

BUILDERS !!
Have You Tried
GYPSUM WALL PLASTER?
It Saves Time
P. WALSH.
Barrick St.

JOHN M. PATRICK
Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted, Sewing Sleds, Knives and Scissors Sharpened, Razors honed. All makes of Firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired.
140 SYDENHAM STREET.

STRICKEN IN THE STREET

Completely Restored To Health By "Fruit-a-lives"
382 St. Valier St., MONTREAL.
"In 1912, I was taken suddenly ill with Acute Stomach Trouble and dropped in the street. I was treated by several physicians for nearly two years, and my weight dropped from 225 pounds to 160 pounds. Then several of my friends advised me to try "Fruit-a-lives". I began to improve almost with the first dose, and by using them, I recovered from the distressing Stomach Trouble—and all pain and Constipation were cured. Now I weigh 208 pounds. I cannot praise "Fruit-a-lives" enough". H. WHITMAN.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

Sleepytime Tales

TINY THISTLE.
Once upon a time a tiny little elf jumped on to a lily-pad and so was carried a long way from her home. She had lived most of her life in a tulip and was so tiny that very often her mother even could not find her. She was very pretty and very, very happy and danced and sang all day long.
This day she went floating down the river on the lily-pad until it was almost dark, then she began to wish she was home and tried to stop the lily-pad from going any further, but she couldn't. It just kept going, and on they went. At last this little elf cried out as loud as she could, "Help! help!" and Tiny Tim, the littlest of the Gnomes, heard her reached out a long stick and stopped the lily-pad. He very carefully pulled it close to the shore and then pulled it on to the bank, where he had been resting.
At first he didn't see the elf, but when he did he pulled off his little peaked cap, bowed very low to her and asked her where she came from and what her name was. She couldn't tell either what her name was or how far she had come, so Tiny Tim thought he had better take her up to his home.
Although Tiny Tim was very small he could carry the little elf very easily and soon they were home with the other Gnomes. They discussed what they should do with her.
The next morning, when they asked her what she wanted to do, she said, "I want to stay with Tiny Tim." They said that she could if she wanted to and she didn't know what her name was, they said Tiny Tim could give her a name. So he called her Tiny Thistle, for he said she was as light as a thistle, and she was very tiny as well.
They all thought that was a nice name, and the king of the Gnomes dipped his hand in the dew and said, "After this your name shall be Tiny Thistle and Tiny Tim shall be your faithful friend." Next time I will tell you how Tiny Tim took care of his new friend, Tiny Thistle.

PTE. PAUL KINGSTON TELLS OF VOYAGE.
Troopship Protected by Warships—When Land Was Sighted.

Mrs. A. Vanalstyn, 76 Division Street, has received an interesting letter from her brother, Paul Kingston, who went away with the Mechanical Transport to Shorncliffe, England, early in April. This is the unit that Melville and Harry Cooke, sons of J. B. Cooke of this city, are with. Pte. Kingston gives a detailed account of what the voyage across the ocean in a troopship is like. He says: "H.M.S. Canarvon acted as our escort and we had two other ships with us the rest of the way, the Empress of Britain and the Lapland. The day before we reached Liverpool four destroyers came across to meet us and they stayed with us until we reached port. We sighted the north coast of Ireland about 2.30 a.m. on the 4th of May. I was sleeping in my bunk when some of the boys started banging on my door and said they could see land ahead. So we ran up on deck and sure enough we could see a light-house in the distance and shortly afterwards we could see the outline of the old sod. We also came in sight of Scotland about seven and we could see Belfast through our field glasses. We disembarked at Liverpool about 10 in the morning of the 5th. There were about eighteen hundred soldiers on board and on our way to Shorncliffe we passed through the outskirts of London. We had a very good view of the tower and the Thames river, and as we passed through everyone seemed to expect us."

Of course, you can buy cheaper teas, but "SALADA"

is undoubtedly the most economical and what appears to be 'cheap' in price will prove to be extravagant in use. The fresh young leaves of "Salada" will yield you generous value for your money.

Housekeepers

WOMEN who do their own work usually find it hard to keep their hands soft and white. The reason is, they use ordinary yellow soap which almost always contains free alkali and other harsh materials. As soon as they begin to use Ivory Soap, not only for bath and toilet but for fine laundry work, dishes, woodwork, windows and general cleaning, they no longer are troubled with unsightly, smarting hands.

You will find Ivory Soap no more harmful to your tender skin than pure, clear, sparkling water.

IVORY SOAP 99.44% PURE
5 CENTS
IT FLOATS.

