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GIVE CANADA A MORE FITTING DOMINION DAY

The Ottawa government has named a commission, with J. A. Calder at its head, to look after the interests of returned soldiers in every way, securing suitable laws, providing special training or education for those who are incapacitated, and must resort to new occupations, and to co-operate with like bodies voluntarily organized or may be created by the Provincial governments. It is fitting that we have this early evidence that Canada is not going to forget the debt it owes to its valiant soldiers, living and dead.

In the United States, May 30th, the day on which soldiers' graves are decorated, has almost taken first place over July 4th, Independence Day. The Herald is loath to suggest one more holiday for Canada is already overladen with useless lumber of this sort; but we urge that July 1st, Dominion Day, when flowers will most abundantly be designated also as Decoration Day, one of the events of which will be the decoration of soldiers' graves, whether of Canadians or citizens of any of the allied countries, who shall be buried here. This would be a suitable trust to be undertaken by the Great War Veterans Association, and it might fittingly be commemorated, as in the States, by their sons, in years to come.

We further suggest that in each cemetery, "Let Us Forget," a temporary wooden cross be erected, on which shall be inscribed the names of all soldiers from that community who died, and are buried overseas, and that the arms of the cross bear these hallowed words, "Somewhere in France." Possibly Kipling's famous words, "Let Us Forget," might head all. Later, a permanent monument should take the place of the temporary cross, and that indemnity from Germany for our war outlay could erect a few thousand dollars to erect these enduring memorials of heroic Dominion Day, which celebrates the inauguration of Canada as a Dominion, is most fitting on which to also celebrate that which made possible its continuance as such. Governed by a free people, instead of entering a state of vassalage under the Han, which would certainly have been our lot, but for the victory made possible by those who made the supreme sacrifice. Dominion Day which has been characterized by undue frivolity, should this become a day of solemnity, when the aspirations of Canada and the valiant deeds of her heroes shall be recounted in speech and song, and her assembled sons and daughters shall reverently thank God for His safeguarding our free institutions. Let this programme be faithfully carried out for twenty years, and all the alien enemies in Alberta combine to intern in a country school house. We have neglected to teach patriotism. Let us begin now. — The Home Herald, Alberta.

SEEKERS OF ACCIDENTS
BELL OTTAWA TRAIN

OTTAWA, June 18.—Although it was not laden down with private carriages on a former occasion, the Canadian National train which left Toronto at 11 o'clock last night for Ottawa did not reach the Capital until 4 o'clock this afternoon, just eight hours late. It was held up a few miles east of Toronto by a freight wreck. At Cobourg the engine broke down and another one was sent from Trenton.

Right Now

- BATHING CAPS
- WATER WINGS
- TALCUM POWDER
- CREAM WITCH HAZEL BEN-GOIN
- THICK RED RUBBER JAR RINGS
- GRAPE JUICE
- LEMON JUICE

ABBS & McNAMARA
 Quality Drugs to go Queen Street Phone 102
 Agents for Vinol, Nuxated Iron, Bile Phosphate, Tyrrell's Castor Oil.

WHAT EXCHANGES SAY
KICK IT OUT

(Brockville Recorder and Times)—Winnipeg has been threatened with no bread and milk. Had the organizers and engineers of that strike been allowed to have their way that city would have no bread or milk. That is hitting at babes, sick children, men, women, boys and girls, who have no part or parcel in the strike, in its causes or its course. The strikes were going far from their path in order to hurt innocent ones. When any man or body of men rises up in the community to state that babes and children, boys and girls, men or women, shall not have bread and milk or other necessities of existence, then, and right then, must the government also rise up and kick that sort of terrorism out of the country. It is impossible and intolerable to argue or reason with that sort of business. The only argument is to hit it on the head.

WHERE TO WATCH

(Victoria Daily Times)—A statement from Ottawa says the immigration regulations permit the deportation of undesirable unless they are Canadians by birth or naturalization no matter where they come from or how long they have lived in the Dominion. That is all right, but if the Immigration Department would take the proper precautions at Canadian Ports of entry there would not be very much occasion to exercise the power embodied in the regulations. People who try to enter here with the intention or idea of saying and preaching what they like because they have been permitted to say and preach what they like where they come from should be refused admission.

MOTHER! GIVE CHILD "SYRUP OF FIGS" IF TONGUE IS COATED

If cross, feverish, sick, bilious, clean little liver and bowels.

Children live this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely. A child simply will not stop playing to empty its bowels, and the result is, they become tightly clogged with waste; liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhea. Listen, Mother, Sec if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well, playful child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels. Ask your druggist for a bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Beware of counterfeiters, sold here. Get the genuine, made by "California Fig Syrup Company." Refuse any other kind with contempt.

At the inquest into the death of Blain Bellevue who died at Moncton, N.B. speedway, the evidence showed that death was due to ptomaine poisoning.

MEAT CAUSE OF KIDNEY TROUBLE

Take Salts to Flush Kidneys if Back Hurts or Bladder Bothers.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaker, then you suffer with a dull misery in the kidneys region, sharp pains in the back or sick headache, dizziness, you stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush out the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates; thus ending bladder weakness. Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.

CAN YOU EMPLOY DISABLED SOLDIERS?

There are two aspects of the returned soldier problem—giving the whole man his old job and finding a new place for the disabled man. Someone in the United States has suggested a new device flag for employers which will show by stars the number of returned soldiers employed. A special star might be used to show how many of these are partially incapacitated.

A big-hearted paper maker whom we met last week suggests that our industry might have a sort of honor roll on which would be recorded the number of returned men employed. Such a record could be made of great value as well as a source of just pride. It is not only an honorable act to employ a returned soldier (though it is but a duty); a company is honored by the presence of these men on its staff. It is a source of pride for all Canada that these valiant fighters are coming back after the sacrifice of time, opportunity, comfort, and even life limb and health and again taking up the ravaged and often broken threads of former activities. For many of them it is difficult to do so, even if they are whole. For many it is impossible to resume the old work. All our industries, and none to a greater extent than the manufacturers pulp and paper, are taking back the men who want to come. It would be a fine thing if a record could be made of the number so re-employed by each mill, and the proportion this is of men formerly with each company who have returned.

More valuable than such a list, would be to go a step farther and record in the case of injured men the extent of the injury and the position occupied. If there are positions in the mill that could be filled by an injured man, and there are many such—they should be listed and classified. The name of the mill need not be made public and the record should not imply an obligation to take on such men, but it would serve as a guide to what could be accomplished by a committee on replacing returned paper and pulp men in familiar surroundings and at familiar tasks. It would be possible for such a committee to help very greatly in getting the square pegs in the square holes. Something along this line has already been done by a Pacific Coast mill, where it was found that more than one hundred positions could be filled by men who were more or less disabled. Unfortunately we have not been able to secure a classification of such positions on the basis of kind and degree of injury. That is the information which would be most valuable in the re-establishment of the invalid soldier—to the man, the military, and the industry. The collection of the data could be done through the secretary of the Canadian Pulp and Paper Association, and the dissemination of it would suggest many new possibilities to mills that want to do all in their power in absorbing the returned man and putting him back at remunerative, constructive labor where his initiative and individual expression will count for something.

In The Hills Above Ice River



This man is not carving his name on a stump. By looking closely, one will identify the claws on the downward-pointing toe as those of a good sized black bear. So the human operator is removing a handsome black coat from a stout, fat full breasted man who had ventured in innocent ignorance out on the open in search of moose and such interesting changes from a diet of berries. He did not know that men with guns were creeping up the slope toward him because the wind was sweeping down from the peaks above and the only scent it took to his keen nostrils was that of the fresh, sweet snows that were already whitening the peaks above Ice River, north of the C. P. R. transcontinental line.

So the bear waddled along with an investigating nose close to the sticks and stones he turned over with his great paws. He paused at a rotting log that had fallen before some great fir which had swept the hillside in the decades past, and he turned it over with an ease that spoke highly of strong claws and big muscles. He found some grubs and he sucked them up; he started to investigate a bundle of needles and dried grasses that looked as if it might contain some tender young mice. A hundred yards away, down the slope, a man's weak ankle that had been strained in days gone by a simple twist, turned on a

Ladies! Keep It on The Dresser

Few drops on corn or callus stops pain, then they lift off.

Your high heels have put corns on your toes and calluses on your feet, but why care now? This tiny bottle holds an almost magic fluid. A genius in Cincinnati discovered this ether compound and named it Frezzone. Small bottles of Frezzone can be had at any drug store for a few cents. Never limp or twist your face in pain again, but get a bottle of Frezzone and apply a few drops on your tender, aching corn or callus. Instantly the soreness disappears and shortly you will find the corn or callus so shriveled and loose that you lift it off with fingers.

Just think! You get rid of a hard corn, soft corn or a corn between the toes, as well as hardened bluses, without suffering one particle, without the slightest irritation of the surrounding skin. Just a touch of Frezzone on a sore corn gives instant relief.

CITY OF ST. CATHARINES

Taxes Year 1919

Under the authority of By-law No. 3200 passed on the 25th day of March, 1919, notice is hereby given that all taxes for the year 1919 are now due and payable but may be paid in three instalments as follows, subject to the following exceptions and conditions.

Taxes which are not payable by instalments
 Taxes in Income Assessment, Arrears of Taxes and charges collectable as taxes for any work done or services rendered by the Corporation are due and payable in bulk on or before the 25th day of June, 1919 (and not by instalments.)
 1st. Instalment—due and payable on or before the 25th June 1919. One-half of the taxes will be the amount of the 1st. Instalment.
 2nd. Instalment—due and payable on or before the 25th September 1919. One-quarter of the taxes will be the amount of the 2nd. Instalment.
 3rd. Instalment—due and payable on or before the 25th November, 1919. One-quarter of the taxes will be the amount of the 3rd. Instalment.

Taxes not paid when due.
 If default is made in the payment of any instalment on the above dates, the privilege of payment by instalment becomes cancelled and the whole of the taxes or the balance unpaid, as the case may be, at once becomes due and payable together with percentages in addition, as follows:

- Upon default in payment of taxes on the dates appointed,
 Penalty On amounts paid within ten days of time of such default, a percentage charge of one per cent. will be collected.
- Penalty On amounts paid within twenty days of time of such default, a percentage charge of two per cent. will be collected.
- Penalty On amounts paid within thirty days of time of such default, a percentage charge of three per cent. will be collected.
- Penalty On amounts remaining unpaid after thirty days of time of such default, a percentage charge of five per cent. will be collected.

Failure to pay the above instalments of taxes as they become due not only forfeits the right of settlement by instalment but brings the parties under the penalty of the Assessment Law, which enacts that in case any party shall REFUSE OR NEGLECT to pay the amount imposed upon him for the space of fourteen days after demand, the Collector shall levy the same, with costs, by distress and sale of the goods and chattels of the party who ought to pay the same.
 1. Ratepayers who do not receive their tax bills by the 1st. day of June should notify Tax Collector's Department of the fact.
 2. Cheques tendered in payment of taxes must be "marked" by bank and made payable at par to the City of St. Catharines.
 3. Taxpayers sending amounts by mail for payment of taxes should also enclose the tax bill and a self-addressed and stamped envelope for the return of receipted Tax-bill.
 4. Taxes are payable at the office of City Tax Collectors.
STUART K. WATT,
 City Treasurer.
 CITY TREASURER'S OFFICE, ST. CATHARINES, 17th May, 1919.
 1919/51/75/14/18/21

THINK THIS OVER

Is it not well worth your while, to buy a Tea with an Established 'Quality' reputation and so reliable that disappointment is an impossibility.

"SALADA"

will prove its worth in a Tea-pot Test.

Capital and Reserve, \$5,800,000
 Total Assets, Nov. 30th, 1918; over \$183,000,000.

The Modern Money Belt
 The old-time traveller carried a cumbersome belt holding all the money he might need on his journey. But the money was never really safe. Today your book of Union Bank Travellers' Cheques places cash at your command at banks, hotels, ticket offices and stores, at home and abroad. The cheques are worthless up to the moment you sign them.
 218
UNION BANK OF CANADA
 St. Catharines Branch & Safety Deposit Boxes, R. H. Kilaly, Mgr.
 Fenwick Branch & Safety Deposit Boxes, F. E. Page, Mgr.
 Smithville Branch, H. C. Parrott, Mgr.

