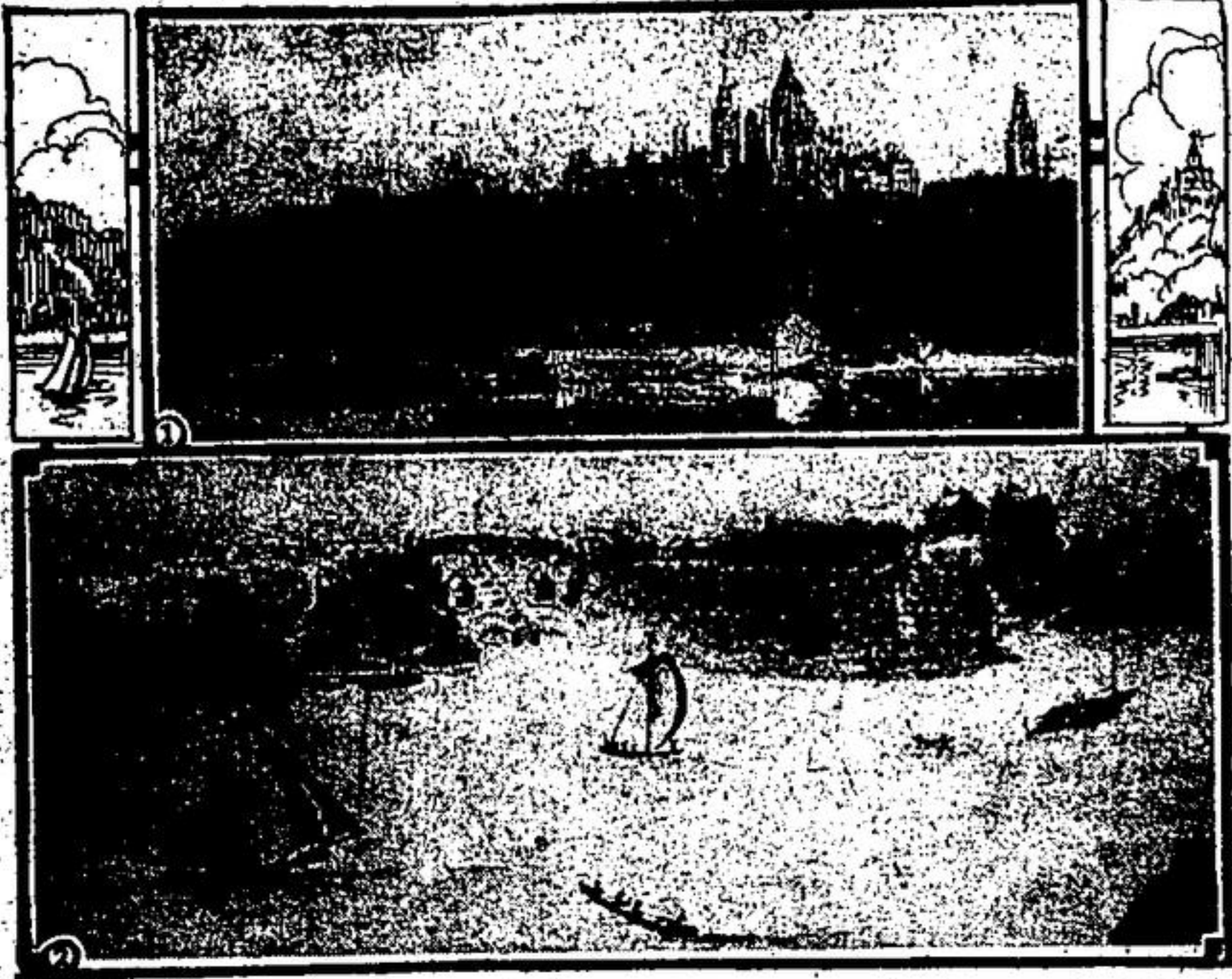


Choice of Dominion Capital To Be Celebrated



1. Entrance to Rideau Canal to Ottawa River before the destroyed Parliament Buildings. 2. Old entrance to Rideau Canal—Parliament Hill, as it looked 100 years ago, as right—from painting by Clegg at time of opening of Canal, 1826.