Procter & Gamble Factories in Hamilton, Canada

"Be sure it's SIFTO SALT"
Let that be part of your next message to your grocer if you want something different, something better for table use. It always remains free-running, even in the dampest weather, never clogs the shaker, never hardens under any condition.
In handsome dust-proof cartons at the better class of grocers.
A refinement of the celebrated "Century" Salt.
DOMINION SALT COMPANY, LIMITED SARNIA, ONT.

"Low Cost of Living" Menu

Menu for Tuesday
BREAKFAST
CHILLED BANANAS Baked Herring, Toast, Potatoes, Toast, Coffee
LUNCHEON
German Salad, Toast, Jam, Cocoa, Cake
DINNER
Chops a la Francaise, Potato Puff, Dressed Lettuce, Chocolate Cake
minutes, shaking the pan over the fire to prevent their burning. Add to the bacon a little salt, one half a teaspoon of vinegar and one tablespoon of vinegar. Pour over the lettuce and mix thoroughly.
DINNER
Potato Puff—Bake the potatoes, remove skins and mash well, seasoning with salt, pepper and a little sugar. Add butter, a little thick cream, the beaten yolks of two eggs and beat the whites, beaten very light. Put into a buttered baking dish and bake in a moderate oven until puffy and light brown in color.
Pork Chops—Rub the chops over with onion and sage. Place in a pan with a little butter and cook slowly. Add a little hot water to the gravy and let the whites, beaten very light, a little rolled in flour, pepper, salt, sugar, and half a cup of the juice from a can of tomatoes. Stew for five minutes and pour over the chops.
Chocolate Cake—Use one-fourth of a cup of chocolate, one-half a cup of milk, one-half a cup of sugar, boil until thick, then add one tablespoon of vanilla. When the chocolate is done add one tablespoon each of butter and lard, one cup of brown sugar, two eggs and beat it all together. Then add one cup of sour milk, one teaspoon of soda and two cups of pastry flour. Bake in a moderate oven.

KITCHENER FAVORITE

New Name for the City of Berlin, Ontario.
Berlin, Ont. June 12.—Among the hundreds of new suggestions that are being received by City Clerk Millar this week in the name competition "Kitchener" is the most popular. There is a strong agitation here and throughout Canada that the citizens should take advantage of the opportunity to honor the memory of the late Secretary of War.

The Shops
Known for good values and up-to-date styles are the places to ask about the D & A and the LA DIVA Corsets.
"Made-in-Canada" in one of the best equipped corset factories in the world, they offer all the quality formerly found only in high grade imported corsets, but sell at little more than half the price.
Style 790
D & A CORSETS

CAUGHT GIANT STURGEON

Two Men Landed Fish Claimed to Weigh 166 Pounds
Oswego, June 12.—Nathaniel Origgs and Joseph Rookey of the First ward are lucky sportsmen. While fishing in the Oswego river the men hooked a sturgeon which tipped the scales, it is said, at 166 pounds. It was the first caught this season and according to local fishermen the largest seen in this locality in several years.
The men were in a rowboat off the middle island fishing for perch. The monster was discovered when Griggs' pole was jerked into the water. Rookey quickly pulled the anchor and the men began the difficult task of landing the fish.
Clinging to the line they allowed the sturgeon to pull their boat about the harbor for several minutes and in the meantime Captain Daniel Sullivan, keeper of the Beacon light was signaled for assistance. With the aid of the captain and a pikepole the men finally hauled the sturgeon upon the breakwater.
The Masonic Grand Lodge of Canada in the Province of Ontario has received acknowledgment of the last draft of the \$47,000 which it has so far sent to Albert, King of the Belgians, for the relief of his people.

THE demand for Goodyear Tires has built up a service which is unique in the motor car tire business. Ninety per cent. of the motorists of the world are within less than 12 hours reach of Goodyear service.
GOOD YEAR MADE IN CANADA TIRES
Goodyear Service Stations display the above Emblem. They carry these tires in all popular sizes - also tubes and accessories. Other dealers have them or can get them for you.



WHITE VOILE.
An ideal way of making a white voile frock is shown in the drawing above. The blouse has a deep plain yoke, falling off from and outlining the curve of the shoulders. The lower portion of the blouse is untrimmed save for several rows of hemstitching. The front is closed with pendant balls of white beads. The skirt has a number of deep tucks and narrow black pieced-edged ribbon is arranged about the waist and effectively at the sides of the skirt.

NOW that your grocer can give you Krumbles—at 10 cents a package the question of the morning cereal is about three times easier to solve. Look for this signature—
W.K. Kellogg
W. K. KELLOGG CEREAL CO., Toronto.

Kellogg's Krumbles
All Wheat Ready to Eat
MADE IN CANADA
THE ORIGINAL HAS THIS SIGNATURE
W.K. Kellogg
EXPRESS
Made in Toronto, Canada.