

## Specialist

ERVE EXHAUSTION,  
LES, ACNE, SKIN DIS-  
BLOOD CONDITIONS  
e yours is of much benefit  
is again feeling well—the  
oulders, I give every patient  
ated, licensed and registered  
st possible time.



## HOURS:

s, Wednesdays and  
ys—9 a. m. to 9 p. m.  
s, Thursdays and  
—9 a. m. to 6 p. m.

HOURS—10 a. m. to

CONSULTATION  
AMINATION  
FREE

Diagara Square  
IAGARA STREET

McRimley, Montreal

FFALO, N. Y.

## ing Man

ON YOUR BLOOD. Any  
of any of the various vital

## Dr. Ward

Leading and Most  
Successful Specialist  
Diagara Sq., Buffalo, N. Y.

Thick, Tender  
Savory Meal

chops—the kind you know, that  
make your guests praise your hos-  
pitality, your cooking, your entertain-  
ment. Why not this kind of meat in-  
stead of the doubtful cuts and in-  
ferior meats? We want you to know  
this meal. A sirloin or porterhouse  
steak, a roast, chops from the loin,  
etc., will enable you to judge  
quality.

## C. H. SHELLY

MEATS AND PROVISIONS  
107 ST. AND CHAPLIN AVE.  
Phone 1853

S. KILLMER, D.D.S., L.D.S.,  
Dentist Office—65 St Paul Street,  
St. Catharines. Phone 16. Residence  
22 Weland Avenue.

## CARPET CLEANING

NOW IS THE TIME TO HAVE  
your carpet cleaned. We do your  
work first-class by vacuum ma-  
chines. Furniture crated and stor-  
ed. Upholstering in all its branch-  
es. CARPET CLEANING CO., 18  
St. Paul Street. Phone 605. W. J.  
Westwood, Proprietor.

THE STERLING BANK  
OF CANADA

## Save Because--

Careless spending is the high  
cost of living.

How Publicity  
Worked to Carry  
Educational Bylaw

For several years Sarnia had been  
slow to expend much money on edu-  
cational facilities until the buildings  
throughout the city were overcrowd-  
ed and the city was in danger of los-  
ing federal collegiate aid. It was evi-  
dent to the School Board that some-  
thing had to be done as soon as the  
year was over. The problem was to  
make the taxpayers see it in the  
same light. The publicity committee  
for this purpose was selected from  
the Board of Education and the  
Chamber of Commerce, for basis of  
newspaper publicity which was writ-  
ten in every form by each member  
of the committee; the current issue  
of the Chamber organ was devoted  
entirely to the subject showing the

PHELAN'S  
Vulcanizing Works

Rubber Tires for all  
vehicles. Tire repairing  
of all kinds.

We sell tires of all makes

20 St. Paul-st W. Phone 734

Och! Lamé Back;  
Rob Limbago or  
Backache Away

RUB PAIN RIGHT OUT WITH A  
SMALL TRIAL BOTTLE OF OLD  
"ST. JACOBS OIL."

Kidneys cause backache? Not  
they have no nerves, therefore can-  
not cause pain. Listen! Your back-  
ache is caused by lumbago, sciatica  
or strain, and the quickest relief is  
nothing, penetrating "St. Jacobs Oil."  
Rub it right into your painful back,  
and instantly the soreness, stiffness  
and lameness disappears. Don't stay  
crippled! Get a small trial bottle of  
"St. Jacobs Oil" from your druggist  
and rub it up. A moment later it is  
applied you'll wonder what became  
of the backache or lumbago pain.

