

You Can Cook Better With Low Pressure Gas

North and east winds, low Wednesday—Easterly winds, cooler, unsettled

Better results can be obtained with a pressure of one ounce than with a pressure of four ounces, if your cooking vessel is properly placed over the burner.

Yet many people cook with the gas on at full pressure, which means that twice as much gas is used to get poorer results.

Remember this when you are cooking and do not waste gas.

ALTHOUGH NATURAL GAS IS CHEAP, DO NOT WASTE IT, THE SUPPLY IS NOT EVERLASTING.

THE UNITED GAS COMPANIES, Limited.

You Have No Right To Suffer

Suffering is unnecessary and with CHIROPRACTIC at hand, ready and willing to help you, you are acting very foolishly if you do not consult your Chiropractor at once. Upon the condition of your spine depends the state of your health and your suffering is without doubt due to a subluxated vertebra which is pressing upon the nerves causing the stop of mental impulse from the brain to the various organs. Your Chiropractor will give you a Spinal Analysis, will locate the place where the subluxation occurs and will proceed to adjust it. Mental impulse will then flow freely and unimpeded and your sufferings will be over.

Consultation and Spinal Analysis Free.

Drs. Durham & Durham
Palmer Graduate Chiropractors
Phone 1680 Hrs. 9-12, 2-5, 7-9 106 King St.

Before War Bread

With all the Nourishment, Taste and Flavor of the Bread you used to know and the bread you missed so much during Government war-time restrictions. Good Bread was never so much appreciated as now, that is why we make ours as good as bread can possibly be made. The wholesome properties of this bread gains nutriment from the fine wheat flour and zest from our modern formula of baking.

Its Crispy Crust and Fluffy Body is Relished By All the Family. On Sale By All First Class Grocers

WRIGHT'S SANITARY BAKERY
55 Geneva Street Telephone 575

The Royal Bank of Canada

HEAD OFFICE, MONTREAL
SAVINGS DEPARTMENT

It is a Natural Duty That You Should

SAVE

The Manager invites you to open a Savings Account. If you cannot bring your deposit, send it by your wife, by mail or messenger.

Joint Accounts An account in the joint names of two members of a family, either of whom (or the survivors) may operate it, will be found convenient.

Capital Paid Up \$15,000,000
Reserves \$16,000,000
Aggregate Assets 420,000,000

t. Catharines Branch St. Paul and Queen Streets

SALE NOTES

Save yourself the time worry and inconvenience of collecting your sale notes by having this Bank do it for you. We will look after all payments when due and credit the amount paid to your account. Consult the Manager.

THE DOMINION BANK
Drafts on China sold at favourable rates.
Temporary premises, 34 St. Paul Street.

CITY AND DISTRICT

We buy everything you want to sell. McGuire & Co.

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

The offices of the City Hall will close at 12 o'clock noon on Saturdays during the months of June, July and August. d13

For the June Bride, let us suggest an "Eureka" Vacuum Cleaner, or one of our One Minute Washing Machines. We have them at different prices, either Electric, hand, water or power driven. The Martin Electric Co., 9 St. Paul St. J. 9 m-t. & 7-t. i.

The firemen had a call at 11 o'clock last night to put out a blaze which had caught in a chicken coop on Russell Avenue. The boys were very prompt and soon had the fire extinguished.

A meeting will be held in Montebello Park tonight in the interests of the Independent Labor Party. Speakers: Mr. Allan Studholme, M.P.P. of Hamilton, and Mayor McBride of Brantford. j 10

At the Presbyterian General Assembly meeting in Hamilton the question of increased salaries for clergymen was taken up. It was held that many men of the cloth particularly in the rural sections have to live in comparative penury.

Peter Wright of the British Seamen's Union who gave such a striking address in the Collegiate Hall here some time ago has arrived back in England according to a cable.

Frank McCullough the Toronto murderer is to be executed on Friday. No reprieve has yet been received from the Department of Justice though strong claims have been made.

