

Classified Advertisements

LUMBER James M. McBride & Sons, George-st. near Welland Ave. Telephone 41 W

M. MALLOY Light and Heavy Trucking. Local and Long Distance Moving. Phone 1878 65 Lowell Ave

DR. J. L. PORRIER Late resident physician St. Michael's Hospital, Toronto Office Hours 1.30 to 7 and 7 to 8 p.m. Telephone No. 1526

A. R. DE CONZA Real Estate, Houses, Farms and Lots for Sale. Houses and Farms for Rent 95 Geneva St. Phone 1177.

Poultry Food and Supplies Dr. Hess' Poultry Panacea Peatt's Poultry Regulator Reval Purple Poultry Specific

J. K. Black Estate 23-25 James-st. Phone 29 Canada Food Board License No. 9-369

Farmers, Notice! If you want To Sell Hogs either alive or dressed, call write or telephone for our prices before selling elsewhere. Moyer Bros., Ltd. 8 Frank St. Phone 197 ST. CATHARINES

PHELAN'S Vulcanizing Works Rubber Tires for all vehicles. Tire repairing of all kinds. We sell tires of all makes 20 St. Paul-st W. Phone 734

BEST DELIVERY Phone 2078 BAGGAGE TRANSFER CARTAGE AND MOVING Auto Service at all hours. Office: 18 Queen Street

Skates Ground and Conceived at 15c Pair By latest improved skate grinder. Call and see. Also furniture repaired at Novelty Woodturning Works 30 Centre Street

CARPET CLEANING NOW IS THE TIME TO HAVE your carpet cleaned. We do your work first-class by vacuum machines. Furniture crated and stored. Upholstering in all its branches.—CARPET CLEANING CO., 34 St. Paul Street, Phone 605, W. J. Westwood, Proprietor.

Homes For Sale

We have secured the sale of six houses, priced from \$2,400 to \$3,000 on good residential street facing south, which will be sold on reasonable terms. If you are interested in the purchase of a home at the price, it would be to your advantage to look at these properties at once.

KERNAHAN & GRAVES TELEPHONE 33 14 QUEEN STREET

BUSINESS OPPORTUNITIES \$1,000 DOES IT. TEXAS OIL LAND making holders big money every day Bank references furnished. Investigate us thoroughly, that's all we ask. Results count. Our plan \$1 down balance monthly, few months gives you warranty deed to land. May pay profits \$200 or more monthly. Maps, reports established facts free. Address Sourlake Texas Oil Co., 248 De Menil street, St. Louis, Mo. M-27

INVESTMENTS INVEST \$100, THOUSAND ACRES and dividend paying production Conroe Oil Company, Union National Bank Building, Houston, Texas. M-22-27

FLORISTS. Choice cut flowers, potted plants and floral designs, at all times. at Walker's Florist, 104 St. Paul Street, Phone 763. J.F.

V. S. KILLMER, D.D.S., L.D.S., Dentist Office—65 St Paul Street, St. Catharines Phone 16. Residence 22 Welland Avenue.

DR. J. G. SUTHERLAND After three years overseas has resumed practice in diseases of the eye, ear, nose and throat and prescribing of glasses. Office hours 9 to 12 a.m., 1.30 to 4 p.m. and 7 to 8 p.m. Tuesdays 7 to 8 p.m. Sundays

DRS. MOYER AND MOYER, 1407 Main street, Moyer Bldg., Niagara Falls, N.Y. Guaranteed painless dentistry. Good set of teeth \$10.00 gold crown \$6.00. Write for our free dental price list. We pay your car fare. Business established over 25 years. Work guaranteed. Canadian money accepted at full value, no discount. M-27

ONE HORSE CARTING and delivery work. Phone 361. Cheapest Rates. DAY AND NIGHT Phone 361 2 to 4 p.m. or by appointment. Office and residence 35 Church Street, Telephone 624.

GENERAL CARTER Office Phone 229—Residence 987 JOHN O'BRIEN Corner Queenston and Calvin Streets Our facilities for handling furniture or Pianos are unequalled. We will undertake to do teaming of any kind. If it's to be moved send for O'BRIEN. Also Sand and Gravel. Machinery moving a specialty

"Mazda" The Best Tungsten Electric Lamps The Kind You Read About We carry the largest stock in the peninsula, and can fill orders for any quantity immediately. By them by the box; and save money. Guaranteed against defects.

