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HEAHAN

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Catharines

ation by Kirkby and White, T  
lay here today, morning and aft  
noon.

TI-FLU'S

romi-Laxine  
CHOCOLATED

PILLS

by Thousands of Leading  
PREVENT AND CURE  
LU, GRIPPE  
COLDS  
CENTS

ATED TO PREVENT & CURE  
GRIPPE  
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A SINGLE-DAY  
TREATMENT  
BY SYNTHETIC  
COMPOUNDS

SH COUPON  
your Druggist or Dealer will  
FLU BROMI-LAXINE C HO  
and 2 boxes C. D. S. Kidney

and A. W. Garner & Co., St  
ou; J. M. N. Waugh, Port

does not keep? Anti-Flu  
ousands of Druggists  
ntatives:  
s Syndicate Ltd.,  
EST, TORONTO

RABLE  
CTIMS

ery at little things that ordinare  
You feel nervous. You lose  
appetite. You lose flesh—all run

skin eruption that is stubborn,  
evous condition which does not  
cure? Are you going down hill

OUS AILMENTS  
nervousness, dependency, poor  
irritable disposition, diminished  
concentration, fear of impending  
and tendency to sleep, unrestful  
pimples on face, palpitation of  
in back, lumbago, dyspepsia,  
intomina. Dr. Ward gives you  
raction in the treatment of all  
ases. The above symptoms, and  
ainly that something is wrong  
you need expert attention.

USION  
ere are numberless people who  
they feel nervous, weak, languid  
no ambition or endurance to  
effort. Life to them appears  
ble is poor and variable; they  
ed. They have pains and ach-  
es is often indigestion, belching  
Sleepless, wakeful and restless  
after meals and the brain tires

LING MAN

well. Experimenting days long  
cause. No delays—no waiting  
expected results. I make a fee  
of \$10.00 or \$25.00 it means  
ation free.

Tues. DR. HERRICK

lo's Leading and Most  
Successful Specialist

agara Sq. Buffalo, N. Y.

**ALMA LADIES' COLLEGE**  
Canada's National Residential School for Girls  
combines all the advantages of health, culture, and practical and aesthetic training.  
Thorough courses in Music, Art, Oratory, High School, Business, Domestic Science, and Superior Physical Training.  
Opens its thirty-ninth year on September the fifteenth, nineteen hundred and nineteen.  
PERRY S. DOBSON, M.A., Principal. R. I. WARNER, M.A., D.D., President.  
For terms address Registrar, ALMA LADIES' COLLEGE, ST. THOMAS, ONTARIO.

**The Wide Outdoors**  
pure health-giving air and miles of beautiful surrounding country are yours for the asking, if you own a car.  
Of course, you want the tires kept up in good condition and don't want to entrust them to bungling amateurs.  
That's why you'll be interested when you meet with a puncture, tea or other tire troubles in our work in  
**Vulcanizing**  
We have ample facilities for vulcanizing tires and tubes. The latest machinery, tools and equipment, backed by fifteen years' experience in the tire industry, place us in a position to give you the very best results.

**Phelan's Vulcanizing Works**  
Rubber Tires For All Vehicles Tire Repairing of All Kinds  
Opp. Glen Ridge Bridge We Sell Tires of All Makes  
20 St. Paul St. W. Phone 734 House Phone 732  
FREE AIR AT YOUR SERVICE

**Electric Water Systems for Rural Homes**  
GIVES—A modern bathroom, hot and cold water at your finger tips.  
An indoor closet, properly flushed by an abundance of clean water.  
Hot and cold water in the kitchen a saver of time and labor.  
Water for the stock, or to wash your car in fact water where you want it.  
See the Paul System, (it is not an experiment) at  
**J. H. SANDHAM COMPANY**  
ELECTRICAL DEALERS  
237 St. Paul Street Telephone No. 1112

**WALKER'S**  
Rubber Jar Rings, highest quality, 10c per dozen, three dozen ..... 25c  
Church's Bug Finish, per package 75c; two for ..... 25c  
Welch's Grape Juice ..... 12c, 35c and 65c  
Montserrat Lime Juice ..... 50c and 1.00  
Bathing Caps ..... 50c, 60c, 85c and 1.00  
Palmolive Soap, three cakes for ..... 29c  
English Health Salt ..... 35c

**Drug Store**

**Children Love Candy Cascarets**

Careful mothers know that Cascarets in the home mean less sickness, less trouble, less worry, less cost. When one of the kiddies has a white tongue, feverish breath, sour stomach or a cold, a Cascaret quickly and harmlessly "works" the poisons from the liver and bowels and all is well again.



