

Overdoing

How Women Break Down

Owing to the modern manner of living and the nervous haste of every woman to accomplish just so much each day, they overdo, and as a consequence develop ailments peculiar to their sex, as is indicated by backache, headache, nervousness, the blues, displacements and weakness.



Women who find themselves in this condition should slow down, and depend upon that good old fashioned root and herb remedy, Lydia E. Pinkham's Vegetable Compound, to restore them to health and strength, for there is no other remedy known that so quickly restores a healthy, normal condition.

Here is the Story of a Most Remarkable Recovery

Minneapolis, Minn.—"I was run down and nervous, could not rest at night, and was more tired in the morning than when I went to bed. I have two children, the youngest three months old, and it was drudgery to care for them as I felt so irritable and generally worn out. From lack of rest and appetite my baby did not get enough nourishment from me, so I started to give him two bottle feedings a day. After taking three bottles of Lydia E. Pinkham's Vegetable Compound I felt like a new woman, full of life and energy. It is a pleasure to care for my children and I am very happy with them and feel fine. I nurse my baby exclusively again, and can't say too much for your medicine."

Mrs. A. L. MILLER,
2633 East 24th St.

Surely this proves the curative value of

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

HOUSES FOR SALE

- \$2500.00**—On Church St. two story frame dwelling with every convenience except furnace, four bedrooms, lot 40x110, will accept small cash payment.
- \$2500.00**—On Catherine st., one story frame dwelling in good repair, three bedrooms and good cellar, stone foundation, will accept one half cash, balance arranged.
- \$2850.00**—On Haynes Ave., two-story frame dwelling, three bedrooms, lot 44x148, good barn for six horses, will accept part cash, balance arranged.
- \$4500.00**—On Raymond St., two-story frame dwelling, large could be made into apartments at little expense, eleven rooms, will accept one-half cash, balance mortgage.
- \$5500.00**—On Cherry St., two-story solid brick dwelling with four bedrooms and extra lot with cottage, rents fifteen per month, terms arranged.

KERNAHAN & GRAVES

Phone 33 14 Queen St.

WANTED—Telephone operators. Apply Chief Operator Bell Telephone Building. 0814f

City of St. Catharines

PUBLIC NOTICE

NOTICE is hereby given that the Municipal Council of the City of St. Catharines, at its meeting to be held at the City Hall, St. Catharines, on Monday, the 29th day of December, 1919, at 8 o'clock p.m. intends to take into consideration and if deemed advisable to pass a by-law to close and stop up that part of the lane, running through Block A of the Mittleberger Survey and extending from the west side of Henry Street in the rear of the Welland Avenue Methodist Church a distance westerly of eighty feet, and to sell and convey the soil and freehold of the portion of the said lane so closed and stopped up to the Trustees of the Congregation of the Welland Avenue Methodist Church. AND TAKE NOTICE that at the said meeting any person by himself, his Counsel, solicitor or agent, who considers his land will be prejudicially affected by the by-law may appear and will be heard. Dated this 22nd day of November, 1919. J. ALBERT PAY, City Clerk.

CITY OF ST. CATHARINES

PUBLIC NOTICE

NOTICE is hereby given that the Municipal Council of the City of St. Catharines, at its meeting to be held at the City Hall, St. Catharines, on Monday, the 29th day of December, 1919, at 8 o'clock p.m. intends to take into consideration and if deemed advisable to pass a by-law to close and stop up that part of Daniel Street lying between the westerly limit of the right of way of the Welland Division of the Grand Trunk Railway and the easterly limit of Catherine Street and to sell and convey the soil and freehold of the portion of said street so closed and stopped up to Canadian Crocker-Wheeler Company Limited. AND TAKE NOTICE that at the said meeting any person by himself, his Counsel, solicitor or agent, who considers his land will be prejudicially affected by the by-law may appear and will be heard. Dated this 22nd day of November, 1919. J. ALBERT PAY, City Clerk.

Local railway agents announce that

the holiday traffic this Christmas will be the heaviest in many years in spite of the curtailed train service.

WASHED UNIFORMS WITH TOILET SOAP IN HAND BASINS

Did Nurses—Mme. Pantazzi Tells of Sufferings Endured in Roumania and Russia

"The Bolsheviks and Conditions in Russia and Roumania" was the subject of a vividly phrased address by Madame Pantazzi before a largely attended meeting of the Royal Canadian Institute, Toronto.

Roumania declared war on Germany at 5 o'clock of the afternoon of August 27th, 1916, and five minutes after midnight the first German Zeppelin dropped bombs on Bucharest, said Madame Pantazzi. The Roumanian artillery was useless to drive off the raiders, and the bombing and murdering of innocent women and children continued daily until the Germans entered the city. At one time eleven bombs fell in the vicinity of the Pantazzi home. One inmate was injured and six killed on the doorstep, and for a wide area around glass everywhere was shattered and doors blown off their hinges.

