

Skates Ground and Concealed at 15c Pair
By latest improved skate grinder. Call and see. Also furniture repaired at
Novelty Woodturning Works
30 Centre Street

Farmers, Notice!
If you want
To Sell Hogs
either alive or dressed, call write or telephone for our prices before selling elsewhere.
Moyer Bros., Ltd.
8 Frank St. Phone 197
ST. CATHARINES

WANTED - Competent Stenographers for general office correspondence. Must be experienced. Steady employment. Apply stating experience and salary expected.
PEBLAR PEOPLE, Limited
Oshawa, Ont.

Poultry Food and Supplies
Dr. Hess' Poultry Panacea
Pratt's Poultry Regulator
Royal Purple Poultry Specific
J. K. Black Estate
23-25 James-st. Phone 29
Canada Food Board License No. 9-399

BEST DELIVERY
Phone 2078
BAGGAGE TRANSFER, CARTAGE AND MOVING
Auto Service at all hours.
Office: 18 Queen Street

A. R. DE CONZA
Real Estate, Houses, Farms and Lots for Sale.
Houses and Farms for Rent
95 Geneva St.
Phone 1177.

LUMBER
James M. McBride & Sons,
George-st. near Welland Ave
TELEPHONE 41 W

That Madame Melba recently sang for seven hundred soldiers at St. Dunstan's.

SAVING IS EASY
The easiest method of saving is to acquire the habit of depositing a certain sum in the Bank regularly.
In our Savings Department you receive interest at the rate of 3% per annum added twice each year to the principal.

THE DOMINION BANK
Drafts on Foreign Countries sold on favourable terms
B. B. MANNING, Manager,
CORNER KING & QUEEN STS. OPPOSITE POST OFFICE

1869 - 600 Branches - 1919
The Royal Bank of Canada
The Road from the Farm to the Bank should be well worn.
Go to the Manager of the nearest Royal Bank branch with your financial difficulties while they are small and he can usually help you.
Your affairs will be treated with strict confidence. The bank's employees are pledged to secrecy about the business of every customer.
Capital and Reserve.....\$ 33,000,000
Total Resources.....\$470,000,000

WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash the poisons and toxins from system before putting more food into stomach.

Says inside-bathing makes any one look and feel clean, sweet and refreshed.

If you are accustomed to wake up with a coated tongue, foul breath of a dull, dizzy headache; or, if your meals sour and turn into gas and acids, you have a real surprise awaiting you.

To-morrow morning, immediately upon arising, drink a glass of hot water with a teaspoonful of limestone phosphate in it. This is intended to first neutralize and then wash out of your stomach, liver, kidneys, and thirty feet of intestines all the indigestible waste, poisons, sour bile and toxins, thus cleansing, sweetening and purifying the entire alimentary canal.

Those subject to sick headaches, backache, bilious attacks, constipation or any form of stomach trouble are urged to get a quarter pound of limestone phosphate from the drug store and begin enjoying this morning inside bath. It is said that men and women who try this become enthusiastic and keep it up daily. It is a splendid health measure for it is more important to keep clean and pure on the inside than on the outside, because the skin pores do not absorb impurities into the blood, causing disease, while the bowel pores do.

The principle of bathing inside is not new, as millions of people practice it. Just as hot water and soap cleanse, purify and freshen the skin so hot water and a teaspoonful of limestone phosphate act on the stomach, liver, kidneys and bowels. Limestone phosphate is an inexpensive white powder and almost tasteless.

Sir Thomas Lipton has decided that several changes be made in the Shamrock IV, with an idea of increasing her speed.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Ayer*

ONE HORSE CARTING and delivery work.
Phone 361 - Cheapest Rates
DAY AND NIGHT
Phone 361

TEETH, TEETH
DRS. MOYER AND MOYER, 1407 Main street, Moyer Bldg., Niagara Falls, N.Y. Guaranteed painless dentistry. Good set of teeth \$7.50, heavy gold crown \$5. Write for our free dental price list. We pay your car fare. Business established over 25 years. Work guaranteed. Canadian money accepted at full value, no discount.

BUILDING AN ICEHOUSE

Good Type for Use on the Average Farm.

Every Milk Producer Should Have One—The Work and Cost of Erection Light Compared With the Benefits.

(Contributed by Ontario Department of Agriculture, Toronto.)

