3:30 p. m., April 9th.

Thursday night

which he has growing in his yard.

See the local whirlwind Patsy Mayo

and Willie Hewitt at the Armouries,

DANGER LURKS IN

EVERY ONE OF US

We Are As Full of Deadly

Poisons As A Germ

Laboratory.

AUTO-INTOXICATION

OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Pro-

vents This Dangerous Condition

our neglect of the bowels. Waste

matter, instead of passing from the lower intestine regularly every day,

is allowed to remain there, generating

poisons which are absorbed by the

In other words, a person who is

habitually constipated, is poisoning

himself. We know now that Auto-

intoxication, due to non-action of the

bowels, is directly responsible for

serious Kidney and Bladder Troubles;

that it upsets the Stomach, causes

Indigestion, Loss of Appetite and

Sleeplessness; that chronic Rheum-

atism, Gout, Pain In The Back, are

relieved as soon as the bowels become

regular; and that Pimples, Rashes,

Eczema and other Skin Affections

disappear when "Fruit-a-tives" are

"Fruit-a-tives" will protect you

against Auto-intexication because

this wonderful fruit medicine acts

directly on all the eliminating organs.

50c. a box, 6 for \$2.50, trial size 25c.

At all dealers or sent on receipt of price by Fruit-a-tives himited, Ottawa.

Mrs. McGill, this city, is spend

Mr. A. Kinnard and Miss L. Ander-

son, of Humberstone, are guests of

Some time ago a sewer was exca-

vated on the east side of Monck St.

with the intention of placing some

pipe, up to the present time the

sewer is in the same condition as

when it was first excavated, and is

causing considerable inconvenience to

the residents who have occasion to

have teams conveying coal, etc., to

the guest of Mrs. H. T. Gambell.

relatives in this city.

taken to correct Constipation.

The chief cause of poor health is

LOCAL ITEMS IF BACK HURTS

The Port Dalhousia Council has de-

two months rest by ordering them tied We buy and sell everything. Bow-

en's, 31 Niagara St., corner Church and Niagara St. Phone 1088. a 17 The opening of navigation on the Wifland, and other, Canadian Canals,

is officially announced for April 15th.

Mr. A. Kinnard, and Miss L. Anderson, of Humberstone spent Sunday in this city.

Don't forget the Football Clubs Dance, Town Hall, Merritton, Friday, 11th, Canadian and Old Country Dances Gents 50c, ladies 25c. a9

Thieves are reported to be busy in

Don't miss the big fight Thursday night at the Armouries Jack Loney vs. Pete Scott.

The Customs Collections for the past year at Bridgeburg amounted to \$702,677.00, an increase over the previexports show increases.

See the local whirlwind Patsy Mayo and Willie Hewitt at the Armoursies Thhrsday night.

Messrs. Arthur and William Hilts of Niaagra Falls, N.Y., spent the week-end the guests of their promer Mr. John Hilts, 39 Wellington St.

ADVERTISE IN THE JOURNAL

Spot Cash Paid **VICTORY BONDS**

WILL PAY TO-DAY 1922..... \$101.00 1923..... 101.00 1927.......... 103.00

Will pay 10c extra if you bring this advertisement with you.

JOHN W. GORDON District Manager. Sun Life

Assurance Co. 5 James Street Phone 49. Night 571 The Sun Life (Inc., 1865) is the

largest and strongest Life Company incorporated in the British Empire. Our twenty years experience is at your service. Consult Us If Considering Insurance

ALL KINDS OF furniture and Household Goods BOUGHT AND SOLD

WILLIAMS 4 St. Paul Stoeet: West



and other meats are strictly high grade. They are from especially bred stock and are far superior to meats cut from common breeds. It will take only one trial to prove our meats' superiority in spite of the fact that

H. SHELLA

Meuts and Provisions ke Street and Chaplin Aver

cided to give all the village dogs a Flush Your Kidneys Occasionally if You Eat Meat Regularly.