THE CANADIAN BANK OF COMMERCE

Announce that a branch of their bank has been opened at Niagara-on-the-Lake, Ontario. This bank has now 433 branches in Canada and foreign countries, and is in a position to offer the public unexcelled service.

St. Catharines Branch—R. G. W. Conolly, Manager
 Thorold Branch—S. H. Falkner, Manager
 Niagara-on-the-Lake Branch—F. W. Wilson, Manager

UNPREPAREDNESS—FAILURE

A bank account is an assistant in character building. It establishes the confidence, independence and pride which increases effort and paves the way to success. Open an account to-day and be prepared.

THE CANADIAN BANK OF COMMERCE

ST. CATHARINES BRANCH R. G. W. CONOLLY, Manager
 THOROLD BRANCH S. H. FALKNER, Manager
 NIAGARA-ON-THE-LAKE BRANCH F. W. WILSON, Manager

Security Loan & Savings Company
 26 JAMES STREET, ST. CATHARINES

DIVIDEND NO. 98.
 Notice is hereby given that a dividend of THREE PER CENT being at the rate of SIX PER CENT PER ANNUM, upon the paid up capital stock of this Company, has been declared for the half-year ending on the 30th June, inst., and that the same will be payable at the office of the Company, 26 James street, St. Catharines, on WEDNESDAY, July 2nd, 1919, to shareholders of record on the books of the Company at the close of business on the 15th day of June, inst. The stock transfer books will be closed from the 17th to the 31st days of June, inst., both days inclusive. By order of the Board of Directors.
E. F. DWYER, Sec'y-Treas.
 St. Catharines, Ont., June 4th, 1919.

THE STERLING BANK OF CANADA

Save Because--
 Happiness accompanies the virtue of thrift.

READ THE EVENING JOURNAL

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W. Conolly, Manager

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THREE PER CENT

ER, Sec'y-Treas.

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RNAL

Electric Water Systems for Rural Homes

GIVES—A modern bathroom, hot and cold water at your finger tips. An indoor closet, properly flushed by an abundance of clean water. Hot and cold water in the kitchen a saver of time and labor. Water for the stock, or to wash your car in fact water where you want it.

See the Paul System, (it is not an experiment) at J. H. SANDHAM COMPANY ELECTRICAL DEALERS 237 St. Paul Street - Telephone No. 1112

Courteous, Painstaking Service

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.

WE will appreciate your account.

Bank of Nova Scotia

Capital \$10,000,000 Reserve Fund \$12,000,000 Resources \$150,000,000

V. D. MACLEOD, Manager St. Catharines Branch

"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 grip—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 as 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 RUST

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.

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 will be completely exterminated in the absence 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 has been a centre 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. If 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 of this species feed on 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 bush, 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 on 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 of the sawfly 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 come 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 hereafter it should be used 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.

Night-Hellebore loses its insecticidal properties unless kept in airtight packages.—Prof. L. Casar, O. A. College, Guelph. An electrical storm badly damaged two houses, in one of which two children narrowly escaped being killed at Browns, Ont.



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—

- (a) He has performed the required military service; (b) He is sincere in his intention to make farming his permanent occupation; (c) 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. ... 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 voiding 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. McCallam, teacher for S.S. No. 2 Colchester South, Essex county, had his salary raised from \$300 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. Therese Charbonneau of Levis, 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 supposed 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 of water 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 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 gushes 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 gashed 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. That 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.

ideal 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 Martello tower stands. This tower was built over a century ago as a watch 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 Evansline in the future. Before crossing the Bay of Fundy from New Brunswick to Digby there is a quest and founded the city.

EMPLOYMENT SERVICE OF CANADA

The Department of Labour and the Provincial Governments have organized a System of Employment Offices from Coast to Coast for Returned Soldiers and all classes of workers—Men and Women—trained and untrained.

A Special Section exists for Professional and Business workers. To look after the special needs of the RETURNED SOLDIER there is in each of these offices, a representative of the INFORMATION AND SERVICE BRANCH DEPARTMENT OF SOLDIERS' CIVIL RE-ESTABLISHMENT

NEAREST OFFICES

Place	Address	Tel. No.
Brantford	136 Dalhousie St.	2590
Hamilton	303 Clyde Block	Regent 486
		Regent 1413
Niagara Falls	85 James St. N.	Regent 1877
Orillia	Newport Building	1221
Owen Sound	18 Peter St.	60
St. Catharines	261 9th St. E.	1125
Toronto	200 St. Paul St.	1269
	45 King St. W.	Main 3501
	287 Queen St. W.	Adelaide 2903
	845 Lansdowne Ave.	Junct. 1087
Welland	15 Division St.	608

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic looking men, women and girls with pasty or muddy complexions; instead of the multitudes of nerve wrecks, run-downs, brain fags, and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking each morning before breakfast a glass of hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headaches, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both the health and appearance awaiting those who practice internal sanitation.

Special Best Service on Saturday June 21st, only, in addition to regular service, an extra boat will leave Port Dalhousie for Toronto at two (2.00) p.m. and will leave Toronto for Port Dalhousie at eleven (11.00) p.m.

Mr. J. J. Flynn has erected a neat shop on his premises, Pine St., Thorold, and has removed his stock to it. The store vacated by him in the Batten block has been taken by M. Sulman, who found the quarters in the McArthur building too cramped for his purposes.

Robt. W. Parnell, Halifax, an old man, was killed on the railway track while going to visit his wife's grave.

Upward of 7,000 accounts owed to the General Hospital at Calgary will be handed to the city when taken over.

A. E. Warren, general manager of the C.N.R., says the firm between Medicine Hat and Hanna will be built at once.

GRAND TRUNK RAILWAY SYSTEM
TIME TABLE CHANGES
A change of time will be made on **JUNE 29, 1919**
Information now in Agents' hands

NOTICE
All members of Neptune Hose Company are requested to attend a special meeting this (Thursday), June 19, at 8 p.m. sharp, to arrange for the funeral of our late brother, Mr. Harry Clutterbuck.
A. SPENCE, Pres.
J. REILLY, Sec.

Spring Water Wells
Why not have spring water from the rock? Write us for information and prices.
W. L. NEILL
Penwick, Ont.
phone Ridgeville 67, r5

WANTED
Competent Stenographer Must have experience; high wages. Apply
The Pedlar People, Limited
Oshawa, Ont.

CITY AND DISTRICT

We buy everything you want to sell. McGuire & Co.

Choice cut flowers, potted plants and floral designs, at all times, at Walker's, Florist, 104 St. Paul street Phone 763.

The Chautauqua opened yesterday afternoon and evening on the armory grounds with an excellent programme.

FOR RENT—House at 146 Dufferin St. Apply 144 Dufferin St. J18/19/20

For the June Bride, let us suggest an "Eureka" Vacuum Cleaner, or one of our One Minute Washing Machines. We have them at different prices, either Electric, hand, water or power driven. The Martin Electric Co., 9 St. Paul St. J. O. M. & F. T. F.

The choir of Knox Presbyterian avenue to Louth cemetery. Rev. Geo. to Queenston Heights on Wednesday afternoon, and spent the time in games, etc., returning to their homes at 10 o'clock in the evening.

The regular hand concert is to be given tonight in the park.

There is practically no change in the strike situation in this city. The factories and the men who went out have not come to any terms.

A change of timetable on the Grand Trunk goes into effect on June 29.

Old Folks Need Mild Bowel Tonic
And Should Avoid the Use of Hard Pills and Drastic Purgatives

Old people no matter how sound and healthy, should avoid cathartic pills, purgative water, salts and all such temporary relief measures. They ease conditions today, but bind you up worse than ever tomorrow.

It is better to get the bowels into the habit of performing their needful function at a certain time each day and this can be done by strengthening the muscles of the stomach and bowels by the tonic action of Dr. Hamilton's Pills, a mild laxative that acts as close to nature's way as possible.

Thousands of people, old and young, prevent and cure habitual constipation by using Dr. Hamilton's Pills, a mild yet active medicine that is noted for its promptness in curing headaches, belching gas, sourness in the stomach, fulness after meals, liver soreness, and muddy complexion. You'll have the best of health, feel good, eat well, digest and sleep well if you regulate the system by Dr. Hamilton's Pills of Mandrake and Butternut 25c per box at all dealers.

CITY OF ST. CATHARINES

NOTICE IS HEREBY GIVEN that a By-law was passed by the Council of the Corporation of the City of St. Catharines on the 20th day of May 1919 providing for the issue of debentures to the amount of \$158,000 for Public School purposes, and that such by-law was registered in the Registry Office of the Registry Division of the County of Lincoln on the 17th day of June 1919.

Any motion to quash or set aside the same or any part thereof must be made within three months after the first publication of this notice and cannot be made thereafter.

Dated this 18th day of June 1919.
J. ALBERT PAY,
City Clerk.

BRIDGEBURG COUNCIL

BRIDGEBURG, June 19.—The Bridgeburg Council last night decided to increase the water rates here considerably. For inside service the rates are to be increased about 25 per cent, and for outside service at least 50 per cent. The latter will large be applicable during the summer season for watering purposes.

The council decided further to have J. D. Fitzgibbon, engineer, draw up complete new plans covering the pumping station here, and also covering an intake. The latter is regarded the only solution of the present embarrassing problem caused by weeds and other material being drawn into the present electrical pump.

The choir of the Meritton Methodist Church enjoyed their annual picnic to Queenston Heights on Wednesday afternoon and spent the time in games, etc., returning to their homes at 10 o'clock in the evening.

Mr. Baker, near Port Weller, is badly in need of fruit pickers, and is at present offering a house to any family free of rent who will engage with him for the summer. Information can be obtained regarding this employment from Superintendent Roy Miller of the Dominion Provincial Employment Bureau.

Special Boat Service on Saturday June 21st only in addition to regular service, an extra boat will leave Port Dalhousie for Toronto at two (2.00) p.m. and will leave Toronto for Port Dalhousie at eleven (11.00) p.m.

The Suburban Road Commission is going to meet next week to discuss the proposal of building a permanent highway from the border of the city or Ontario Street to Port Dalhousie.

The regular hand concert is to be given tonight in the park.

There is practically no change in the strike situation in this city. The factories and the men who went out have not come to any terms.

There were only two or three rigs on the market this morning. What strawberries there were sold in a little while. The price ranged from 22 to 25 cents a quart.

Mrs. Clifford Bullock and Miss E. Bullock of Victoria Street, are guests in Thorold of Mrs. Bullock's other daughter, Mrs. Thompson.

FOR SALE—ON FRIDAY 200 LBS. FRESH SHOULDER SPARE RIBS at 5c LB. AND 500 LBS. PICKLED PIGS FEET (CLEANED AND READY FOR COOKING) at 6c PER LB. AT MOYER BROS. LTD. PORK PACKERS. J19

Department of Railways and Canals
WELLAND SHIP CANAL
NOTICE TO CONTRACTORS.

SEALED TENDERS, addressed to the undersigned and marked "Tender for the Supply and Delivery of Sand, Season 1919", will be received at this office until 12 o'clock noon on Thursday, June 26, 1919.

Specifications and tender form can be obtained on and after this date from the Chief Engineer of the Department of Railways and Canals Ottawa, and the Engineer in Charge, Welland Ship Canal, St. Catharines, Ont.

An accepted bank cheque on a chartered bank of Canada for the sum of \$5,000, made payable to the order of the Minister of Railways and Canals, must accompany each tender, which sum will be forfeited if the party tendering declines entering into contract for the work at the rate stated in the offer submitted.

The cheque thus sent in will be returned to the respective contractors whose tenders are not accepted.

The cheque of the successful tenderer will be held as security for the fulfilment of the contract to be entered into.

The lowest or any tender not necessarily accepted.
By order,
J. W. PUGSLEY,
Secretary.

Department of Railways and Canals, Ottawa, June 11, 1919. J14/17/19/21

A. R. DE CONZA
95 Geneva St.
Farms for sale.
Farms for rent.
Houses for sale.
Houses for rent.
Lots for sale.
Phone 1177.

KING GEORGE THEATRE
Wednesday and Thursday
The Goldwyn Pictures
Present
PAULINE FREDERICK

In the vivid, absorbing, compelling story by Isgola Farrister
The Fear Woman

The Cyclone Smith Adventure
THE CHRISTIE COMEDIES
British - Canadian News
Mat. 10c; Eve. 15c and 10c

VEALE BROS.
41 Ontario Street - Telephone 1458

Chautauqua Week This Week--be Sure You Attend

Bedroom Papers!