EVERY Ontario farmer who produces Milk—and most of the farmers do—should store a quantity of ice each winter, in order to make it easier for him to cool the milk down after the evening milking, and to keep it sweet for such short periods, week-ends for example, as he may be required to keep it before delivering it at the cheese factory or other point of disposal. In order to preserve the ice satisfactorily some form of ice-house or shelter is necessary. The purpose of this article is to describe in a few words a type of ice-house which will give good satisfaction.

The ice-house does not necessarily have to be expensive, but certain conditions in regard to it must obtain if the ice is to keep well. These I shall emphasize first and they are: protection of ice from sun's rays, this is the wall, good drainage from the bottom of the house, either natural or artificial, free circulation of air through the top, air-tight foundation, plenty of good quality of dry sawdust on all sides of the mass of ice, and close packing of the ice. If these conditions can be secured in a rough bin built under a shed, or a lean-to on the shady side of a building, all well and good unless one has other good reasons for building a more expensive structure elsewhere. The matter of convenience is often a deciding factor in this case, and the type of ice-house I am about to describe is a good illustration of this fact. Only once have I seen it in use, but there is no reason why it could not be used quite generally.

This particular type consists of a lean-to structure of wood at one end of the barn which has the stable underneath. The size would vary with the amount of ice required, but probably a building 15 feet square and 12 feet high would be large enough for most farmers' needs. In this structure and at the side adjacent to the barn, or rather the basement wall, is built a concrete enclosure about 6 feet square and 6 or 8 1/2 feet high. A door in the basement wall admits one to it. In the side opposite to the doorway there is a row of 3 or 4-inch tiles near the bottom for letting in the cold air from the ice which is packed closely to the concrete storage on all three sides and over the top as well. Between the top of the storage and the barn there is a narrow passage-way for allowing the foul or used air to get out, hence good circulation in the storage is provided for. In this particular case the farmer has his milk-room containing cream separator, etc., adjoining this storage and whenever he wishes to cool milk or cream or store it he puts it in this storage. Other articles, such as butter and meat are also stored at times but of course only for a few days at a time. Hence much handling of ice is saved as well as considerable time. The building is made of wood, the stables being on both sides. It would be advisable to fill the space between the two boardings with planer shavings or good quality sawdust. The roof is covered with shingles. The gables are left somewhat open for ventilation. Plenty of sawdust is used around the ice next to the walls, and also a good depth over the top, none however is used between the cakes of ice. If a few cakes of ice are required for household use they may be easily taken out of the sawdust in the top of ice-house or at one side if more convenient to the farmer.

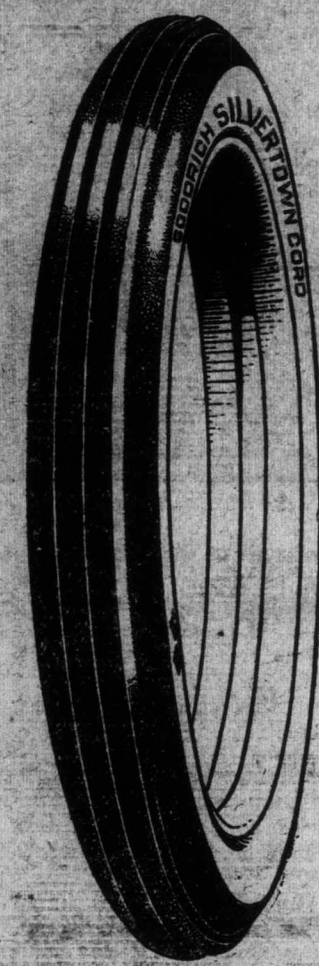
It will be seen, therefore, that this type of ice-house does double duty in a degree, namely, providing a small ice-cold storage room, cooled by the ice mass directly, in addition to housing ice for various incidental uses in the summer-time. In a case of this kind there would not be much need for taking out ice except for supplying the household refrigerator as the storage-room would take care of the ordinary cooling and preserving of products.

Believing this arrangement to be valuable, and in many cases practicable on Ontario farms, I have much pleasure in recommending it to farmers in general.—R. R. Graham, O. A. College, Guelph.

