

Wear
FLEET FOOT Shoes
The Most Comfortable Footwear for Summer
WORN BY ALL MEMBERS OF THE FAMILY
SOLD BY ALL GOOD SHOE DEALERS

EXTERMINATE THE HOUSE-FLY
Attack Filthy, Disease-carrying Pest In Its Breeding-grounds.

The house-fly is the dirtiest of all vermin. It visits the filthiest places imaginable and then distributes the filth over our food. It carries the germs of typhoid, infantile diarrhoea, and other intestinal diseases, and, probably, assists in the spread of tuberculosis. Hence, it is not merely very dirty but exceedingly dangerous as well.

Means of protection against flies are common; doors and windows may be screened, fly papers, traps, 'swatters', and poison may be employed to kill those that enter the house. But these purely defensive measures are not enough. The war must be carried into the enemy's country; the fly must be exterminated.

To wage war with the adult fly is to go into a ceaseless battle that can never be decisive in man's favor. The flies form such a numerous host that it is impossible to kill them all in a single season and a very few survivors are sufficient to propagate an equally numerous host the season following.

The only way to exterminate the fly is to attack it in the larval or maggot form. Flies lay their eggs in manure or garbage; ten days from the time of hatching the maggots emerge as winged insects, fully equipped for distributing disease-breeding bacteria. But a city with clean backyards and clean stable premises would be a flyless city, for it would have abolished the flies' breeding-grounds. The plan of campaign against these annoying and dangerous pests is thus plain; we must clean up, not once or twice a year, but all the time. Persons with dirty back-yards should be prosecuted. Privies should be abolished wherever possible and, where allowed, should be kept continually disinfected and be cleaned twice weekly. The piling of refuse in disgusting and unsightly 'dumps' should never be permitted. If the town cannot afford an incinerator, the refuse should be buried.

Experiments conducted by the U.S. Dept. of Agriculture have shown that the fly larvae in manure and other refuse may be killed by treatment with borax, one pound of borax being sufficient to treat 16 cu. ft., or very nearly 13 bushels of manure. If used in larger quantities, the borax may prove injurious to plants. The borax should be sifted over the manure, particularly near the edges of the pile, which should then be sprinkled with four gallons of water. This treatment will kill 98 to 99 per cent of all the larvae in the manure. At 11 cents per pound for borax, it is estimated that the cost would be 2 cents per horse per day. This cost could be very greatly reduced by employing calcined colemanite instead of borax, if the former were imported in large quantities. One pound of

colemanite will treat 11 bushels of manure and its larvicidal action is as effective as that of borax.

ST. JOHN AMBULANCE.

First Aid Work of the Canadian Pacific Railway Centre.

"A most successful year, notwithstanding the general depression." This is the pleasing statement contained in the sixth annual report of the Canadian Pacific Railway Centre of the St. John Ambulance Association. For the twelve months, ending September 30, 1915, no less than 1,816 passed qualifying examinations out of a total of 2,564 who presented themselves for instruction at the classes.

In all the departments of the C.P.R. Centre of the Association, which spreads over the country, a greater zeal than ever was manifested for work, and the support of the superintending officials of the C.P.R. is in no small way responsible for a good deal of the advancement made. Wives and daughters of C.P.R. employees have taken advantage of the free course of training offered, and now no less than 825 ladies have taken out the certificate of qualification from the Association.

Under the auspices of the C.P.R. Centre instruction was given to the Borden Battery and Ammunition Column before leaving Montreal for the front. Afterwards the certificates of merit were presented to the officers and men by His Royal Highness the Duke of Connaught.

An important feature of the work of the C.P.R. Centre was the bringing of a large number of the lady clerks of the C.P.R. into touch with the Red Cross Society, an organization to which they proved a valuable asset. Three men were saved from drowning at Winnipeg by W. T. Davies, C.P.R. ambulance instructor, and William Newcombe, a C.P.R. constable. Sir Donald Cameron presented the medal of the Royal Canadian Humane Society to each in recognition of their bravery.