J. H. SANDHAM COMPANY 235 St. Paul Street Telephone 1112

CASTORIA For Infants and Children In Use For Over 30 Years Always bears the signature of Dr. J. C. Watson

HELP WANTED, MALE SHEET METAL MAN WANTED—experienced in bumping finished auto bodies. Highest wages paid to first-class man. Apply General Motors of Canada Ltd., Oshawa, Ont. A-3-10.

WANTED—POSITION BY FIRST-class all round baker. P.O. Box 84, Hamilton, Ont. M-27-29.

MECHANICS WANTED WANTED—AUTO PAINTERS EXPERIENCED in varnishing, color varnishing, varnish rubbing and rough stuff rubbing. Apply stating experience to General Motors of Canada, Ltd., Oshawa, Ont. M-22-29

MAN WITH OR WITHOUT FORD Car can make big money selling Ford accessories. Exclusive territory. Standex System, 578 Yonge St. Toronto. M-125-6-7.

WANTED—DRAFTSMAN FAMILIAR with laying out elevating, and conveying machinery. Apply American Cyanamid Co., Niagara Falls, Ont. M-23-4-5

FEMALE HELP WANTED WANTED—EXPERIENCED STENOGRAPHER, high school graduate preferred. Apply by mail to The Spirella Company of Canada, Limited, Niagara Falls, Ont. M-23-4-5

WANTED—GIRLS FOR LIGHT MACHINING and assembling of small parts. Apply to Canadian Yale & Towne, Limited. M-22-27

WANTED—Telephone operators. Apply Chief Operator Bell Telephone Building. M-21-6-7

GENERAL SERVANT WANTED—GOOD HOME EVERY CONVENIENCE, \$35.00 per month. Fare paid to Toronto on arrival. Apply Mrs. J. McCabe, 149 Rusholme Road, Toronto. M-22-23

FOR SALE—POWER SPRAYING Machine with "Friend" Engine and pump, all complete and in good condition. Bell's Limited, Grimsby, Ont. M-31 to A-7.



DR. ARTHUR B. COBB Dentist Main and Eagle Streets Buffalo, N.Y. Open Evenings No Sunday Work.

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HOUSECLEANING TIME In the Spring a Woman's Fancy Turns That Way.

She Finds the Work Fascinating—Some Very Practical Hints as to Doing the Job. Recipes for Cleaning and Polishing.

(Contributed by Ontario Department of Agriculture, Toronto)

HOUSECLEANING for the most part is fascinating work, that is, after we pass the cellar. After all, this is really the most important part of the house and should receive first consideration in the spring. Probably it will never be known how much of the low state of vitality found in some families is to be charged to ill-ventilated, badly-lighted, poorly-draided cellars, where decaying vegetables are kept, sending its foul germs laden air to every part of the house. If vegetables are stored in the cellar they should be carefully picked over and all growth and decayed ones removed. In addition to thoroughly cleaning, the walls should be white-washed, and if the cellar is at all damp, it is well to keep a metal or earthen receptacle containing unslaked lime in the cellar. Now a day should pass without the cellar being properly aired. In the very hot summer days, the windows should be opened every night and closed during the day. The reason for this is, that the outdoor air in the daytime is much warmer than in the cellar. This warm, moist-laden air enters the cooler atmosphere of the cellar, and the moisture condenses and rests on all surfaces making the cellar damp and warm. By opening the windows at night and closing them in the daytime the cellar is kept dry, pure and clean. It is well, too, before leaving the cellar to see that the screens are placed properly in the windows—extra blankets, etc., and laying in a supply of cleaning materials. This will save a lot of time. It has been customary to envy the home with new furniture. We think it would be easy to make the home look well if we just had some new chairs, dressers, tables, etc., but as a matter of fact, it does not make the housecleaning any more interesting as if we have some old furniture (which we have longed to discard for years) to transform into something new. What could be more fascinating than the painting of the walls, the draperies, the woodwork, and the floor.

It is not only that a floor looks much better if it is painted or polished, but it saves time and energy in cleaning. The rough surface collects greasy moisture, dust settles into it and the grimy discoloration and unhealthy conditions exist. Pine floors are hard to keep clean. The following methods of treating them may be of value: 1st. Spread over the floor strips of old sheeting, to this add two coats of paint. This will secure a very satisfactory floor, for the floor and the ceiling may be covered with a rug.

2nd. Apply a coat of linseed oil. Then fill cracks with "Crack and Crevice Filler," and apply an oak stain and two coats of floor finish.

It is difficult to say which rooms in the house should receive the most careful consideration. The bedroom is important because it is in the bedroom the person should receive that perfect sleep which will insure physical and mental strength.