In the late summer of 1826 Lieutenant-Colonel John By, of the Royal Engineers, selected the spot where the Rideau Canal should enter the Ottawa River, and in so doing settled the site of what afterwards became the capital of the Dominion of Canada. The centenary of this event is being marked this coming August by a celebration which is expected to be national in character. The Dominion Government has already intimated its intention, not only of taking part, but of arranging the occasion by extension of its works for the beautification of the capital. The celebration itself will include historical pageantry and will draw from the western plains a spectacular "Stampede" as illustration of one of the historical phases of the development of that broad section of the Dominion.

In making his journey up the Ottawa, Colonel By was not planning for the capital of a Dominion but striving to strengthen the defence of one of the outworks of the British Empire. "During the war of 1812," says Hannibal P. Hill, in a brief history of the construction of

the Rideau Canal, "the British authorities experienced much difficulty in attempting the defence of the western part of the province. This was owing to the difficulties of transporting men and supplies from Montreal to Kingston, because of the rapids on the St. Lawrence River. They were also faced with the danger of a U. S. army blocking progress up the river by seizing some of the islands near Kingston. The cost of transport from Montreal to Kingston was also excessive—being fifty-four shillings per cwt.

This was the problem which Colonel By came out to Canada to solve. He had spent nine years in this country after 1802, when he had been entrusted with the construction of the Martello towers at Quebec and the rebuilding of the Citadel, and he had also superintended the construction of the Cedars Canal near Montreal. The task of building the canal to connect the St. Lawrence and the Ottawa Rivers, 125 miles in length, through uninhabited country, was gigantic at that stage of the development of the country, and its successful completion stands as a brief history of the construction of

the coming of railroads has superadded it and rendered it practically useless as a carrier of traffic; but it rendered valuable service in earlier days for the settlement of the Province of Ontario, both east and west.

Three years after Bytown became Ottawa, it was chosen as the capital of the old Province of Canada.

The centenary celebration this summer will last two weeks, from August 16 to 23. The first week—August 16 to 21—will be devoted particularly to the centenary program, which will include an historical pageant illustrating outstanding periods and events in the history of the capital. During the same period the Edmonton Stampede will give a daily program; while arrangements are also being made for holding the Budder International Power Boat races for two days of that week. Plans are not fully completed for the celebration, but among other proposals under consideration are the erection of a monument to Colonel By. The Dominion Government is also preparing plans for the extension of the Driveway which is such an attractive feature of the city.



"Life-Buoy" Tennis and Outing Shoes
A Complete Line now in Stock for Men, Women and Children
D. BRILL & CO. Georgetown

18 Nations Represented at Girl Guide Conference



At present there are girl guides in every district in Ontario, and the girls are doing much good work. The girls are being trained in various phases of the program, and are being prepared for the future. The girls are being trained in various phases of the program, and are being prepared for the future. The girls are being trained in various phases of the program, and are being prepared for the future.

Field Day AND GARDEN PARTY

Under the Auspices of the Georgetown Athletic Club, in
The Park, Georgetown, on THURSDAY JULY 1ST

Track Events---Open
100-yd Dash 220-yd Dash 440-yd Dash 1 Mile Relay (4)
Standing Broad Jump Running Broad Jump

Track Events---Local
100-yd Dash Sack Race
100-yd Dash Boys 16 and under 50-yd Dash Girls 16 and under
50-yd Dash Boys 12 and under 50-yd Dash Girls 12 and under

Boy Scout Events
Fire Test Race Relay Race

Hard and Softball Tournaments

Baby Show
Open to all babies 2 years and under
Three Prizes in Each Event

Garden Party at Night

For which the following talent has been secured:
HER EDWARDS Comedian
BERT PETCH Reader and Entertainer
MISS LILLIAN BUTT Pianist
MISS NELLIE MCGHIE Violinist
ARTHUR BARWELL Tenor
MISS EMMA BUCK Accompanist

Georgetown and Afternoon & Evening

Afternoon Adults 35c Children 15c

VITAMINS A, B, AND C.

INDISPENSABLE CONSTITUENTS IN NORMAL DIET.

None "Simple Facts About Nutrition Which Will Greatly Contribute to Growth and Health."

(Contributed by Ontario Department of Agriculture, Toronto.)

The vitamins are indispensable constituents of a normal diet. What is a normal diet? Well a normal diet must fulfil the following conditions:

(1) The diet must be quantitatively sufficient.
(2) The diet must contain a sufficient amount of protein, fat, and carbohydrate.
(3) The diet must contain the necessary inorganic salts.

(4) The diet must contain a certain amount of various amino acids.
(5) The diet must contain the three vitamins A, B, and C.