Rub well, honest "St. Jacobs Oil,"  
whenever you have sciatica, neural-  
gia, rheumatism or sprains, as it is  
absolutely harmless and doesn't burn  
the skin.

absolute need of a new Collegiate  
building and why the passing of the  
by-law for this purpose would re-  
lease a large school for public school  
purposes. Extra copies were printed  
to blanket the city. Then a suppli-  
ment was distributed showing a pic-  
ture of the of the proposed building  
and some very interesting figures re-  
lating to increased government as-  
sistance should such a building be  
constructed and the availability of  
education to everyone, man or woman  
old or young, married or single. The  
sum which was asked \$350,000 was  
a stunner to many rate payers who  
were willing to admit the necessity  
for increased educational facilities,  
but could not see the necessity for  
such an amount of money. The edu-  
cational battle was hard fought, and  
when the election results were known  
the measure carried by a very small  
majority, making a striking record  
of achievements for the Chamber of  
Commerce and assuring a collegiate  
and technical institute which will  
closely approach the half million  
mark with the sum which is to be  
given for its construction by the  
Government. The School Board im-

## Big Developments in Evangeline's Land



The new Dominion Atlantic Railway Passenger Station at Bridgetown.

Not only is the Canadian Pacific  
Railway making advances in accord-  
ance with the necessities of the  
time, and providing every modern  
improvement for the convenience  
and comfort of the public, but all  
its subsidiary lines are similarly pro-  
gressive. The Dominion Atlantic  
Railway, which serves a large por-  
tion of Nova Scotia and runs through  
the beautiful Land of Evangeline,  
now owns and operates The Elms  
Hotel at Digby, providing first class  
accommodation for the large num-  
bers of tourists who visit the dis-  
trict. A new night service between  
Halifax and Yarmouth has recently  
been inaugurated. This night ser-  
vice leaves Yarmouth on Monday,  
Wednesday and Saturday evenings,  
and Halifax on Sundays, Tuesdays,  
and Fridays, and marks one of the  
most important developments since  
the through line of railway from  
Yarmouth to Halifax was opened up  
for traffic in 1891. These trains car-  
rying on a combined freight and pas-

senger service, but only carloads of  
through merchandise are carried.  
When on a trip of inspection over  
the Dominion Atlantic Railway, at  
the end of November last, Mr. Grant  
Hall, vice-president of the C. P. R.,  
expressed the desire to have the  
D.A.R. equipped in the near future  
with steel rails much heavier than  
those at present laid. He said that  
this work would probably be under-  
taken when the effects of war condi-  
tions had disappeared. Important  
improvements are being carried out  
along the line and arrangements are  
progressing for the erection of a  
new station at Digby which will pro-  
vide the most up-to-date facilities  
for tourists and other traffic and  
add considerably to the beauty of  
the town. It is estimated that dur-  
ing 1919, 60,000 tourists visited Nova  
Scotia and spent there about \$3,-  
000,000. Recently a new station  
was opened at Bridgetown, much to  
the satisfaction of the public of that  
town. It is a handsome building

24 ft. x 56 ft. with 20 ft. overhanging  
on each end and has in front a tavia  
walk 390 feet long and 12 feet wide.  
The building is very conveniently  
designed. It has a cement base-  
ment. The outside finish is stucco  
on trussing lath, centred with plain  
pebbled dash, with smooth finish  
above and below. The roof is as-  
bestos. The inside consists of gents'  
room, 20 ft. x 24 ft., office, 14 ft. x  
14 ft., ladies' waiting room, 12 ft. x  
24 ft., and baggage room 24 ft. x  
10 ft. The inside finish is of Douglas fir  
and birch, finished in the natural  
wood. The ceilings and side walls  
are sand finish tinted in cream.  
There are also up-to-date conven-  
iences and the heating plant consists  
of a Cumberland hot air furnace  
manufactured and installed by Mr.  
G. E. Banks, of Bridgetown, who also  
executed the plumbing. The inside  
and outside decorating was in charge  
of Mr. Harry Sanction. The whole  
work, including the building of a  
freight shed 30 ft. x 45 ft., on the

opposite side of the track, was built  
by contract by J. H. Hicks & Sons,  
under the personal supervision of  
Mr. E. A. Hicks, of that firm, who  
has already built seven Dominion  
Atlantic Railway stations.  
The Dominion Atlantic Ry. has  
also added to its system the hotel at  
Kentville now known as the "Aber-  
deen." Kentville is an important  
and growing centre, and the fact that  
it is now to have modern hotel ac-  
commodation will add tremendously  
to its benefit.  
The "Aberdeen" is splendidly sit-  
uated, and will be made very at-  
tractive. It will be renovated and  
refurnished from cellar to roof.  
Many of the rooms will be equipped  
with private baths. The work of  
renovation will begin at once, but  
will be so conducted that guests will  
not be disturbed. The Aberdeen  
will continue to be operated the year-  
around, and cater to the general and  
commercial interests as well as to  
the tourist traffic.