The kitchen, too, is important, because here the woman spends a great deal of her time. It will be found most satisfactory to have linoleum placed on the kitchen floor. This is easily kept clean, and is soft, warm, elastic and wears well. There should be nothing in the kitchen which cannot be washed. The furniture, walls, etc., should be washable. While cleaning this spring it is especially important that the refrigerator be cleaned. The following recipes and information may be found of value in doing the spring cleaning:

Washing Windows—Always dust first and clean the window before washing the glass. The glass may be washed with warm water and soap, ammonia, or kerosene, or whitening and ammonia. In washing with the cloth almost dry, rinse off the window, and dry with a soft cloth and polish with a soft paper or cloth.

Painting Woodwork—Wash in warm soapy water with a soft cloth, doing a little at a time and drying as you go along. For light painted wood use whitening paste.

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There are many helpful suggestions for cleaning, and labor-saving devices appearing in weekly papers and magazines from time to time. It is a good plan to cut these out and place them in a labelled envelope or box for future use.—Miss D. M. Sutherland, Women's Institutes' Branch.

SLEEPLESS NIGHTS OVERCOME BY SAFE METHOD

SUGGESTIONS GIVEN WHEREBY INSOMNIA CAN BE SAFELY AND QUICKLY CURED.

Worry, overwork, overstudy, and indigestion cause insomnia. Healthy, natural sleep can't be produced by drugs. First the blood circulation must be improved. Congestion of blood in the head must be removed. Irritation in the brain must be removed. It's because Ferrozone equalizes circulation, because it soothes the irritation, because it removes congestion that it does cure insomnia.

Remember, sleep is just as important as food. You must sleep or break down, but if you'll use Ferrozone and thereby remove the condition which now keeps you from sleep, you'll let well quickly.

Ferrozone is not a narcotic, not a dope, it is a health-giving tonic that any child or delicate woman can use. Absolutely safe is Ferrozone.

Take it for a month, take it for a year—no harm but immeasurable good will result. To sleep well, look well, feel well, to be free from depression, nervousness or blues,—use Ferrozone. It's a food tonic, a healer to the weak and wretched, a boon to the sleepless—sold in 50c. boxes, six for \$2.50 at all dealers, or direct from the Catarozone Co., Kingston, Ont.

SINN FEIN SPIES

ALERT IN IRELAND (Continued from page 1) and Chief Secretary Macpherson have all received notices of impending assassination. Sir Edward has received many notices like these and is still alive and kicking to some purpose. A special train on the Great Southern Western Railway conveying three thousand pounds in wages for employees was held up by an armed gang at

Worth Every Cent of its Cost

"SALADA"

Black, Green or Mixed... Sealed Packets Only. Never Sold in Bulk.

Killonan, five miles from Limerick; the gang carried off the entire amount. Over fifty Sinn Fein prisoners from the south arrived in Belfast by destroyers, and were lodged in Belfast jail, which is now to all intents and purposes a Sinn Fein internment camp. The jail is heavily guarded, with barbed wire entanglements all around it.

Derry jail is also being reserved for the same doubtful honor. Police Barracks Raided Clouctruy police hut, Tipperary, was attacked and defended by Sergeant Hamilton and five men against one hundred and fifty rebels for three hours. The police used rifles and bombs and after the attack was beaten off, two large pools of blood outside showed that the rebels had suffered. Sergeant Hamilton was wounded in the head by a rifle bullet.

Scartigan barracks, Kerry, similarly attacked, was defended by the police for three hours, the rebels using petrol bombs and rifle fire. The attackers retreated with, it is believed some wounded. Constables Darlington, Lavelle, and Flaherty, a cyclist patrol from Castle Gregory to Claghane, Kerry, were attacked at Stradally, by an armed gang and deprived of their arms, ammunition, and cycles. Flaherty was wounded.

The inquest was resumed on the body of the unknown man found in a field at Newcastle, West Limerick. Despite every effort made, the police are unable to ascertain his identity. The medical evidence told of eight bullets in the head and body, discharged from within three feet of the verdict was death by bullet wounds not self-inflicted. It is believed the man was a Sinn Fein informer.

DOCTOR WARD, The Specialist

SPECIALIST IN THE TREATMENT OF NERVOUS CONDITIONS, NERVE EXHAUSTION, BACKACHE, LUMBAGO, RHEUMATISM, STOMACH AND LIVER TROUBLES, ACNE, SKIN DISEASES, CATARRH, ASTHMA, RECTAL TROUBLES, PILES, FISTULA AND BLOOD CONDITIONS. The knowledge gained from many years' experience in treating diseases just like yours is of much benefit to you and assures the ailing man of prompt relief. When a man knows that he is again feeling well—that he is rid of his ailment—he feels that a heavy load has been lifted from his shoulders. I give every patient the benefit of the knowledge acquired through the long experience of a graduated, licensed and registered specialist, in order to bring about the most satisfactory results in the shortest possible time.

