

from Bed Morning and Drink Hot Water

everyone should drink water each morning before breakfast.

man and woman half the nervous, dependent days headache dull and some days really incapacitating.

would practice inside bath, gratifying change would be made of thousands of neurotic looking souls with complexions we should be happy, healthy, rosy, and everywhere. The human system does itself each day of all that it accumulates under the mode of living.

of food and drink taken in nearly an ounce of water must be carried out and forms poisons which are absorbed into

necessary as it is to clean the furnace each day it will burn bright and must each morning clear organs of the previous mulation of indigestible body toxins. Men and women who are sick or well, are each morning, before glasses of real hot water

of limestone phosphorus of the stomach, liver, bowels the indigestible acids, sour bile and toxins, sweetening and purifying alimentary canal

of people who had their stipation, bilious attacks, nervous days and sleep have become real cramps morning inside bath. A

of limestone phosphorus cost much at the drug sufficient to demonstrate its cleansing, sweetening effect upon the sys-

ing effect upon the sys-

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LATE SPORT NEWS

Frank Shaughnessy Has Signed As Manager Of The Hamilton Team

Former Ottawa Pilot Will Have Charge of Mountain Town Team in Newly Formed Michigan-Ontario League.

If there is professional baseball in Hamilton this year, Frank Shaughnessy will lead the team. That was the announcement made by the directors of the Hamilton Baseball club yesterday after a conference with Shaughnessy who arrived in the city from Ottawa and who met the directors at a special meeting at the Commercial club. It was thought securing a manager would solve all the local club's problems, but now a new trouble has cropped up in the matter of the grounds. The directors feel that the rental asked for the H.A.A.A. grounds is altogether too high, and that they could not possibly pay the figure and make ends meet.

The meeting of the directors of the Michigan-Ontario Baseball league held at London did not adopt the 1919 playing schedule as submitted by the committee, but revisions were pointed out to be the basis for another draft. The Spalding ball was adopted as the official baseball for the league. It was decided to fix the salary at \$700 per month for managers in order to keep within the salary limit.

POOR ATTENDANCE AT HAVANA TRACK

Many Owners of Horses Will Not Make Expenses Unless the Attendance at Races is Larger.

With the coming of the dog end of the Havana race meeting it becomes more and more apparent that unless some sort of a miracle is performed many owners and race followers will be left there in desperate straits, half of the owners being indebted to the track for feed. Armed sentries are now employed by the track owners to guard the entrances, no owner or trainer being allowed to take a horse from the track without first obtaining a written permit from Curly Brown. The daily attendance has been almost nil.

MORE PUBLICITY?

Preserved as a close secret for nearly three weeks, it leaked out at Reno today, following the receipt of a telegram by one of the most prominent men in sporting circles of the western city, and confirming what has been anticipated ever since the passage of the bill legalizing boxing in this state, over Governor Emmett D. Boyle's signature, that the Jess Willard-Jack Dempsey heavy-weight championship battle will be staged in the city of divorses. The absence of any official announcement is due, many think, to a desire on Promoter Rickard's part to get as much publicity as possible out of the bidding for the site.

RUSH JOHNSON OUT OF CUBA.

Havana Police Chase Ex-Champion Because of Frame Stories.

New York, March 25.—Word comes from Havana that Jack Johnson was ordered to leave Cuban soil by the police authorities after he had announced that his battle with Willard was not on the level. Johnson was compelled to make a hurried getaway to Mexico the other day or go to jail for "defrauding" the Cuban sporting public.

The discredited ex-champion evidently made a bad break in Havana, where the natives will not stand for sharp practice by foreigners. Johnson while in Cuba engaged a manager, who is blamed for the negro's statements concerning the Willard bout. But when the Havana police got busy Johnson's manager deserted him.

MRS. HURD LOSES SOUTHERN TITLE

Former Canadian Golfer Is Surprise Of The Pinehurst Season.

Pinehurst, March 25.—The biggest surprise that has occurred at Pinehurst this season came along yesterday, when Mrs. Dorothy Campbell Hurd, the North and South champion, formerly of Hamilton, Ont., was defeated by Miss Sarah Fownes, of the Oakmont Club, in the first match round of the North and South championship tournament for women. Miss Fownes won by 1 up, by evading a

POPULAR DECISION.

Jack Loney, the local welterweight boxer, earned the popular decision over fighting Zinner of Black Rock in their bout at Buffalo last night. Loney had the better of the argument in a majority of the rounds.



Hamilton Boxers Have Very Busy Week Ahead; Will Box Here Tonight

Akron, Belleville and Guelph Will See Ambitious City Boxers in Action—Tonight's Show an Inter-City Affair Between Hamilton and Buffalo.

SOCCER NOTES.

The St. Catharines Football Club had a great workout on Saturday and the form exhibited by some of the players was a treat to watch. The locals show promise of having a great team in the field this season, five of the players, namely Gibson, MacFarlane, MacSparran, Robertson and Jordan have been approached but all to no purpose, as they have decided to stay with the Graves and Ecclestone Cup holders.

The St. Catharines Club will hold a meeting on Wednesday night at the Y. M. C. A. when all members and players are requested to attend. Business of importance.

A well known Toronto full back is expected in the city in the near future.

Frank Sturch, the well known Sunderland forward, who is now overseas, has sent word that he expects to sail in a few days, and hopes to join his brothers Jim and Charlie in the local line up.

Walter Rex who was overseas for four years arrived in the city last week and the way he kicked on Saturday reminds one of former days.

Mr. J. Muirhead was a welcome visitor to the Lacroix grounds on a special mission. The results obtained are not known.

Jimmy Dakers is reported to be on his way home. Let it be soon.

stymie on the home green.

Mrs. J. D. Mathaway, of Montreal, was defeated by Mrs. William West, of Philadelphia, in the second eight. Mrs. G. M. Howard, of Halifax, the only other Dominion contestant, came through to the semi-finals in the fifth eight.

Rev. Frank J. Anderson, a Methodist Minister, pastor of Point Ann Mission, Belleville, died suddenly from heart trouble.

Unanimous approval was given to the daylight saving plan by the Montreal Trades and Labor Council.

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G. T. R. MAKES MOVE.

Stratford, Ont., March 25.—An announcement was made here yesterday of the transfer of the Brantford despatching department of the Grand Trunk to Stratford. This is an important move and will bring three hundred miles more of railway under the direction of Stratford headquarters, including the Buffalo, Goderich, Tilsonburg, Port Dover and Port Rowan branches. The Brantford department was transferred from here in 1912.

GREATEST BATTLESHIP IN COMMISSION

Philadelphia, Pa., March 25.—The super dreadnaught Idaho, the largest fighting ship afloat, went into commission as part of the United States navy at Camden, N. J., today.

Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three sizes: 25¢, 50¢, and \$1.00. Sold by all druggists or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, Ont.

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

CALL ON LENIN.

Copenhagen, March 25.—The Hungarian Soviet Republic, according to a Budapest despatch, has sent a wireless message to Premier Lenine, asking him to come to Budapest and personally take charge of the situation. Lenine was greeted as the "international leader" and was assured of Hungary's "solidarity." He is said to have replied, asking that he be kept constantly advised of the "military situation."

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