

When you feel so "blue" that even the sky looks yellow, you need BEECHAM'S PILLS

A sluggish liver and poorly acting kidneys fail to destroy food poisons, which affect the mind as well as the body.

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THE EVENING JOURNAL PHONE (Business Office) 59

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WHAT EXCHANGES SAY WHEAT FROM RUSSIA

The Supreme Allied Council, according to a Paris newspaper, has made a tentative plan to secure a supply of wheat from Russia. This step seems to be necessary in order to avert a serious shortage of bread in Western Europe. Sir James Wilson, who is a well known authority on agriculture in Scotland, and was a delegate to the International Institute of Agriculture at Rome from 1914 to 1917, estimates that the exporting countries of the world will hold 344,000,000 bushels of old wheat on August 1, 1920, which is only about one half of the normal import requirements. This estimate includes Russia, Roumania and India. The Indian crop, which becomes available in April, is promising, but the Roumanian crop is doubtful, and there is now practically no intercourse with Russia. In the United States, owing largely to the cost of labor, the winter wheat sown was only 39,000,000 acres, as compared with 50,000,000 acres the year before, and the same labor troubles will prevent any large increase in the spring sown wheat. The Allies cannot expect much relief from that quarter, and prospective hunger is driving them to make a bargain with Russia.

WISE QUEBEC FARMERS.

(Belleville Daily Ontario.) In the Province of Quebec they are wiser in many things than we are in Ontario. The farmers there didn't turn all their beautiful maple forests into cordwood and cow pasture as we have done around Belleville. They looked farther ahead than the immediate present. The result is, that owing to their forehandedness and enormous annual production of maple sugar they have been enabled to cut down the consumption of refined sugar in that Province to 68 pounds per capita. In Ontario it is nearly twice that amount or 130 pounds per head.

In Ontario we have been growing rich, and correspondingly lazy. The maple trees we have left, if put to work, would practically drive the Cuban product off the market. But we Ontarians prefer to loaf around the house in the spring and grumble about living costs and the greed of the middleman. The habitant of Quebec takes off his coat, goes to work in his bush, and so keeps his money at home and makes himself independent of profiteers, whether Cuban or Canadian.

New York funds closed at 13 3/4.

English Glycerine Soap 10c Cake
Castile Soap, Large Bar 35 Cents
Cuticura Soap, 25c Cake
Colorite, 30c Bottle
Rowntree's Clear Gums, 30c Box
After Dinner Mints, 30c Box
SEE OUR WINDOW
Abbs & McNamara
Quality Druggists
30 Queen Street Phone 102
Agents for Huyler's, Page, Shaw and Neilson's Chocolates; Bitro Phosphate, Vivol, Nuxated Iro, and Tyrrell's Cascades.

Growth Shows Desire To Extend Army Work

Commissioner W. J. Richards, chief of the Salvation Army in Eastern Canada, has completed his fifth year in that capacity. During that time the Army has seen one of its greatest periods of usefulness. This period takes in the "war years." The great war had been under way since August and new problems presented themselves to the organization when he assumed command. These problems required a large measure of initiative to overcome. The task of rendering the highest and most efficient service was shouldered and Canada paid tribute to the success which attended those efforts by over subscribing the amount asked for during the Red Shield Drive.

Commissioner Richards is a forceful man. He is a man of few words. He believes in doing things. During the five years, more than 11,000 persons are recorded as having sought salvation. Notwithstanding the losses due to war, there are today nearly 2,000 more names on the Membership Roll than there were in this territory five years ago.

In July, 1915, Canada East was separated from Canada West, the dividing line being Port Arthur. Even in view of this, there are now only forty one fewer officers in active service in the Eastern territory alone than there were in the combined territories five years ago.

In the Field Report two very striking indications of financial growth are given. In 1914, the Self-Denial total for the combined territories was \$43,726. In 1919, for Canada East alone, it was \$75,591. Harvest Festival returns have been doubled.

Shows Solid Growth. In all the various departments the same rate of growth has been recorded. This shows that as often as humanly possible every opportunity has been seized for the advancement of every branch of the organization. Inasmuch as every act of service means the welfare of somebody, the position which the Salvation Army occupies today indicates tremendously increased service to the community.

This service has been rendered under the leadership of Commissioner W. J. Richards. His five years in Canada have been five big years for the Salvation Army in Canada, and give great promise for the future.

THIS MOTHER AND DAUGHTER

Both Made Well by Lydia E. Pinkham's Vegetable Compound.

Steele, Ala.—"During the Change of Life I had hot flashes, was nervous, run down, and had sick headaches for two or three days at a time. I took Lydia E. Pinkham's Vegetable Compound and I am much stronger and better in every way than I was. My daughter's health broke down last June from teaching school without a rest, and she has taken Lydia E. Pinkham's Vegetable Compound and the Flood Medicine with good results. She is much better and teaching now and I give your medicine the praise. You are welcome to use this letter for the benefit of other suffering women."—Mrs. F. A. GAINES, R.R. No. 1, Steele, Ala.