Particulars were obtainable of 3,780 cases where first aid had been administered by members of the C.P.R. Centre. The cases were thus divided: Atlantic Centre, 9; Eastern Division, 130; Ontario Division, 136; western lines, 3,440.

Concluding the report of the C.P.R. Centre says a glowing tribute to the late Lieutenant-Colonel Lacy R. Johnson, who had been chairman of the Centre under review and also of the whole Association. During his time as chairman nearly 7,000 employees of the C.P.R. passed the qualifying examinations, and in this way made themselves better citizens of the Dominion.

FIENDISH WAY OF FIGHTING.
Some of the Terrors and Humors of the Bomb.

An Irish officer, writing from the British front in Flanders about bombs and bomb-throwing contrivances, says: "The more you have to do with bombs the more afraid of them you become, for you cannot play with explosives all day without going aloft sooner or later. The toll of good men who have been blown to pieces by their own bombs is long and sad.

Bomb-throwing as an art is still in its infancy; it changes almost from day to day. At best, it is a fiendish way of fighting, for it inflicts ghastly injuries.

Yet bombing, like many other aspects of the war, has its humorous side, and I have seen a whole trench helpless with laughter at the sight of two men running opposite ways to avoid a sausage bomb from a German trench mortar. They collided, and sat down facing each other, like vaudeville comedians. The bomb dropped between them, almost touching them both—and then failed to explode.

One morning twenty or more members of the general staff came round to our trench to witness a test of a new catapult arrangement for throwing bombs to the distance of two hundred and fifty yards. With great interest they watched the screwing down of the great arm and the fastening of the bomb in position. Then upward and forward swung the arm; but the missile, not having been properly secured, instead of hurtling in the direction of the enemy, rose gently a few feet in the air, and then turned to descend again into the trench. Such a rapid and complete disappearance of staff officers had never before been seen. They fled like rabbits, and as they rounded the corner of the trench, the bomb went off a few feet from the ground, completely destroying the catapult.

POTATOES CAUSE IDIOCY.
Physicians Also Say They Sometimes Produce Falsity.

Vodka, forbidden forever in Russia by the Czar, is distilled from potatoes, and the new edict may be regarded as yet another shade of ignominy cast upon the long-suffering tuber, for it is interesting to note that the very evils ascribed to vodka drinking today were formerly attributed to eating potatoes, says the London Chronicle.

Not such a great while ago a learned Frenchman wrote a treatise to show how idiocy had increased since the introduction of the potato into Europe, and our own medical men in past times condemned it as a cause of palsy and other hideous diseases.



Women Sweep Streets.

Because of the dearth of male labor owing to the war, the streets are being brushed and burnished by feminine hands in English towns.

He is Just One More of The Many

WHO HAS FOUND NEW HEALTH IN DODD'S KIDNEY PILLS.

Philip McLeod Tells How He Suffered from Kidney Trouble for Years and Found a Quick and Complete Cure in Dodd's Kidney Pills.

Tarbot, Victoria Co., C.B., June 19th (Special).—Philip McLeod is just one more of the many residents in this neighborhood who have found new health in Dodd's Kidney Pills.

"I have used Dodd's Kidney Pills with great success," Mr. McLeod states. "For years I had kidney trouble and could get nothing to help me. Hearing of what Dodd's Kidney Pills have done for others led me to use them. Five boxes cured me completely.

"I have recommended Dodd's Kidney Pills to many people. I cannot speak too highly of them."

The testimony of people who have been cured is better than all the theory in the world. Dodd's Kidney Pills are purely and simply a kidney remedy. If you have kidney trouble all you need to do is to ask others. They will tell you that Dodd's Kidney Pills will cure you.

They will also tell you that Dodd's Kidney Pills cure rheumatism, dropsy, heart disease, diabetes, gravel and Bright's disease. That is because all these diseases are either kidney diseases or are caused by diseased kidneys.

Could Be Nothing Else.

"What makes your hair so white?" said little Clara to her dear grandpa, as she sat on the old gentleman's knee. "I am very old, dear," was the reply. "I am very old, dear," was the reply. "I am very old, dear," was the reply. "I am very old, dear," was the reply. "I am very old, dear," was the reply.