Miss N. Ingersoll of St. Catharines was the guest of Miss K. McMurrich for the week end. Toronto Star.

The Dominion convention of the G. W. V. A. will be held in Vancouver, June 30th.

There was a slim attendance at the schools all day yesterday. The circus was the reason.

Some of the Sunday schools of the city started their services in the morning on Sunday. It is quite likely all the church schools will have morning services during the hot summer months.

The regular meeting of the public school board will be held on Thursday night of this week.

Sparks Bros. circus, which was in the city yesterday, plays at Belleville on June 11 and Lindsay on June 12.

Isn't this romantic?
Two toes loved by four corns for five years and sentenced to die by five applications of Putnam's Corn Extractor. If you want to cure corns, "Putnam's" is the only thing—try this painless remedy, 25c at all dealers.

FIVE HUNDRED DOLLARS REWARD
The above reward will be paid for information that will lead to the arrest and conviction of the party or parties who on the night of April 26th, 1919, assaulted and killed one Charles Sergeant night watchman at the Engineering and Machine Works Limited St. Catharines, Ont.
HARRY N. GREENE,
Chief Constable,
St. Catharines, Ont.
J10-11-12

The funeral of the late Pte. Coull which will be held to-morrow at two o'clock from his late residence Albert street, to Victoria Lawn Cemetery will be a military funeral under the auspices of the Great War Veterans.

The body of Pte. Coull who passed away in Toronto on Sunday arrived in the city last night for burial in Victoria Lawn Cemetery.

The Sunday School League which was to have met at the Y.M.C.A. last night and which was postponed owing to the circus will meet to-night.

Mr. Frank Bogy has his men busily engaged decorating the front of Alderman Hill's barber shop on St. Paul Street, which when completed, will present a neat appearance.

Mr. Charles Hilton, of Vancouver, B.C., is visiting with his uncle, William Hilton, North street.

Bandmaster Joe Holden who left the city with the 35th Battalion arrived home last night at 8 o'clock and was given a welcome by relatives and friends.

The following baseball games which were postponed until to-night owing to the circus: Maple Leaf Rubber works vs. Independent Rubber works, Marathon Rubber Co. vs. N. S. & T. Yale and Towne vs. McKinnons.

The extra geraniums which the Horticulture Society have on hand were offered for sale on the market this morning.

Mr. Ernest Davis, 8 Capner Street is seriously ill at the Welland Hospital having had an operation performed for intestinal troubles.

Mr. James White of Hamilton is at present a patient in the Welland Hospital, the result of receiving a broken leg, above the ankle, while employed with the Imperial Oil Co.

The tax rate at Tillsonburg has been struck at 32 mills a reduction of 1 1/2 mills. Labor is scarce and outside labor will have to be brought in to finish road work. The house problem is also to the front, new buildings being either rented or sold before the foundation is completed.

An essay competition was conducted by the Stratford Chamber of Commerce recently on the "Necessity of Cleanliness." There were two divisions one for the Collegiate and Normal Schools, and one for the public school. There were fifty students competing in the higher schools and eighteen from the Public School.

Mr. E. J. S. Brown, assistant inspector of taxation for this district, for the Dominion finance department, is leaving at the end of this week for a visit to the Old Country.

Mayor Booker of Hamilton received much criticism for declaring yesterday a half holiday in honor of the home coming of the gallant 54th Battalion. The city offices all closed at noon but many of the stores remained open.

Brig.-Gen. H. C. Bickford, head of the Canadian Expeditionary Force in Siberia, who returned to Hamilton on Saturday, declared that if any Bolsheviks are arrested in Canada, Siberia is the best place to send them as there, are a lot of their fellows over there. While the Siberian contingent had very little actual fighting, their splendid discipline won for them an enviable record and maintained the glorious record set up by their kinsmen in France and Belgium reports the General.

A gang of laborers started again this forenoon on the James St. improvement work for the N. S. & T. Ry. so that the strike of yesterday was short lived.

