

MOVIE WRITER HAS GAINED 28 POUNDS

Mrs. Cooper, Aged 72, Says She Never Felt Better In Her Life—Tanlac Ends 25 Years' Trouble.

"The past winter was the first one I have gone through in fifteen years without having La Grippe and I attribute it to the fact that I have been taking Tanlac," was the remarkable statement made by Mrs. T. A. Cooper, of 1147 Iroquois Street, Los Angeles, in an interview recently.

Mrs. Cooper, who is well known in the literary world, has been writing for some of the magazines for years. She also writes "movie" stories and is at the present time writing a special story for one of our most popular screen actresses.

When asked if she was willing to have her statement regarding Tanlac published, Mrs. Cooper said: "Yes, indeed, and you may tell them that when I began taking the medicine I only weighed ninety-eight pounds, but that I now weigh one hundred and twenty-six, making an actual gain of twenty-eight pounds."

"For twenty-five years I have had catarrh in my head. Ten years ago the trouble reached my stomach and made me most miserable. I got so I could not eat at all without bloating all up and suffering for hours. The gas would press on my heart and bring on such awful spells of palpitation that I would almost faint. It was so nervous the least noise would startle me and make me tremble like a leaf. I tried many different kinds of medicines but gradually got worse until I reached the point where I could not get around at all."

"I was almost a confirmed invalid for a long time and not until last fall when I got Tanlac was I able to find anything to help me. Well, almost from the time I began taking Tanlac I commenced to improve. Of course, when I found it was helping me I kept on taking it until now I can eat and drink just anything I want. The gas has left my stomach entirely and my nerves are as good as ever, and while I am seventy-two years of age I don't believe I feel stronger and better. The only medicine I keep in my house now is Tanlac and the Laxative Tablets that come with it. I consider it the finest treatment for stomach trouble and a run-down condition there is, and I will be glad to tell anyone who cares to call me up what it has done for me and what I believe it will do for them."

Tanlac is sold in Kingston by A. P. Chown; in Plevna by Gilbert Oster; in Batavia by C. S. Clark; in Farnleigh by E. W. Martin; in Ashcroft by M. J. Smith; in Shillington Lake by W. Y. Cannon.—Adv.

VICTORY OF IDEALS

King George Issues Message to British Empire.

London, July 2.—After news of the signing of peace had been received, the following was issued over King George's signature: "The signing of the treaty of peace will be received with deep thankfulness throughout the British Empire. This formal act brings to its concluding stage the terrible war which has devastated Europe and distracted the world. It manifests the victory of ideals, of freedom and of liberty for which we have made untold sacrifices."

"I share my people's joy and thanksgiving and earnestly pray that the coming years of peace may bring to them every increasing happiness and prosperity."

(Signed) "George R.I."

The Greek government has decided to offer every encouragement possible to Moslems who wish to remain in Greece and renounce their Turkish nationality.

At Danville, Thomas Armour, postmaster for more than fifty years, was accidentally killed by an automobile. He was eighty-three years of age.

The Dominion government is floating a loan for \$75,000,000 in New York to take up a maturity on August 1st of a loan floated two years ago.

FISHING PERMIT DISPUTE

AS SETTLED BY CHIEF FISHERY INSPECTOR HUNTER.

Early Closing of Stores at Newboro—A Couple Wedded in Kingston—Newboro News.

Newboro, June 26.—Capt. Hunter of Belleville, Chief Fishery Inspector of Ontario, was called here on Monday evening to settle a dispute over the granting of a bait license to Samuel McCue of Alexandria Bay, N.Y.

Being an American it was thought McCue had no right to catch bait for sale in these waters, but as he was employed by J. H. Scott, proprietor of the Hotel Rideau, Capt. Hunter allowed him to furnish the bait for the tourists here.

Miss Aileen Fredenburg of Westport spent Tuesday here the guest of her uncle and aunt, Mr. and Mrs. George Belton.

A quiet wedding took place in Kingston on Saturday, when Miss Alice Thompson of Westport became the bride of Herman Warren, of this place. The party were unattended.

