

STOP CATARRH OPEN NOSTRILS AND HEAD

Best Cream Applied in Nostrils Relieves Head, Colds at Once.

Count fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No nose scuffling, hawking, mucous discharge, dryness or headaches, no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply to little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed-up and miserable. Relief is sure.

WANTED - DRAFTSMAN Familiar with laying out elevating and conveying machinery. Apply American Cyanamid Co., Niagara Falls, Ont.

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., 18 St. Paul Street. Phone 605. W. J. Westwood, Proprietor.

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

Wood's Phosphodine. The Great English Remedy. For all cases of Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Exhaustion of the Nervous System, etc. Price \$1 per box, six for \$5. Sold by all druggists. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Inventor's Name)

DR. DEVAN'S FEMALE PILLS. For all Female Complaints. \$5 a box, or three for \$10, at drug stores. Mailed to any address on receipt of price.

PHOSPHONOL FOR MEN. Increases Vitality for Nervous and Brain. Increases "grey matter." Trial will hold you for 30 days. No charge for return. Sold by all druggists. Price \$1.00 per box, six for \$5.00. Mailed to any address on receipt of price.

A SNAP - \$300 will buy my nice building lot, or will exchange for auto in good condition. Lot 35x111 feet. No. 2 Sunnyside Gardens. Facer street. Clear deeds. Address KNOWLES

Properties For Sale \$6,000 to loan on approved real estate. \$1300.00 - On Hainer St., one and one-half storey frame dwelling on large lot 48x110 ft. five rooms, good soil will accept small cash payment.

\$1700.00 - On North St., large cottage with barn, all are in fair repair, central, will accept small cash payment, balance arranged. \$1800.00 - On Sherwood Ave., frame cottage in good repair, two bedrooms will accept small cash payment, balance arranged.

\$2000.00 - On Leeper St., frame cottage with barn, all in good repair, will accept small cash payment. \$3600.00 - On Dacotah St., two-storey new brick dwelling, every convenience, all in good repair, will accept \$500.00 cash, balance mortgage at 7 per cent.

KERNAHAN & GRAVES Phone 333 14 Queen St.

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

AFTERBIRTH RETAINED

The Cause and Cure of a Not Uncommon Trouble.

Cows of All Ages Are Sometimes Affected - Remedies Suggested Where Veterinary Cannot Be Had - Grape Pruning For the Garden.

(Contributed by Ontario Department of Agriculture, Toronto.)

RETENTION OF the afterbirth, foetal membranes or placenta, commonly called "the cleanings," is not uncommon in cows. Its cause is not understood. While it is probably more frequently met with in cows in low condition and unsanitary surroundings, no care, food, attention or surroundings act as preventives. It is noticed in cows of all ages, all breeds, cows in all conditions and at all seasons. We cannot understand why it occurs, or why it cannot be prevented, but experience teaches us that such is the fact. Good care, comfortable surroundings, avoidance of cold and dampness, especially in cold weather and giving a warm mash for a day or two after calving tend to aid expulsion of the membranes, but even all precautions frequently fail. The administration of medicines is ineffective. In ordinary cases the membranes are expelled shortly or in a few hours after parturition, while in other cases they are retained for 24 hours or longer and then spontaneously expelled. In other cases spontaneous expulsion does not take place until after decomposition, when they are expelled in pus and small pieces. The symptoms are usually evident by the protrusion through the vulva of a portion of the membranes, but in rare cases this symptom is not present, the membranes being wholly contained within the uterus. In such cases, provided the cow has been unaided it is hard to know whether they are retained or have been eaten by the cow. Cows have the objectionable habit of eating the afterbirth. We cannot account for this taste, and when possible it should be prevented. In some cases the consumption of the membranes does not appear to affect the health or general condition of the animal; in others it causes trouble, and in some cases death from various conditions.