TO MOTHERS! While all children detest castor oil, calomel, pills and laxatives, they really love to take Cascarets because they taste like candy. Cascarets "work" the nasty bile, sour fermentations and constipation poison from the child's tender stomach, liver and bowels without pain or griping. Cascarets never disappoint the worried mother. Each 10 cent box contains directions for children aged one year old and upwards.

**THE LOST BATTALION**  
Twas the strangest dream, the rarest dream, that ever came to me  
In all the nights we lay in mud or slept in hillside clear;  
It came to me as fresh and fine as sunrise on the sea.  
The dream of the lost battalion and the mystery canteen.

We were the lost battalion, and no one knew the tale  
Of how we came to that quiet place or why we came at all;  
Twas the stillest spot, the sweetest spot, with never rain nor gale—  
Only the sun and little clouds from dawn to eventide.

There were no parades and no fatigues; the C. O. sat all day  
And smoked or read a little book with covers gold and green;  
And we could take our blessed ease or when we fancied play,  
And always for the joy of us was the mystery canteen.

In that canteen was every kind of honest meat and drink,  
And smokes that put your mind asleep, and cakes and pastry gratis,  
And you never saw the paper pass or heard the coin chink.  
For money wasn't needed in that lost battalion land.

But who it was that waited there I couldn't rightly tell;  
I fancy 'twas a woman and it must have been a queen;  
And when the time for closing came a sort of silver bell  
Rang overhead and round about the mystery canteen.

We were the lost battalion, and some day I shall find  
The very spot that sheltered us, the book of gold and green;  
I'll see it in my dreams again, all still and warm and kind,  
And stay inside the doorway of the mystery canteen.

—C. Kenneth Burrow in The Westminster Gazette.

**SALTS FINE FOR ACHING KIDNEYS**  
We eat too much meat which clogs kidneys, then the back hurts.  
Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless, inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, and thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

**BICYCLE REPAIRS AND VULCANIZING**  
ROBERTS & BARDLEY  
Phone 1481 - 2 Queenston St.

**FOR SALE**  
Cadillac 1918 seven passenger, first-class order, a real bargain.  
Tudhope, a bargain for cash.  
1918 Maxwell, almost new, in good shape.  
Reo touring, a good car.  
Studebaker one ton truck in first-class order.

**GILMORE GARAGE**  
250 St. Paul St.

**CAREFUL DELIVERY**  
AUTO Phone 1992  
G. H. MOASE  
Quick Efficient Service

**TAXI SERVICE!**  
H. Disc supplies it. Special attention to private parties, weddings, funerals, etc. First class equipment. Day and night service.  
31 Rodman St. Phone 1102



**WILSON'S TYPING PADS**  
Every 100  
WILL BE MORE FLIES THAN  
500 WORTH OF ANY  
STICKY FLY CATCHER

Clean to handle. Sold by all  
Druggists, Grocers and  
General Stores

**THE PASSING JEST**  
Some people are so skeptical concerning its claims that they call it "The League of Hallucinations." Boston Transcript.

There was a sound of revelry by night, for the Bloggs were giving a party.  
Mr. Bloggs was singing "The Love That Makes the World Go Round" and Master William Bloggs made good the golden moment to take a turn at Mr. Bloggs' pipe in the study.

Shortly afterward it was apparent that William was not well.  
"Goodness, child," cried his mother, "have you been smoking?"  
"No mother," gasped her son, "but if that song is true that father's been singing I—I must be in love, that's all!"—London Answers.

**WHAT'S BRED IN THE BONE**  
During his recent visit to the coast a member of a reception committee asked Secretary of War Baker if it were true that the Germans were hissing American tootops doing duty in Germany. "It is true," replied the Secretary, "but don't be alarmed. The Government has decided that it's just an instance where the goose-step has gone to their heads."—San Francisco Argonaut.

