England's most popular SAUCE There's economy in using

H.P.—the odds and ends are made simply delicious with just a few drops of H.P. Sauce.

POOR BLOOD AND

(By F. Raymond Ward, M. D.)

of violation of the laws of health. There come nervouscess, unsteady hands and limbs, word of life that will steady our ner- And those who walk with him from skin eruptions, dizziness, sleepiessness, heart palpitation, and with the feeling that the life Llood is being sapped comes complete pros- us to see the end of it all. tration. In this condition the sufferer is indifferent to all things-and looks upon life

with a gloomy, melancholic view. this number less than half realize it. They attribute it to any other cause but the with his brother the title, "sons of right one. They feel languid, irritable and thunder," saw beyond the day's comrestless, the why and wherefore of which endoubtedly the means of causing more

Nervous exhaustion will not cure itself. The sufferer who thinks that nature alone realize that (if the power of realizing is left him), when he becomes a hopeless follow in its path.

Those suffering from nerve exhaustion or loss of energy as a result of overwork. Buffalo, N. Y., which is right opposite the exis ont Word. McKinley Monument. His office hours are Mondays, Wednesdays and Saturdays 9 A. M. to 9 P. M., and Tuesdays, Thursdays and Pridays 9 A. M. to 6 P. M. Sundays 9 A. M. to 1 P. M. Consultation and examination is

Annual Sports at School. Brockville, June 21.—The annual sports which marked the closing of St. Alban's School, were attended by many relatives and friends of the boys in Montreal, Ottawa and other places. Brigadier-General Maunsell presented the prizes and spoke of the their lives on active service, among to the very heart of the Christ, voluntarily given up their prizes and accepted certificates, the value the prizes would be turned over to the Canadian Patriotic Fund,

Each Fined \$10.

Trenton, June 20 .- Two citizen of Frankford, Kenneth Bartlett and John Tompkins, appeared before Magistrate O'Rourke on a charge of And though we be encircled by a having been drunk in Trenton on Thursday night. Inspector Arnott prosecuted. Each gentleman was assessed \$10 and costs.

Huron County Council decided to inaugurate a county system of roads. covering about 330 miles. British interests lost their fight for recovery of the value of the Ap-

By William T. Ellis.

A few minutes ago I talked with a man of the type of those who see big things in a little way. He is essenitally a pettifogger. It is well that he is not a lawyer, for he would be one of the sort who have construed the law into a complexity of Not one to enter into all I feel; enactments chiefly useful for defeating essential justice. It is a relief We wander in-a solitary way. to turn from the irritations of a small-minded man to the contempla. "No matter what or where our lot tion of one who had sweep and breadth of vision, and whose flash- Each heart, mysterious even to iting eye penetrated to the heart of matters. In literature and heraldry, And this man's symbol is the far-visioned eagle. For it is the Apostle John, It is because the Lord desires our the Beloved Disciple, I write, whose message in its entirety is the theme he Sunday School.

Nobody has time nowadays for To open all its chambers -- and to custy tomes dealing with outworn ssues. This is the hour of the liv- With ing present. We are all eager for "orld's quest is for a trail through paster word, who can tell us somethis g about the ultimate meaning of And every time we are 'not underth cataclysm which has overtaken mankind. Of books upon the super- It is to call to us to come again: ficialties of the situation we have For Christ Lack of strength is about the first symptom piere than enough. We crave a ves and guide our feet, and make

That is just the sort of book this mar. Joba write. Millions of men "And when beneath some heavy It is given as a statistical fact that seven | and women, whose hearts have felt out of every ten people in the United States the personal touch of the war, are And say. "I cannot bear this load turning daily to this old v lume for know that they have gloomy thoughts, a light and comfort. It helys them You say the truth. Christ made it depression of mind, an impaired memory, more than anything else. For John, they cannot explain. They are suffering mon round, beyond the severing of from nerve exhaustion, a condition which is familie and the abandonment of Convey a secret massage from the misery and crushing more hopes than any one's calling, beyond the breaking up other trouble that flesh is heir to. of thinking, beyond suffering and simply deluded by a false hope. He will must Reality, where reigns the will victim to one of the many diseases which Christ. It is not to be forgotten that mental worry or violation of nature's laws profit was also the Seer of Patmos are quickly restored to sound health the revealer of the eternal myster- And those who walk with Him from Ward's office is located at 79 Niagara Square, ies; and the interpreter of the pre-

A Friend's Perfect Tribute.