Splendid range of both dark and light papers, at 25c per roll
These all have cut out borders and ceilings to match.
Some are in Rose with indistinct satin stripe, others are all over designs, small patterns.
Again others are for Blue Rooms. Either in stripes or small conventional patterns.
Amongst these are Birge papers, Boxer papers, Watson papers.

FENWICK NEWS

Mrs. Wm. Kilman's condition is not much improved at this writing.

Owing to the drouth the crop of strawberries will be very short and unless rain comes shortly the raspberry crop will be almost a failure.

Mr. and Mrs. W. H. Dainty visited at their daughter's, Mrs. Towrys at St. David's, on Sunday.

The Soldiers' Welfare Committee of Pelham township, purpose holding a celebration again this year on the Fair grounds on July 1st.

Rev. Mr. Barbour, of Niagara Falls, occupied the pulpit at North Pelham, on Sunday.

GUILTY OF ASSASSINATION.

A man, razor in hand, was caught by his wife assassinating not an enemy, but a corn—what he needed was Putnam's Corn Extractor; it's safe, painless and sure. Try "Putnam's"—cures so fast. 25c at all dealers.

For the first time in 25 years the tri-annual convention of the Brotherhood of Railway Trainmen is to be held in Canada.

General McDonald, G.O.C. Military District No. 13, will be asked to open the Calgary Exhibition on June 28.

The following St. Catharines men have arrived per S. S. Royal George: Pte. G. R. Riley, 55 Henry St.

Capt. J. G. Sutherland, 35 Church Street.
Sgt. J. G. Berwick,
Spr. W. H. Minnish, 15 Welland Avenue.
Pte. C. G. Cameron, 16 Wiley Street.



Thick, Tender Savory Meat

of chops—the kind, you know, that make your guests praise your hospitality, your cooking, your entertainment. Why not this kind of meat, instead of the doubtful cuts and inferior meats? We want you to know our meats. A sirloin or porterhouse steak, a roast, chops from the loin, etc., will enable you to judge our quality.

C. H. SHELLY
Meats and Provisions
Lake Street (and Chaplin Avenue)
Phone 1853

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Watson*

DIED

CLUTTERBUCK—At the family residence, 71 Niagara street, on Wednesday, June 18th, 1919. Henry Clutterbuck, aged 68 years.
The funeral will take place on Friday June 20th, at 3 o'clock, to Victoria Lawn Cemetery.

WHEN IN NIAGARA FALLS, N.Y. stop at THE PARK HOUSE
Hot and Cold Water in Every Room. All Conveniences.
224 1ST STREET

SPOT CASH PAID FOR VICTORY BONDS OR RIORDON COMMON
Open Saturday Till 9 p.m.

John W. Gordon
Room 1 Phone 49
5 James Street

Why? not

Seek the best. The price is the same, but the quality of our Bread is superior.
Good Bread is essential to man's health.
To be sure of the good kind

EAT SIMMOND'S BREAD
Simmond's Bakery
Phone 1190
279 St. Paul St.

COOK'S Cotton Root Compound
A safe, reliable, regulating medicine. Sold in three sizes of strength—No. 1, 2, 3. No. 3, 35c per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: **THE COOK MEDICINE CO., TORONTO, ONT.**



Mrs. John Martin, Belleville, died as the result of burns she received by using coal oil to light a fire.

MARY HAD A LITTLE LAMB— IT WAS THE WORST OF SCAMPERS SHE SOLD ITS WOOL AND BOUGHT HERSELF A NEW DRESS THEN BOUGHT WAR-SAVING STAMPS



Before War Bread

With all the Nourishment, Taste and Flavor of the Bread you used to know and the bread you missed so much during Government war-time restrictions, **Good Bread** was never so much appreciated as now, that is why we make ours as good as bread can possibly be made. The wholesome properties of this bread gains nutriment from the fine wheat flour and zest from our modern formula of baking.

Its Crispy Crust and Fluffy Body is Relished By All the Family. On Sale By All First Class Grocers

WRIGHT'S SANITARY BAKERY
55 Geneva Street - Telephone 575

The Royal Bank of Canada
HEAD OFFICE, MONTREAL
SAVINGS DEPARTMENT

It is a Natural Duty That You Should **SAVE**

The Manager invites you to open a Savings Account. If you cannot bring your deposit, send it by your wife, by mail or messenger.

Joint Accounts An account in the joint names of two members of a family, either of whom (or the survivors) may operate it, will be found convenient.

Capital Paid Up \$15,000,000
Reserves \$16,000,000
Aggregate Assets \$20,000,000

t. Catharines Branch St. Paul and Queen Streets

SAVING IS EASY

The easiest method of saving is to acquire the habit of depositing a certain sum in the Bank regularly. In our Savings Department you receive interest at the rate of 3% per annum added twice each year to the principal.

THE DOMINION BANK
Drafts on China sold at favourable rates. Temporary premises, 34 St. Paul Street.

RE

Acceptations— food is n

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MADE IN

THE SURE

BE

Good blo steady eyes and full of healthy, using Beecham from the system, food, and the famous remedy

Make

Prepared only by Sold everywhere

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THE Bank

Paid-up Capital Reserve Fund Resources

Why? not

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

Good Bread is essential to man's health.

To be sure of the good kind

EAT SIMMOND'S BREAD
Simmond's Bakery
Phone 1190
279 St. Paul St.

COOK'S Cotton Root Compound
A safe, reliable, regulating medicine. Sold in three sizes of strength—No. 1, 2, 3. No. 3, 35c per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: **THE COOK MEDICINE CO., TORONTO, ONT.**

BROS.
Telephone 1458

Week This
You Attend

om
s!

papers, at . . . 25c per roll
ings to match.
n stripe, others are all over
ther in stripes or small con-
r papers, Watson papers.

DIED
HERRBUCK—At the family resi-
dence, 71 Niagara street, on Wed-
nesday, June 18th, 1919, Henry
Herrbuck, aged 68 years.
The funeral will take place on Friday
the 20th, at 3 o'clock, to Victoria
Park Cemetery.

EN IN NIAGARA FALLS, N.Y.
stop at
THE PARK HOUSE
Hot and Cold Water in Every
Room. All Conveniences
41 1ST STREET

**POT
ASH
AID FOR
FACTORY
ONDS OR
GORDON!
COMMON**

John W. Gordon
Phone 49
5 James Street

Why? not

Seek the best. The
price is the same, but
the quality of our
Bread is superior.
Good Bread is essen-
tial to man's health.
To be sure of the
good kind

**EAT
SIMMONDS
BREAD**
Simmonds Bakery
Phone 1190
79 St. Paul St.

Cotton Root Compound
A safe, reliable regulated
medicinal. Sold in three de-
grees of strength—No. 1, 2,
3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13,
14, 15, 16, 17, 18, 19, 20, 21,
22, 23, 24, 25, 26, 27, 28, 29,
30, 31, 32, 33, 34, 35, 36, 37,
38, 39, 40, 41, 42, 43, 44, 45,
46, 47, 48, 49, 50, 51, 52, 53,
54, 55, 56, 57, 58, 59, 60, 61,
62, 63, 64, 65, 66, 67, 68, 69,
70, 71, 72, 73, 74, 75, 76, 77,
78, 79, 80, 81, 82, 83, 84, 85,
86, 87, 88, 89, 90, 91, 92, 93,
94, 95, 96, 97, 98, 99, 100.
THE COOK MEDICINE CO.,
TORONTO, ONT. (Manufactured)

RED, WHITE AND GREEN IS THE COLOR SCHEME OF THE ONLY PACKAGE CONTAINING THE GENUINE

Accept no substituted im-
itations—No other cereal
food is made or sold by us



Kellogg's TOASTED CORN FLAKES

THE STANDARD CANADIAN FOOD
REFUSE the "just-as-good" variety—And
remember, Kellogg's Toasted Corn Flakes
are only made in Canada by

THE BATTLE CREEK
TOASTED CORN FLAKE
COMPANY, Limited
HEAD OFFICE AND PLANT
**LONDON,
ONT.**

BEECHAM'S PILLS

Good blood makes firm tissue, strong nerves,
steady eyes and clear brain. Keep your blood pure and
full of healthy, red corpuscles, and your liver active, by
using Beecham's Pills, which remove poisonous matters
from the system, assist the stomach to assimilate its
food, and the food to nourish the body. A world-
famous remedy to strengthen the vital organs and help to

Make Pure Blood

Worth a Guinea a Box
Prepared only by Thomas Beecham, St. Helens, Lancashire, England.
Sold everywhere in Canada and U.S.A. In boxes, 25 cents.

Steady Savings Bring Real Wealth

A Savings Account, steadily added
to, even if only by small amounts,
brings increased happiness to oneself
and family and adds real wealth to
one's country.

Decide to-day to let The Bank of
Nova Scotia help you to save by
opening a Savings Account here.
Interest paid half-yearly.

Bank of Nova Scotia

Paid-up Capital \$ 6,500,000
Reserve Fund . 12,000,000
Resources . . . 130,000,000



The cleanliness of the sealed package appeals to the daintiness of a woman.

She knows that it protects the
contents from dust, dirt, odors
and moisture.

She will be doubly pleased with
our **new waxed board** package—
which we have adopted after sev-
eral years of testing—because it
is stronger, more secure and more
completely air-tight; altogether the
best container for tea that has
yet been devised.

Ask your grocer for Red Rose Tea
in the sealed carton.



AN OLD RECIPE TODARKENHAIR

Sage Tea and Sulphur Turn
Gray Faded Hair Dark
and Glossy.

Almost everyone knows that Sage
Tea and Sulphur, properly compound-
ed, brings back the natural color and
lustre to the hair when faded, streak-
ed or gray. Years ago the only way
to get this mixture was to make it at
home, which is messy and trouble-
some.

Nowadays we simply ask at any
drug store for "Wyeth's Sage and
Sulphur Compound." You will get a
large bottle of this old-time recipe im-
proved by the addition of other in-
gredients, at very little cost. Every-
body uses this preparation now, be-
cause no one can possibly tell that
you darkened your hair, as it does it
so naturally and evenly. You dampen
a sponge or soft brush with it and
draw this through your hair, taking
one small strand at a time; by morn-
ing the gray hair disappears, and af-
ter another application or two, your
hair becomes beautifully dark, thick
and glossy and you look years young-
er.

CHATAQUA OPENS ON ARMOURY GROUNDS

Programme Includes Splendid Fea-
ture—Which Were Greatly
Enjoyed by all

The Chataqua was opened yester-
day afternoon on the Armoury
grounds with a good attendance. The
opening programme was "The Old
Home Singers" featuring the familiar
and favorite songs of olden days. The
evening programme consisted also of
songs by the same singers and a lec-
ture "What Western Democracy has
done for me," by Dr. Arthur Walwyn
Evans, of Wales.

Both performances were greatly en-
joyed.
Dr. Evans is a most talented man
and his address was a rare treat for
all who heard it. The features given
by the Chataqua are of the highest
quality and deserve good patronage.

The Soldier Settlement Board of Canada

Full information regard-
ing Soldier Land Set-
tlement Work may now
be secured at the offices
of the Agricultural Re-
presentatives of the On-
tario Department of
Agriculture throughout
the Province.

Agricultural
Representative for
Lincoln County
H. M. McELROY
St. Catharines, Ont.

GRASSHOPPERS DO DAMAGE IN WEST

WINNIPEG, MAN.—With the re-
turn of the commercial telegraphers
to their keys, it has been possible for
the "Manitoba Free Press" to get
queries into the country as to crop
conditions, and to-day (Friday, with
some fifty points heard from, it is
possible to get some idea at least of
the conditions.

The crop got away to a good start
and there was a very general rain on
May 14, an dthis was followed by the
hottest weather that the West has
experienced in May since 1886, and
the crop made rapid growth—at least
the wheat did. The heat made the
seeding of oats, barley and flax hard
work, and by the time the last sown
were in the ground the heat had dried
the land to such an extent that ger-
mination in late fields has been spot-
ted and development slow. On the
23rd. of May the Red River valley
and large portions of Northern Man-
itoba, and both North and South Al-
berta got considerable rain, but the
south-western portion of Manitoba
and practically all of Saskatchewan
got very little, in so far as it was
possible to ascertain through the in-
terrupted telegraph—Manitoba Free
Press.