**INSTRUCTING GRANDPA**  
"I was talking to my little granddaughter over the telephone the other day," said an old man recently to a few of his friends at a hotel, "and when I ended I said, 'Here, Dorothy is a kiss for you.' She replied, 'Oh! pshaw, grandpa! Don't you know that a kiss over the telephone is like a straw hat.' I said, 'Why, no, sweet heart, how's that?' 'It's not fell grandpa,' she said.—Blighty (London).

**SPELLING 'EM DOWN IN KANSAS**  
Menageries where sixth-hounds caracol,  
Where jaguar phalanx and phlegmatic gau,  
Fright ptarmigan and kestrels check by jowl,  
With pewit and precocious cockatoo,  
Gaunt seneschals, in crochety cockades,  
With seine net trawl for porpoise in lagoons;  
While scullions page erratic escapades  
Of madrepores in water-logged galloons.

Flamboyant triptyche grained with gherkins green,  
In reckless fracas, with coquetish beam,  
Ecstatic gargoyles, with gartesian chagrin,  
Garnish the gruesome nightmare of my dream!  
—Capper's Weekly

**SOLDIERS' SETTLEMENT BOARD HAS ACTED ON UPWARDS OF 8000 APPLICATIONS**  
NIAGARA FALLS, Ont., June 24.—Up to the 27th day of May, the Soldier Settlement Board of Canada has approved 7,900 applications for the benefits of the Soldiers' Settlement Act and at great many most applications were before the Qualifications Committees in the various provinces.

These figures which will be largely augmented by returns for the past two weeks of May and for the present month show that Canada leads in providing suitable farms for her war heroes.

**ARE YOUR NOSTRILS FULL OF CATARRHAL DISCHARGE?**  
If so, it's Time You Got Wise to Catarrhazone, the One Certain Cure.  
By no other means can you get relief so quickly as from Catarrhazone. It's the most direct remedy—direct because you breathe it to the very spot that is irritated and full of catarrhal germs. Nothing rounds about in the Catarrhazone method. It acts instantly, clears the throat of phlegm, stops the hacking cough, relieves tight chest, removes bronchial irritation.

So healing all breathing Catarrhazone, so full is it of curative agencies that winter ills flee before it. Carry a Catarrhazone Inhaler in your purse in your pocket, use it to ward off your little colds before they grow big. In a 100 outfit lasts two months, small size 50c, trial size 25c; all dealers or the Catarrhazone Co., Kingston, Canada.

**WHAT NAME MISTAKE**  
What teacher has not at some time heard a pupil say, "Oh I always make that name mistake don't I? It seems to be a perennial, never-failing, ever-recurring remark, like passing the time of day or commenting on the weather, but it should be treated with a deal less patience. It is always delivered with a cheerful confidence as if it were a pleasant little joke which the teacher should enjoy as much as the pupil does—and saddest of all—it is a refrain which is carried forth not alone by the careless but often by the good thoughtful one.

"I always make the same mistake" is the outward and visible expression of an inward and lamentable lack of care, a proof that the pupil "plays through" his study or piece without any particular goal in view, and without an earnest endeavour to make each playing better than the last. Wrong notes and painful fumbling soon vanish before slow painstaking practice.

Concentrate earnestly on the right performance, not on the fact that you have previously made a mistake. If a note is sharp and you have wrongly played F do not think "here is where I always play F and it's wrong" but here is where I must play F sharp, and that's right.

**KEEPS CHILDREN WELL MAKES THEM ROBUST**  
HERE IS GOOD ADVICE FOR THE HEAD OF EVERY FAMILY.  
Rapid growth, work at home and in the school-room, are sure to tax the strength of every child, and often prove the beginning of a chain of weakness that lasts through life.

Give your sons and daughters a fighting chance! Give them good home surroundings, fortify them with education—but above all else do everything possible to insure for them perfect health in years to come.

In no way can you destroy weakness and build up health so surely as with Ferrozone. It's the concentrated nourishment in Ferrozone that enables it to do so much good. It contains the very elements that are useful in building up bone and sinew, in vitalizing and strengthening the blood. The appetite Ferrozone brings will gladden any parent's heart, and when color, spirits, vim, and energy increase day by day then you know what grand work Ferrozone is doing. Because it makes and keeps you healthy, because it is pleasant, harmless and sure to do enormous good you and your children should use Ferrozone every day.