NERVE EXHAUSTION A CONDITION AFFECTING MANY MEN—THE GREAT AMERICAN DISEASE— IT IS BROUGHT ON BY OUR MANNER OF LIVING—OUR WORRY AND HURRY — AMERICANS EXHAUST MORE NERVOUS ENERGY THAN ANY OTHER RACE OF PEOPLE.

There are a great many men who need treatment for their nervous system. These men do not know what is the reason they don't feel right—why they can't work like they used to—why they tire so easily and why they are irritable, nervous, despondent, weak, pale and lack ambition. These conditions require the expert knowledge and treatment of a specialist who has had many years' experience in just such ailments. A specialist learns by experience to know just the right treatment at the right time so that the patient can be dismissed at the earliest possible time. Men affected with nervous exhaustion have no endurance—no ambition—everything they attempt is an effort. Life to them appears as a long, gloomy future. Their appetite is poor and variable—they become irritable, cross and discouraged. They have pains and aches in various parts of the body and there is often indigestion and pains in the stomach. Sleepless, wakeful and restless nights follow.

RHEUMATIC AILMENTS SCIATICA AND OTHER FORMS OF RHEUMATISM; LUMBAGO, PAINS IN BACK, SWELLING, ACHING, PAINFUL CONDITIONS IN ANY PART OF THE BODY—INFLAMED AND SWOLLEN JOINTS OF LEGS AND ARMS — MANY OTHER SYMPTOMS. Hundreds of men are suffering with some form of Rheumatism. Many of these men go from day to day suffering untold agonies thinking they cannot be cured. They have tried liniments, rubbing, massage, salts and other treatments without experiencing any relief, and they are now going through life thinking they are martyrs to that burden called Rheumatism. If these men could only know how easy it is to get rid of many rheumatic conditions I know they would not suffer another single day. Then all sufferers of rheumatism would be strong and healthy if they could get rid of the condition. Rheumatic patients are nearly all strong and robust before being attacked by this ailment, and therefore it is so hard for the man to understand why he should suffer the agonies of such a condition. When a man gets rid of such a condition he feels that a heavy burden has been lifted from his life, and he starts right out to make up for lost time both in money and pleasure. When a man comes to my office suffering with the above condition he is given a most careful examination, and he is given treatment that he feels is giving him great benefit.

Quick and Lasting Results Assured the Ailing Man BLOOD YOUR WHOLE HEALTH OF BODY AND MIND DEPENDS ON YOUR BLOOD. Any "building process" of the body and mind, of the muscle and tissue formations, of any of the various vital organs, can be accomplished only by working direct through the blood stream.

DR. WARD Buffalo's Leading and Most Successful Specialist 79 Niagara Sq., Buffalo, N. Y.

MY LADY



Tobacco culture in Canada is an industry of comparatively recent date. Extensive development has taken place in the prairie provinces over the last few years, and recent years have proved the adaptability of widely separated sections of Dominion to this very profitable industry of agriculture. Since the price of 28 cents per pound has been imposed on all foreign leaf tobacco the Canadian industry has received a yet greater stimulus, and later in the culture is becoming wider and more diversified yearly.

The two principal provinces which have been successfully engaged in this industry for many years are Ontario and Quebec. Very successful results have been obtained also at Kelowna, the Okanagan district of British Columbia, and the growing of tobacco has been introduced in the prairie provinces. Experiments in the Lethbridge region district in Southern Alberta would indicate great possibilities for the growth in the prairie provinces. Tobacco in Ontario, is grown in the counties of Essex, Peels, Kent, Prince Edward, Elgin, and Lincoln. A total of 3,225 acres among these counties was devoted to the cultivation of the tobacco plant in 1919, producing a yield of 10,709 pounds, or an average of 3.34 pounds per acre.

KING GEORGE THEATRE

TO-DAY and TUESDAY The Selznick Pictures Present ELSIE JANIS In the Thrilling and Humorous Story "THE IMP" Story by Elsie Janis and Edmund Goulding

Special Two-reel Christie Comedies British-Canadian News THE STRAND COMEDIES Mat. 10c.; Eve. 10c and 15c

Best Delivery Phone 2078 BAGGAGE TRANSFER CARTAGE AND MOVING Auto Service at all hours. Office: 18 Queen Street

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