Treatment. - When the membranes have been retained for 24 hours or eight hours in cold weather the should be carefully removed by hand. Where a veterinarian can readily be procured it is probably wise for the ordinary stock owner to employ him, but a stockman who understands the anatomy of the parts, and is not afraid of a dirty and sometimes tedious job can operate himself. The membranes of the womb is covered with many little lumps (called cotyledons) which are attached by constricted necks, with surfaces varying from one inch or less to three or four inches in diameter, to which the membranes are attached. The operator should have an antiseptic lotion as a 2 per cent. solution of one of the coal tar antiseptics in warm water. A gallon of two of this should be injected into the womb. The operator then disinfects his hand and arm with the same, introduces the hand into the womb and carefully separates the membrane from each cotyledon, being careful to not tear off any of them. If a few are removed the consequences are not likely to be serious, but it is better to remove none. When the whole has been removed a little more of the antiseptic should be injected into the womb. It is good practice to give the cow 40 to 50 drops of carbolic acid in a part of cold water as a drench, or sprinkled on her food three times daily until all discharge ceases. - J. H. R., O. A. College, Guelph.

Grape Pruning For the Garden. The average neglected grapevine is generally such a tangled mess that it is very difficult to describe how to prune it. The owner should determine what sort of a trellis he means to fasten his vine on. If there are a number of vines in a row the general practice is to grow it on two wires, these to be drawn tight on posts about 16 feet apart, first wire three feet and second wire five feet from the ground. If only one or two vines are in a place it can be grown on a trellis made of two narrow strips of board nailed to posts. One thing never to be overlooked is all fruit is produced on last year's wood. Most neglected vines have too much old wood. Try to get one or two upright canes of two-year-old wood or older with four arms or younger canes equally distributed on the two wires. These arms should not be over six feet long, giving four arms of this length. This is sufficient bearing wood for any vine. Suppose the upright part is satisfactory and there are four arms on it, from these arms laterals or side shoots will grow, on which the fruit is produced. A vine should be pruned after it freezes before winter and before it thaws in the spring. Pruning in mild weather causes bleeding from the cuts. The laterals that bore fruit should be cut back, only leaving one bud to sprout the following season and the fruit will grow on that sprout. It is quite easy to occasionally renew one or more arms by training a young branch to take the older one's place. When that is done cut off the old branch. With a little practice pruning is easy, the common fault being to leave too much wood. If in doubt as to the correct method of pruning, write for Illustrated Bulletin 227, "The Grape in Ontario."

Scarcity of Feeder Cattle. With the growing scarcity of feeder cattle and the advance in value of farm lands, the baby-beef industry is of increasing importance and is receiving the attention of farmers in all live stock sections of the country. Kitchener defeated Argonauts in an O.H.A. senior game at Toronto last night 12 to 3.

SAVED FROM LIFELONG MISERY

And a Dangerous Operation, by Taking "FRUIT-A-TIVES"

MRS. M. J. GORSE



MRS. M. J. GORSE, 8928 Union St., Vancouver, B.C.

"I suffered with all the symptoms of Female Trouble, with chronic constipation and constant headaches. I had pains low down in the back and sides of the body. I tried various remedies without relief, and then put myself under a doctor's care and he advised me to have an operation. I refused. Then, I started taking 'Fruit-a-tives'; and from the outset, I felt better, and this medicine has completely relieved me of all my misery and suffering. My weight was only 143 pounds and now it is 168 pounds. I am free of pain and headaches and the terrible constipation, and what saved me from misery is the splendid fruit medicine, 'Fruit-a-tives'."

MRS. M. J. GORSE. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited - Ottawa, Ont.

WANT CANADIAN CURRENCY LONDON, Jan. 23 - Dissatisfaction is being shown by Canadian soldiers still here that their payments are being made in English Currency with a consequent loss of exchange. This they allege, is contrary to enlistment conditions, and at a meeting on Tuesday they appointed a committee of nine to obtain Canadian currency in the future, and to recover back balances. If necessary they will enforce their right by constitutional procedure.

WILL SEND YACHT FOR TRIAL WITH CUP CHALLENGER NEW YORK, Jan. 23 - Sir Charles Allom, a leading English Yachtsman, who arrived in New York yesterday on the Cedric, said today that Sir Thomas Lipton will send 43-meter Shamrock to America this spring to meet the cup challenger, Shamrock IV, in series of trial races. Alfred Draper will be the skipper of the 23-meter boat, Sir Charles said.

WANTED - Telephone operators. Apply Chief Operator Bell Telephone Building.

THOUGH 103, SMOKES HER PIPE EVERY DAY

LAWRENCE, Mass., Jan. 23. - Mrs. Mary Regan, Lawrence's oldest resident has past her one hundred and third birthday. She is the mother of seven children, sixteen grandchildren and five great-grandchildren call her "grandma."

