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**THE BEST REMEDY**

While it seems at the time like hard medicine to take the treatment of the United States with regard to the exchange will ultimately prove a good thing for Canada. It will teach this country to buy more Canadian made goods and it will lead Canadians to buy more of what their manufacturers do and can put out.

For years the Dominion has been a heavy trader with the Republic to the south of us. The millions of Canadian dollars that have flowed over there annually have furnished big business for our neighbors but now they are literally "soaking" us and much of what has been purchased could, no doubt, be bought in Canada and if not made here many of the articles and goods could be made. To turn inward some of those millions would have a decidedly stimulating effect on this country.

Some of the border merchants are realizing the loss of business and are trying to meet the situation, but as a nation the United States is giving us hard usage and the only way to overcome the problem, apparently, is for the people of the Dominion to encourage the manufacture of what is not now to be had here and to buy everything they can that is now made.

**HEAVIEST BOY IS DEAD**

Lenny Mason Weighed 420 Pounds—Uncle Lives in Stratford.

STRAFORD, March 3.—Lenny Mason, the world's heaviest boy, is dead, according to word received by his uncle, L. C. Teather, here. Lenny Mason, the 16 year old British lad, who weighed 420 pounds, died suddenly from heart failure while touring England. Recently his picture appeared in many Canadian papers. He planned to come to Canada this summer.

**Leads Niagara Falls Citizen to Pay Duty on Article Smuggled**


Then.

NIAGARA FALLS, Ont., March 3.—Because he had smuggled something over one of the bridges about twenty years ago, one good citizen of Niagara Falls paid a visit to the Customs offices yesterday and handed over an amount equal to the duty on the smuggled article. Pricking consciences seemed to be in vogue during February, or perhaps it was a special sacrifice for Lent. At any rate, \$100 "conscience money" was brought into the customs.

**WANTED TO SHOOT THE "SPIRIT" KNIGHT**

LONDON, March 3.—A man who said he wanted to shoot Sir George Lodge was arrested outside that distinguished scientist's house at Edgbaston. At the Birmingham police court yesterday the man, whose name is Solomon Hill, was charged with disorderly conduct, and said he had been persecuted and tormented by Sir Oliver Lodge's mental suggestion. He was remanded.

**ADVERTISE IN THE JOURNAL**



**BELIEVE ME**

There is Nothing Better For That Cough or Cold Or Soreness of the Throat Than **A. & M. Lung Balsam**

Price 25c Bottle. Made and Sold by **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.

**Jump from Bed in Morning and Drink Hot Water**

Tells why everyone should drink hot water each morning before breakfast.

To see the healthy bloom in your face, to see your skin get clearer and clearer, to wake up without a headache, backache, coated tongue or a nasty breath, in fact to feel your best, day in and day out, just try inside bathing every morning for a week.

Before breakfast each day, drink a glass of real hot water with a teaspoonful of limestone phosphate in it as a harmless means of washing from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and toxins, thus cleansing, sweetening, purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases and acidity and gives one a fine appetite for breakfast.

A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to demonstrate that those who are subject to constipation, bilious attacks, acid stomach, rheumatic twinges or whose skin is sallow or pallid, that one week of inside bathing will have them looking and feeling better every day.

**OTTAWA, Ont., March 3.**—A veritable food of applications for farm literature is reported from the offices of the Commission of Conservation. Recently the department printed a third edition of 15,000 account books given free to farmers, and before the issue was off the press every copy had been applied for. An issue published in French was similarly taken up. Department officials declare it to be a sudden wave of recognition on the part of farmers that business on scientific principles is essential to the success of modern farm life.

**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. Ever 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.

**School For Firemen is Latest Proposal**

Suggestion That a Training College Be Established at the Capital.

OTTAWA, March 3.—A movement have been inaugurated to have a fire college for the Dominion of Canada established in Ottawa, using as a nucleus the Ottawa Fire Department training school. The matter is at present receiving the attention of the Dominion Fire Commissioner, G. Grove Smith, and the Dominion Superintendent of Insurance, Mr. G. Finlayson. They will present the matter to the convention of the Dominion Fire Association which is to be held in St. Thomas toward the end of the present month.