Learned savants have produced a mountain of commentaries upon this Gospel of John. We do not turn to them to-day. Simply and naturally, and according to its most obvious meaning we accept this great book as the perfect tribute of a real man whose hand God guided, to Friend whom he had known and loved. Because John wes closest to example set by many of the older Jesus on earth, his biography enab-

the number killed being one of his This is the supreme commentary sons. Among the old boys the en- upon the Fourth Gospel-millions of listments totaled over 100. The win- persons turn first to it to find, in ners of the championships were W. glowing, pulsing reality, the personor ignorance. Semehow, John introduces us to the ever-living Christ poet, Mary Davis, exclaims of Him: who alone can feel with us and for us. He enters into the secret of the

of our hungry hearts. There is a mystery in human hearts.

Of those who love us well, and are

Our dearest friend is stranger to our And cannot realize our bitterness.

It helps one to keep in

good condition to have

Grape-Nuts

The entire nutriment of wheat

and barley, and the mineral salts of

the grain, all combine to make a

delicious food, easy to digest, and

a wonderful upbuilder of body,

"There's a Reason"

brain and nerves.

a daily ration of

The International Sunday School Lesson for June 24 is "The Purpose of John's Gospel." -John 21:15-25.

There is not one who really undersnares and subtleties and technical Such is the cry of each of us in

things and discovered what really Must live its inner life in solitude would you know the reason why this is?

in every heart He wishes to be first for present study by the millions of He therefore keeps the secret key

the tangle of things. Everybody is So when we feel this loneliness it is whatever experience the war may be made on Great Britain for maopen-eared to hear the man with the The voice of Jesus saying, 'Come to bring.

alone can satisfy the

day to day Can never have—a solitary way.

cross you faint,

spells of extreme exhaustion, but they the sturdy fisherman who shared Sc heavy that you must return to thunder," saw beyond the day's com- The bitter grief which 'no one understands.

of the old order and the old syst m Entreating you to come to Him

The sourcer who thinks that nature alone will bring about a restoration of health is shame and death itself, into the Ulti- The Man of Sorrows understands it of God and the now triumphant You cannot come too often or too

this biographer whose work we have The 36n of God is infinite in grace. been studying with such delight and His presence satisfies the longing

> day to day Can never have -- a solitary way."

A Man Who Knew the Facts. Many books-a recent meaty little one by Robert E. Speer being one the best—have shown that the Fourth Gospel bears all the marks of an eye-witness record. 'The allus- Joseph Stapleton took place on Monions to time, to places, to local usages, all testify to the intimacy of the formed the burial services. Interwriter with the actual scenes he describes. He was not only present | terv. wherever any other one of the Death has again claimed some of pupils of the school who had given les us who live today to get close friends of Jesus was—for John be- the aged ones of Wellington. Wilson but he also had a spiritual under- away on the night of June 8th. He standing of the deeper significance leaves a son and two daughters. A of the words and deeds of the Mas- brother resides in South Carlolina ter. Although the most spiritual of and three sisters at Wellington. E. C. Elliot, C. McMurray and F. ality of the Saviour. With consum- the four biographies of Jesus, this Pte. Harry Winters is home from Shaw. The head master announced mate skill, John lets us into the gospel never becomes so transcend- overseas, in poor health. that as during the past two years the very secret of the Friend who is the end that it is incomprehensible. Mys- An aeroplane from Deseronto formerly hidden in hedges and cellars, derstands us when all others walk real and unearthly and vague. In one of the men in the machine, was aside from us in misunderstanding every vivid Personality is that which here some years ago, being a land John portrays as Jesus; so that one agent in Manitoba.

> "I am so glad He loved the common apartners and loneliness and craving The drowsy chieks beneath their at Hotel Alexandra this week, mother's wings.

> > Tall lillies nodding at the folks that parishioners this week. The handiwork of God among the

To every one of us, from time to "The sparrows and their brothers of Judge Acquits Brockville Citizen on the air, There comes a sense of utter loneli- Content to look to heaven for food

"He loyed to stray by woods and singing rills, Companion of the stars and solemn

'His friends He chose from men of low degree. Tillers of land and toilers of the sea.