STRIKE FOR FIVE MINUTES

Railroad Workers at Bridgeburg Now
Are Awaiting Arbitration

BRIDGEBURG, Ont., June 19.—
Shopmen and carmen employed by the
Grand Trunk in the yards here struck
at 10 o'clock this morning and return-
ed to work at five minutes after ten.

A telegram was received from the
union heads saying that the govern-
ment arbitration board is dealing with
the controversy and that the strike
would be postponed until its decision
is reached.

NEWS BRIEFS

Roy Robinson, Moncton, N.B., four
years old, was killed by an auto.

Duncan Bine, Springhill, N.S., was
accidentally killed in a coal mine.

The wife of Dr. O. W. Fares, Port
Colborne, was struck by a street car
and died.

The Bridge's Lumber Co. mill at
Fort Steel, B.C., was completely de-
stroyed by fire.

Lum Fuller, an old resident of Co-
bourg, was killed while walking on
the railroad track.

Lt.-Col. Page, of the 50th. Batt.,
was presented with a sword at a
banquet in his honor at Calgary.

LADIES! DARKEN YOUR GRAY HAIR

Use Grandma's Sage Tea and Sul-
phur Recipe and Nobody
Will Know.

The use of Sage and Sulphur for
restoring faded, gray hair to its nat-
ural color dates back to grand-
mother's time. She used it to keep
her hair beautifully dark, glossy and
attractive. Whenever her hair took
on that dull, faded or streaked ap-
pearance, this simple mixture was ap-
plied with wonderful effect.

But brewing at home is messy and
out-of-date. Nowadays by asking at
any drug store for a bottle of "Wy-
eth's Sage and Sulphur Compound,"
obtained, improved by the addition of
other ingredients, which can be de-
pend upon to restore natural color
and beauty to the hair.

A well-known downtown druggist
says, it darkens the hair so naturally
and evenly that nobody can tell it
has been applied. You simply dampen
a sponge or soft brush with it and
draw this through your hair, taking
one strand at a time. By morn-
ing the gray hair disappears, and
after another application or two, it
becomes beautifully dark and
glossy.



THERE WAS A YOUNG MAN NAMED MARIFFY
WHO TREATED HIS GIRL TO MUCH TRAFFIC
SHE SAID "MY DREAM FULFILL"
THEY WERE "THIRTIPT STAMPS" INSTEAD
THEY LL BE HANDY FOR MARIFFY
• RICK A. •

The Silo In Western Canada



On a Western Cattle Ranch.

To raise two head of cattle where only one could
otherwise be raised—that is what thousands of farmers
all over the American continent have been able to do
with the help of silos. It is no wonder, then, that as
the land in Western Canada is becoming more settled,
silos should be making their appearance in greater and
greater numbers there. Already in Manitoba many
farmers are beginning to look upon the silo as a ne-
cessary part of the farm, and more than a hundred of
them are in use in various parts of the province. Sas-
katchewan and Alberta, together have probably about
half the number as Manitoba, and the number in all the
provinces is being slowly but surely added to every
year.

With plenty of unoccupied prairie land growing an
abundance of nutritious grasses the cattle feed problem
in Western Canada has not been a really difficult one in
the past. During the summer months the stock could
forage over a large section of the country and there
was no need for the owner to compute how many acres
would support a cow. The obtaining of winter feed
was just a matter of energy—a man could have as much
hay as he could cut, free for the cutting. With such
conditions as these, and they still prevail in many parts
of the country, the need for silos has not been greatly
felt up to now.

But the days of free range are drawing to a close.
Already there are parts of the country where little or
none is to be had. And as the country is getting more
and more settled, and, moreover, as a system of mixed
farming is becoming the rule throughout every prov-
ince, even in those parts where for many years
straight grain growing was practised, the need for some
additional means of ensuring a steady supply of feed all
the year round is beginning to make itself felt in various
parts of Western Canada.

Silos will, therefore, continue to spring up through-
out the country. Near Lacombe, Alberta, a ranching
company, which has made a great reputation for the
quality of beef it produces, is contemplating the erec-
tion of four new silos this year. This company has
found with the silos it has in use that it can maintain
double the number of cattle hitherto supported on the
same area of land. Many smaller farmers are having
the same experience. It is, as one farmer aptly ex-
pressed it, "like getting another farm for nothing."

In times not long past it was not difficult to get a
farm "for nothing" or "next to nothing" almost anywhere
in Western Canada, and, although land is still very cheap
compared with its productive capacity, it is not always
easy for a farmer in older settled districts to expand,
and the only thing for him to do to increase his pro-
duction, and thus his prosperity, is to intensify his
methods. That this stage is being reached in some
districts is a good sign for the future development of
the country.

In the large irrigated area in Southern Alberta east
of the growing city of Calgary, there is on foot a move-
ment that may eventually lead to the establishment of
silos on most of the farms in this territory. It is a
country admirably suited for dairying and other

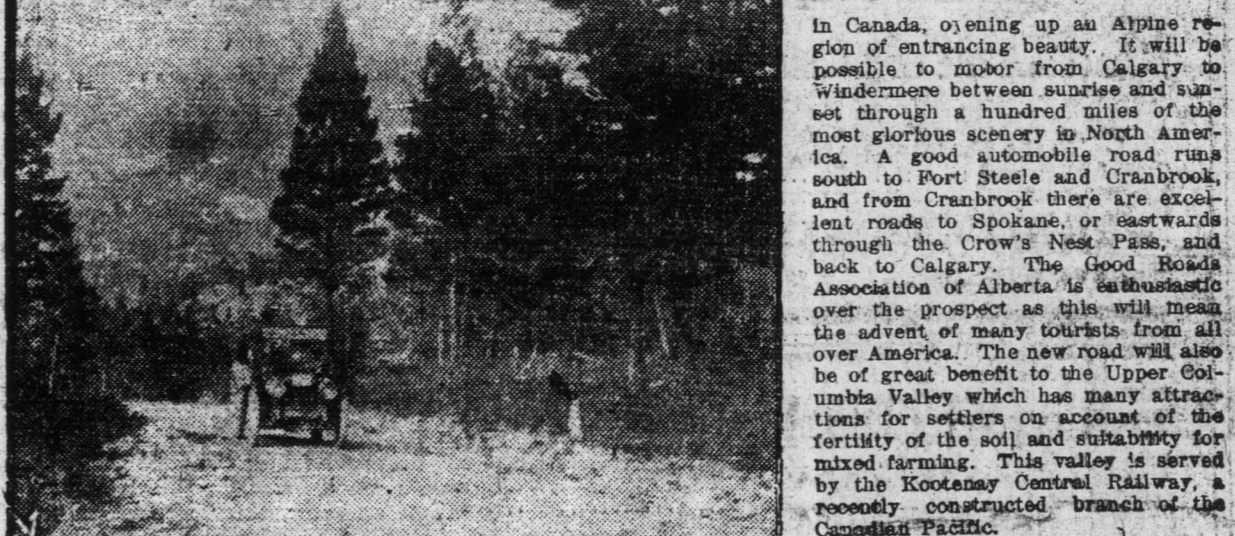
One of the Recently Built Albertan Silos.

branches of the livestock industry, capable of produc-
ing sufficient food for the support of hundreds of thou-
sands of horses, cattle, sheep or swine. Most of the
farms are for Western Canada, on the small side,
generally from 50 to 200 acres each. But the soil is
wonderfully fertile, and with an assured supply of mois-
ture made possible by irrigation, will grow abundant
crops of grain and fodders, including wheat, oats, bar-
ley, alfalfa, various kinds of grasses and clovers, and
also roots and vegetables. For ensilage purposes, corn,
sunflowers, alfalfa, peas, oats, and many other crops
can be grown. In years to come this part of Alberta
will be one of the greatest food producing areas in the
world.

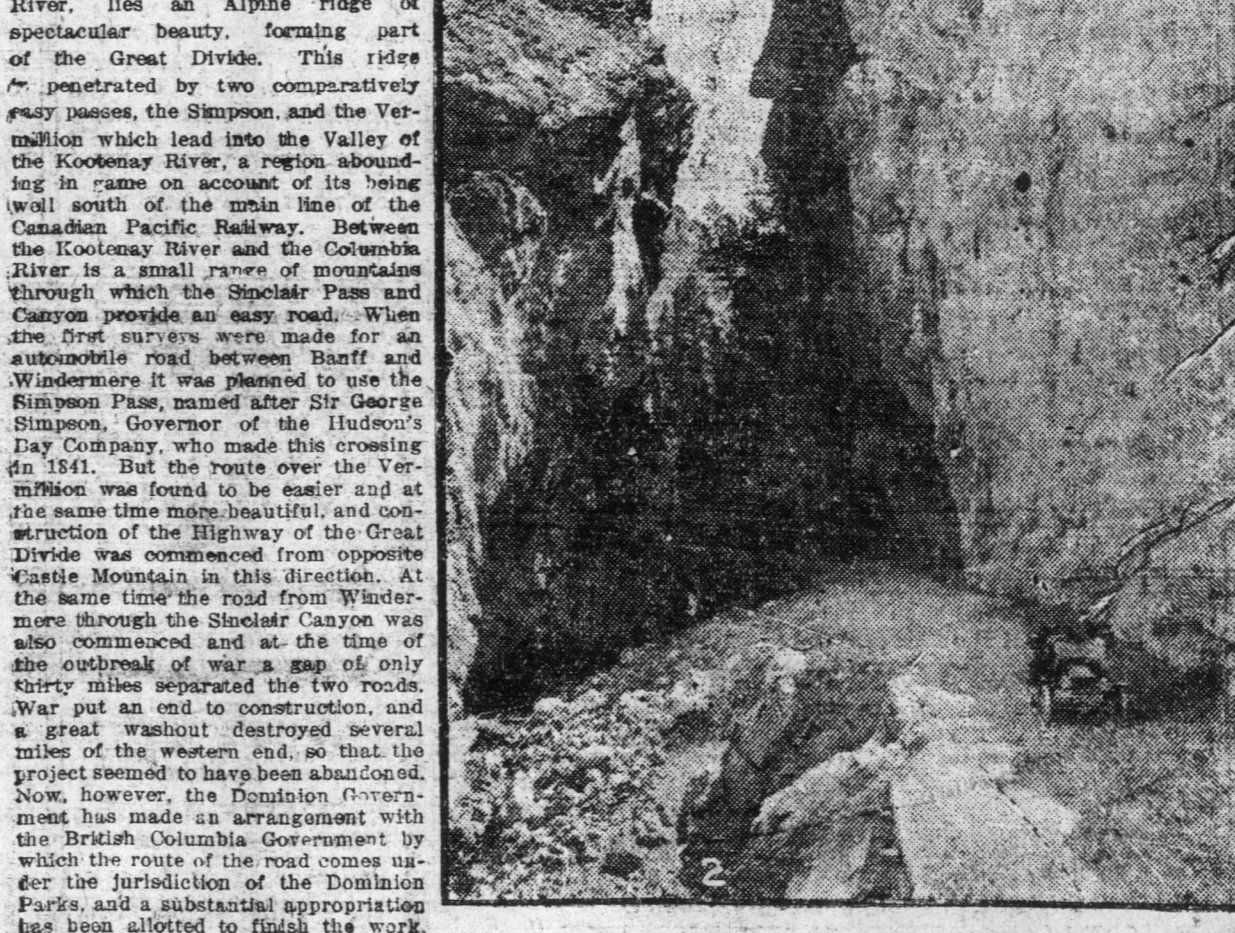
What crops are used for ensilage purposes in West-
ern Canada? In Manitoba, corn is mostly used, but
in Alberta peas and oats are most popular. Other
crops used are sudan grass, millet, rape, buckwheat,
and alfalfa. Sunflower is also being tried, but at
present it is only in the experimental stage. The suc-
cess with which peas and oats are grown, the enormous
yields and high feeding value of the mixture, to-
gether with its succulence, palatability and flavour, ac-
count for its popularity and it will always maintain a
leading place with the farmers of the most westerly
of the Prairie Provinces, no matter what other crops
be made in the growth of suitable varieties of corn.

Silos are coming to stay in Western Canada. Their
appearance in slowly increasing numbers is a land-
mark in the development of the country. As they in-
crease in numbers the prosperity of the country will
grow, and, as one far-sighted man has put it, "Western
Canada will then not only be the granary of the world,
but a universal provisioner as well."