A large number of young people from Elgin, Westport and Newboro, visited the home of Pte. Daniel McCarthy on Friday evening to welcome him home after an absence of over a year overseas. The evening was spent in cards and dancing.

A party of twenty-one automobiles containing the employees of Robert Wright & Co., Brockville, passed through here on Wednesday morning en route to Devil Lake for their annual picnic. On their return the Women's Institute of Newboro had a supper prepared for them. After supper a programme of vocal and instrumental selections was given, and speeches were made by Dr. Preston and Rev. M. Bradford of Newboro, and George Wright, Rev. R. M. Hamilton and Frank Williams.

The jolly party left here at 9:30 for Brockville. S. P. Houghton left on Thursday for Smith's Falls, where he will meet J. G. Ferguson and with him will journey to Regina where they have been accepted as recruits for the North West Mounted Police.

Mr. and Mrs. Wm. Hazlett of Rochester, N.Y., are spending their vacation the guests of their parents, Mr. and Mrs. John P. Hazlett. Mr. Hazlett is manager of one of the largest stores in that city.

Elmer Knapp completed another new launch on Monday and it was launched in the canal on Tuesday afternoon.

J. W. Coates and family of Toronto arrived on Wednesday and will spend the next few months at their summer home on Newboro lake.

Lawrence Leggett has secured a position with J. C. Yager for the summer.

E. Russell of Toronto is the guest of Gordon Chamberlain.

George E. Foster of the firm of J. H. Hanson Co., Montreal, is spending a few days at his home here before leaving for a prolonged trip to the Maritime Provinces.

Master Norman Warren was taken suddenly ill on Saturday evening with appendicitis and was rushed to Brockville by auto. He was found to be in a precarious condition and was operated on immediately on arrival. The operation was successful and his condition at present shows much improvement.

Joseph Crossman arrived here on Tuesday evening after an extended visit to relatives and friends in Kingston.

Mr. Robert Bolton has purchased a fancy reader from R. H. Preston.

J. H. Scott, proprietor of the Hotel Rideau here and the St. Lawrence Hall of Morrisburg, spent the weekend here making further arrangements for the tourist season.

John Findlay of Carleton Place was here on Tuesday.

George Bliton has overhauled his store on Carleton street and has improved the interior by painting.

Mr. and Mrs. Stephen Brees and son of Syracuse, N.Y., motored here last week and are spending a few days visiting friends.

Mrs. John Dargavel of Brockville is spending the week here the guest of Mrs. William Dargavel.

Early closing for the stores will begin on next Wednesday for the months of July, August and September. The stores will close on Wednesday noon and remain closed until the following Thursday morning of each week.

Richard Grothier while fishing at the lock on Thursday afternoon landed a bass which weighed 5 1/4 lbs.

BADEN-POWELL'S POEM.

Head of Boy Scouts Honors Canadian Battalion.

Here's a story in prose and poetry, the subject being an incident which occurred when the 15th Battalion were repelling the numerous counter-attacks made by the Germans to recapture Hill 70 on August 15, 1917.

The battalion was attacking Hill 70, and was under orders to execute an outflanking movement on the left. Two companies were in the line, one in support, and one in reserve. An English unit on the 15th's left did not get going in time, and in some way a party of Hun came through a gap in the line, entered an old communication trench across No Man's Land, and was heading for Col. Bent's headquarters.

The brigade major telephoned Col. Bent, and told him that Hun were observed coming down a trench, and that he was practically surrounded.

"To—," you say. We are not surrounded, it is said, was the answer of the colonel. "But you are—," they are on top of you." Just then a sentry rushed in and said: "The Hun are here." Col. Bent looked up and the Hun were swarming down the trench. His staff was badly depleted owing to battle casualties, and he and a lieutenant were the only two officers. Col. Bent hurriedly called out batmen, cooks, shoemakers, and other headquarters clerks, and drawing his revolver stepped into the trench and drove the Hun back out the way they came.

One of the battalion machine guns trapped them with a deadly fire and not one Hun got back.