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Brilliant support and good pitching by Jones in crises enable Toronto to take the first game of the series at Binghamton yesterday by 3 to 2.

Those who know Chopin's music realize the difference in expression of his national dances. The Polonaises, Mazurkas and Nocturnes differ so much from one another, yet they all express one distinct national feeling. Chopin poured forth his melody spontaneously.

People who dream may rest assured that they are not possessed of a criminal mind. The criminal does not dream. He is essentially a man of action whose mind never wanders from purposes to morals, and consequently his sleep is undisturbed by any nightmare or hallucination.

The discovery that they do nothing of the kind is the more startling because it has always been a popular belief that wrongdoers are haunted at night by their crimes. But apparently the novelists who led us to this supposition are at fault. The truth would seem that the average criminal enjoys a slumber as sweet and dreamless as that of any innocent child.—Tit Bits.

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June Weddings

MISSEN-MILLER WEDDINGS

A very pretty but quiet June wedding took place on Monday afternoon at 3 o'clock at the home of the brides parents, Mr. and Mrs. Hugh Miller, Pelham Road, when their eldest daughter, Helen Harrison, was united in the holy bonds of matrimony to Mr. Edward Lionel Missen, youngest son of William Missen, of Fonthill. Rev. Mr. Radcliffe, officiating. The bride wore a very pretty wedding dress of ivory georgette crepe and duchess silk, picture hat to match and carried a shower bouquet of bridal roses. She was attended by her sister Miss May Miller, who wore a pretty dress of blue silk and carried a shower bouquet of carnations. Mr. Thomas Weatherhead very ably assisted the groom.

The service which was witnessed by only the immediate relatives of the bride and groom took place under an arch of Union Jacks and marguerites after which a buffet lunch was served.

The groom's gift to the bride was a solid leather suitcase with ivory fittings, to the maid a silver purse, the best man receiving a diamond and pearl tie pin. The brides present to the groom was a silver headed walking stick suitably engraved. The young couple left for Bala Lake, Muskoka, where they will spend a ten days honeymoon.

C. M. A. MEETING
Forty-Eighth Annual Convention Opening in Montreal

TORONTO, June 10.—Manufacturers from various parts of Canada arrived here yesterday to attend the forty-eighth annual meeting of the Canadian Manufacturers' association, which commences to-day. The convention this year is especially important in view of the industrial conditions now confronting industry and a special appeal has been made to the 5,500 members of the association throughout the Dominion to take part in the discussions at the various sessions.

At the annual dinner on Thursday evening addresses will be delivered by Lloyd Harris, chairman of the Canadian Mission in London; Geo. B. Nicholson, M.P., chairman of the cost of living committee of the government; M. A. Brown, mayor of Medicine Hat; T. P. Howard, Montreal, incoming president, and W. C. Good, of the united farmers of Ontario.

At the business sessions to-day the chief items on the agenda are the president's annual review and reports by the general manager, treasurer, executive committee and insurance committee.

BURGULARS DON'T DREAM
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VEALE BROS.

41 Ontario Street Telephone 1458

Fibre Mats and Rugs

Reduced to Sell Quickly As Follows:

Mats, 16" x 27", regular 50c, for..... 39c each
Rugs, 21" x 36", regular 75c, for..... 59c each
Rugs, 27" x 48", regular \$1.50, for..... 98c each
Rugs, 36" x 63", regular \$2.00, for..... 1.48 each

Hit and Miss Rag Rugs

Rugs, 24" x 36", regular 90c, for..... 75c each
Rugs, 24" x 45", regular \$1.00, for..... 75c each
Rugs, 27" x 54", for..... 1.49 each
Rugs, 36" x 63", for..... 2.50 each

WANTED—COMPETENT STENOGRAPHER. Must have experience. Highest wages. Apply The Pedlar People Limited, Oshawa, Ont. j 11 13

11,000 ARE LOCKED OUT

ANSONIA, CT., June 10.—Just as a conference had ended between a committee of employees and officials of the American Brass company today closed its plant here, throwing about 4,000 temporarily out of employment. The Ansonia Manufacturing company followed suit, affecting about 7,000 more.

