbs. of arsenate of lead paste and 1 lb. of Paris green to 40 gallons. From three to seven applications should be made, depending upon the season, the weather, whether the larger number. Do not stop off spraying because it looks like rain. If the spray is on the plants, half an hour before the rain comes it will be dry and sufficient of it will stick to prevent infection, which takes place during or soon after rain. Spraying as described above should prevent not only late blight and rot but also early blight and potato beetles. For late blight and rot only, it is not necessary to commence spraying until about the 10th of July, but in Ontario it is usually advisable to spray for all three.

A hand pump barrel sprayer can be used for small lots of potatoes. Most men who grow any considerable acreage of potatoes consider that a power potato sprayer is a good investment. The best results from spraying are obtained with machines fitted with T-joint attachments so as insure covering both surfaces of the leaves at each spraying.
Precautions Necessary to Insure Success.
1. Start spraying before the blight appears. Spraying is done to prevent, not to cure.
2. Spray thoroughly, which can be done only when the mixture is applied with a good pressure so as to insure covering every portion of the plants.
3. Do not hesitate to spray because it looks like rain. If the spray is on the plants half an hour before rain comes sufficient of it will stick to prevent infection, which takes place during or soon after rain. If the spraying is left until after a prolonged rain it is very likely to be too late to do much good.
4. Careless spraying never pays. Spray thoroughly or not at all. Prof. J. B. Howie, Ontario Agricultural College.

Apples will be plentiful in the Niagara district. Growers say strawberries are short because so many plants were winter-killed.

Today— In ordering from your grocer—be sure to order a pound tin of DALLEY Coffee. Those who have never tried it will find it different in flavor—different in aroma—a superior drink. Follow the directions on the label. Keep the coffee pot scoured clean. Serve the coffee piping hot. In sealed air-tight tins. 1 lb. and 1/2 lb. sizes. Never sold in bulk.
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