Minard's Lintment used by Physicians.

A countryman has various ways of sizing up London, and this is one of them. A Scottish soldier arriving at King's Cross with his kit was met at the station by one of those kind women who have banded themselves together to welcome and befriend such men. She offered him rest and refreshment and other kindnesses, but the Scot refused everything.

"But is there nothing I can do for you?" urged the kindly lady. "Well, ma'am," replied the soldier, "I'd be obliged, if you'd tell me how far is the town from the station."

Interested Parties. Heiress—We'll have to postpone the wedding. Suitor—I don't know that we can. I must ask my creditors.

We are not here to go to sleep—no more are you. Get on—or get out, that is the law of to-day.

BRIGGS' FLY MATS
ARE CLEAN NO STICKINESS ALL DEALERS G.C. Briggs & Sons HAMILTON
PRICE 5¢

A Tasty Summer "Snack" for the warm days when the appetite craves "something different" for luncheon, for picnics or any kind of outdoor excursion is **Triscuit, the Shredded Whole Wheat Wafer.** It is made of the whole wheat steam-cooked, shredded and baked. Toast it in the oven to restore its crispness and spread over it butter, soft cheese or marmalade. Its snappy, tasty aroma is a delight to the palate, supplying the greatest amount of nutriment in smallest bulk. A deliciously wholesome toast. It is ready-cooked, easily carried, is strengthening and satisfying.

Made in Canada.
FROM SUNSET COAST
WHAT THE WESTERN PEOPLE ARE DOING.
Progress of the Great West Told in a Few Pointed Paragraphs.

Vancouver will raise a special bicycle corps to go overseas. The next British Columbia election will be held in August.

After a lapse of twenty-eight years, work has been started at the old Stump Lake Mine, near Nicola, B.C. Vancouver expects to get a fire boat for its waterfront and the firemen may receive an increase in wages.

A second son of Rev. C. A. Sykes, Victoria, Andrew Victor Sykes, has enlisted with the Canadian Field Ambulance Corps. Roy A. Fancher, a logger, was drowned at Powell Lake B.C., when he and six companions were upset from a canoe.

The first general picnic of the Vancouver Girl Guides for this season was held recently. About 125 Guides attended.

The jury acquitted the manager of Thiel Detective Agency for forcible detention of Dr. Forest Ayres, Vancouver, who committed suicide. Dr. George A. Russell, a private in the 102nd Battalion, Comox, B.C., is the second son of Rev. A. L. Russell, of Burns Lake, B.C., to enlist.

Ferby P. Pettipiece, of Vancouver, was almost instantly killed at Bear Creek, B.C., when a steam shovel overturned and fell upon him. Hon. Lorrie Campbell, Minister of Mines, entertained the Press Gallery members at luncheon in Victoria. Premier Bowser addressed the gathering.

The latest despatch from Victoria, B.C., says that great anxiety is felt owing to the continued forest fires which are raging in the northern interior of the province.

Returning home after a ten days' absence, T. Johnson, a commercial traveller, of Vancouver, was shocked to find his wife lying dead in a pool of blood. Death was due to hemorrhage. Abe Craibe, a South Vancouver youth of 18, has confessed he started the fire which wiped out the Alberta Pacific Grain Company's elevator, the New England Fish Company and Canadian Fish Company's premises.

Freddie's Funny Thought.
"Pa, what's it mean to 'follow your nose'?"
"It means to go the way your nose points."
"Then, if our pug should try to follow his nose, I guess he'd turn a back somersault."

The Chaps Were Insulted.
The visitor to the training camp was quite taken aback at the number of black eyes and bruised faces he saw everywhere. "What's been the trouble?" he asked his friend, a corporal. "Most of your fellows look as if they had been in the wars." "Had a row with the next regiment, that's all," replied the corporal in an off-hand tone. "What about?" "Oh, the beggars set a sentry to watch their towel while it was hanging to dry, and our chaps felt insulted."

ZAM-BUK
is the best remedy known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food!
All Druggists and Stores—50¢.

