om Bed orning and ink Hot Water

MARCH 26, 1919

veryone should drink re breakfast,

and woman half the nervous, despondent days headachy dull and

e days really incapaciuld practice inside bathratifying change would stead of thousands of mic looking souls with complexions we should happy, healthy, rosy, everywhere. The rea-

he human system does each day of all the it accumulates under ode of living. For f food and drink taken m nearly an ounce of must be carried out and forms ptomaine hich are absorbed into

ssary as it is to clean the furnace each day will burn bright and st each morning clear rans of the previous lation of Indigestible dy toxins. Men and r sick or well, are adeach merning, before lass of real hot water nful of limestone phosa harmless means of the stomach, liver. wels the indigestible s, sour bile and toxins sweetening and puriire alimentary canal more food into the

people who had their pation, bilious attacks rvous days and sleepbecome real cranks ning inside bath. A of limestone phoscost much at the drug cleansing, sweetening effect upon the sys-

Tood's Phosphodine.

Bread

the use of subndard we set pre-Bread is scarcely the most sanitary s a lot of money, ry than by hand. ms are so easily oe carefully done. stem of doing this. ad Costs No

BAKERY elephone 574 No. 5.824

rage riscoe Cars

FIC OUVER

ng Car. First-cla a wide diversity of

ANADA

an Rockies Freific ARD. District

The Royal Bank of Canada

LONDON, ENG.



NEW YORK

BARCLLONA

Collections made. Bills of Exchange purchased. Drafts sold. Trade enquiries effected 490 Branches Throughout Canada and Newfoundland

FOREIGN BRANCHES

CUBA Havana (5 Branches), Antilla, Banes, Bayamo, Caibarien, Camaguay, Cardenas, Ciego de Avila, Cienfuegos, Florida, Guantanamo, Jati bonico, Manzarillo, Matanzas, Moron, Nuevitas, Palma Soriano, Pinar del Rio, Puerto Padre, Sagua la Grande, Sancti Spiritus, Santa Clara and

PORTO RICO_San Juan, Mayaguez andPonce. COSTA RICA_San Jose DOMINICAN REPUBLIC_S. Domingo, Puerto Plata, Sanchez, S. Pedro de Macoris and Santiago de los Caballeros. MARTINIQUE_Fort de France. GUADELOUPE _ Pointe-a-Pitre and

VENEZUELA_Caracas, Cindad Bolivar, Maracaibo and Puerto Cabello.

Antigoa St. Join's. Bahames Nassau. Barbados Bri-Igetown & Speights-

nominica Roscau. Grenada Sv. George's Jamaica Kingston. tonts grrat Plymouth. Nevis Charlestown. St. Kitts Basseterre. Tobago_Scarborough. Trinidad_Port of Spain and San Fernando. BRITISH GUIANA Georgestown, New Amsterdam and Rose Hall (Cor ntyne). BRITISH HONDURAS_Belize.

Capital Paid Up and Reserves \$80,000,000

Electrical Cooking Turns Labor to Pleasure

No invention surpasses McClary's Electric Range to relieve woman-kind of so many disagreeable tasks in the kitcher.

No roaring fire, no overheated kitchen, no ashes, dirt

See and be convinced that it is the safest, cleanest, quickest and easiest way of cooking.

J. H. SANDHAM COMPANY ELECTRICAL DEALERS

Eole Agents Telephone No. II!2 237 St. Paul Street We Are Still Selling Canadian General Electric Irons at \$4.50



PRODUCTION

nlabor, more economy and les more to cover war's waste.

Assets \$100,000 000

It is easier to make money than to save it Thomas as a substitute, who put up a A Savings Account at the Bank of Toronto good fight, notwithstanding the fact ARE YOU PLAYED OUT? will help save what your increased effort that he fought a fast four round bout

BANK OF TORON

Banking Service

YOUR banking requirements may be entrusted to this Bank with every confidence that careful and efficient service will be rendered. Our facilities are entirely at your disposal.

THE CANADIAN BANK OF COMMERCE

THE STERLINGBANK OF CANADA

Save Because

Those who would crimb the ladder of fortune must fortify each step.