"These things are written on the sa-

'And as the glowing words of love terly waived to go before the Judge. detail and of having it explained to

We feel His kinship to the heart of

The "Why" of a Great Book. Men who balk at the delty of Christ are coerced to repudiate the Gospel of John. For it cannot at a!l be accepted, unless the reader is willing to receive his presentation of Jesus as the One altogether unique. The sublime Figure who walks through John's pages is not merely a rare teacher, a noble idealist, a loving and unselfish helper of His fellowmen, and a supreme aspirant for the life that is divine. He is none of these things if He is not also what else John declares him to be; for His own claims are clear, strong, unequivocal and absolute. Jesus would have to be branded as an imposter, on the testimony of John, if He is not what His biographer asserts, the very Messiah of Jehovah, the Saviour

To set forth the Saviourhood of Jesus, and His divine mission as the sent Son of God, its the one overmastering purpose of this latest of the four gospels. The author leaves no room for doubt or surmise on this point. He himself tells why he wrote the book: "But these are written, that ye might believe that Jesus is

the Christ, the Son of God; and that! believing ye might have life through His name. Everything in the volume is but evidence and support Trade Revised in Canada on Large of that general proposition.

Passionate lover of Jesus that he himself was. John aspired to introduce his dear Master to all who should read his book. He sought not only to convince their minds, but also to set their hearts aglow. So he has been, through the centuries, the best friend and aider of all who would live in the spirit; and experience the very love and life of Christ. Instead of musing here, as one is tempted to do, upon what this book has meant to the saints of nineteen all important truth that our own each; the Wallace Shipyards, Ltd., above all else, to make explicable vessels; the Western Dry Dock & who is God; who has from the beginning and is to continue in increasing sovereignty to the end of time. His will is working out, at sore cost, as nations undertake to protect and perpetrate the increase the principles of Jesus on earthrighteousness, good will, brotherhood and liberty. As we come into Christ's Kingdom may we come into close touch with the kingdom's Christ. Fellowship with Him, and light (our own troubled way. The Each solitary soul who comes to assurance that His will is being not engage in any enemy trade, and

> "My bark is wafted on the strand By breath divine, And on the helm there rests a hand Other than mine.

"One who was known in storms to I have on board; Above the roaring of the gale I have my Lord.

"He holds me when the billow I shall not fall.

If sharp, 'tis short; if long, 'tis He tempers all. 'Safe to the land! safe to the land! The end is this.

And then with Him go hand i Far into bliss."

WELLINGTON MAN'S PRAISE

For the Fine Care Given in Kingston General Hospital.

Wellington, June 18.-J. E. Cronk arrived home from the Kingston General Hospital on Saturday last. Mr. Cronk cannot speak too highly of Kingston Hospital and of the officials and the care one receives from those in attendance. Every attention and kindness is shown the patients. Canon Loucks visited Mr. Cronk every other day during his month's stay at the hospital. Many Kingston people also called.

L. K. Shrinds was at Belleville on Saturday. The funeral of the late day last. Elder Gardner Shieup perment took place at Wellington ceme-

longed to the inner circle of three- Sionles, aged ninety-four, passed

coul's Boon Companion, and who un- tical, it is true, yet it never is un- landed in Wellington. Mr. Garrow, without feer and lined to

The open masquerade dance at Hotel Alexandra was a grand success. About twenty-five Kingston people partook of an excellent fish dinner Rev. W. R. Young, D.D., of Toronto, was a caller on some of his old

FINDS IT AN ACCIDENT

Charge of Negligence.

County Judge's Criminal Court Judge Dowsley discharged W. H. Story, a prominent citizen, who on November 23rd, last ran down and en for a visit to Verdun was Maj.-Gen. severely injured Mervin Halines, a A. Currie, commanding the First Canclerk, who was riding a bicycle, adian Division. The party went to Halines sustained a fractured leg and study the scene of the French sucother injuries, and was confined to cesses and the military genius that the hospital for several weeks. It had achieved them. Every facility was charged that Mr. Story was neg- was given them by the French authoriligent in being on the wrong side of ties. The plan of action was first the street. Judge Dowsley finds that studied and this was followed by a it was an accident. Mr. Storey, fol- visit to the battlefield. The British A star to simple folks from age to lowing his committal at the Police officers were given every opportunity Court, selected trial by jury, and lat- of studying the campaign in minute

ROYAL YEAST CAHES

Some women hold to the idea that bread-making is a le and difficult operation, but this is a mistake, for with Royal Yeast Cakes, light, sweet bread can be made in a few hours with but little trouble.