Highway of the Great Divide



Between Banff, the popular summer
resort in the Canadian Pacific Rock-
ies and Lake Windermere, the head
waters of the great Columbia
River, lies an Alpine ridge of
spectacular beauty, forming part
of the Great Divide. This ridge
is penetrated by two comparatively
easy passes, the Simpson, and the Ver-
million, which lead onto the Valley of
the Kootenay River, a region abound-
ing in game on account of its being
well south of the main line of the
Canadian Pacific Railway. Between
the Kootenay River and the Columbia
River is a small range of mountains
through which the Sinclair Pass and
Canyon provide an easy road. When
the first surveys were made for an
automobile road between Banff and
Windermere it was planned to use the
Simpson Pass, named after Sir George
Simpson, Governor of the Hudson's
Bay Company, who made this crossing
in 1841. But the route over the Ver-
million was found to be easier and at
the same time more beautiful, and con-
struction of the Highway of the Great
Divide was commenced from opposite
Castle Mountain in this direction. At
the same time the road from Wind-
ermere through the Sinclair Canyon
was also commenced and at the time of
the outbreak of war a gap of only
thirty miles separated the two roads.
War put an end to construction, and
a great washout destroyed several
miles of the western end, so that the
project seemed to have been abandoned.
Now, however, the Dominion Govern-
ment has made an arrangement with
the British Columbia Government by
which the route of the road comes un-
der the jurisdiction of the Dominion
Parks, and a substantial appropriation
has been allotted to finish the work.
In this way there is every prospect of
the early completion of what will be
the most wonderful automobile road



(1) Sinclair Pass, Highway of the Great Divide.
(2) Sinclair Canyon, Highway of the Great Divide.



Puccini's Maccaroni

"Yes Ma'am—I Can Recommend This"

YOUR Grocer knows Puccini's "Lion Brand" Maccaroni. He knows it is made in the real Italian way, in a bright, sunlit factory, under perfect sanitary conditions. Experts, whose families have made Maccaroni for generations in sunny Italy, are now producing, in Canada, a Maccaroni equal to the finest Italian product.

Puccini's "Lion Brand" Maccaroni has a flavor all its own. Try it once, and you will never be satisfied with any other brand.

A. PUCCINI & CO., Limited
Toronto, Canada



Constipated Children Gladly Take "California Syrup of Figs"

For the Liver and Bowels

Tell your druggist you want genuine "California Syrup of Figs." Full directions and dose for babies and children of all ages who are constipated, bilious, feverish, tongue-coated, or full of cold, are plainly printed on the bottle. Look for the name "California" and accept no other "Fig Syrup."

THE MERCHANTS BANK OF CANADA

Statement of Liabilities and Assets at 30th April, 1919.

LIABILITIES		1918	1919
1. To the Shareholders			
Capital Stock paid in		7,000,000.00	7,000,000.00
Reserve Fund		7,000,000.00	7,000,000.00
Dividends declared and unpaid		194,194.00	176,900.00
Balance of Profits as per Profit and Loss Account		87,048.82	437,878.82
		\$ 14,786,242.82	\$ 14,614,678.82
2. To the Public			
Notes of the Bank in Circulation		18,816,282.00	18,887,168.00
Deposits not bearing interest		48,562,913.61	44,888,747.83
Deposits bearing interest (including interest accrued to date of Statement)		91,904,896.37	76,946,866.48
Balance due to Banks and Banking Correspondents in the United Kingdom and foreign countries		5,614,096.04	4,400,941.79
Bills payable		106,076.93	1,161,876.79
Acceptances under Letters of Credit		484,162.00	598,881.80
Liabilities not included in the foregoing		\$ 196,726,404.35	\$ 140,887,944.87
		\$ 14,786,242.82	\$ 14,614,678.82
ASSETS			
Current Coin		4,946,949.82	4,990,061.36
Deposit in the Central Gold Reserves		7,000,000.00	7,000,000.00
Domestic Notes		4,946,949.82	4,946,949.82
Notes of other Banks		885,044.00	898,078.00
Cheques on other Banks		6,068,616.99	5,511,786.12
Balance due by other Banks in Canada		5,212.80	4,704.87
Balance due by Banks and Banking Correspondents in the United Kingdom		128,498.50	82,880.68
Balance due by Banks and Banking Correspondents elsewhere than in Canada and the United Kingdom		1,908,940.10	1,357,948.03
Dominion and Provincial Government Securities, not exceeding market value		6,905,578.95	6,466,494.66
Railway and other Bonds, Debentures and Stocks, not exceeding market value		4,119,706.82	4,080,804.70
Canadian Municipal Securities and British, Foreign and Colonial Public Securities other than Canadian		15,629,289.22	14,589,865.54
Call Loans in Canada on Bonds, Debentures and Stocks		6,194,690.71	6,268,665.88
Call Loans elsewhere than in Canada		2,901,867.72	2,908,648.38
Current Loans and Discounts in Canada (less Rebate of Interest)		\$ 66,720,182.84	\$ 57,827,451.22
Current Loans and Discounts elsewhere than in Canada (less Rebate of Interest)		36,376,498.04	70,194,016.15
Liabilities of Customers under Letters of Credit as per contract		444,156.06	598,881.80
Real Estate other than bank premises		728,494.84	619,298.11
Overdue Debts, estimated loss provided for		288,678.96	274,628.90
Bank premises not more than cost (less amounts written off)		4,528,286.48	4,568,488.68
Deposit with the Minister for the purposes of the Circulation Fund		388,000.00	388,000.00
Other Assets not included in the foregoing		516,149.12	810,815.02
		\$ 196,726,404.35	\$ 140,887,944.87

H. MONTAGU ALLAN, President.
D. C. MACAROW, General Manager.

Report of the Auditors to the Shareholders of The Merchants Bank of Canada

In accordance with the provisions of sub-sections 19 and 20 of Section 55 of the Bank Act, we report to the shareholders as follows:

We have examined the above Balance Sheet with the Books of Account and other records of the Bank and with the signed returns from the Branches and Agencies and have certified the cash and securities of the Bank at the Chief Office against the entries in regard thereto in the books of the Bank at 30th April, 1919, and at a different time during the year and found them to agree with such entries. We also attended at some of the branches during the year and counted the cash and verified the securities held at the date of our attendance and found them to agree with the entries in regard thereto in the books of the Bank.

We have obtained all the information and explanations we have required. In our opinion, the transactions of the Bank which have come under our notice have been properly conducted and the above Balance Sheet is properly drawn up so as to exhibit a true and correct view of the state of the Bank's affairs, according to the best of our information and the explanations given to us, and as shown by the books of the Bank.

WYLAN HARBOURD, Auditor.
GORDON HINLEY, Auditor.
(In the City of Toronto, Ontario)

Montreal, 22nd May, 1919.

HERE AND THERE IN SPORT

SPORT NOTES

Cleveland and Chicago are now tied for first place in the American league. By defeating London yesterday, Hamilton increased its winning streak to nine games.

Haverford College cricketers were defeated by Toronto yesterday by one innings and 49 runs.

The Toronto Leafs lost two games to Baltimore yesterday, and are now four and a half games behind the leaders.

Duncan Munro, the Toronto athlete who saved two from drowning last Saturday, received an honorarium from the Toronto city council.

ALGONQUIN PARK

"The Highland Inn," Algonquin Park, owned and operated by the Grand Trunk Railway, is now open for the reception of guests. The Highland Inn is situated two hundred miles north of Toronto on the highest spot in the province of Ontario, nearly two thousand feet above sea level. Through sleeping car Toronto to Algonquin Park, leaving Toronto 11:30 p.m., Thursdays, June 19th and 26th. On and after June 26th, through sleeping car will leave Toronto at 11:30 p.m. daily except Saturday and Sunday. On Sunday night car will leave Toronto at 9:25. For descriptive literature and all particulars apply to Grand Trunk Ticket Agent or C.E. Horning, D.P.A., Toronto, Ont.

WILLARD WILL WEIGHT BETWEEN 245 AND 248

TOLEDO, June 19.—Jess Willard announced last night that he expected to weigh between 245 and 248 pounds for his heavyweight championship contest with Jack Dempsey here on July 4th, and because of the satisfactory progress he has made in reducing his weight has decided to eliminate leg runs over the roads from his daily training grind.

Lighter work than has been the rule for several days prevailed in the champion's workout this afternoon. Willard cut down his boxing to eight rounds after his strenuous workout the day before, when he boxed eleven rounds and wound up with four more of shadow boxing. The champion's performance was witnessed by 2,500 persons, comprising the largest week-day crowd that has packed the tented enclosure. Between six hundred and seven hundred women were sprinkled through the gathering.

Dempsey also had a light day, but Manager Kearns announced that the challenger would resume boxing Sunday. Dempsey also has eliminated road work from his daily grind. He shadow boxed and punched the bag for the edification of a big crowd, which continues to visit the challenger's camp, whether he boxes or not.

VESSEL MOVEMENTS

PORT COLBORNE, June 19. Up: Fairfax, 2 a.m.; John Morrow 6:30; Windsor 8; Derbyshire 5:30 p.m.

Down: Vikings, 8 p.m.; Keynor 1 a.m.; Mactier 1:30 a.m.; Mary H. Boyce 4 a.m.; Hecla 11 a.m.; Pennington 7 a.m.; Lake Fresco 11 p.m.; Stuart W. 11:30 a.m.; Windsor 12 noon; Crepus 4 p.m.; Imperial and barge 4:15 p.m.; Dunmore and Selkirk 6 p.m.; Rumlens 6 p.m.; Cleared Osler.

Wind, east.

PADDLED FOR 35 DAYS

PRINCE RUPERT, B. C. June 19.—George E. Russell, bound for St. Michael, Alaska, in an 18 foot canoe, has arrived here from Seattle, having paddled all the way from there in 35 days. His journey, he says, was uneventful.

IN FOUR LEAGUES

INTERNATIONAL

Club	Won	Lost	P.C.
Baltimore	36	15	706
Toronto	32	20	615
Binghamton	24	22	522
Rochester	24	25	500
Buffalo	24	26	480
Newark	16	29	469
Reading	16	29	466
Jersey City	17	32	347

Yesterday's Results

Baltimore 2; Toronto 1.
Reading 4; Binghamton 3.
Rochester 2; Jersey City 1.
Jersey City 4; Rochester 1.
Newark 7; Buffalo 0.

GAMES TODAY

Toronto at Baltimore.
Buffalo at Newark.
Rochester at Jersey City.
Binghamton at Reading.

MICHIGAN-ONTARIO LEAGUE

Club	Won	Lost	P.C.
Saginaw	23	7	767
Hamilton	21	10	677
Bay City	18	11	621
Battle Creek	19	12	613
Brantford	14	17	452
Flint	13	16	448
Kitchener	11	19	367
London	3	30	91

Yesterday's Results

Hamilton 13; London 6.
Kitchener 3; Brantford 2.

GAMES TODAY

Hamilton at Kitchener.
London at Brantford.
Saginaw at Flint.
Bay City at Battle Creek.

AMERICAN

Club	Won	Lost	P.C.
Chicago	30	16	652
Cleveland	30	16	652
New York	27	15	643
St. Louis	28	22	511
Detroit	21	24	467
Boston	18	24	429
Washington	17	27	386
Philadelphia	10	32	238

Yesterday's Results

Cleveland 13; New York 3.
St. Louis 2; Boston 2.
Washington 2; Chicago 0.
Philadelphia 6; Detroit 5.

GAMES TODAY

Chicago at Washington.
Detroit at Philadelphia.
Cleveland at New York.
St. Louis at Boston.

NATIONAL

Club	Won	Lost	P.C.
New York	30	15	667
Cincinnati	29	20	592
Chicago	25	22	532
Pittsburg	25	22	532
St. Louis	22	24	478
Brooklyn	22	26	458
Philadelphia	15	28	386
Boston	15	28	349

Yesterday's Results

Brooklyn 3; Chicago 1.
Boston 6; Pittsburg 5.
Cincinnati 4; Philadelphia 1.
St. Louis 5; New York 2.

GAMES TODAY

Boston at Pittsburg.
Philadelphia at Cincinnati.
Brooklyn at Chicago.
New York at St. Louis.

Three or four persons were seriously injured on a number of others badly shaken up in a railroad wreck near Ylindsay on the G.T.R.

A TIP TO MOTORISTS

NO use worrying about the condition of your battery when it's our business to know. All batteries wear out sooner or later but yours will last longer if you use our free testing and filling service. Recharging and repairing any make at right prices. When your present battery is ready for the discard, buy a "Prest-O-Lite", built by the Oldest Service to Automobile Owners in America.