The Dunlop Rubber Company Wants Workmen for Toronto

More men are needed in the Toronto factory of the Dunlop Tire & Rubber Goods Company, Limited, to keep up with the demands of a steadily increasing business. Here is a chance for mechanics, or unskilled workmen who wish to become mechanics, to learn a trade that commands good wages everywhere. No previous experience in rubber working necessary. The right kind of men can trust the Dunlop Company for a square deal. Send in your name and address for an application blank. Address:

Dunlop Tire & Rubber Goods Company, Limited
Booth Ave., Toronto

THE COST OF FIRES.

Canada Pays Dearly for Indifference and Carelessness.

The Dominion Superintendent of Insurance has issued an abstract report of fire insurance business in Canada for 1915. The report gives an interesting insight into what Canada is paying as the price of her indifference and carelessness with fire.

In 1915 Canada had an approximate fire loss of \$15,500,000. Fire insurance companies paid out for fire losses \$14,030,298, or approximately \$1,500,000 less than the fire loss. The owners of destroyed property consequently had to bear the latter loss.

Fire insurance companies collected from the people in premiums \$26,530,298, which, added to the margin of \$1,500,000, gives an approximate total of \$28,000,000. This latter figure represents only the actual cash outlay as represented by insurance protection, and value of property consumed in excess of insurance. To this must be added the loss in disruption of business, damage through hasty removal of property, the expense of upkeep of fire departments, extra water-supply, private fire protection, etc.

That much the greater portion of this loss may be avoided is shown by a report of the fire chief of Vancouver, B. C., for March, covering the causes of fires in the cases of the 36 alarms responded to by the fire department in that city, as follows: Children playing with matches, 2; lamp thrown on stove, 1; Chimney fires, 9; overheated stoves and furnaces, 3; unknown origin, 5; electric heater left turned on, 1; smoke scare, 1; backfire in carburetor, 1; grease on stove, 1; defective chimney, 1; hot ashes, 2; spontaneous combustion, 1; gasoline explosion, 1; electrical origin, 2; overheated coal oil stove, 2; defective fire-place, 1; overheated chimney, 1; smoking in bed, 1. Canada cannot afford to continue this sacrifice of money, materials and labour, especially when every effort should be made to husband her resources.

Keep Minard's Lintment in the house Costly.
"Did yez give yer woife anything on her birthday, Pat?"
"O' did."
"Phwat did it cost yez?"
"Tin dollars or tin days."

I was cured of Bronchitis and Asthma by MINARD'S LINIMENT. MRS. A. LIVINGSTONE.
Lot 5, P. E. I.
I was cured of a severe attack of Rheumatism by MINARD'S LINIMENT. MAHONEY BAY. JOHN MADER.
I was cured of a severely sprained leg by MINARD'S LINIMENT. JOSHUA A. WYNACHT. Bridgewater.

Caught Unexpectedly.
A young Tommy was hauled before his commanding officer. He had exceeded his leave by two days. "Well," said the officer, "what have you to say for yourself?" "I'm awfully sorry," replied Tommy. "I really couldn't get back before. I was detained by business." Officer (sternly)—"So you wanted two more days of grace, did you?" "No, sir," answered Tommy, "of his guard for a moment, 'of Marjorie."

Sore Granulated Eyelids, Eyes Injured by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, Just Eye Comfort. At Your Druggist's 50¢ per Bottle. Murine Eye Remedy, 25¢.

For Book of the Eye or Freckle Druggist or Murine Eye Remedy Co., Chicago.

Thought His Hearing Was Bad. Some wounded soldiers were waiting to go before the Invalid Board, with a view to getting sick leave. Among them was a private who had lost his leg, and when his name was called he hobbled into the room. "What's the matter with you, my man?" asked the presiding officer, speaking from force of habit. The soldier was surprised, but with a straight face, he remarked, quietly—"A'm no' shair, sir; but Aa think it's ma hearin' that's bad."

Ask for Minard's and take no other.

