

# 2 IN 1

## WHITE SHOE DRESSING

KEEP YOUR SHOES NEAT  
THE BIG VALUE PACKAGES  
LIQUID AND CAKE

PASTES FOR BLACK, TAN, OXBLOOD AND BROWN LEATHER SHOES.

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THE ENTERPRISE BLAZER FURNACE heats your home in Nature's way. It draws in the sweet pure air from the big outdoors, moistens it thoroughly, turns it into heat and comfort and passes it on to every corner of your home.

The best that base burners and radiators can do is to heat the air that is already in the house—that has been breathed again and again. Stoves choke the air with dust and in real cold weather they fall short of their job. Another reason for the

## ENTERPRISE BLAZER FURNACE

is economy. For thirty-five years we have been learning how to take all the heat out of a piece of coal; and then how to make most use of it. The Enterprise Blazer is the result. And it costs a great deal less to install than a hot water boiler, pipes and radiators.



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An Enterprise Blazer will wear for years and years. Every part is made a little better than it needs be, and it carries the famous Enterprise guarantee of satisfaction. Get your dealer's advice and write us today for our free booklet "Warmth and Comfort".

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Just in 3 crates of Crockeryware, Chinaware and Glassware including;

96 piece Dinner Sets, 44 piece Tea Sets, assorted patterns  
5 gross Cups and Saucers, assorted and Plates to match  
Water Sets in Ruby and Gold.  
Berry Sets in Ruby and Gold.—Berry Sets "etched"  
Golden Butter Sets, these are a nice assortment for Birth-  
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Printed Pitchers (assorted)  
Bean Pots and Vegetable Dishes.  
6 piece Toilet Sets in assorted patterns.  
Enamelled Tea Kettles, Tea Pots, Potato Pots, Stew Pots  
A large assortment of Fancy Lamps.

### In Tinware we have:

Oval Boilers, Long Handled Dippers,  
14 and 20 quart Kneading Pans,  
Covered Pails in 1, 2, 3, 4, 5, 6 quarts.  
Steamer Pails, Dust Pans, Chamber Pails, Granite Wash  
Bowls, Granite Pots, Victor Sifters, Pie Plates, Galvanized  
Wash Tubs, Dinner Pails, Leaf Sheet Iron Bread Pans (as-  
sorted) A full variety of Ferry's Garden Seeds.

**THOMAS RUSSELL**

PHONE 79

THE PARK STORE



LAWLOR & BARRY,

### NO, THE WAR HASN'T STARTED AGAIN

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Newcastle, N. B.

### Going To The Root of Disease

Wide-extended usefulness in preventing disease on its human side is closely allied with the movement, just started, to control and eventually to up root disease in Canadian farm stock. Indeed, it may turn out to be the most beneficial part of the plan now under way to combat disease in livestock by the co-ordinated efforts of Dominion and Provincial Governments, farmers and packers. The public has, within the last few years, been awakened to the enormous loss of human life, shown to be a greater mortality than that of war, resulting from tubercular disease. Yet the transmission of tuberculosis from farm products to humans has never received from the public a thousandth part of the attention it demands. Physicians have fought the disease in every thinkable way except one. Clinics have been opened in large centres through out the world; expensive sanitariums have been built; preventive treatment has been widely taught through nursing institutes and even the public schools. None of these, however, has struck so radically at the root cause of the human disease, the presence of tuberculosis in domestic livestock as the new movement to eradicate disease from among farm animals. If for this feature of national health and the preservation of human life alone the movement claims the wholehearted support of all who have a better, wider and more humanitarian hope for the mass of the Canadian people.

An encouraging beginning has been made. A definite plan of work has been framed to co-ordinate the effort to combat disease in animals. It will be plain to farmers and stock men that better prices will follow the raising of better stock, better because healthier, more robust animals which will feed well and make heavier weights in return for the expenditure of feed and labor.

Much could be done through direct aid by farmers and stockmen themselves. Everyone knows that the "Government can't do it all. In South Dakota, where a similar campaign is under way, it was recognized that one health officer could not inspect a large number of animals in many townships. A committee was therefore appointed by stockmen and farmers from among themselves. Each committee man became a deputy health officer. Community meetings were held. People generally began to talk of better, disease-free cattle, and there was a spirit of general improvement. Good results are being reported and the work is going vigorously and continuously forward.

Our fight is especially against tuberculosis in cattle. A farmer often wonders why his steers and calves, in spite of "good" feeding, do not thrive. Tuberculin test would probably reveal the cause. The Dominion Minister of Agriculture, Dr. S. F. Tolmie, in the House of Commons on May 14th, stated that the intention was to establish small centres of accredited, disease-free herds. By this means, the Health of Animals Branch hoped to eliminate tuberculosis from Dominion pure-breds. But the work would not be confined to pure-breds. But the work would not be confined to pure-bred stock if present proposals are carried out.

Hog cholera seems to have been more effectively restricted here than in the United States. Latest returns show that only one half of one per cent of our hogs are touched with this disease. The cleansing of our live stock also includes the eradication of other diseases. Contagious abortion and sterility have to be overcome, matters of health in animals which will have reaching results. When it is remembered that over one billion dollars are invested in Dominion livestock, it will be plain that if a saving of only 1 per cent can be effected by prevention of disease, it represents a value of \$10,000,000 to our farmers. The Committee recently appointed, including representatives of the Government Departments, livestock producers and packing firms, is beginning to cope with the problem. Its members will need the sympathetic support of every enlightened farmer and producer of livestock. If real success is to be registered, it should not be impossible to have, throughout the Dominion, the self-same spirit shown as in South Dakota. Farmers and breeders especially by helping in this campaign would only be working directly for their own benefit.