THE ELECTRIC SHOP
187 St. Paul Street

Prest-O-Lite Battery Service

TWO ANTI-FLU'S

ANTI-FLU Bromi-Laxine
(Registered) CHOCOLATED

KIDNEY PILLS

With You is Guaranteed by Thousands of Leading Druggists of America, to PREVENT AND CURE SPANISH FLU, GRIPPE AND COLDS. PRICE 50 CENTS.

Keep built up by using—

ANTI-FLU

50 CENTS CASH COUPON

This Coupon when presented to your Druggist or Dealer will entitle you to 5 boxes of ANTI-FLU BROMI-LAXINE Chocolate for \$2.00, or 3 boxes and 2 boxes C.D.S. Kidney Pills for \$2.00.

For Sale By—J. N. Walker and A. W. Garner & Co., St. Catharines; R. Stuart, Merrittton; J. M. N. Waugh, Port Dalhousie.

If your Druggist or Dealer does not keep Anti-Flu Cures guaranteed by Thousands of Druggists Write to Canadian Representatives—

Canadian Druggists Syndicate Ltd.
442 KING ST. WEST, TORONTO

TAKE SALTS TO FLUSH KIDNEYS

Eat less meat if you feel Backache or have Bladder trouble.

Meat forms uric acid which excites and overworks the kidneys in their efforts to filter it from the system. Regular eating of meat must flush the kidneys occasionally. You must relieve them like you relieve your bowels; removing all the acids, waste and poison, else you feel a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sour, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment; the channels often get irritated, obliging you to get up two or three times during the night.

To neutralize these irritating acids and flush out the body's urinous waste get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then set fine and bladder disorders disappear. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive; harmless and makes a delightful after-dinner drink which will relieve the ailments of men and women take now and then, thus avoiding serious kidney and bladder diseases.

SICK-WEAK-MISERABLE THOUSANDS OF VICTIMS

Men! Are You In Doubt

Man feels bad all over, feels weak, feels nervous, irritable, gloomy, gets angry at little things that ordinarily would not be noticed. You feel tired mornings. Your sleep does not rest you. You feel nervous. You dream at night. Your memory is poor. You can't concentrate your mind. No appetite. You lose flesh—all run down. You can't understand why.

As to your trouble? Have you some skin eruption that is stubborn, has resisted treatment? Is there a nervous condition which does not improve in spite of rest, diet and medicine? Are you going down hill steadily?

SYMPTOMS OF VARIOUS AILMENTS

Weak and relaxed state of body, nervousness, despondency, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unrefreshing sleep, dark ring under eyes, dizziness, pimples on face, pallor of face, heart easily tired, weakness or pain in back, lumbago, dyspepsia, constipation, headaches, loss of weight, insomnia. Dr. Ward gives you the benefit of 28 years' continuous practice in the treatment of all chronic, nervous, blood and skin diseases. The above symptoms, and many others not mentioned, show plainly that something is wrong with your physical condition and that you need expert attention.

NERVE EXHAUSTION.

The Great American Disease. There are numberless people who do not call themselves sick, and yet they feel nervous, weak, languid and tired most of the time. They have no ambition or endurance to work, everything they attempt is an effort. Life to them appears as a long, gloomy future. Their appetite is poor and variable; they become irritable, cross and discouraged. They have pains and aches in various parts of the body and there is often indigestion, belching of gas, pains in the stomach present. Sleepless, wakeful and restless nights follow. They become drowsy after meals and the brain tires easily.

DR. WARD, SPECIALIST

OF INTEREST TO THE AILING MAN

28 years' experience and learning, 28 years doing one thing and doing it well. Experimenting days long past, I know! My success is due to system and direct methods. I go after the cause. No delays, no waiting, no wondering. No weary months and weary years of expected results. I make a fee for treating the patient as long as treatment is necessary. If I make you a fee of \$100 or \$250.00 it means that I will treat your case until you are dismissed. Consultation and examination free.

DR. WARD Daily Hours: Mondays, Wednesdays, Saturdays, 9 a.m. to 6 p.m. Tuesdays, Thursdays, Fridays, 9 a.m. to 6 p.m. Sundays to 1 p.m.

DR. HERRICK Buffalo's Leading and Most Successful Specialist
79 Niagara Sq. Buffalo, N. Y.

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If you want
To Sell H
either alive or dress
write or telephone us
prices before selling el

Moyer Bros.
78 Frank St. - PH
ST. CATHARINES

CALL CHARLES
For carting, also call
back yards cleaned
16 Elm Street - Pho

LUMBER
James M. McBride &
George St. near Well
TELEPHONE 14W

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SPRING CLEANING
Carpets Cleaned—Yards
Ashes Removed.
C. E. HARPER & Y
Phone 760 - 71

GENERAL CARPENTRY
Office Phone 229—Resid
JOHN O'BRIEN
Corner Queenston and Cal
Our facilities for handi
ture or Pianos are unexcel
We will undertake to d
of any kind. If it's to be
for O'BRIEN.
Also Sand and Gravel.
Machinery moving a spec

BICYCLE REPAIRS
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ROBERTS & BARR
Phone 1481 - 2 Queen

CARPET CLEANING
NOW IS THE TIME T
your carpet cleaned. W
work first-class by va
chines Furniture crated
ed. Upholstering in all
es.—CARPET CLEANING
St. Paul Street, Phone
Westwood, Proprietor.

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AUTO
G. H. MOASE,
Quick Efficient Serv

A SNAP—\$300 will buy
building lot, or will ex
act in good condition,
feet No. 2 Sunnyside
Facer street. Clear de
KNOWLES
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FOR SALE
Brand new 1919 Buick
also a
Cadillac 1913 seven pass
ing.
83 B Overland used car,
painted, practically as g
Ford 1918 Touring in go
GILMORE GARAGE
St. Catharines

Poultry Food and
Dr. Hess's Poultry
Foods Poultry Re
Royal Purple Poultry
J. K. Black
23, 25 James-st.
Canada Food Board Lic

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PHOTOGRAPHERS

Condition of your batteries... All batteries wear out... Recharging and repair... When your present battery is "Dead-O-Lite"...



I-FLU'S

Anti-Laxine CHOCOLATED PILLS

Thousands of Leading... U, GRIPPE... LDs... CENTS

COUPON... DRUGGIST or Dealer will... U BROM-LAXINE... 2 boxes C. D. S. Kilday

W. Garner & Co., St. J. M. N. Waugh, Port

Do not keep Anti-Flu... Syndicate Ltd., T. TORONTO

ABLE... TMS

at little things that ordinary... You feel nervous... You lose flesh... All run

eruption that is stubborn... condition which does not... Are you going down hill

WOUNDS, despondency, poor... able disposition, diminished... ation, fear of impending... dency to sleep, unsteady... on face, palpitation of... ack, lumbago, dyspepsia,...

are numberless people who... feel nervous, weak, languid... ambition or endurance to... fort. Life to them appears... is poor and variable; they... They have pains and aches... often indigestion, belching... pless, wakeful and restless... meals and the brain tires

NG MAN... Experimenting days long... No delays... waiting... results... make a fee... of \$10.00 or \$25.00 it means... free.

DR. HERRICK... Leading and Most... Successful Specialist... ara Sq. Buffalo, N. Y

Farmers, Notice!
If you want
To Sell Hogs
either alive or dressed, call
write or telephone for our
prices before selling elsewhere.
Moyer Bros., Ltd.
18 Frank St. Phone 197
ST. CATHARINES

CALL CHARLES JOY
For carting, also cellars and
back yards cleaned up.
16 Elm Street - Phone 1669

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James M. McBride & Sons.
George-st. near Welland ave
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Office Phone: 229 - Residence 987
JOHN O'BRIEN
Corner Queenston and Calvin Streets
Our facilities for handling furni-
ture or Pianos are unexcelled.
We will undertake to do teaming
of any kind. If it's to be moved send
for O'BRIEN.
Also Send and Gravel.
Machinery moving a specialty.

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ROBERTS & BARDSLEY
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NOW IS THE TIME TO HAVE
your carpet cleaned. We do your
work first-class by vacuum ma-
chines. Furniture crated and stored.
Upholstering in all its branches.
- CARPET CLEANING CO., 18
St. Paul Street, Phone 605. W. J.
Westwood, Proprietor.

CAREFUL DELIVERY
AUTO
G. H. MOASE
Quick Efficient Service

A SNAP - \$300 will buy my nice
building lot, or will exchange for
auto in good condition. Lot 35x111
ft. No. 2 Sunnyside Gardens.
Facer street. Clear deeds. Address
KNOWLES

FOR SALE
Brand new 1919 Briscoe for sale
also a
Cadillac 1913 seven passenger Tour-
ing.

83 B Overland used car, rebuilt, re-
painted, practically as good as new.
Ford 1918 Touring in good shape.
GILMORE GARAGE
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Poultry Food and Supplies
Dr. Hess' Poultry Panacea
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23-25 James St., Phone 29
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114 Queenston Street
has taken over the premises
where he will continue to
serve the public with High
Class Groceries.
Deliveries Every Day.
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TAXI SERVICE
H. Disc supplies at Special attent-
to private parties, weddings, funerals
etc. First class equipment. Day and
night service.
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FOR SALE - Ford Touring Car, in
first class condition, bargain at
owner is leaving city. 111 Lovell
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FOR RENT - Five roomed cottage
close to Lake shore, at Port Duck-
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ply, Mrs. J. M. Elson, 109 Queen
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Falls, N.Y. Guaranteed painless
dentistry. Good set of teeth \$7.50,
heavy gold crown \$5. Write for our
free dental price list. We pay your
car fare. Business established over
25 years. Work guaranteed.

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No. 84 St. Paul Street, St. Cath-
arines. Regulating teeth a special-
ty. Phone 135.

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Dentist Office - 65 St. Paul Street,
St. Catharines. Phone 16. Residence
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CARTAGE AND
MOVING
Auto Service at all hours.

WANTED - Boy for St. Paul Street
Paper Route. Apply Journal Office.

FOR SALE
Cadillac 1913 seven passenger, first-
class order. A real bargain.
New 1919 Briscoe Special.
1918 90 Overland Country Club.
Practically as good as new.
1918 Maxwell almost new, a good
bargain.
Chevrolet newly painted, in first class
condition.

GILMORE GARAGE
250 St. Paul St.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears
Signature of
Chas. H. Weston

KINGS OF THE SEA
From time immemorial the Vikings
of Britain have ruled the sea. They
have fought countless battles and
sailed by the thousands to keep their
kingship supreme. says "The Sailor."
The price of their proud regality has
been paid in the blood of a hundred
generations. Nations have contested
their sceptre of power to cringe in
defeat; the sea itself, a restless do-
main, takes an unceasing toll. But
the victors cheerfully pay the heavy
cost - they rule on.

To-day these conquerors of the deep
have ridden victoriously the most
deadly gale which Mars visited upon
the sea. They fought grimly, they
died heroically; but they rule on.

They - the men of the Merchant
Marine, the gallant members of the
Seamens and Firemens Union of Great
Britain - refused to hear the cowardly
cries of the pacifists; they waved
aside the illusion of the socialists.
They wanted no peace without honor.
Their kingship was imperilled by a
savage and brutal foe. Grimly they
battled for victory as becomes men
who are kings of the sea.

Throughout the deadly four years
of war, the Seaman's and Firemen's
Union of Great Britain stood for all
that a hundred generations of sea
kings had created. Their ideals were
the ideals of the great, open sea;
their unflinching breath the unflinching
of the sea. They were loyal to the
sea and the British Empire. Under the
presidency of Havelock Wilson, M.P.,
that grand old Neptune of Great Bri-
tain, they fought for the Empire,
which their ancestors had created
with their blood and brain. And they
won.

Now they are to mete out impartial
justice to the deserters of their
sacred sea. They who disgraced the
sea are to be banished from the sea.
It is a judgment passed by those who
love the sea and rule the sea.

That for fourteen years no British
sailor will sail in a ship that will
carry goods to or from Germany.

That for fourteen years no British
sailor will sail in a ship that calls at
a German port.

That for fourteen years no British
sailor will sail in a ship that has a
German as a member of the crew.

The grand old Neptune of Britain
and his Vikings of the deep have spok-
en. They have decreed that for four-
teen years Germany is barred from
the seven seas of the world.

Canada - the British Empire - stands
behind these rules of the waves in
the passing of this sentence upon the
Wolves of the Sea.