Mrs. Regan had a doctor but once in her life. She smokes a pipe every morning and night, eats a plate of ice cream every night, and says that she is willing to die now, that she has lived long enough and has seen all she cares to see.

Mrs. Regan cites the fact that her greatest pleasure in life was the raising of her family and "outside that meeting Daniel O'Connell." She shook hands with the great Irish statesman in her native county of Cork.

MET, WED AND SEPARATE ALL IN SEVEN HOURS

SAN FRANCISCO, CAL., Jan. 23 - Let the exponent of love at first sight glance at the record of Mr. and Mrs. Asa M. Rogers, introduced, wedded and separated all in the same day!

Here is the programme! Nine a.m., introduced; 10 a.m. fall in love; 11:30 a.m., he proposes; 11:31 a.m. she accepts; 12:15 p.m., arrive Los Angeles to wed. I p.m., get license; 2 p.m., arrive at home of minister; 2:15 p.m. knot tied; 3:30 p.m. arrive at bride home; 3:33 p.m. ask parental blessings; 3:33 1/2 p.m. don't get it; 3:34 p.m. "My father objects, I can never live with you," says bride; 3:35 p.m. beautiful fadeout of groom leaving home of bride never to return.

Rogers, who is a New York salesman, agrees with his wife that they cannot be happy and asks jointly with her, an annulment of their marriage.

Jack Dempsey has appealed for an official investigation into the charges that he was a draft-dodger during the recent war.

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 BEING - 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.

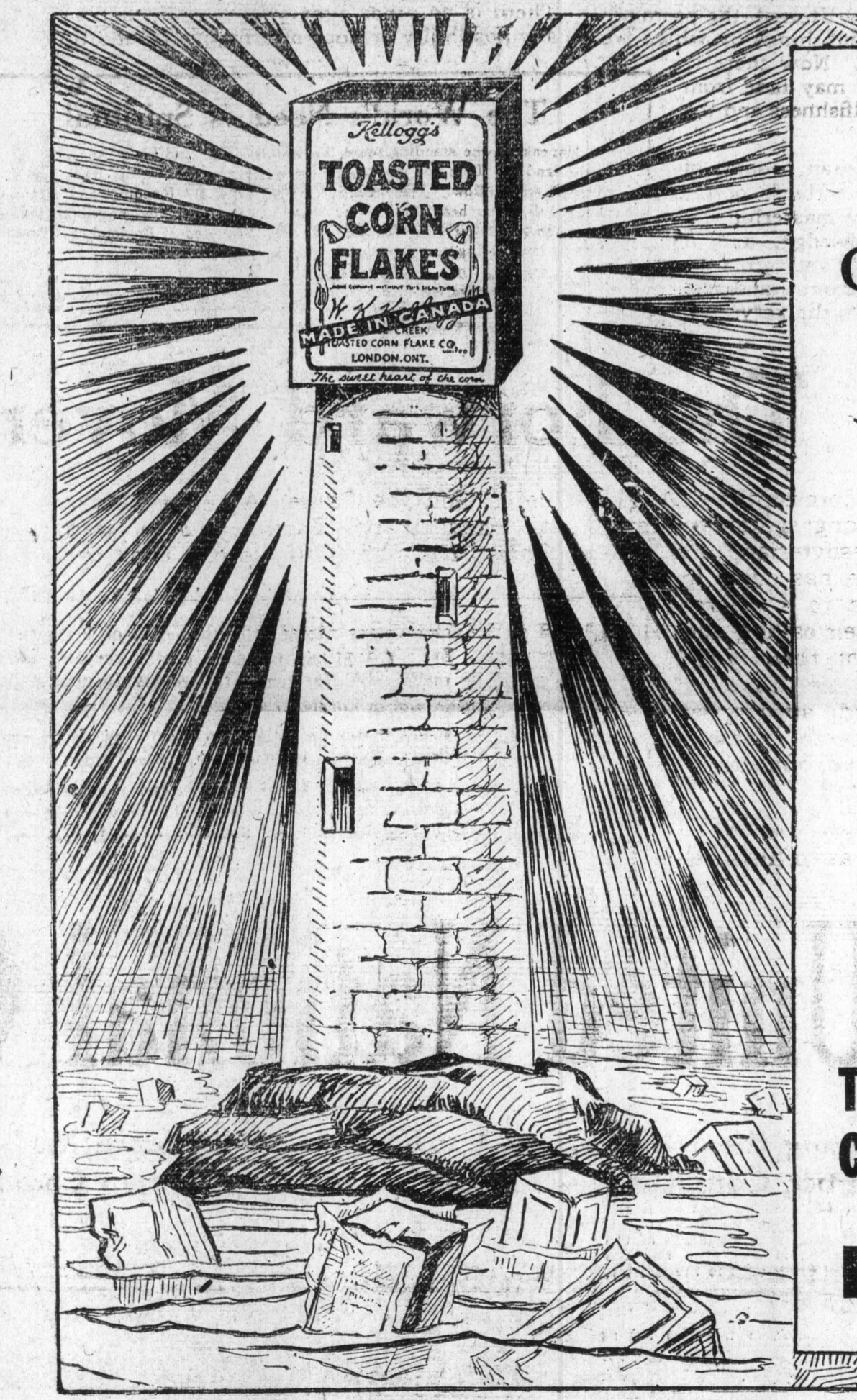
Hundreds of men are suffering with some form of Rheumatism. Many of these men go from day to day suffering untold agonies thinking they cannot be cured. They have tried liniments, rubbing, massage, salts and other treatments without experiencing any relief, and they are now going through life thinking 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.