No man or woman who eats meat flushing the kidneys occasionally, says a well known authority. Meat hours later than Greenwich time. forms uric acid which clogs the kid ney pores so they sluggishly filter

or strain only part of the waste and poisons from the blood, then you Choice cut flowers, potted plants get sick. Nearly all rheumatism, and floral designs, at all times, at headaches, liver trouble, nervousness Walker's, Florist, 104 St. Paul street constipation, dizziness, sleeplessness "Concrete", "Glen Ridge," "Belton's Phone 763.

Ridge," "Belton's Hill" and Lock 3." Why not christen ish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full attended by a sensation of scalding rate of 100 per week. get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This Bridgeburg and Fort Eric, where a famous salts is made from the acid years' President of the Metropolitan number of stores have been burglar- of grapes and lemon juice, combined Life Insurance Company, New York generations to fluen clogged kidneys to thousands throughout the U. S. and stimulate them to activity, also and Canada. to neutralize the acids in urine so it no longer causes irritation, thus

ending bladder disorders. not injure; makes a delightful effer- ppent the week end with his parents vescent lithia water drink which all and fri inds at 6 Church Street, this ous year of \$2425.00. Both imports and regular meat eaters should take now City. and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.

ferred, 41 William St.

The south side of the market grounds is now cleaned up and in good condition for covering of macaam of which it stands in need.

Mr. Jerry Heaton sold a fine Holtein cow which he raised, for what is nsidered the low price of \$260.00. Mr. John Connolly, a former sur

HUTTON & KOTTMEIER REPAIRS AUTO TIRES AND TUBES.

10 ONTARIO ST. PHONE 1977

New Royal Hat Cleaning Co. Ladies' and Gent's Straw and Fanama' Hats-Cleaning, Bleach-ing, Dyeing and Re blocking.

6 lames St., St. Cutharines

bought, sold or repaired. Highest prices raid for all Furniture, Call at MY LUNCH II Jan: 3 Street Or Phone 19__

W. E. LONGDEN

has taken over the premises 114 Queenston Street where he will continue to serve the public with High Class Groceries.

Deliveries Every Day

Telephone No. 711

A Snap—\$300 will buy my nice building lot, or will exchange for auto in good condition. Lot 35 x [11 feet. No. 2 Gunnyside, Gardens, Facer street. Clear deeds. Address KNOWLES

Clothes Cleaned, Pressed and Repaired at Short Notice 43 Geneva Street

LUMBER *** James M. McBride & Sons George-St., Near, Welland ave Telephone 14W

FOR SALE

Loam for lawns delivered to anyipart of city or vicinity Telephonel 1227

contractor on the new canal, and an I Those who have occasion to pass old respected resident, died at his "Astor Cottage" the home of Mr. W. residence on Church Street this morn Pierce, on Monck street, Western Hill, are much attracted by the beau-

London City Council has granted he street railway company permistion of immediate improvement in the WANTED_Maid for general hous tion of immedatel improvement in the time and speed.

Mayor Booker of Hamilton was advised that practically all Ontario is under daylight saving through an regularly can make a mistake by Ontario statute which makes time east of 90 degrees west longitude five

> Laborers were at work yesterday levelling down the St. Paul street approach to the concrete bridge. By the by, isn't it about time that bridge had a fixed name? It is now called it so it can in the future become memorial of the great war.

It is said that Canadian soldiers in of sediment, irregular of passage or England have been a arrying at the

> During last week 29 automobiles were stolen in Toronto.

with lithia and has been used for died there. His name is well known

Mr. Oslar B. Wade, of Toronto, who has been spending a few weeks in At-Jad Salts is inexpensive and can- lantic City, N. J. on his return home

The Grand Army of Canada will hold a social and organization meeting of the Ladies Auxiliary, Friday, April FOR RENT-Two furnished rooms, 11th, at 8 p. m., in their hall No. 2 St. every convenience; gentlemen pre- Paul Street. All comrades are requested to attend with their lady friend. Ladies eligible for membership, or WANTED - GENERAL SERVANT, mothers, wives, daughter or sisters, or Apply Mrs. Adam Martin, Box 1112 all men who have served or are serve tf ing in His Majesty's Naval and Military forces.