JOURNAL FOR LATEST SPORT

LATE SPORT NEWS

Buffalo Boxer Accorded Popular Decision Over Hamilton Battler_ Young Crowley Shows Class.

Ther is a gloomy shadow lurking about the hair-mowing factory in Hamilton of Hank Woods, as an aftermath of the boxing bouts staged at the Armouries last night before an audience of about five hund ed under the auspic's of the Great War Veterans Hank and his stable arrived vesterday afternoon with the air of "We'll show 'em how to fight' but departed on a late train with the

taunt "We'll show you next time." The first bout billed for four rounds between Young Crowley of Hamilton and Joe Goodman of Buffalo was short and sweet. Although Joe might be a "Goodman" he was no match for the ambitious City lad notwithstanding he had four and a half pounds the best n weight. Crowley had Goodman gofrom the gong and put him down wice for a count of eight and three before he landed the slumber poke, thus ending the argument in the first

The second bout of four rounds the principals, ended in the second day night. round by what might pass for a knock out, at any rate Murray went to the mat and took the count.

One Good Bout. The third bout which was to have een a six round affair between Irish Kennedy of Hamilton and Herman

Smith, premier featherweight of Buffalo, did not materialize as the Moun tain Town Irishman was "knocked out" by the 'flu" so Young McMullen also of Hamilton took his place and the fans were given six good rounds udience and he left a very favorable bout went the full six rounds.

Increased effort and efficiency two favorites of the local fans together, Bobby Eber, the Liamilton waste in living, building up cap Whirlwind and Joe Thomas of the tal by harder work and greater | Bison City, who put up a first class savings, will enrich you and bout. Dickie Dundee of Buffato was your country. The men and to have been Eber's opponent but on women at home must produce account of breaking a bone in his right hand was unable to come, and sent with Elbows McFadden in Buffalo on If Your Recuperative Power Seems Monday night. The first five rounds were a little slow, and Eber drew the audience with his kangeroo stunts, while Thomas practically played on the defense, but in the tail end five he went at Eber hammer and tongs and it was the consensus of opinion that he outpointed Eber. Several times Thom: s backed to the ropes as if tirinvariably sent Eber's head several of ill health.

> fight fans, who was a ringside spec- you on your feet again. tator was called to the reped square, when it was announced that in two weeks, the G. W. V. A. intended staging another show when Loney and Pete Scott, the Hamilton Indian would figure in the main bout. The last time

these two boxers met in this city they ought a draw. Dan Rogers of Buffalo acted as

referee and gave entire satisfaction.

MORE CHANGES.

nation of judges to make decisions and dock was the pupil of the late Frank substituting the referee as the sole ar- Gotch, the greatest of them all in his bitrator. Ten per cent. of the gross time. receipts ara to go to the state, and a cash bond of \$10,000 as a guarantee of good faith. Just why a \$10,000 bond address ou receipt of price. will not serve the same purpose has not But a cash deposit will not keep any bona fide, well meaning organization for Nerve and Brain; increases "grey matter"; a Tonic—will build you up. \$3 a box, or two for 55 at drug stores, or by mail on receipt of price. out of the promoting game.

LAST NIGHT'S BOXING SHOW

TAKE SALTS AT FIRST SIGN OF

BLADDER IRRITATION OR

BACKACHE

The American men and women must

guard constantly against Kidney

rouble, because we eat too much and

all our food is rich. Our blood is filled

with uric acid which the kidneys strive

When your kidneys feel like lumps

is cloudy, full of sediment or you are obliged to seek relief two or three

times during the night; if you suffer

with sick headache or dizzy nervous

spells, acid stomach, or you have rheumatism when the weather is bad

fast for a few days and your kidneys

tralize the acids in the urine so it no

longer is a source of irritation, thus

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent

lithia water beverage, and belongs in

FIRST BALL GAME

What was probably the first real

game of baseball this year, took

place between the third and fourth

kev. Father Mogan umpired. The

HOLDS UP THE DOCKING

((Special To The Journal..)