**Impossible for Municipalities to Proceed with Improvements Under Present Law, is Claim.**

It is understood that as a result of the prevailing high costs a number of municipal councils are finding it difficult to establish a tax rate within the limits allowed by law and yet make adequate provision for local improvements provided for in the estimates. In fact, the report comes from Brantford that public works, such as the construction of pavements, etc., would have to be suspended this year in order to permit of the rate being within the legal limit. The Government does not at present allow the rate to exceed two and one-half per cent. of the assessed value of the property, exclusive of all special taxes. With wages for school teachers and all municipal employees ever soaring, and the costs of material becoming an increasing burden, a situation has been created which renders greater scope for taxation derivable. Government action, it is understood, is being contemplated in raising the limit beyond which taxation must not go. The question that is presenting difficulty is the point at which this limit can be fixed and yet provide for all municipal requirements, the costs and activities varying in different localities. It is quite probable that this matter will be settled at the next session of the Legislature in order to allow municipal councils to proceed with the contemplated works.

Discussing the situation, J. A. Ellis, director of the Municipal Affairs in the Ontario Government, states that Government control of the municipality's power of taxation tended to prevent the issue of an undue amount of debentures, thereby preventing an extravagant outlay from forming debts for which they could make no adequate provision for payment. The investor in municipal securities was not only protected as a result but the individual citizen of the locality as well.

In reference to raising the assessment of property to an amount sufficient to cover the needs of the moment, it is pointed out that there were difficulties in this connection which rendered such action undesirable. All property is supposed to be assessed to its full value and to increase the assessment would be to admit that the property had been valued too low. As a result there would probably develop an inflated valuation which would not be for the benefit of the community.

**Wood's Peppermint Cure**

The Great English Remedy  
 Tones and invigorates the whole of your system, makes few Blood in old Vains, Cures Nervous Debility, Mental and Brain Weakness, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, and 5c per box. One will please, six will cure. Sold by all druggists or mailed in plain pack on receipt of 5c. New York: J. C. Wood & Co., 107 N. 5th St., N. Y. C.

**DON'T USE THE KNIFE**

That's the barbarous way of treating corns—dangerous too—any corn can be removed painlessly by Putnam's Painless Corn Extractor in 24 hours. Use only Putnam's Extractor, 25c at all dealers.

**Banking Positions Open**

The Banking field offers wonderful opportunities to young men. A bank has several vacancies for young men with High School or Business College education. Experience unnecessary. Excellent chance for advancement. Give full particulars. Address Box 15

**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**  
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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.

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THE STORES ARE LOCATED AT DIFFERENT PLACES THROUGHOUT CANADA

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

**Price Lists Will Now Be Issued**

for most articles—the goods being offered in lots for purchase by wholesale houses, jobbers and the trade generally

**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. 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 yawning, snuffing, 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.

**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 1,235, 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.

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Save Because—

The careful saver can raise to leader ship; the spender stays with the crowd

**Security Loan & Savings Company**

26 JAMES STREET ST. CATHARINES

Capital authorized . . . . . \$1,000,000.00  
 Capital paid in . . . . . \$52,500.00  
 Assets 31st December, 1919 . . . . . 1,195,955.00  
 Reserve Fund . . . . . 160,000.00  
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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.  
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Success and prosperity come to the farmer as well as the merchant or manufacturer who conducts his affairs in a business-like manner.

The services of this Bank are offered you in the transacting of your business.

Consult us; we will gladly help you to solve your problems. 725

**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 498 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  
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 ST. CATHARINES BRANCH: T. 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 in

**The Royal Bank of Canada**

Capital and Reserve . . . . . \$135,000,000  
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**TURN HAIR DARK WITH SAGE**

Mixed With Sulphur it is so Naturally Nobody can

The old-time mixture of Sage and Sulphur for darkening faded and faded hair is, mother's recipe, and folks are using it to keep their hair even color, which is quite sensible when living in an age when appearance is with the advantage.

Nowadays, though, we don't the troublesome task of getting the sage and the folks are using it to keep their hair even color, which is quite sensible when living in an age when appearance is with the advantage.

**WHERE CAN THE WEST FARMER SPEND HIS WINTERS?**

CALGARY, March 3.—high rate of exchange between Canada and the United States causing a large number of Canadians who have gone to Southern States for the season to return much sadder than they had planned. They also added to by the exorbitant charges for about everything entered into living while rents as well as foods. They have a very great effect on the future of the Canadians going to California, at least those who not feel that they have been treated fairly. In the end it work out to a loss to the States for up to this year there been a very great number planned to spend the winter in the South each year who will very carefully into the matter before they will go again.

The premium on New York was slightly weaker, closing 27-32.

**KING GEORGE THEATRE**

**TODAY and THURSDAY**

The Goldwyn Picture Present

**GERALDINE FARRAR**

Supported by Her Husband, Tellegen, in

**The World and Its Women**

**THE CHRISTIE COMEDIES**

British-Canadian

**The Arbuckle Comedies**

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**SANTAL MIDY**

Each Capsule contains 1/2 grain of Santal Midy

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