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

HOUSES FOR SALE

\$2500.00 -On Church St. two story frame dwelling with every conven-

term's arranged.

KERNAHAN & GRAVES Phone 33 .- 14 Queen St.

WANTED-Telephone operators. Apply Chief Operator Bell Telephone

City of St. Catharines PUBLIC NOTICE

be made into appartments at little so closed and stopped up to the Wheeler Company Limited.

\$5500.00—On Cherry St., two-storey solid brick dwelling with four bed-rooms and extra lot with cottinge, rents fifteen per month, considers his land will be prejudici- pear and will be heard. ally affected by the by-law may ap- | Dated this 22nd. day of Novempear and will be heard.

Dated this 22nd. day of Novem-

J. ALBERT PAY, City Clerk. n25-d2-9-16-23

CITY OF ST. CATHARINES PUBLIC NOTICE

ience except furnace, four bed-rooms, lot 40x110, will accept small Municipal Council of the City of St. Municipal Council of the City of St. Catharines, at its meeting to be held Catharines, at its meeting to be held \$2500.00—On Catherine st., one at the City Hall, St. Catharines, on at the City Hall, St. Catharines, on storey frame dwelling in good re- Monday, the 29th day of December, Monday, the 29th day of December, pair, three bed-rooms and good 1919, at 8 o'clock p.m. intends to cellar, stone foundation, will activate into consideration and if deemcept one half cash, balance ar- ed advisable to pass a by-law to ed advisable to pass a by-law to close and stop up that part of the close and stop up that part of Dan-\$2850.00—On Haynes Ave. two-storey frame dwelling, three bed-rooms, lot 44x148, good barn for six horses will accent part cash.

In a superson of the west side of Henry Street in the rear of the Welland Division of the Grand Trunk Riaway and the easterly limit out. six horses, will accept part cash, Avenue Methodist Church a dis- of Catherine Street and to sell and salance arranged.

St., twoto sell and convey the soil and freeportion of said street so closed and frame dwelling, large could hold of the portion of the said lane stopped up to Canadian Crocker-

expense, eleven rooms, will accept one-half cash, balance mortgage.

so closed and stopped up to the AND TAKE NOTICE that at the Welland Avenue Methodist Church.

ber, 1919. J. ALBERT PAY,

City Clerk. n25-d2-9-16-23 Local railway agents announce that

ons 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.

nany at 5 o'clock of the afternoon of August 27th, 1916, and five minutes after midnight the first German Zeuuelin dropped bombs on Bu-charest, said Madame Pantazzi. The Roumanian artillery was useless to drive off the raiders, and the pomb-

subject of a vividly phrased address

by Madame Pantazzi before a large-

ly attended meeting of the Royal

Roumania declared war on Ger-

Canadian Institute, Toronto.

ing 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

her promise in the matter of military to go to the younger man's home

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

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

just a week before the outbreak of death, according to medical testithe revolution which overthrew the mony, was a compound fracture of

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

With the coming of peace Rou-

The Local Board of Health of the City of St. Catharines

Notice Affecting School Children

NOTICE IS HEREBY GIVEN pursuant to the provenous of The Vac-Health Act Regulations and with the approval of the Local Board of Health that certificates of successful vaccination or of insusceptibility on revaccination within seven years of all pupils or students of Public Schools, Separate Schools, the Collegiate Institute, Ridley College, Business College and of all Private Schools in the City of St. Catharines are required to be presented to the Principal, Teacher, Superintendent or other proper authority of such schools or institutions above mentioned before any pupil or student will be admitted to further attendance, and no pupil or student refusing to produce such certificate on demand shall be admitted until the certificate is fur-

This Order will apply on the repening of all the above mentioned schools and institutions after the usual Christmas holidays, and all Parents and Guardians are required

to govern themselves accordingly. The attention of Principals, Teachers, Superintendents, Officers and

This Order will remain in force until further notice. Dated this 19th day of December,

(Sgd.) D. V. CURREY, Medical Officer of Health for St. Catharines. City Hall, St. Catharines. d20 t d31

DR. J. G. SUTHERLAND After three years overseas has re sumed practice in diseases of the eye, ear, nose and throat and presscribing of glasses. Office hours 9 to 11 a.m. 1.30 to 4 p.m. and 7 to 8 Christmas services were held in all the holiday tarffic this Christmas p.m. Tuesdays 7 to 8 p.m. Sundays the city churches yesterday which will be the heaviest in many years was marked by special musical programmes.

2 to 4 p.m. or by appointment. Office and residence 35 Church street.

Telephone 624.

but, financially embarrassed and starving, the Germans having swept he country clean of its last grain of wheat, its last pair of oxen and

FATHER CLAIMS OWN SON STOLE HIS WIFE'S LOVE

H. Hyde, sixty eight years old, has started an action against his son, Herbert H. Hyde, of the town of Rui land, 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, dition was pitiable, declared the during his absence at his work his speaker. Russia had failed to keep son "maliciously" enticed Mrs. Hyde co-operation. Munitions sent by the town of Rutland where, her hus-France were largely defective and band claims, she has since been harmunitions sent by the British were bored by the son, despite the plaintost through Russian carelessness! tiff's efforts to obtain her. The de manians were lost in the war, and ing of her own free will, left the very largely around this time. Event- father and the grounds attributed in ually the people had to fiee from Bu- i the answer are cruel and inhuman treatment on the part or the older

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

BUFFALO, Dec. 19.—Details the airclane accident that resulted in the death of George F. Rand, chair- ing penetrated the head through the man of the board of directors of the Marine Trust Company, near Caterham, England, were received in the city this morning. The coroner's jury death. after a careful investigation of the cause of the accident, gave out a Lieut. Bradley, the pilot, was at- to the Chinese government verdict of death by accident. Mr. Lieut. Brauley, the prior, the p Rand was alive, but unconscious, nearby airdrome and crashed to the throughout several provinces. The exact cause of Mr. Rand's

Children Cry for Fletcher's

annaganaa

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 Childre 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 Seothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it ha 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, aims the assimilation of Food; giving healthy and natural slee. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAY

In Use For Over 30 Years

a sharp portion of the machine havorbit of the eye. There were other minor injuries which the jury said

It is believed by authorities that decided to forward a strong r ground in the thick fog that envel- extensive boycott of Japanese g

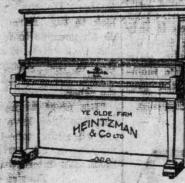
Blow to Japanese Commerce

YE OLDE FIRME

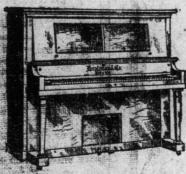
YOUR CHOICE OF THREE Which Shall It Be?

A Christmas Suggestion Worth While Considering

A Heintzman & Co. Piano



The great artist-the great musician at any time must have a great plano-none other can possibly satisfy—the reason why De Pachmann, Friedheim, Cherniavsky Bros., Nordica, Calve, Tetrazzini and other world artists use exclusively a Heintzman & Co. Plano on their Canadian visits.



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.

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 condi-

STORE OPEN EVENINGS UNTIL CHRISTMAS

HEINTZMAN 68 St. Paul Street St. Catharines