Alberta Masonic Grand Lodge are
holding their fourteenth annual meet-
ing in Calgary.

OILS AND GRADES
Made of highest grade Pen-
sylvania Crude
PHONE 1269
PETROLEUM PRODUCT CO. LTD.

NEW G.T.R. SCHEDULE
EFFECTIVE MAY 4, 1919

Table with columns for Local, WEST, Express, EAST, and times.

BUY
WAR SAVINGS STAMPS

War Savings Stamps
can be bought where-
ever this sign is dis-
played.

JUDGE CAMPBELL
Chairman, Lincoln
County Committee

WAR SAVINGS STAMPS
A Saving For You and a Service to Your Country.

CO-OPERATIVE EXPERIMENTS

How to Obtain the Most Practical Kind of Information.

Kindness and Cleanliness Two Chief Points to Observe in Caring for Dairy Stock - Cow and Young Calf Should Be Separated in Not Over Three Days.

CO-OPERATIVE experiments have been conducted in agriculture throughout Ontario annually since 1886. Previous to the war the number of farmers conducting these experiments reached over 5,000, and in 1918 (the last year of the war) the number was slightly over 3,600. Some of the leading varieties of crops now grown in general cultivation throughout Ontario were introduced through the medium of the co-operative work.

Such, for instance, as the O.A.C. No. 21 barley, Marquis spring wheat, O.A.C. No. 72 oats, O.A.C. No. 3 oats, Dawson's Golden Chaff winter wheat, O.A.C. No. 81 corn, the Canadian Berry pea, O.A.C. No. 81 Soy beans, Rye buckwheat, Golden Bantam sweet corn, Early Amber sugar cane, Dwarf Essex rape, Irish Cobler potatoes, Yellow Wonder mangels, Grimm and Ontario Variegated alfalfa, etc.

The co-operative experiments enable practical farmers to obtain information regarding varieties of seeds, crops, mixtures of grain for grain and for fodder production, ways of increasing soil fertility, etc., for themselves. They also obtain information regarding varieties of seeds, crops, mixtures of grain for grain and for fodder production, ways of increasing soil fertility, etc., for themselves. They also obtain information regarding varieties of seeds, crops, mixtures of grain for grain and for fodder production, ways of increasing soil fertility, etc., for themselves.

The plan of the co-operative work for 1919 is printed in circular form and has already been sent to all the successful co-operative experimenters of the past few years. Other interested farmers could secure a copy of the circular by applying to the Department of Field Husbandry, Agricultural College, Guelph, Ontario, - Dr. C. A. Zavitz, Ontario Agricultural College, Guelph.

Care of Cow and Young Calf. Kindness and cleanliness are the two chief points to observe in caring for dairy stock.

About a week before the young calf is expected, the cow should be placed in a clean, well-bedded, comfortable box-stall. The practice of compelling cows to give birth to their calves, tied in the row, is cruelty to the cows, dangerous for the calf, and bad for the whole herd. Privacy and quietness should be the rule at this time.

The cow should be allowed to lick the calf dry, and should be kept tied until the after-birth is removed. The two may be left together for one to three days. Some remove the calf at once, but if it is to be reared, it should be left with the dam for a short time, in order to give the young animal a good start. Leaving cow and calf together for a day or two also tends to remove inflammation from the udder of the cow.

If necessary the cow's udder should be bathed with warm water or some form of liniment such as camphorated oil, or equal parts of turpentine and vinegar and an egg in one quart of the mixture.

In case the cow and calf are all right, they may be separated in not over three days, and the cow be returned to her regular stall. The calf may be allowed to remain in the box-stall, if not needed for another cow, or be placed in the nursery along with other calves, as this will cause it to forget its "mother" more quickly. It should receive its mother's milk for a week, while milk for two or three weeks, then skim milk and other suitable feeds for six months, and be kept dry and clean at all times. - Prof. H. H. Dean, Ontario Agricultural College, Guelph.

Trimming and Staking Tomatoes. This method of handling tomatoes which is very extensively used in the past few years among the commercial market gardeners, owing to the high price of land and backyard gardens. The plants as a rule are cut up into small pieces, and after planting are given one cultivation. The sticks are then set, driving them down about a foot into the ground and leaving from five to five and a half above the ground. These sticks may be made from mill edgings, saplings or anything else of a similar nature about one and a half inches square and strong enough to hold the plants when the fruit is fully grown. After driving the sticks and tying the plants to them the "ground" should be covered from four to six inches with very straw manure, as a mulch. This mulch will keep the moisture in the ground and, at the same time, remove any necessity for cultivation and other disturbances of the roots. In growing tomatoes on the single stem, such as is used in this method, all side branches which appear where leaf stems join the main stem of the plant are removed as quickly as possible. If they are allowed to grow it will take away very valuable plant food from the growing plant. The plant should be tied every eight or twelve inches to the stake, and when they have reached the top are cut off. - A. H. MacLennan, Ontario Vegetable Specialist.

Lieut.-Col. Mowat Biggar, grandson of the late Sir Oliver Mowat, unveiled an oil painting of his grandfather at Woodstock.

FLORENCE AUTOMATIC OIL COOK STOVES

A GREAT comfort in the heat of summer - No hot ranges to bother with - no shuffling down - no ashes to carry out. No wicks to clean. And remember, no fuel is cheaper than kerosene.

McClary's Florence Automatic with a McClary's Success cover is the finest baking outfit you could use.

Have a cool kitchen this summer. Call and see the McClary's Florence Automatic in actual operation.

Full information about the Florence Oil Stove will be sent free to any address upon request to our nearest branch office. Branches at Toronto, London, Montreal, Winnipeg.

PROPERTIES FOR SALE

\$2300.00 - On Monk St. One story frame dwelling with three bedrooms all decorated and in good repair, lot 30x125. Small cash payment required.

\$2400.00 - On Richmond Ave. One story frame dwelling with hot air furnace two bedrooms, three piece bath, taps inside and out, lot 32x73. Small cash payment required.

\$2600.00 - On Maple St. One story frame dwelling, latest design with six rooms, three bedrooms, on large lot 42x130. Will accept small cash payment.

\$3000.00 - On Haynes Ave. Two story frame dwelling with three bedrooms, large lot with barn and driveway. Will accept small cash payment.

\$3200.00 - On Haynes Ave. Two story frame dwelling with garage and every convenience, all in first class repair. Will accept small cash payment.

KERNAHAN & GRAVES
Phone 33 14 Queen St.
WANTED - TO RENT OFFICE space with use of stenographer about one hour daily. Apply Box 3397 Journal. J 17 18 19

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Phone 361

Please, Mother! It's Nasty! Give Me a Candy Cascaret!

TO MOTHERS! Instead of the dreaded dose of castor oil, drops, calomel or pills, give your children Cascarets and save money, worry and trouble. Children love Cascarets because they taste like candy. Nothing else acts so gently but surely on the child's little stomach, liver and bowels.



When one of the kiddies has a white tongue, tainted breath, sour stomach or a cold; when cross, bilious, feverish, constipated, remember, a Cascaret to quickly "work" away the nasty bile, sour fermentations and poisons should always be the first treatment given. Cascarets never gripe the tender bowels, never injure, and never disappoint the worried mother. Each 10-cent box of Cascarets contain directions for children's doses from one year old and upwards. Also for adults.

Properties For Sale

\$300 Down, Balance Like Rent - Frame house, Wiley street, six rooms and bathroom, kitchen addition 10 x 20. Good cellar, decorated this spring. A snap.

\$300 Down, Balance Like Rent - House, Maple street, six rooms and bathroom, kitchen addition 10 x 20. Good cellar, deep lot. Good value.

\$300 Down, Balance Like Rent - Frame house, Woodland avenue, six rooms and bathroom, kitchen addition 10 x 20. Good cellar. A good investment.

\$500 Down, Balance Arranged - Pebbledash house, Russell avenue, six rooms, three-piece bath, hot air furnace, chestnut trim, splendid cellar. This house is new, and is the opportunity of a lifetime.

\$200 Down, Balance Like Rent - Frame cottage, Russell avenue, four rooms. Worth the money.

\$600 Down, Balance Arranged - Nine-room semi-detached house, Queenston street. All conveniences. Worth investigating.

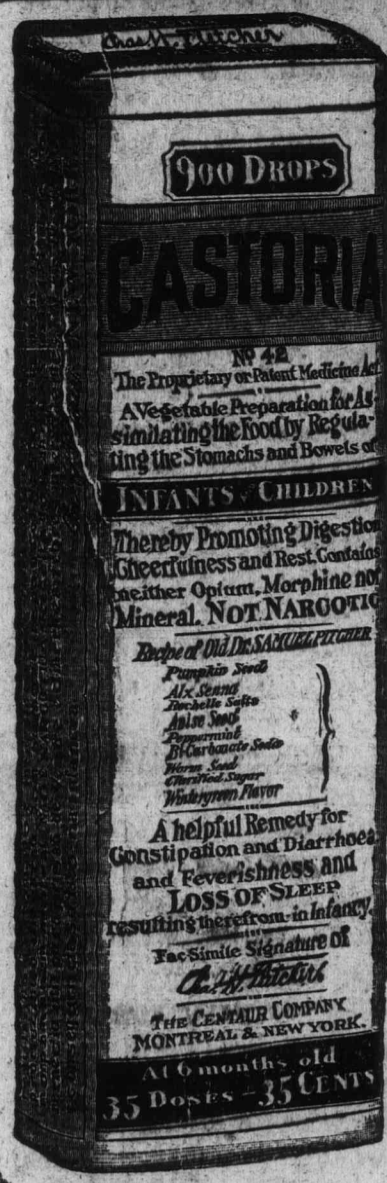
\$800 Down, Balance to Suit Purchaser - Nine-room semi-detached house, Queenston street. Furnace and all conveniences. An excellent buy.

\$250 buys a lot on Grantham avenue.
\$100 lot on Westchester avenue.
\$800 Berryman avenue lot.
\$300 Lot Ida street.
\$300 Maple street lot.

Why Pay Rent When You Can Own Your Own Home For Such a Small Investment?

THE ST. CATHARINES IMPROVEMENT COR., (LIMITED)

49 - Ontario Street Phone 1107



CASTORIA
For Infants and Children.
Mothers Know That
Genuine Castoria
Always
Bears the
Signature
of
Dr. J. C. Hathorn
In Use
For Over
Thirty Years
CASTORIA

Properties For Sale

Wiley Street—One Frame House, 6 Rooms, 1 bathroom, with kitchen, addition, 10x20; Good cellar, newly painted outside this spring, decorated inside last year; Lot about 35x90. A snap at \$2,600; terms

Nelson Street—One House, 6 Rooms and bathroom, with kitchen addition, 10x20; good cellar; Lot about 32x132; good value at \$2,500; terms.

Woodland Avenue—2 Frame Houses, 6 Rooms and bathroom with kitchen addition; 10x20, good cellar; Lots about 35x80; well worth the money; \$2,500; terms

Russell Avenue—One Pebble-dash House; 6 Rooms; 3-piece bathroom; good cellar; hot air furnace, chestnut bars, lot about 33x78. A bargain at \$3,200; terms

Russell Avenue—2 Frame Cottages; 4 Rooms; cheap at \$1,500 each; terms to suit.

FOR PARTICULARS AND TERMS APPLY

The St. Catharines Improvement Corporation, Limited

49 St. Paul Street Phone 1107

DEPARTMENT 'SOLDIERS' CIVIL RE-ESTABLISHMENT

It is notified for the information of men discharged from the Canadian Expeditionary Force who require Medical Treatment that

DR. J. SHEAHAN

will act as Medical Representative of the Department Soldiers' Civil Re-Establishment in and for the

City of St. Catharines

LOST INITIATIVE

Some of the most utter twaddle is being preached in Canada by men who claim that the ex-soldier has lost his initiative. This doctrine is not only unsound and belied by an array of cold facts but is positively dangerous and harmful. It is claimed by these theorists that because a man, for a certain length of time, was absolved from choice as to whether he would have ham and eggs or "mush" for breakfast, and was relieved from responsibility as to the proper length he should wear his hair, when he should get up in the morning, and so on, that he requires a gradual re-training after discharge in the elementary principles of conduct and self-management. Do these wiseacres profess to believe that had the same man remained at home selling silk stockings over a counter that he would today be an example of the citizen who has a properly balanced ration of "initiative"? Can any arm-chair critic prove that initiative is lost by a period in the fighting lines, where every move that a man makes requires the development of that virtue which is the forerunner of initiative—courage? Do these self-appointed judges suggest that in the trenches, where every meal depended upon initiative of the most daring kind, that less of it was developed than in the pussy-footed mortal who had not even the initiative to go and do his duty to his country?