It was stated at the office of the American Brass company that nineteen workers presented demands at 8.45 and requested an answer by 10 o'clock. The committee presented six points in their demands, the most important being an increase of 25 cents an hour and double time for all over eight hours.

WHEN IN NIAGARA FALLS, N.Y. STOP AT THE PARK HOUSE
Hot and Cold Water in Every Room. All Conveniences
224 1ST STREET

SPOT CASH PAID FOR VICTORY BONDS OR RIORDON COMMON
Open Saturday Till 9 p.m.

John W. Gordon
Room 1 Phone 49
5 James Street

FOR SALE—McLaughlin Wagon, two seats, good Allen (Oil), Fonthill, P. Ridgeville.

FOR SALE—Gilbert Up Special terms if sold to Mason & Risch, Limited, Street.

FOR SALE—Ford Town first class condition, owner is leaving city Ave.

FOR SALE—200 shares & Refining Corporation shares Buffalo Oil \$1.25; 100 shares Ha \$3.25. J. M. Townes, Ark.

FOR RENT—Five room close to Lake shore, house. Pleasant surrply, Mrs. J. M. Elson Street; telephone 2084

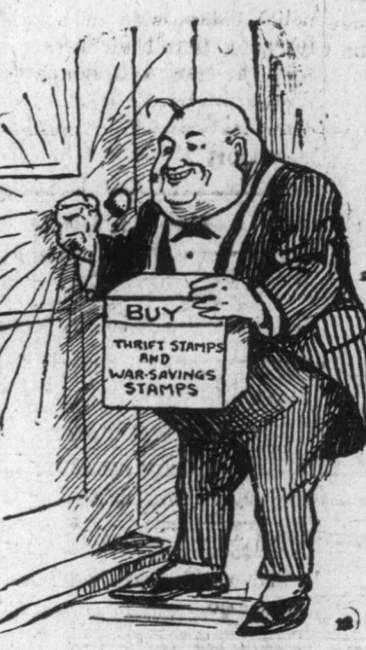
FOR SALE—Edison Tair regular price of machine eighteen double-sided attachment, complete \$225.00. Reasonable termsible party. Apply M Limited, 91 St. Paul S

TEETH—DRS. MOYER AND Math street, Moyer Falls, N.Y.; Guarantodentistry. Good set heavy gold crown \$5. free dental price list car fare. Business 25 years. Work gu

Agents want MAN to work this city chandeliers, brass beds, by new method. \$10 capital or experience. metal Co., 315 Elm, De YOUNG, well dressed, m and sell goods. Perma and good chance for Must be able to start evenings, International week. C. D. Murphy. SALESMEN WA Sell stock in Oil Compu one thousand dollars we dollars invested Traps Sixty Thousand. Supple Big Southern Company, Tex. FOR SALE



The Pirates Hoard
Wood's Phosphor
The Great English Remedy
Treats and invigorates the whole nervous system, making new blood in old veins. Cures Nervous Debility, Mental and Brain Weakness, Dizziness, Loss of Memory, Palpitation of the Heart, Fading Spleen, etc. \$1 per bottle for \$5. One will please, six will cure. Sold by druggists or mailed to you, plus postage. Write for prospectus. THE WOOD MEDICINE CO., TORONTO, ONT. (Canada Mailed)



A BIG, FAT, OPPORTUNITY IS KNOCKING AT YOUR DOOR



Why? not?

Seek the best. The price is the same, but the quality of our bread is superior.

Good Bread is essential to man's health.

Be sure of the good kind

Solid, High Grade Quarters

of beef are constantly coming into our store from the best source of supply in the country. Our meats are of extraordinary quality and flavor. Our service, too, in every way is on a par with our merchandise. Get acquainted with our methods. We value your orders

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Simmonds Bakery
Phone 1190
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C. H. SHELLY
Meats and Provisions
Lake Street and Chaplin Avenue
Phone 1858