

THE EVENING JOURNAL

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Toronto, Ont.

MERRITTON

Considerable pleasure is being caused by people driving on the cinder path on the Merritton Road. As this is the only kind of walk the residents over the Grand Trunk Tracks can be considered fair to keep and not cut up the path.

Philips took charge of the Junior Epworth Methodist church last week to the absence of Will who was to give an address. Senior League, Mrs. Philips gave a very interesting address which was much enjoyed.

E. Railton, was present at a very instructive talk on the Patriot Leader, which was enjoyed and listened to with interest.

ing there not being enough members present to form a quorum at regular meeting of the public school board Wednesday night, same was postponed until next Wednesday night.

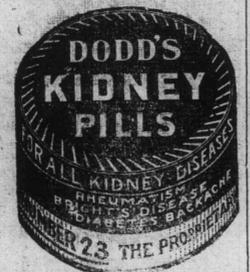
The many friends of Mrs. Frank Robinson, Hazel Street, who recently underwent a severe operation in the Hamilton general hospital, will be pleased to hear there is a slight improvement in her condition, and a speedy return to her home in Merritton is hoped for.

The orchestra which will accompany the Union Choral Society, held a very successful practise last night at the home of G. T. Strong, on "The Mountain". This musical organization contains ten pieces, and the music which is being rehearsed is beyond the ordinary type of selections and is arranged to please the most fastidious. The Union Choral Society, assisted by this orchestra, Mrs. Joseph Martin, soprano, Miss Ariel Flett, reader and gold medalist of the Owen Sound Collegiate Institute will put on one of these programmes at the Homer Methodist Church, on Monday, March 24th.

Lenton Service will be held in St. James Church tonight. Rev. Mr. Weaver of Homer, will take charge and the choir will hold their rehearsal at the conclusion of the service.

The introduction of Christianity into Ireland of the blessed St. Patrick and the early history of the Scotch and Irish will be the subject at the evening service in the Presbyterian Church on Sunday.

The Niagara Falls basketball team are due to arrive in the city at six o'clock this evening for their game with the Y. M. C. A. team on the Collegiate Court.



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Look and Feel
Clean, Sweet and
Fresh Every Day

Drink a glass of real hot water
before breakfast to wash
out poisons.

Life is not merely to live, but to
live well, eat well, digest well, work
well, sleep well, look well. What a
glorious condition to attain, and yet
how very easy it is if one will only
adopt the morning inside bath.

Folks who are accustomed to feel
dull and heavy when they arise,
splitting headache, stuff from a
cold, foul tongue, nasty breath, acid
stomach, can, instead, feel as fresh
as a daisy by opening the sluices of
the system each morning and flush-
ing out the whole of the internal poi-
sonous stagnant matter.

Everyone, whether ailing, sick or
well, should, each morning, before
breakfast drink a glass of real hot
water with a teaspoonful of lime-
stone phosphate in it to wash from
the stomach, liver, kidneys, and the
bowels the previous day's indigest-
ible waste, sour bile and poisonous
toxins; thus cleansing, sweetening
and purifying the entire alimentary
canal before putting more food into
the stomach. The action of hot wa-
ter and limestone phosphate on an
empty stomach is wonderfully invig-
orating. It cleans out all the sour
fermentations, gases waste and acid
ity and gives one a splendid appet-
ite for breakfast. While you are
enjoying your breakfast the water
and phosphate is quietly extracting
a large volume of water from the
blood and getting ready for a thor-
ough flushing of all the inside or-
gans.

The millions of people who are
bothered with constipation, bilious
spells, stomach trouble, rheumatism,
others who have sallow skins, blood
disorders and sickly complexions are
urged to get a quarter pound of
limestone phosphate from the drug
store which will cost very little, but is
sufficient to make anyone a pronounced
crank on the subject of internal
sanitation.

Oh! LUMBAGO!
RUB IT ON BACK

Rub away all pain, soreness, stiff-
ness, backache, with "St.
Jacobs Liniment."