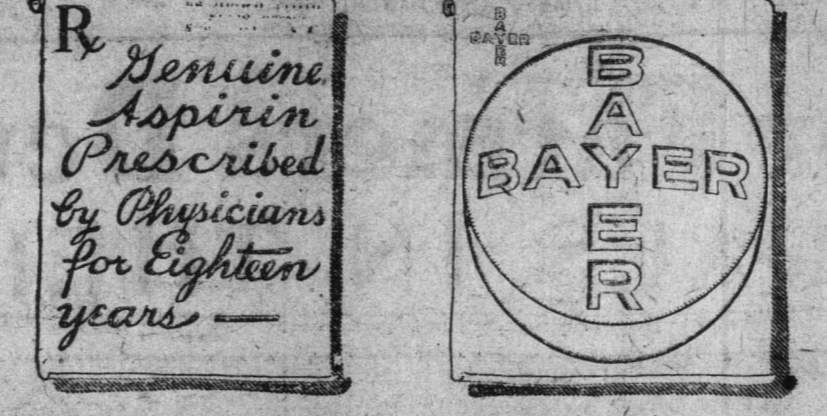
Women who suffer as Mrs. Gaines did should not hesitate to give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial, as the evidence that is constantly being published proves beyond question that this grand old remedy has relieved much suffering among women.

For confidential advice write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of their forty years' experience is at your service.

FURNITURE WHICH CONCEALED BOOZE IS STILL UNCALLED FOR NIAGARA FALLS, March 4.—W. Jones of Toronto, who shipped into the United States a carload of furniture which was billed to Rochester, has not called for his property. When customs men here looked over the load they did not overlook 2,400 bottle of Canadian whiskey concealed among the chattels. This part of the consignment was confiscated and is held here pending a sale by auction to druggists on a date to be set soon. The chattels are at Rochester and accumulating storage charges, officers say.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



The name "Bayer" identifies the only genuine Aspirin—the Aspirin prescribed by physicians for over twenty years and now made in Canada. Always buy an unbroken package of "Bayer Tablets of Aspirin" which contains proper directions for Colds, Headache, Toothache, Rheumatism, Neuritis, Joint Pains, and Pain generally. The boxes of 12 tablets cost but a few cents. Larger "Bayer" packages. There is only one Bayer—you must say "Bayer" Aspirin is the trade mark (registered in Canada) of Bayer's Manufacture of Mono-acetylsalicylic acid (aspirin). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Funeral of Late Mrs. Nelson

The funeral of the late Martha A. Nelson, beloved wife of Wesley Nelson, took place on Thursday afternoon from the family residence, 67 Queenston street, to Victoria Lawn Cemetery, and was largely attended by sympathizing friends. The service at the house and graveside was conducted by Rev. Dr. George Clark. Those who acted as bearers were: Cecil Bradley, A. R. Phipps, Miles Plumley, William Varcoe, E. A. Doan and S. C. Gayman.

The flowers sent by sympathizing friends were many and beautiful.

Wood's Great Peppermint Cure. The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain worry, dizziness, loss of memory, fainting of the heart, falling memory. Price 21c per box, 40c for 3. One will please, six will cure. Sold by all druggists or mailed in plain package on receipt of 21c. New remedy, not a drug. Beware of cheap imitations.

FEW PROFITEER CONVICTIONS

The British system of having anti-profiteering tribunals throughout the country to apply drastic treatment to chargers of exorbitant profits has failed of its main object. In the first six months of the operation of the act, 1,00 committees were appointed. The number of cases heard has been 1,935, the number of convictions obtained 24, and the cost has been \$125,000. The results might seem very disappointing, considering the thoroughness with which some of the committees combed over the list of dealers for culprits, and the supporters of the anti profiteering act evidently thought so, when the question of an extension was up in the commons. But the effectiveness of a campaign, especially of this kind, cannot be judged alone by the number of convictions. For one dealer who is fined, a dozen may decide to keep inside the law after an example of prosecution.—Toronto Mail and Empire.

DIED AT PORT WELLER.

There passed away at Port Weller on Thursday morning, Samuel Mazeront, at the age of 31 years, following an illness of a lengthy duration. Deceased who had lived in Toronto for a number of years came to Port Weller about ten months ago to reside with his brother, William Mazeront, where he was tenderly looked after until he passed away, his disease being pronounced incurable from the start. The funeral will be held on Saturday afternoon to Victoria Lawn Cemetery.

Sixty six farmers with their families came from Bloomington, Ill., to Manitoba on one train of 46 cars.

Specialty Iron Moulders

Wanted to operate moulding machines. Light work, big pay. Average weekly hours about fifty. Steady work and employees insurance.

TAYLOR-FORBES COMPANY GUELPH, ONT.