Halifax, March 25 .- After an un-

successful atempt to dock the Olym-

giant liner returned to her anchorage

in the stream and prepared to disem-

bark the civilian passengers byy ten-

der.. An attempt is now being made

(Special To The Journal.,

Berne, March 25.-The Bolshevik

rmy, which is on its way to Hungary,

has reached Brody, according to latest

Brody is a city in Northeastern Ga-

AT GRIFFINS THURSDAY, FRI-

SEND IN YOUR ORDER

. Any one desiring to have

The Journal delivered

should call telephone 59,

circulation department.

Carrier boys are now going

to all parts of the city and arangements can be made

to have the paper delivered

every evening at your home.

DAY AND SATURDAY.

HAS REACHED BRODY

to dock the Royal George.

BOLSHEVIK ARMY

news received here

room teams of St. Nicholas School.

ending bladder disorders.

to filter out, they weaken from over-

work, become sluggish; the elimina

Young Crowley, Hamilton, 104 lbs. vs. Toe Goodman, Buffalo, 108 1-2 lbs. Young Murray, Hamilton, 124 1-2 lbs vs. Willie Hewitt, Buffalo,

124 1-2 lbs. Young McMullen, Hamilton, 128 lbs. vs. Herman Smith, Buffalo, 126

Bobby Eber, Hamilton, 116 lbs. vs. Joe Tho as, Buffalo, 114 lbs. Dan Rogers, A offalo, Raferce.

Next boxing show under auspices of G. W. A at the Armouries, Tuesday, April th.

BRITTON BEATS PERRY.

Pittsburg, March 26. Champion Jack ney trouble, bladder weakness and a Britton easily defeated Jack Perry in general decline in health. ten rounds Monday night. Perry was of lead; your back hurts or the urme tired at the finish.

SHARKEY A LOSER.

Cleveland, March 26. Jack Sharkey lost a newspaper decision bout to Jack
Wolf of Cleveland in their bout hera

unces of Jad Salts; take a tablespoon
ful in a glass of water before break-

SAY PAL WON.

will then act fine. This famous salts
Pal is made from the acid of grapes and
lemon juice, combined with lithia, and Memphis, Tenn., March 26. _ Moore and Peter Herman fought eight has been used for generations to flush rounds Monday night, sporting writers and stimulate clogged kidneys; to neu-

DRAW IS CLAIMED.

Philadelphia, March 26._Artie Root which Young Murray of Hamilof Claveland fought Frankie Brown a mistake by having a good kidney on and Willie Hewitt of Buffalo were of New York a six round draw Mon- flushing any time.

In Use For Over 30 Years

DUFFY KNOCKED OUT.

Montreal, March 26. Jimmy Duffy times the spectators found fault with Poppy, Mignonette, Petunias, Portulof Lockport was knocked out Monday the decisions of the umpne, who seem aca, Pings, Drummond Phlox, Verimpression. He is a clean, fair and night by Irish Patsy Cline of Brooklyn ed to favor the senior team, but no beneat. square above board boxer and although in the second round of a scheduled ten doubt he will be better in the future: e was against an old ring artist he round go. The fighting Irishman held his own and a shade better. The knocked Duffy down seven times dur-TWENTY-THREE KNOT GALE ing the fight.

WELLING STOPS ALLEN

Syracus , N. Y., March 26 ._ Joe Welling of Chicago knocked out "Knockout Red" Allen of Bridgeport pic in the teeth of a twenty-three knot Conn., in the second round of their northwest blow this morning,, the scheduled ten round bout here.

ARE YOU NERVOUS?

to Have Left You, You Need

To-day and not to-morrow, is the ing, and then push out his right that slide you are taking down a long hill During the first two years of the war day to put a stop to that gradual licia, about 50 miles east of Lemburg.

degrees backwards. However, Eber was game and came right back with a left Mentally and physically depressed? Germans and Austrians. Thomas' nose, but lacked the required pressure of steam, only causing that pressure of steam, only causing that bolstered up, but can't ten what is

Buffalo lads face. It was a red hot the matter? You need a quick, nerve-building onic-one that checks decline-Jack Loney, the pride of St Kitts steadies your nerves one that puts

To-day you should get a box (Same price everywhere), of Phosponol. Price \$8.00 box, 2 for \$5.00. For sale at Dwyer's Drug Store.