Gen. Sir Robert Baden-Powell, the head of the Boy Scouts, and who is credited with having been one of the most valuable secret service men during the war, having even penetrated into Germany, had read in an English paper the story of the Hun's surprise by Col. Bent and his cook with the ham knife. He was a fellow-passenger with the 15th Battalion on the steamer Baltic, and took the opportunity of asking if it was true. On being told that it was, the Hero of Mafeking sat down in his state room and composed the following:

The Germans came down like a wolf on the fold,
A lot of strong Schnappes had rendered them bold;
They made their way in that city, the town's red patch,
The sign a red patch with a top mark of blue.

They thought they'd a cushy job, making a haul
Of colonel and officers, batmen and all.

Don't count your eggs before they all hatch—doesn't do.
Especially eggs with the bonnie red patch—topped with blue.

For suddenly forth from the dugout there comes
The colonel, quite peevishly hurling out bombs,
And clerks who had hitherto shone with the pen
Proved equally mighty as sword-wielding men.

But the thing that made Wilhelm just run for his life,
Was the cook with a bally great ham carving knife.

The Boches discovered they'd met with their match—and they flew
When they tackled the stuff of the bonnie red patch—topped with blue.

They'd come in quite fast, but they went out much faster.
When they found that their prey was really their master,
And when they were getting away on the run,
They got the ki-bosh from a smart Lewis gun.

So none of them ever survived to come back,
To tell of their wonderbar taper attack;
Fritz found colonels and cooks were no match—for they slew
When they were on their shoulders the bonnie red patch—topped with blue.

Ericsson's Galley?

A traveller in Norway has been looking at the two ancient ships, in one of which Lief Ericsson may have reached the western world five centuries before Columbus, landing on the eastern coast of Canada. Nothing proves that either of them was Ericsson's galley; nothing proves that it wasn't. The ancient pagan custom that buried the craft of the sea-hor preserved the galleys away in the soil of Norway, thanks to a covering of potter's clay, and a twentieth century farmer recovered the second one. The savants looked it over, and dated it from the ninth century, contemporary with the adventurous Ericsson, possibly his own ship.

About seventy feet long, the vessel is shaped not unlike a double-pointed rowboat, flat and low, with worked uprights for 15 pairs of oars, and the conventional dragon carved on bow and stern. Under the floor are the compartments where the voyagers doubtless stored their provisions. One can imagine the watch-er at the prow, the helmsman tugging at the tiller, the galley-master high in the poop beating with his great hammer, the rhythm for the 30 oarsmen. It is far more difficult to imagine how they slept and ate in rough weather.

The Size of Canada.

Finnigan, a railroad worker, though not he of "On again, off again" fame, returned to Ireland recently on a visit. On being questioned by his relatives concerning the wonders of Canada, he described its size as follows: "Phew, Canada is so big that if ye wor to dr-rag England through the country ye wouldn't have a mark in the dirt, an' ye could lose Orisland infernely in wan o' thim g-great inland oceans we hov, phwat we call lakes, an' if ye had Scotland to get rid of there are a thousand corners to hire her in, an' nobody could tell phwere ye'd put her, except, begorra, for the strong smell av whisky."

At Providence, R.I., Leo E. Dassetto, aged eighteen, who was three times wounded and once gassed during the fighting in France, was sentenced to ten years in state prison for an attack on a woman.

PREVENT POTATO ROT

Spraying With Bordeaux Mixture Proven Very Effective.

Machinery Must Be Kept Well Oiled If It Is to Work Efficiently—An Expert Discusses the Question From Every Angle.

(Contributed by Ontario Department of Agriculture, Toronto.)

LATE Blight and Rot of Potatoes can be prevented by spraying with Bordeaux mixture. Commence spraying when the plants are from five to eight inches high and keep the foliage covered with Bordeaux throughout the season. Take special care to see that the spraying is very thoroughly done if the weather is at all damp about the 15th of July, as Blight often begins about this time.