Early in the war Roumania's condition was pitiable, declared the speaker. Russia had failed to keep her promise in the matter of military co-operation. Munitions sent by France were largely defective and munitions sent by the British were lost through Russian carelessness. In all, the lives of a million Roumanians were lost in the war, and very largely around this time. Eventually the people had to flee from Bucharest.

Madame Pantazzi, with her children and her parents, escaped to Jassy, in Moldavia. The privations suffered here were too numerous to describe, declared the speaker. Contagious diseases were everywhere, their germs carried by armies of flees.

Several Canadian girls were doing duty there with a French hospital staff. Each had lost her personal belongings and had to use sheets which had not been washed for weeks. Their usually spotless white uniforms were gray through being washed with toilet soap in hand basins.

Madame Pantazzi reached Odessa just a week before the outbreak of the revolution which overthrew the Czar.

The speaker went on to tell of the reign of terror which came later with the rise in power of the Bolsheviks. Madame Pantazzi's husband was one of the wealthy Roumanians to be imprisoned for ransom, but he was finally freed through the efforts of the Canadian, Colonel Boyle.

With the coming of peace Rou-

mania found herself once more free, but, financially embarrassed and starving, the Germans having swept the country clean of its last grain of wheat, its last pair of oxen and its last pick and shovel.

The Canadian Red Cross sent 70 tons of surplus supplies from France, and then came Canada's loan of \$25,000,000. Roumania would always remember Canada gratefully for her kindness, declared Madame Pantazzi.

FATHER CLAIMS OWN SON STOLE HIS WIFE'S LOVE

WATERDOWN, N.Y., Dec. 19.—Alleging the alienation of his wife's affections by his own son, William H. Hyde, sixty-eight years old, has started an action against his son, Herbert H. Hyde, of the town of Rutland, to recover \$2,000. The plaintiff brought suit through Attorney John O'Leary of Clayton and the defendant is represented by Cobb and Cosgrove of this city, who have filed an answer in behalf of their client.

The plaintiff claims that he and his wife, who is about sixty-eight years old, were living happily together up to July 19, 1919, when, he alleges, during his absence at his work his son "unintentionally" enticed Mrs. Hyde to go to the younger man's home in the town of Rutland where, her husband claims, she has since been harbored by the son, despite the plaintiff's efforts to obtain her. The defendant claims that the mother, acting of her own free will, left the father and the grounds attributed in the answer are cruel and inhuman treatment on the part of the older Mr. Hyde.

CORONER'S JURY SAYS CAUSE OF RAND'S DEATH WAS COMPOUND FRACTURE

BUFFALO, Dec. 19.—Details of the airplane accident that resulted in the death of George F. Rand, chairman of the board of directors of the Marine Trust Company, near Caterham, England, were received in the city this morning. The coroner's jury after a careful investigation of the cause of the accident, gave out a verdict of death by accident. Mr. Rand was alive, but unconscious, when extricated from the wreckage. The exact cause of Mr. Rand's death, according to medical testimony, was a compound fracture of

Children Cry for Fletcher's CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of



In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

ANTI-JAP AGITATION

Movement in China Proving Blow to Japanese Commerce

TOKIO, Dec. 19.—The spread anti-Japanese agitation in China, the subject of discussion by the bines. It is understood that it decided to forward a strong protest to the Chinese government.

Anti-Japanese feeling has spread throughout several provinces. An extensive boycott of Japanese goods is proving a serious blow to Japanese commerce.

YE OLDE FIRME

YOUR CHOICE OF THREE Which Shall It Be?

A Christmas Suggestion Worth While Considering

A Heintzman & Co. Piano



A Heintzman & Co. Art Upright for the Parlor.

Let it be an Ionic or Classic or Empress or Louis XV. design. Each is a beauty in our Art Upright Series, while each, as with all the Heintzman & Co. pianos, stands first in tone, touch and singing quality. Surely a beautiful Christmas Gift.



Heintzman & Co. Grand Piano—fitted for the finest drawing-room.

The great artist—the great musician at any time—must have a great piano—none other can possibly satisfy—the reason why De Pachmann, Friedhelm, Chernavsky Bros., Nordica, Calva, Tetrazzini and other world artists use exclusively a Heintzman & Co. Piano on their Canadian visits.



Heintzman & Co. Player-Piano—For the living-room.

Anyone can play the Heintzman & Co. Player-Piano without knowing a note of music—fitted with the famous Heintzman & Co. Aluminum Action—impervious to all weather and climatic conditions.

STORE OPEN EVENINGS UNTIL CHRISTMAS

HEINTZMAN & CO., LIMITED

68 St. Paul Street St. Catharines