mediately began to make plans for  
its complete utilization and night  
classes have been arranged for this  
fall and winter. The results have  
been most reassuring, between five  
and six hundred registrations show-  
ing that the need for such an insti-  
tution is great.

Guelph Board of Education decided  
on a general increase in salary of all  
teachers.  
The Irish automobile drivers have  
declared their strike off and are re-  
turning to work.  
Harry Coulin of Buffalo beat Dick  
Atkins in ten rounds at the G.W.V.A.  
boxing. Harry Freeman drew with  
Frank Bull.

ONE HORSE CARTING  
and delivery work.  
Phone 361. - Cheapest Rates.  
DAY AND NIGHT  
Phone 361  
131  
2 to 4 p.m. or by appointment. Office  
and residence 35 Church street.  
Telephone 624.

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

Announcing  
Red Rose Orange Pekoe Tea

During our twenty-five years in  
business, Canada has made  
wonderful progress in education,  
refinement and wealth.

The scale of living and the  
tastes of the people are more  
luxurious than a quarter of a  
century ago.

Realizing this we have decided  
that in addition to our well-  
known standard brands of Red  
Rose Tea, the sales of which are  
increasing faster than ever before  
—the time is opportune to in-  
troduce a tea of extra quality.  
It is an Orange Pekoe Tea of very  
fine quality under the popular Red  
Rose brand, and called Red Rose  
Orange Pekoe Tea—a special tea  
of extra quality for people who are  
willing to pay a little extra price.

To ensure the quality and success  
of this new tea we have concen-  
trated on it all the resources, the  
experience and the advantages  
possessed by our big organization.  
The Orange Pekoe Teas we use  
are selected with a knowledge  
born of long experience in buying  
teas abroad.

Red Rose Orange Pekoe are  
grown on the best plantations;  
—from tested seed;  
—on carefully cultivated soil;  
—at a high elevation (mountain

grown teas are very superior to  
low-land teas.)

They are gathered at the time  
of the year when the flavor is most  
fully developed in the leaves.

The manufacture and final prepa-  
ration are carefully and skill-  
fully done.

When brewed, Red Rose Orange  
Pekoe Tea has all the character-  
istics of fine quality tea.

It has a bright, sparkling amber  
color in the cup.

The aroma is delicate and  
delightful.

After the liquid is poured off,  
the leaves in the pot are a greenish  
copper color.

The flavor is of rare charm and  
distinction. The more cultivated  
your taste the more you will  
appreciate it.

The strength is rich, satisfying  
and invigorating.

Red Rose Orange Pekoe Tea is  
sold only in our sealed waxed  
board cartons which fully protect  
its fine quality.

Ask for it by the full name: Red  
Rose Orange Pekoe Tea. The  
words "Orange Pekoe" are in  
orange on our new waxed board  
cartons.

Our well-known Red Rose package,  
the sale of which is increasing faster than  
ever before. Red Rose consists chiefly of  
Assam teas, the richest and strongest in  
the world and therefore very economical.  
(The Red Rose Orange Pekoe package is a little  
different in design.)

Mountain grown Orange Pekoes from  
the best plantations. A tea of extra  
quality at a little extra price.



## T. H. ESTABROOKS COMPANY, LIMITED

St. John, Montreal, Toronto, Winnipeg, Calgary, Edmonton,  
St. John's, Nfld., and Portland, Maine.

To Grocers:—Our travellers are on the road taking orders for  
the NEW tea. If our traveller hasn't reached  
you, better phone or mail an order immediately to our nearest  
office. There is sure to be a considerable demand at once for this  
fine quality tea.