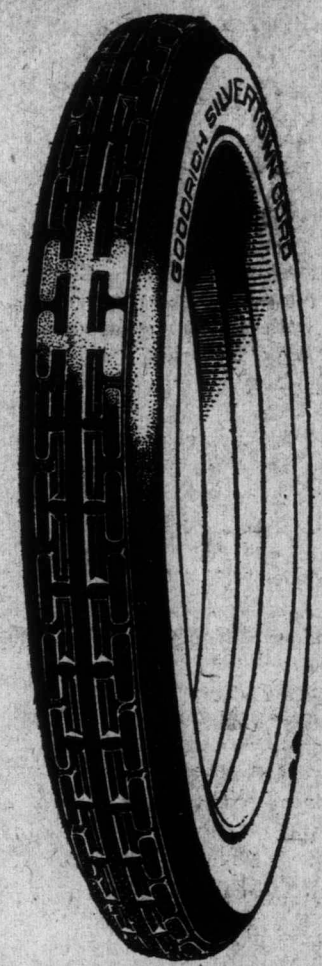
Still a Place for the Good Horse.
Horses have not been meeting a keen demand in Canada since the war broke out and have increased about 650,000 since 1914. However, a real good heavy draft horse is hard to find, and if Old Country markets are any criterion of the trend of affairs an awakening in the Canadian Draft Horse market should soon follow. Draft geldings are selling in England for from \$300 to \$500 and even up to \$1,000 each. A returned officer told me recently of seeing a number of Canadian geldings (artillery and transport horses) sold in Old London for \$200 (\$500) each. About one-fifth of Great Britain's ordinary supply of work horses went to the war and a number of useful brood mares were also taken. France, Belgium, Russia and Germany, four of the great horse-producing countries, have lost a heavy percentage of their horse stock during the war. Already a shipment of Percherons has gone from Western Canada to France, and it would seem that during the period of reconstruction our horse market will be East and not West. If it will pay to breed any horse on the Canadian farm the heavy draft of good quality should turn in most money to his owner.

The curling season was inaugurated throughout Ontario by numerous President versus Vice President games.

Are Your Tires in Good Condition



to stand up against the wet and mud? Insure yourself from being held up at this time of the year. Goodrich Silvertown Cord Tires are the strongest constructed cable cord tires with the toughest black rubber and safety treads on the road today. Ask the man that is using them!



Goodrich Tires in actual use on road and pavement are 10-day unfolding such matchless mileage, regularly in excess of previous adjustment basis, that Goodrich knows it has the strongest, most durable tire the rubber industry has produced.

**Safety Treads 6,000 Miles
Silvertown Cords 8,000 Miles**

Phelan's Vulcanizing Works
20 ST. PAUL STREET WEST
Phone 734 House Phone 732
FREE AIR AT YOUR SERVICE

EGYPT'S PRESS GETS WARNING

CAIRO, Dec. 26.—Owners and editors of newspapers were given official warning to refrain from printing matter likely to excite the public. Recent disorders and attempts at

assassination were largely attributable, the warning stated, to certain newspapers.

Announcement is made that in future a newspaper is liable to suspension under martial law if it contravenes this order.

She: I met Johnny Fuller today. He says I'm getting fat. He: It's natural he should say so. You were looking Fuller in the face.—Pearl's Weekly.

Only the young should blush. After forty, such involuntary exhibitions of emotion are unattractive.

DR. DEVAN'S FEMALE PILLS

Reliable medicine 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

Restores Vitality. Tonic—will build you up. \$5 a box, or two for \$9, at drug stores, or by mail on receipt of price.

Kellogg's TOASTED CORN FLAKES
MADE IN CANADA
LONDON, ONT.

ON TOP
London Kellogg's
For the past twelve years the **Genuine Original Kellogg's TOASTED CORN FLAKES** The Big Package

MADE only in London, Ontario, have climbed continually higher and higher in the estimation of the Canadian public. They are on top, and will continue to be on top because their delightful flavour can not be equalled.

The package has been imitated but the high quality of the GENUINE ORIGINAL crisp, tasty flakes has never been equalled.

Be sure the words, "Made in Canada," and "London, Ont." are printed in red ink on the face of the red, white and green package.

All others are imitations. Prepared and toasted in the finest and most sanitary food factory on the continent.

The Battle Creek Toasted Corn Flake Company, Limited
HEAD OFFICE AND PLANT
LONDON, ONT.