m19 22 25 29

NOT YET, WLADEK

Wladek Zbyszko may claim the world's heavyweight wrestling championship because he repeatedly won from Strangler Lewis, but the manager of Earl Chaddock, who is the By the time those Albany legisla- recognized titleholder, says Earl will ors get through mutilating the Gibbs d liend that honor upon his return oxing bill, it won't resemble its orig- from service in Europe. Gene Malady inal form any more than an ele- is Chaddock's manager and he bephant resembles a flea. More amend- comes seized with a laughing fit when ments were submitted last night by somebody mentions that the giant Pole Mr. Gibbs, one providing for the elimilis the heavyweight champion. Chad-

clubs of first class cities must put up OR. DeVAN'S FEMALE PILLS Reliab

been explained by Mr. Gibbs thus far. PHOSPHONOL FOR MEN Restores Vin

Sold at Dwyer's Drug Store, St. Catharines

TWO ANTI-FLU'S

Bromi-Laxine CHOCOLATED

With You is Guaranteed by Thousands of Leading Druggists of America, to PREVENT AND CURE SPANISH FLU, GRIPPE

AND COLDS PRICE 50 CENTS

Keep built up by using---



Look for this W rapper

50 Cents. CASH COUPON

This Couponwhen presented to your Druggist or Dealer will entitle you to 5 boxes of ANTI-FLU BROMI-LAXINE Cholated for \$2.00, or 3 boxes and 2 boxes C. D. S. Kidney Pille for \$2.00.

For Sale By-J. N. Walker and A. W. Garner & Co., St. Catharines; R. Stuart, Merritton; J, M. N. Waugh, Port Dalhousie.

If your Druggist or Dealer does not keep Anti-Flu Cures guaranteed by Thousands of Druggists. Write to Canadian Representatives:

Canadian Druggists Syndicate Ltd. 442 KING ST. WEST, TORONTO

SPRING PLANTING

sams, Coreopsis, Larkspurs, Gaillardia Clarkia, Salvia, Stocks, Poppies. Tall Growing: Cosmos, Helichrysum At this season when lovers of good Tall Larkspurs, Nicotiana, Salpiglossis flowers are getting their plots ready Sunflowers. juniors opened strong and scored two an old gardner suggests the followruns in the first inning. The seniors ing as the very best to plant: Sweet ADVERTISE IN THE JOURNAL

should have had no trouble in de-Pats, Nasturtiums, Sweet Sultan, Sweet feating the juniors, but it was not Scabious, Snapdragons, Everlastings until the last inning that they made Zinnias, Pot Marigold or Calendula. themselves victors, making the score Other good annuals are: 10-2 in favor of the fourth room. At Low Growing: Pansies, California

Medium Height: Everlastings, Bal-

> Capital and Reserve, . . \$8,600,000 Total Assets, Nov. 30th, 1918, over \$153,000,000 DON'T KEEP MONEY

lying around the house. If it is not convenient to go and deposit it in the nearest branch of the Union Bank of Canada, send it in by registered mail. This is called "Banking by Mail" and thousands of savings accounts are operated in just this way. Payments and withdrawals can be made by cheque.

UNION BANK OF CANADA

ST. CATHARINES BRANCH FENWICK BRANCH SMITHVILLE BRANCH

Jok's Cotton Root Compounts

THE CANADIAN BANK OF COMMERCE

Announce that a branch of their bank has been opened at Niagara-on-the-Lake, Ontario. This bank has now 433 branches in Canada and foreign countries, and is in a position to offer the public unexcelled service.

St. Catharines Branch-R. G. W. Conolly, Manager Thorold Branch-S. H. Falkner, Manager Niagara-on-the-Lake Branch-F. W. Wilson,

Security Loan & Savings Company 26 JAMES STREET, ST. CATHARINES

CAPITAL SUBSCRIBED AND PAID 523.200.00 RESERVE 145,000.00

Pays 8½ Per Cent. on Deposit 4 and 4½ Per Cent on Debentures

Trustees and Joint Deposits Received. No Notice of Withdrawal Required

Money to loan on real estate on easy terms of repayment Office open until 4 p.m. except Saturday, when it closes at 1 p.m.