The animal body is unable to manufacture vitamins and they are essential to its life. Hence the animal body requires a fairly continuous supply of the vitamins, and the only way it can obtain them is by eating fresh vegetable foods or by taking the flesh or milk of other animals.

Vitamin A is the most stable of the three, and animals possess considerable powers of storing this vitamin in their livers. Vitamin C is the least stable.

Young growing animals are the most susceptible to vitamin deficiencies. Quick growing and pregnant animals require an abundant supply of vitamins. Fully mature animals do not feel vitamin shortage in their feed to the same extent as young animals.

Vitamin A.
Vitamin A is synthesized by chlorophyll containing plants only, and the richest vegetable source are the green leaves and growing parts of plants. Seedlings grown without light do not produce Vitamin A. Animals feeding on green plants store Vitamin A in their fat deposits, so we find it abundant in meat fat, egg yolk and in milk fat. Marine animals feed largely on the green growth of numerous water plants store large quantities of Vitamin A. Coal-tar and shark liver oils are very rich in this substance. The amount of Vitamin A in the meat fat and milk fat depends entirely on the amount of vitamin in the feed consumed by the animal. The fat of green feed is rich in vitamin when compared with the fat of animals fed on the dry feeds of winter.

It has been noted by all feeders that the summer milk is more satisfactory in the feeding of young animals. The chief diseases produced in animals deprived of vitamin A are: (1) Arrested growth and Keratomalacia; (2) Lowered resistance to bacterial infection; (3) Marked effect on reproductive function, sterility; (4) Wickets and de-bent dentition.

Vitamin B.
The body does not store this vitamin and certain animals, if deprived of foods that contain it, for a few weeks develop polyneuritis, or show a decline in body weight and muscular inco-ordination. In young animals deprived of foods containing Vitamin B the arrest of growth and the injurious effect on the nervous system is more marked than it is with older animals. Vitamin B is very widely distributed, being present in nearly all forms of plant life, particularly in seeds and yeast. The husk or husk of seeds and the germ are the portions where it is to be found. Highly-milled grain products, every poor in Vitamin B. Look to green vegetables, whole grain, unpolished rice, milk, for this vitamin.

Vitamin C.
Young animals deprived of foods containing Vitamin C develop tenderness and swelling of the joints, tenderness of the gums, loosening of the teeth and a marked wastage of all the lymphoid tissues. Vitamin C occurs in all growing vegetable tissues as green vegetables, roots, grass and fruits. Small quantities are present in meat and milk. The animal body cannot store Vitamin C so must depend on supplies coming regularly in the feed. During winter, sprouted grains and roots are the two main sources of this vitamin for live stock as poultry and pigs.

General Effects.
Lack of vitamin in the food of animals produces effects that resemble starvation. Young suffer more than mature.

A cow cannot manufacture vitamins and put such in the milk. Hence the vitamin content of milk (which is the most important food of young) depends entirely upon the vitamin content of the cow's food. See that she gets a good liberal allowance of green alfalfa.—L. Stevenson, Dept of Extension, O. A. College.

Prevent the Development of Trouble.
Roup is an infectious disease caused by bacteria. The lining of the nose, eye, sack below the eye, the larynx and trachea are attacked and occasionally pneumonia develops. Weak birds are most susceptible. The strong ones may resist the infection or have only a milk attack. Living, weather and feeding conditions play an important part in this disease.

Prevention.—Clean, dry, well-ventilated quarters and proper feeding seem to be important points in the prevention of roup. Isolate any sick bird until the cause of the trouble is found. Clean up and disinfect.

Use one-third teaspoonful of potassium permanganate to each gallon of drinking water. Get the water fountain up off the floor and so arranged that the bird can drink but not spill. A wet floor is a breeding cause that can be avoided. Give the birds pure, dry air without draughts at all seasons. A bird can stand the wind outdoors but not wind at roof within a building.—L. Stevenson, O. A. College.

Controlling Insects.
Arsenical poisons will control most insects which eat the leaves.

High School Students
start on **July 5** at **Guelph Business College**

Summer school
Special Short Course

Register Now
Special rate good until **July 10** only in the time you register.

will be pleasant. We do hope you will place among us again. Agents are now taking orders for the new course of our deep water swimming and water polo classes. The course will be held at the Guelph Business College. The course will be held at the Guelph Business College.

Adults 35c
Children 15c