Sold by all dealers in 50c boxes, six for \$2.50, or direct by mail from the Cataarhazone Co., Kingston, Ont.

**TO CLOSE N. S. FURNACES**  
AFTER CONTINUOUS WAR RUN Blast Furnaces to Be Relined—May Be Shut for Long Time Owing to Conditions.  
SYDNEY, N.S., June 24.—It is officially announced here that the furnaces at the Nova Scotia Steel & Coal Company's plant at Sydney Mines will close down on the first of next month for an indefinite period. The tie-up is believed to be due primarily to general stagnation in the steel market.

Superior T. J. Brown, of Sydney, had a conference with the men in which the impending tie-up which will affect about three or four hundred men was announced. During the time the furnaces are closed the blast furnace will be repaired and thoroughly relined. These furnaces are said to have a remarkable history, having been going continuously during the entire period of the war.

**ORGANIZE FOR TEMPERANCE**  
WOODSTOCK, June 25.—An organization meeting of the North Oxford Temperance Workers was held here yesterday at which preparations were made for the getting out of the vote at the coming referendum on the Ontario Temperance Act. Rev. C. R. Morrow of Toronto, Provincial organizer, outlined the plans followed in organizing. The officers elected were: Pres., D. R. Ross, Embury; 1st. Vice-Pres., S. Vickert, Princeton; 2nd. Vice-Pres., A. J. McKinney, Woodstock; Sec., Jos. Richardson, Woodstock; Treas., C. W. Bodd, Woodstock.

**TORONTO TO NEW YORK CITY**  
A through train from Toronto to New York City leaving Toronto 5.45 p.m. St. Catharines 7.50 p.m. daily via Grand Trunk Railway carries through coaches and sleeping cars and arrives at New York at the Pennsylvania Terminal 33rd Street and 7th Avenue. Also train leaving St. Catharines 6.03 p.m. daily runs through to Buffalo making direct connections at Buffalo for New York, coaches and parlor-library buffet car Toronto to Buffalo to New York and Philadelphia.

**A TIP TO MOTORISTS**

NO use worrying about the condition of your battery when it's our business to know. All batteries wear out sooner or later but yours will last longer if you use our free testing and filling service. Recharging and repairing any make at right prices. When your present battery is ready for the discard, buy a "Prest-O-Lite" built by the Oldest Service to Automobile Owners in America.  
**THE ELECTRIC SHOP**  
187 St. Paul Street  
**Prest-O-Lite**  
Battery Service

**GAS? NO! ELECTRIC STOVE? YES!**  
Clifford Installed Mine. Why Not Yours?  
THE FAMOUS  
**Moffat Electric Stoves**  
All sizes, styles and models.  
**\$60.00 Up.**  
HANDLED EXCLUSIVELY BY  
**The Clifford Electric**  
21 Ontario Street  
Phone 1169 Night Trouble 19 74

**"We are Ready for Duty on the Play Line, Mother"**



TO MOTHERS! Keep your little pets physically fit, smiling, feeling their best always, by giving Cascarets, the candy cathartic, occasionally. Children love to take Cascarets. They are sweet candy-like tablets, but just wonderful to correct the little white tongue, feverish breath, sour stomach and colds. Cascarets gently "work" the bile, sour fermentations and poisons from a child's tender stomach, liver and bowels without griping or injury. Mothers who depend upon Cascarets as the children's laxative save trouble, worry and cost. Each 10 cent box of Cascarets contains directions and dose for kiddies aged one year old and upwards.



**Puccini's LION BRAND Maccaroni**  
No Other Maccaroni Like It!  
THE name of Puccini has long been identified with high-class Maccaroni. Generations of Puccini, in sunny Italy, have been engaged in its production.  
In our Canadian factory, where "Lion Brand" Maccaroni is made in the Italian way, under the direct supervision of Mr. A. Puccini himself, is a Medal and Diploma of Merit, awarded by the Italian Government for the excellence of this Canadian-made Maccaroni.  
Insist upon Puccini's "Lion Brand." You will never again be satisfied with any other make.  
A. PUCCINI & CO., Limited  
Toronto, Canada