Add a poison when necessary for potato beetles—arsenate of lead paste 3 1/2 lbs. to each 40 gals. of the liquid spray, or Paris green 2 lbs. to 40 gals., or a mixture of 2 lbs. arsenate of lead paste and 1 lb. of Paris green 40 gals. From three to seven applications should be made, depending upon the season—the wetter the weather the larger the number. Do not put off spraying because it looks like rain. If the spray is on the plants half an hour before the rain comes it will be dry and sufficient of it will stick to prevent infection, which takes place during or soon after rain. Such spraying should prevent not only Late Blight and Rot but also Early Blight and potato beetles.

Thorough spraying is effective. If thorough spraying is to be done sufficient Bordeaux mixture must be used. From 50 to 150 gals per acre should be applied at each spraying, and when the plants are large not less than 100 gallons per acre should be used. Thorough spraying means the covering of every portion of the potato plant with Bordeaux mixture in the form of a fine mist. This can only be done when the solution is applied with good pressure, so as to insure covering every portion of the plant. The best results from spraying are obtained when potato sprayers are used which are fitted with a T-joint attachment so as to insure covering both surfaces of the leaves at each spraying. When the plants are large it is best to cover them with the spray so over each row twice at each spraying.—Prof. J. E. Howitt, O. A. College, Guelph.

The Importance of Keeping Machinery Properly Oiled.

The importance of keeping machinery properly oiled may be better realized when we try to compute, in dollars and cents, the annual sacrifice in machine efficiency through friction. Carelessness in lubrication may easily reduce the efficiency of a machine fully fifty per cent. At the same time the machine itself is wearing out faster, on account of the needless friction, than owing to the real work done.

The microscope reveals the fact that the surface of the most highly polished shaft ever made is as rough and uneven as a rough cast iron appears to the unaided eye. In practice it is not possible to make a metal surface that is absolutely smooth, incompressible, or even a true circle, hence inequalities of pressure at the bearing, grinding and tearing of the metal bore, causing friction, producing factors of inefficiency and wear and tear. Though these faults of construction cannot be avoided, we can, in a great measure, overcome the effect in machinery, by judicious application of a lubricant.

The lubricant consists of minute balls or globules. These readily insulate themselves between the faces in mutual contact forming a cushion, keeping the metals apart. Its use is not only to reduce friction, but also to carry away whatever excess of heat is generated. All liquids have not sufficient sustaining powers to be used as efficient lubricants. Some cannot be retained between the metals; others do not cling together perceptibly enough. To resist the tendency of the metal to wear, the lubricating film apart, these globules must have a good deal of internal strength, and must stick together well. They must also cling well to the metal, or they will be squeezed out of the bearing.

The oils and the fats are the principal lubricants. The mineral oils are thin, and so are lard, olive, and sperm oils. Castor oil, neatfoot, talow and rape are thick. Nothing is better for high speed bearings and light spindles or shafts than sperm oil, but it is costly; for heavy bearings castor oil is superior to this, but it is also expensive.

But there is relatively little pure lubricant used in machinery, for it is usually more economical to employ a compound oil, compounded for special uses, than to use pure lubricants which, after all, are often heavily adulterated—gum, soap lime, alumina soda, and free acids have their own distinct purpose to serve in the composite of cheap oils. The chief advantage, however, pertaining to the use of compound oils is, that the objectionable qualities of one kind of lubricant can be neutralized by mixing it with a lubricant of another kind. For instance, vegetable and fish oils are drying oils, that is, they oxidize rapidly, and cause gumming or clogging of the bearings to which they are applied, and if allowed to drop and accumulate upon dust, cotton waste, and other debris, are liable to develop an internal heat that will cause spontaneous combustion. Mineral oil does not oxidize, neither does animal, but mineral oils have what is termed a low flashing point; that is, they fire or ignite at a low temperature, some at 212 degrees F., or under.

Animal oils develop fatty acids, and these corrode and pit the surface of the metal which they are used to lubricate.—Prof. John Evans, O. A. College, Guelph.

Frosts that caused widespread damage, especially to small fruit crops, visited Quebec district on June 28th, farmers from Portneuf County, Montmorency and Lévis report.

Nowaday's It's Salada at Breakfast, Dinner, Supper, at special 5 o'clocks and every other time and place where a cup of tea "In Perfection" is appreciated.