Treatment Without Operations DR. WARD Buffalo's Leading and Most Successful Specialist 79 Niagara Sq., Buffalo, N.Y.



OFFICE HOURS: Mondays, Wednesdays and Saturdays - 9 a. m. to 9 p. m. Tuesdays, Thursdays and Fridays - 9 a. m. to 6 p. m. Sunday Hours - 10 a. m. to 1 p. m. CONSULTATION EXAMINATION FREE 79 Niagara Square COR. NIAGARA STREET Opposite McKinley Monument BUFFALO, N. Y.



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THE package may be imitated but the flakes inside cannot be equalled.

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Kellogg's TOASTED CORN FLAKES Outshine All Imitations

BE sure the words "Made in Canada" and "London, Ont." are printed in red on the face of every red, white and green package. This is your guarantee of quality unequalled and unvarying.

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The Battle Creek Toasted Corn Flake Company, Limited

HEAD OFFICE AND PLANT LONDON, ONT.

Tonic For the Nerves

Only Real Nerve Tonic with a Good Supply of Rich Red Blood.

people would only attend to blood, instead of worrying themselves ill," said an eminent specialist, we doctors would see our consulting rooms crowded with nervous wrecks. More people come from worry than anything else.

the sort of thing which the speed of smoke of is the nervous run condition caused by overwork and the many anxieties of today. Sufferers find themselves tired, morose, spirited and unable to keep their heads to anything. Any sudden shocks like a blow. They are of great nervousness and do not sleep at night. Headaches, nervousness, their nerve pains are from indigestion, and it all comes from overworked nerves.

restoring the nerves with poison sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich red blood. Therefore to cure nervousness and rid of health, Dr. Williams' Pink Pills should be taken. These pills actually give new, rich blood, which strengthens the nerves, improves the appetite, gives new strength and spirit, makes hitherto despondent people bright and cheerful. If you are a "sufferer" you should begin restoring yourself today by taking Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at cents a box or six boxes for \$2.50. Write to The Dr. Williams' Medicine Co., 206 N. 10th St., Buffalo, N. Y.

AT THE TOP IN PIANO BUILDING

The Olde Firm of Heintzman & Co. Limited, 68 St. Paul street, St. Catharines, are within very few steps to day of having been in business as piano manufacturers for three-quarters of a century. Their start in business was in 1850. During all these years they have kept in the leadership, because determined to build only a piano that would appeal to the most artistic musical taste - and a piano that was made to last. Among their series of Art Uprights is the Ionic which is a very beautiful piano, and suited for the moderate sized parlour or apartment house.

Incubator FOR SALE

(Manson - Campbell) Chatam make; 160 egg capacity. Price \$12. Can be seen at 198 Lake Avenue

Skates Ground and Concaved at 15c Pair

By latest improved skate grinder. Call and see. Also furniture repaired at Novelty Woodturning Works 30 Centre Street

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either alive or dressed, call on me or write or telephone for our prices before selling elsewhere. Moyer Bros., Ltd. 8 Frank St. - Phone 14 ST. CATHARINES

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