Let us be done with this rubbishy talk and remember that the returned men not only have initiative, but the very highest kind of it developed to a degree which is destined to mean much to the future welfare of Canada. As time will prove—The Veteran.

FINANCIAL

The mining market was quiet but firm. Metal sales being under one hundred thousand.

Peterson Lake Silver Cobalt Mining Company was active victor in litigation with the Dominion Reduction Company.

Locomotive common and cement common were strong features on the Toronto Stock Exchange, where business was otherwise quiet.

Lord Beaverbrook, who arrived on the Olympic, proposes taking a motor trip through Nova Scotia and New Brunswick.

British Trade Commissioner G. T. Milne is inviting Canada to exhibit in London, Glasgow and Birmingham exhibitions.



DR. ARTHUR B. COBB
Dentistry

If Crown and Bridge work is impossible and a plate is absolutely necessary, you may have the keen satisfaction of knowing that the plates that we provide are perfectly natural in appearance and can be worn without a particle of discomfort or annoyance.

Our plates are made in our own laboratory by the most skilled men that can be found and the fitting of these plates is done most expertly.

The slightest error in fitting a plate means much suffering to the person who must wear it, and we candidly say to you that a plate that does not fit is worse than none.

It is important for you to know that our high grade plates are guaranteed in every way and come as low as \$7.50.

Offices 368-378 Main Street,
Corner of Eagle
Open until 8; No Sunday work.
Phone: Seneca 405.

THE DOMINION CHAUTAUQUA

June 18 to 24
Armoury Grounds
Cor. Lake and Welland Ave.
\$2 A PLATE

What a banquet we have prepared! Rather, it is a feast, running through six days, with an extra meal free on Sunday if you wish to partake.

First Day—2 courses, 2 concerts and a Lecture.
Second Day—4 courses, 2 concerts and 2 Lectures.
Third Day—4 courses, 2 concerts and 2 Lectures.
Fourth Day—4 courses, 2 concerts and 2 Lectures.
Fifth Day—1 course—a full feast—The Play.
Sixth Day—4 courses—The Junior Play, 2 concerts and 1 Lecture.

This makes 20 courses for \$2.00, or 10c for each item provided, War Tax added. Get that \$2 ticket in advance, or you will pay 50c and 25c every time you sit down to the Feast of good things.

Profits Are to Be Given to the Local G. W. V. A.

Tickets now on sale at Mrs. Bixby's, Veal Bros, Bradley's Grocery Stores, Standard Office, Karn Bros., John W. Gordon, Beattie Bros. any member of the G. W. V. A.



A BIG, FAT OPPORTUNITY
KNOCKING AT YOUR DOOR

TO MAKE CHICKENS LAY To Make the Stock Pay Feed Concentrates.

Roughage and Roots Give Bulk to the Ration, But Production Depends Upon the Grains, Mill-feeds and Oilseeds.

Contributed by Ontario Department of Agriculture, Toronto.

Many people forget that a hen requires feeds other than grain in order to be in good health and to lay.

All-grain rations are neither conducive to health or egg production. At times when hens have the run of the stables and the yards, together with house scraps, they do very well.

owing to the fact that an opportunity is given them to pick up bits of clover leaves, roots, and such like material.

A certain amount of meat foods is essential in order to produce the white of the egg. Too much of such feed is apt to cause trouble with the general digestion of the bird.

Milk as a drink, is, without doubt, the best animal feed known. It gives the best results when sour. When birds are accustomed to it they will not take too much.

Beef scrap and high grade tankage are used very extensively on large poultry plants where milk is not available. These are mixed with ground grain, generally in the proportion of fifteen to twenty per cent.

For the general purpose breeds the former amount is sufficient. Breeds such as Leghorns will make good use of twenty per cent. of meat scrap in the ration.

Cooked butchers' meat, green cut bone, cooked beef head, lungs, liver, etc., are all very good feeds and may be fed in a manner similar to meat scrap.

Some people think that because a little of these feeds are good, more would be better. Experience has shown that such is not the case. Too much often causes serious trouble.

Green feeds are essential for health and for economy. A hen should have all the green feed she will consume. A certain amount of bulky, succulent green feed she will consume. Such feed is usually fairly inexpensive. Where birds are not fed any green feed, in the course of time they become unthrifty, lay poorly and moreover, the eggs from such birds many times are very low in hatching power.

Experience has shown that oats when properly sprouted are a most excellent feed. The hens are very fond of these and the value of the oats as a feed is good. That is, the sprouted oats reduce the grain feed consumption equal to the pounds of oats sprouted and one gains the increased palatability of the oats, as well as the value from the greens.

Thin-leaved greens contain one of the very important elements of growth and health. They are called nature's protective foods; that is, they assist in maintaining the bird's health or normal resistance against disease. Health is an essential to profit. In winter we find such feed in sprouted oats, cabbage, and clover.

Prof. R. W. Graham, O. A. College, Guelph.

Value of Concentrates in Ration.

A cattle feed is valuable to the extent it contains those substances which will repair body tissue, build new tissue and furnish energy to do work. The particular materials in a food which have this power are protein, the flesh-forming substances, carbohydrates and fat, the fat and energy producers and the mineral matter which has a great many functions in the body.

Any feed that carries a high percentage of protein and fat and a large amount of a digestible form of the carbohydrates is called a concentrated feed or concentrate. Thus grains, mill feeds and oil cakes are concentrates. On the other hand, a feed low in these valuable constituents and high in indigestible carbohydrates, or crude fibre, as, for instance, hay, corn stalks, are called roughage or bulky feeds. Roots may also be put in this class because they contain a very high percentage of water and they are for this reason bulky.

These bulky feeds have their place in the ration, indeed in the case of full-grown animals on maintenance ration they may form the whole of the food; but it is impossible for a young animal to make rapid growth, a cow to give a large amount of milk or a horse to work hard on such feed. The hard woody fibre of the straw and hay are difficult to digest and much of the energy that should go to production of work or increase is used up in digesting the food. Consequently when production is desired the amount of roughage feed must be reduced and the concentrates increased.

Another reason why concentrates must be used is that to get the largest production we must have the maximum amount of the various constituents which together form a food. A cow cannot long continue to furnish a large amount of casein in milk unless it gets the material from which to form it from the food. Neither can a steer make rapid growth and fatten on a food that does not furnish a large amount of the food constituents essential for growth. These cannot be supplied in the largest and best quantities except by the use of the concentrates. The coarse feeds or roughage are necessary to give bulk to the ration, but there must be an abundance of easily-digestible materials if the best results are to be obtained and this is the place of concentrates in the ration. We want some coarse feeds, even if they are poorly digested, but we also want some concentrates to supply the material for growth and production. Furthermore within certain limits the more of the concentrates fed the greater the production.—Prof. R. H. Hartcourt, O. A. College, Guelph.

Calgary sold \$1,500,000 treasury bonds to the Spitzer-Borick Co. for \$100.89.

The Old Home Singers

AFTERNOON PROGRAM
In a sketch written around a choice collection of old familiar songs presented in costumes of the middle of the nineteenth century.

ESTHER BOURK..... Soprano
ETHEL WRIGHT FUSON..... Contralto
THOMAS FUSON (Manager and Director)..... Tenor
CLIFF R. CLINE..... Baritone
FERN SHERMAN..... Pianista

EVENING CONCERT
Come With the Gipsy Bride (from The Bohemian Girl)..... Ballerina
Me Ain Folk..... Leman

My Heart is Singing..... Quartette
Bather Bourk..... Sen. Soprano
Master, the Tempest is Raging..... Old Hyman
Now the Day is Over..... Old Hyman

Concert Etude in A Major..... Godard
Ethel Wright Fuson in a costumed recital of original Indian songs collected and arranged by Thurlow Lieurance

(a) Love Song
(b) Her Blanket
(c) By the Waters of Minnetonka.

Ballata, from Rigoletto..... Verdi
Miss Bourk, Mr. Fuson, Mr. Cline
Camp Meeting Songs..... From the Negroes
(a) Hear Dem Bells
(b) I Got a Shoe
(c) De Ole Ark's a Moverken

Soldiers of the Cross..... Lieurance
Lecture By Dr. Evans

**GAS? NO!
ELECTRIC STOVE? YES!**
Clifford Installed Mine. Why Not Yours?

**THE FAMOUS
Moffat Electric Stoves**

All sizes, styles and models.
\$60.00 Up.

HANDLED EXCLUSIVELY BY
The Clifford Electric

21 Ontario Street
Phone 1169 Night Trouble 1974

Much speculation is going on as to what will happen at the City Council tonight when the Hydro resolution again comes up. The message of it means that the Commission can proceed with the work looking toward construction. The Council is somewhat divided over the problem it is understood.

The Public School Board will meet tonight it is expected. In view of the exceedingly high cost of erecting buildings at this time the Board is rather "up in the air." It now looks as though the schools which members of the Board said publicly would be built at once will have to wait for some time to come.

WALKER'S

- Rubber Jar Rings, highest quality, 10c. per dozen, three dozen..... 25c
- Church's Bug Finish, per package 15c; two for..... 25c
- Welch's Grape Juice..... 12c, 35c and 65c
- Montserrat Lime Juice..... 50c and 1.00
- Bathing Caps..... 50c, 60c, 85c and 1.00
- Palmolive Soap, three cakes for..... 29c
- English Health Salt..... 35c

Drug Store

The Wide Outdoors

pure health-giving air and miles of beautiful surrounding country are yours for the asking, if you own a car.

Of course, you want the tires kept up in good condition and don't want to entrust them to bungling amateurs. That's why you'll be interested when you meet with a puncture, or other tire troubles in our work in

Vulcanizing

We have ample facilities for vulcanizing tires and tubes. The latest machinery, tools and equipment, backed by fifteen years' experience in the tire industry, place us in a position to give you the very best results.

Phelan's Vulcanizing Works
Rubber Tires For All Vehicles Tire Repairing of All Kinds
Opp Glen Ridge Bridge We Sell Tires of All Makes!
20 St. Paul St. W. Phone 734 House Phone 732
FREE AIR AT YOUR SERVICE

FORECASTS Light winds, fine and decid

ESTABLISHED 1859

Vote

Police

HIGH SPEED INTO ST. CA

Message of Resolution Last Night Means The Commission Will Be Work at an Early Date Features of Debat

By a vote of five to three Council at a special meeting carried a resolution submit

Rose and Westwood, to a municipality to issue debt called upon to do so, for app \$80,000 in addition to the \$23,000 odd approved by the in 1916-17 as this city's po

construction of a hydro speed road from Fort Cre city. Those who voted for ion were Aid. Westwood, Rose, and McDowell. The Ald. Riffer, Dakers, and latter held that the peopl permitted at the polls to they wanted to assume the

ity. This vote followed a lon over the matter, most of was consumed in question Gaby, chief engineer, of Electric Commission, and hin.

Nearly All Have P All of the municipalities city and Fort Credit with of three have now passed law and on the strength Commission can go ahead w

struction of the road. At the opening of the Mayor explained that meeting had been called at of Mr. Gaby who was an

other this week. He had from Toronto asking that the opportunity this week over and supplying any information wanted.

On motion the Council committee of the whole w in the chair. The Council exceedingly warm and d were few. It was 11 o'cl

vote was taken. Required More Int In opening the debate explained that the Council w

SCHOOL BOARD

Want to Know What C aster Property are Three Teachers H Wrecking of Ho be Done by Labor.

HEAT HARD ON CHILDREN A meeting of the P Board was held last night sent were Chairman Jo Paxton, Rutherford Jo Dunlop, Inspector Heth Secretary McBride.

Many Communic Communications were following: The Boards of Educa following cities favori convention to be held 25th and appointing follows:

Niagara Falls—C. F. son Fielding, J. H. Me Sarnia—Rev. J. R. Ha Ottawa—R. W. Han ney Kirby.

Windsor—T. C. Ray, Brantford—J. W. Sh Kitchener—H. L. Sta Replies were received Belleville and Welland would name their delea Fort William Board they were not able to a representative but to terest in the proposi like to know what ta

M. Irene Stewart, M ser and Gertrude Wil their resignations to t 20th.

The Ontario Safety Safety Essay Competi