Black, Green or Mixed - Sealed Packets only.

Lake Ontario Trout and Whitefish, Fresh Sea Salmon, Haddock, Halibut and Cod.

DOMINION FISH CO.
Canada Food Board License No. 9-3248

Geraldi's Bakery

For something good, try our Butter Crust Bread. Home-made pies and cakes.

195 Barrie Street
Phone 1098
And a Salesman Will Call

Clear the Skin

A beautiful complexion is the outward mark of good blood and a healthy body. When the stomach, liver and blood are in good order, the skin is clear and lovely. Unsightly blotches, pimples, eruptions and sallowness show the need of Beecham's Pills to stimulate and regulate the vital organs and improve the circulation. Good health and better looks soon follow the use of

BEECHAM'S PILLS
are worth a guinea a box

Sold everywhere in Canada and U.S.A. In home, 25 cents.



Cat's Paw Rubber Heels and Rinex Soles

—made them good as new.
Cat's Paw Rubber Heels and Rinex Soles will double the wear of your comfortable old shoes. As long as the uppers are good, Cat's Paw and Rinex will make your shoes good as new, for you don't have to break them in, and they will have a spring that you didn't feel with the first soles of leather. They are waterproof, full of life and long wear, will not slip, and make walking ever so much easier. Always demand Cat's Paw and Rinex; there is no such thing as "just as good."



A HOT WEATHER JOY

pleasing to the palate—a satisfying, nourishing relief from the heavy Winter foods that dog the liver and tax the digestion—Shredded Wheat Biscuit with berries and other fruits. Try this wholesome food combination for a few days and notice the return of mental buoyancy and physical alertness. Shredded Wheat is ready-cooked—no kitchen work or worry.



MADE IN CANADA

CARS FOR SALE OR TRADE

One 1918 Ford Sedan.
1—1917 Chevrolet Roadster, all new tires.
One 1917 Overland Roadster. All kinds of cars bought, sold or exchanged.

Bert Stansbury,
169 Raglan Road. Phone 1674w

COMMISSION THE SOLDIER'S AID

has been incorporated by the Province of Ontario for the purpose of assisting to re-educate discharged officers and men in civil life.

EMPLOYMENT.
We cordially invite the co-operation of the public in the important work of securing employment for soldiers who have been discharged from military service.

VOCATIONAL TRAINING.
Classes for the vocational re-education of soldiers who have been so disabled as to prevent them from resuming their former occupations are provided free of cost, and in addition, the support of the soldier and his dependants is provided during the period of retraining and for one month after. Further information as to courses may be obtained from W. W. Siegel, Superintendent of Education, 116 College Street, Toronto.

RELIEF FUND.
Donations for the assistance of soldiers' families in temporary distress will be thankfully received and acknowledged, and should be made payable to the order of the Commission.

Head Office:
114 COLLEGE STREET, TORONTO.
Kingston Branch:
235 BAGOT STREET
F. H. Godson, Secretary Kingston Branch.

YUBAN Will Be At CAVERLY'S Next Week

Let us Book Your Order Now.

Bon Marche Grocery
One King and Earl Streets
License No. 2-27168
Phone 1944.

FORD CARS FOR SALE

We have a few used Ford Cars which we can sell reasonably. All automobile repairs work guaranteed.

Central Garage
282 King St. Phone 2185

The Teilmann School of Music

Piano, violin and other stringed instruments; elocution and dramatic art. Pupils may begin at any date. Terms on application. Engagements for concerts accepted.

216 Frontenac Street.
Phone 1325j

TORONTO CITY DAIRY

ICE CREAM

A. GLOVER
License No. 1-4529

Try to Raise Bread Without Yeast. You Can't Do It!

And you can't build and maintain a strong body unless you put all the required material into it. You must have something besides mere flesh-forming food.

That's why

Grape-Nuts

is an ideal food, for besides ordinary nourishment, it contains the mineral elements of the grains—material absolutely required for building and maintaining the right kind of nerves and bone and blood and brain and brawn.

Some foods lack these elements. Grape-Nuts provides them.

No raise in price to consumers during or since the war.