### Sir Thomas Lipton Willing to Fly The Canadian Ensign

When Sir Thomas Lipton's "Shamrock IV" and the United States defender meet to contest the America's Cup, the Canadian Ensign will fly from the masthead of Sir Thomas' steam yacht Victoria and its boat, and launches, according to advice received here today. Further, if Sir Thomas succeeds in winning the Cup this year he will visit Canada and bring the Cup with him, save the despatch.

### Use More Beans

The ripe bean is a form of food very much neglected in Canada. Lack of variety is one of the serious faults in our national diet. Many people seem inclined to use a very limited number of foods and, as far as possible, to make each day's meals resemble those of the day before; while, in other cases, the dull routine of a fixed seven day cycle prevails. It is well-known that a varied diet is more wholesome than a restricted one, and, especially in these times when good food is scarce and high in price, it is really deplorable to note the neglect of some of the best Canadian-grown food materials, such as beans, peas, Indian-corn and barley, while an imported product, rice, remains quite popular in spite of its inferior quality as food and the commercial objection that Canadian money must be sent to some foreign country to pay for it.

Of all the neglected foods, the bean is perhaps the most important. It contains a large percentage of protein (approximately double the amount found in cereals) and protein is the most expensive ingredient in the materials which we consume. The bean may fairly be said to rank first among the common foods of vegetable origin; peas are of almost equal value, but wheat and barley fall below. Oats also are distinctly inferior on the whole, though they contain much more fat than beans. While it is not true, as has sometimes been assumed, that vegetable protein, as found in beans, can entirely take the place of animal protein, as found in meats, eggs and milk, nevertheless the vegetable proteins have a high food value and the bean could, in many instances, be advantageously substituted for part of the meat ration. Considerable economy would be attained in this way, as beans are very cheap indeed in comparison with most animal products. It must be noted, however, that beans, cannot be eaten freely by everyone. There are a few individuals for whom they seem quite unsuitable; but the vast majority of people would have better, cheaper and more enjoyable meals if beans were used more often. Matters of diet are so often settled by customs of the country rather than by intelligent thought that it is very hard to bring about changes, however desirable. Yet there seems no good reason why the regular use of beans should be limited almost to Massachusetts and a few other favoured localities. In these days when, owing to the high cost of living, many individuals are inclined to break away from some of the older and more expensive customs, the introduction of the bean as a regular article of diet offers an opportunity for the display of a little originality and the exercise of judicious economy at the same time.

## PILES

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Dr. Chase's Ointment will relieve you at once and afford lasting benefit. Get a box at dealers, or Edman, Bates & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 2c. stamp to pay postage.

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EVAPORATED MILK  
with the cream left in

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National Milk

### Another Royal Suggestion

## DOUGHNUTS and CRULLERS

From the NEW ROYAL COOK BOOK

**DOUGHNUTS** made during the happy days of the war and no wonder. There is nothing more wholesome and delightful than doughnuts or crullers rightly made. Their rich, golden color and appetizing aroma will create an appetite quicker than anything else in the world.

Here are the famous doughnut and cruller recipes from the New Royal Cook Book.

**Doughnuts**  
2 tablespoons shortening  
1 cup sugar  
2 eggs  
1 cup milk  
1 teaspoon nutmeg  
1 teaspoon salt  
2 cups flour  
4 teaspoons Royal Baking Powder

Cream shortening; add sugar and well-beaten eggs; stir in milk; add nutmeg, salt, flour and baking powder which have been sifted together and enough additional flour to make dough stiff enough to roll. Roll out on floured board to about 1/4 inch thick; cut out. Fry in deep fat hot enough to brown a piece of bread in 30 seconds. Drain on unglazed paper and sprinkle with powdered sugar.

**Afternoon Tea Doughnuts**  
2 eggs  
1 tablespoon sugar  
1 teaspoon salt  
1/2 teaspoon grated nutmeg

2 tablespoons shortening  
2 tablespoons milk  
2 cups flour  
2 teaspoons Royal Baking Powder  
Beat eggs until very light; add sugar, salt, nutmeg and melted shortening; add milk, and flour and baking powder which have been sifted together; mix well. Drop by teaspoons into deep hot fat and fry until brown. Drain well on unglazed paper and sprinkle lightly with powdered sugar.

**Crullers**  
4 tablespoons shortening  
1 cup sugar  
2 eggs  
2 cups flour  
1 teaspoon cinnamon  
1/2 teaspoon salt  
2 teaspoons Royal Baking Powder  
1/2 cup milk  
Cream shortening; add sugar gradually and beaten eggs; sift together flour, cinnamon, salt and baking powder; add one-half and mix well; add milk and remainder of dry ingredients to make soft dough. Roll out on floured board to about 1/4 inch thick and cut into strips about 1/4 inch long and 1/4 inch wide; roll in hands and twist each strip and bring ends together. Fry in deep hot fat. Drain and roll in powdered sugar.

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