FREE: Our new Royal Yeast Bake Book will be sent free upon request. It contains full instructions for making bread and rolls with Royal Yeast Cakes. Send name and address plainly written and this valuable little book will be mailed

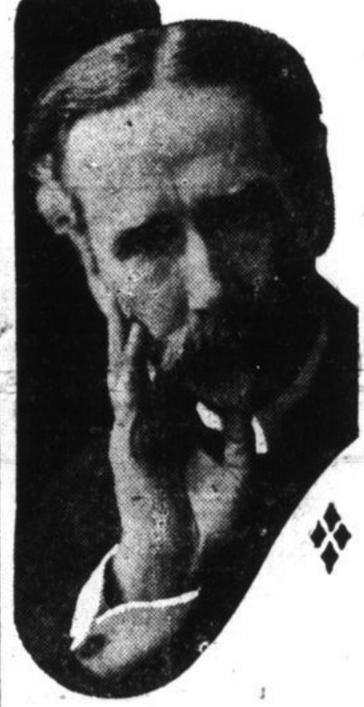
E.W. GILLETT CO.LTD.

teresting figures in connection with ship-building in the Dominion on forprovide for a large employment and pays the way for permanent and increased ship-building after the war, permission has been granted for the follows: Messrs. J. Coughlan & Sons, centuries, let us merely recall the more than 8,000 tons, at \$1,200,000 dazed and heart-bruised day needs of Vancouver, four large steel cargo these world events which are over- Shipbuilding Co., Ltd., of Port Arwhelming us, the massage of a Christ | thur, three full canal size steel cargo vessels; Thor Iron Works, Ltd., Toronto, two full canal size steel cargo vessels; Polson Iron Works, Ltd., Toronto, two steel cargo vessels, 3,000 tons capacity, and two more of 4,250 tons; Canadian Vickers, Ltd., of Montreal, two steel cargo vessels of 7,000 tons; and the Nova Scotia Steel & Coal Co., Ltd., of New Glasgow, N.S., three steel cargo vessels. One of the conditions on which permits were given to construct these vessels was that during the war they should done, will sustain one throughout another was that no demand should terials, machinery or labor to build

RALPH CONNOR ON WAR

Describes Somme Cannonade and Demands War be Put First

"Abandon all parties that refuse to put the war first; the war first party is the only one for Canada," "Ralph Conner" Major Gordon said in an address. Describing the Somme front, he was impressed, he said, with the imposing array of British guns, which



MAJOR REV. C. W. GORDON

firing night and day absolutely dominating the situation. In the air too it was evident that the British were

supreme on the Somme. The speaker said he had seen German prisoners brought in, one British corporal, with his rifle over his shoulder, herding a crowd of Germans. The Somme bombardments had destroyed the morale of the Germans in the trenches. "We know we can beat them and they know we can beat them," said "Ralph Connor."

GEN. CURRIE ON VERDUN

Brockville, June 21.—In the Canadian Leader's Admiration For French Tenacity After Tour

> Among twenty British officers chosthem by experts.

> Gen. Currie stated that if it had been possible to increase his already profound admiration of the French soldier it would have been accomplished during this three days' visit. The officers all came away with a deeper realization of the wonderful tenacity, "the holding-on power" as he expressed it, against tremendous odds. In the first German attack the Germans had all the best observation posts which made the magnificent French successes all the more difficult to achieve.

Serious Undertaking

Speaking at Birmingham, Sir George Newman said the unprecedented employment of women in industries was a grave adventure, and unless safeguarded and protected the nation must expect to pay down to the last coin for the new responsibilities.

Death Followed Commission News was received of the death of Second-Lieutenant W. J. Davy, Somerset Light Infantry, owner of the Tracy Park estate, Bath, who was killed the day after he received his commis-

Speech requires as careful guarding as actions.

SUMMER SHOES AN'T trust yourself to slippery leather, in canoe, sail boat or yacht. And,

of course, you have to have Fleet Foot

Shoes for tennis, baseball, golf and

lacrosse. Fleet Foot Pumps or low shoes are the

proper accompaniment of Summer apparel. And Fleet Foot Summer Shoes cost so much less than leather, that it is real



economy to wear them. Look trim and neat-enjoy yourself-and save money, by wearing Fleet Foot this

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