The Bantams Were Betting. This is the latest story concerning Glasgow's Bantam Battalion. The enemy had exploded a mine underneath a British trench, and when things had settled down again some men were found to be missing. A search party was sent out and came upon two of the "missing." They had been indulging in a hot argument, and as the rescuers came upon them they were arranging a bet as to which end of the trench was blown up first.

GILLETTS SAFETY Razors
EATERS OF THE RAZOR
THE GILLETTE COMPANY LIMITED TORONTO, ONT.

War Clouds.
Crawford—As it looks like rain why don't you go back to the house for your umbrella?
Cragshaw—If I did I'd probably be interred for the night.

FORD OWNERS
\$6.00 a year protects your new Ford Touring Car from loss by fire to the extent of \$500, including loss from explosion and self-ignition.
Covers fire loss while car is in any building—or on the road—lower rates and more liberal terms than any other policy you can procure.
Write for rates on Ford cars up to three years old.
Similar rates and conditions are granted to owners of Chevrolet cars.

LONDON MUTUAL FIRE INSURANCE COMPANY
F. D. WILLIAMS, MANAGING DIRECTOR
HEAD OFFICE—33 SCOTT ST. TORONTO.

SEED POTATOES
SEED POTATOES, IRISH COBBERS, Delaware, Carman Order at once. Supply limited. Write for quotations. H. W. J. Dor, Brampton.

HELP WANTED.
BLACKSMITH FIREMAN OR Floorman. Steady employment. Apply Hendrie & Co. Ltd., Hamilton.

WANTED—TEAMSTERS. STEADY employment, good wages. Apply Hendrie & Co., Limited, G. T. Ry. Carriage Agents, Toronto.

EXPERIENCED AND INEXPERIENCED girls for Hosery and Underwear Mill. Also a few Young Men. Highest wages paid. Mercury Mills, Limited, Hamilton.

MEN WANTED FOR ALL branches of Finishing trade. Including Rubbing and Polishing, also Cabinet Makers and Trimmers. Steady work and good wages for competent men. When applying state experience and whether married or single. Apply The Geo. McLagan Furniture Co., Limited, Stratford, Ont.

A GOOD ALL ROUND DRY GOODS man to take charge of Stimpel's Dept. and assist in general management of Dry Goods. Steady employment. Would prefer man who could be made junior partner. F. G. McTavish & Co., Stratford, Ont.

BOX NAILERS, SAWYERS, LABORERS, good wages. Apply or write Firstbrook Bros. Limited, Toronto.

WANTED—GOOD COOK OR GENERAL for Burlington. Other servants kept. Best wages. Apply Mrs. Proctor, R.R. No. 2, Freeman.

FOR SALE.
FARM HANDY WAGON CHEAP. Steel Wheel Farm Truck, two ton capacity, for sale cheap. Bargain to cash buyer. F. J. Halliday, Box 61, Hamilton, Ont.

NEWSPAPERS FOR SALE.
PROFIT-MAKING NEWS and JOB Offices for sale in good Ontario town. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide Street, Toronto.

MISCELLANEOUS.
CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. F. L. Mansel Medical Co., Limited, Collingwood, Ont.

For Freezing Ice Cream
You get best results with CRUSHED ROCK SALT. A more even freeze, smoother ice cream. Takes one-third less salt and keeps cream hard twice as long. Write TORONTO SALT WORKS, 60-62 Jarvis St., Toronto, Ont.

Machinery For Sale
Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dynamo 30 K. W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.
3. Frank Wilson & Sons
73 Adelaide Street West, Toronto.

A Sensible Thing To Do
When the drug, caffeine—the active principle in tea and coffee—shows in headache, nervousness, insomnia, biliousness, jumpy heart, and so on, the sensible thing to do is to quit both tea and coffee.
It's easy, having at hand the delicious pure food-drink
Instant Postum
It is made from wheat roasted with a bit of wholesome molasses and is free from any harmful substance.
Thousands who prefer to protect their health, use Postum with comfort and delight.
Made in the cup—instantly—with hot water. Convenient, nourishing, satisfying.
"There's a Reason" for **POSTUM**
Canadian Postum Cereal Co. Ltd., Windsor, Ont.