SALE OF MILITARY AND OTHER GOVERNMENT STORES

Equipment and Supplies for Hospitals, Institutions, Bunkhouses, Camps, Diningrooms, Kitchens, etc.
Bedsteads, Furniture, Hardware, Dry Goods, Rubbers, Overshoes and other Footwear, Blankets, Sheets, Pillows, Baskets, Woodenware, Brushes, etc.
CONSTRUCTION EQUIPMENT AND MACHINERY—AMBULANCES

THE STORES ARE LOCATED AT DIFFERENT PLACES THROUGHOUT CANADA

Instead of or in addition to sales by sea'd tender

Price Lists Will Now Be Issued

TRADE ONLY SUPPLIED

except that arrangements previously announced for sale to returned soldiers and sailors and widows and dependents of same through the G. W. U. V. A. and similar organizations and to hospitals and philanthropic institutions will be continued.

SALES WILL CEASE IN MARCH. Any balances left will be cleared by public auction shortly thereafter. This advertisement will not be repeated. Those interested should therefore apply AT ONCE for price lists and other information to the Secretary of the War Purchasing Commission, Booth Bldg, Ottawa

NOSE CLOGGED FROM A COLD OR CATARRH Apply Cream in Nostrils To Open Up Air Passages.

Ah! What relief! Your clogged nostrils open right up, the air passages of your head are clear and you can breathe freely. No more hawking, snuffling, mucous discharge, headache, dryness—no struggling for breath at night, your cold or catarrh is gone. Don't stay stuffed up! Get a small bottle of Elyn's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, giving you instant relief. Elyn's Cream Balm is just what every cold and catarrh sufferer has been seeking. It's just splendid.

THE STERLING BANK OF CANADA

Save Because-- The careful saver can raise to leadership; the spender stays with the crowd

Security Loan & Savings Company

26 JAMES STREET ST. CATHARINES
Capital authorized \$1,000,000.00
Capital paid in 532,300.00
Assets 31st December, 1919 1,195,955.00
Reserve Fund 160,000.00
Surplus 713,971.00
3 1/2 per cent. interest paid on Deposits.
Trustee and joint Deposit Accounts received.
Debentures issued at higher rates for one to five years.
Money to loan on real estate at current rates and on easy terms of payment.
Mortgages purchased.

SALE NOTES

Save yourself the time worry and inconvenience of collecting your sale notes by having this Bank do it for you. We will look after all payments when due and credit the amount paid to your account. Consult the Manager.
THE DOMINION BANK
Drafts on Foreign Countries sold on favourable terms
B. B. MANNING, Manager,
CORNER KING & QUEEN STS. OPPOSITE POST OFFICE

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, Manager

Progress and Development

RECONSTRUCTION means more than a return to pre-war conditions, in points to even greater progress and development. Firms or individuals who have plans for increasing the scope of their business operations should seek the advice of their banker. Avail yourself of our facilities.

THE CANADIAN BANK OF COMMERCE

PAID-UP CAPITAL \$15,000,000
RESERVE FUND \$15,000,000
ST. CATHARINES BRANCH: E. A. Fox, Manager.

It is a National Duty That All Should SAVE

Decide how much you can afford to put away every pay day. Having determined the amount you can save, resolve that that amount shall be taken FIRST from your pay and deposited. Open an account next pay day.

The Royal Bank of Canada

Capital and Reserve \$135,000,000
Total Resources \$504,000,000
625 Branches

TURN HAIR DARK WITH SAGE

If Mixed With Sulphur it Does so Naturally Noody can Tell. The old-time mixture of Sage and Sulphur for darkening streaked and faded hair is another's recipe, and folks are using it to keep their hair a even color, which is quite sensible even living in an age when a full appearance is the great advantage. Nowadays, though, we don't do the troublesome task of gathering the sage and the musky mixing home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients. "Wyeth's Sage and Sulphur Compound" it is very popular because it is very popular because nobody can discover it has been applied. Simply moisten your comb with a soft brush with your comb through your hair, taking one strand at a time; by morning your hair disappears, but what lights the ladies with Wyeth's Sage and Sulphur Compound, is that it sides beautifully darkening the hair after a few applications, it also induces that soft lustrous appearance of abundance which is so attractive.

WHERE CAN THE WESTERN FARMER SPEND HIS WINTERS?

CALGARY, March 3.—The high rate of exchange between Canada and the United States causing a large number of Canadians who have gone to the Southern States for the winter season to return much sooner than they had planned. This was also aided by the exorbitant charges for about everything that entered into living while there, rents as well as foods. It was a very great effect on the future of the Canadians going to California, at least those who do not feel that they have been treated fairly. In the end it worked out to a loss to the South for up to this year there has been a very great number who planned to spend the winter in the South each year who will look very carefully into the matter before they will go again. The premium on New York futures was slightly weaker, closing at 27-32.

KING GEORGE THEATRE

TODAY and SATURDAY
Sax Pictures Present
WILLIAM RUSSELL
In the Thrilling Romantic Mystery Drama
The Lincoln Highway
A Speedy Romance Light on the Highway of Speed
The Sixth Episode of Robert Chambers' big Mystery Story
"THE BLACK SECRET"
Featuring the Serial Queen Pearl White
THE POLLARD COMEDIES
British-Canadian News
Mat. 10c; Eve. 10c and 15c

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