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

Good Bread is essential to man's health.

> To be sure of the good kind

Simmond's Baker Phone 1190 279 St. Paul St

Jack's Cotton Root Compone Free pamphlet. Address:

NIAGARA SHOE REPAIRING MODERATE PRICES 166 NIAGARA ST.

We Buy and Sell furniture, stoves, clothing, everything in house furnishing. 61 Geneva St. Phone 1767.

GIVEITHE Pure Food Bakery A VISIT. 69 GENEVA-ST and try our line of first-class

goods. Absolute purity guaranteed. Try My Special Line of Fruit Cake

30c Pound Made with pure butter and TENDERS WANTED

For levelling and grading the school grounds of Union School Section tiful display of variagated tulips Louth No. 7. The School Trustees will be in attendance at the Sshool House on Monday, April 14th, between the hours of one and two p. m. ,new time, work. Good wages, Mrs. A. E. when the necessary information will Coombs, 197 Church St. Phone 668. be supplied. Tenders to be in the hands of the Secretary Trasurer of the Board not later than noon, April 21st. Regular monthly meeting of the The lowest or any tender not nec-Lord Tunnyson Chapter, Thursday essarily accipted.

By order of the Board, J. G. SMITH, Sec-Treas.

R. R. No. 1. St. Catharines. A. 9-10-11-12-14-15

The funeral of the late Mr. Mackay of Thorold was held from St. John's Church on Tuesday afternoon to Lakeview Cemetery, and was largely attended by sympathising friends who came to show their last respects to one who was so popular broughout the community. The funeral was under the auspices of the Sons of England, where deceased was a valuable member, the Society turning out in a large number.

Miss Sadie Todd has returned home after spending a pleasant visit in Port Colborne, the guest of Mrs. H.

The Victory Loan

Should be loyally supported by every citizen.

This Bank gladly furnishes full information, and is pleased to cooperate with intending subscribers.

Bank of Nova Scotia



READ THE EVENING JOURSAL AND GET THE TRUE FACTS



Help Him to Help Himself

employment for him. Do not try to throw the burden entirely on employers. They have a grave responsibility, but only insofar as every man, woman and child gives willing help can Canada ensure a fair day's pay for a good day's work for all her men.

We owe the returned soldier every effort we can make towards securing steady

How can YOU help? By investing in War-Savings Stamps.

How will THAT help? Canada must secure foreign purchasers for the products of her forests, farms, and factories. Many nations are anxious to buy our goods, but can only do so if Canada grants credit to them.

Lend your money to Canada, so that Canada may re-lend to those who must buy on credit. The money is being raised by the sale of War-Savings Stamps, so that when you invest in a War-Savings Stamp you provide a day's pay for some returned soldier.

A War-Savings Certificate with 10 W-S.S. affixed will be redeemed by the Dominion of Canada on January 1st, 1924, for \$50.00, for at that date the W-S.S. are worth \$5.00 each.

War-Savings Stamps cost \$4.02 in March; \$4.03 in April; \$4.04 in May, and they may be purchased at any place displaying the Beaver-Triangle sign.



WEDNFORAV

900 DR0

Exact Copy of Wr

CALOMEL, PILLS LIVER AN

Give "California Syrup cross, sick, feverish,

Look back at your ch temember the "dose" m -castor oil, calomel ow you hated them, ho rainst taking them. With our children others who cling to te vsic simply don't rea The children's revolt Their tender little red by them.

> TWO DAYS OF SPR See t

Electr That Are

Decorative No home is co Discard those tures and have

J. H.

237 St. Paul S



5535 Hours

Think of that! N shipment of CLE was made in a C CLEVELAND an ada." There are assembled in CAl Where would you

Think it over, ar anical features t

98 St. Paul