Ah! Pain is gone!
Quickly?—Yes! Almost instant
relief from soreness, stiffness, lame-
ness and pain follows a gentle rub-
bing with "St. Jacobs Liniment."
Apply this soothing, penetrating
oil directly upon the ache, and like
magic, relief comes. "St. Jacobs Lin-
iment" conquers pain. It is a harm-
less backache, lumbago and sciatica
relief, which never disappoints, can
not injure and doesn't burn or dis-
color the skin.
Straighten up! Stop those tortur-
ous "stitches." In a moment you will
forget that you ever had a back, be-
cause it won't hurt or be stiff or
lame. Don't suffer! Get a small trial
bottle of "St. Jacobs Liniment" from
your druggist now and get this last-
ing relief.

There was no business doing in the
police circles today, nor has there up
to date been any word received from
the escapees, May and Barber, who
are absentees without leave.

HUGE POTATO YIELDS

Seed From Northern Ontario
Outyields All Others.

How to Lower Mortality of Young
Lambs—Best Methods of Caring
For Both Ewe and Lamb
Explained.

(Contributed by Ontario Department of
Agriculture, Toronto.)

PLANS are being carefully
evolved by the Department of
Agriculture to continue ex-
periments, begun last year,
which it is expected will have far-
reaching results for the potato indus-
try in Ontario. The investiga-
tions which officials of the Depart-
ment are making are thorough and
extensive, and consequently some-
what slow. But it is confidently
believed that within a few years potato
seed grown in Ontario will be in
great demand not only by other parts
of the Dominion, but by many dis-
tricts of the United States. This, it
is anticipated, will be a distinct boon
to the farmers of the province.

The two-fold program which was
inaugurated last year certifying
a high standard of potato seed and
making a survey to detect diseases is
to be carried on on a much wider
scale this coming season. Reports
from the various inspectors have now
been compiled by the Department,
and the statistics are of considerable
interest to the progressive and up-to-
date agriculturist. The two founda-
tion varieties which the Department
is showing—Irish Cobbler, the early
seed, and the Green Mountain—have
been the subject of widespread dis-
cussion. There has been much dif-
ference of opinion as to which is the
best for general table use. The
reports for last year clearly prove
that the Green Mountain is the best
variety for the general farmer. Seed
of these two varieties from three dif-
ferent sources—Northern Ontario,
New Brunswick and Old Ontario—
has been experimented with and
planted in clay and sand in nearby
districts in different parts of the pro-
vince. These show the following
average yields per acre:

Irish Cobbler—Northern Ontario,
153.4; New Brunswick, 148; Old
Ontario, 127.

Green Mountain—Northern On-
tario, 177.5; New Brunswick, 137.3;
Old Ontario, 167.8.

The general average per acre on
the different plots was:

Irish Cobbler planted in sand,
151.5, and on clay, 126.1, which
shows a yield of 25.4 bushels more
to the acre from seed planted on
sand.

Green Mountain planted on sand,
169.3, and 153.2 bushels planted on
clay, 15.1 more bushels per
acre from seed planted on sand.

The results when the yields from
all sources for Irish Cobbler are com-
bined show the average number of
bushels per acre was 142.1, and
Green Mountain, 161.4 bushels.
Thus it will be seen that the Green
Mountain gave the larger yield, be-
ing 19.3 bushels per acre ahead of
the Irish Cobbler variety.

With Ewes at Lambing Time.

The two main factors contributing
to a satisfactory lamb crop are the
proper feeding and care of the sheep
during the six months previous to
lambing time together with care and
detailed attention given to the flock
during the lambing period. Plenty
of exercise coupled with a sufficient
amount of the right kind of feed to
maintain the flock in good thriving
condition will usually result in the
birth of active, rugged lambs for
which the mother will have a liberal
supply of milk. In practically every
flock, no matter how well cared for,
the attendant must be on hand fre-
quently, day and night, during the
period the lambs are arriving. A
little attention at the proper time
will often result in the saving of not
a few lambs.

Absolute dryness and freedom
from draught are very essential for
the flock, and when the lambs are
expected in March or even early April
provision should be made for reason-
able protection from the cold.

Wool balls in the stomach is often
the cause of much loss in young
lambs. This trouble as well as diffi-
culty in getting the milk to nurse
may be avoided by clipping away all
loose and dirty wool from around
the udder and quarters of the ewes.

Provision should be made for a
few small pens located along the
warmest side of the building. The
ewe to lamb is much safer separated
from the main flock and in cases of
difficult parturition, weak lambs,
ewes disowning their lambs and
numerous other difficulties that may
arise they can be looked after in a
great deal more satisfactorily when
confined in small enclosures. It not
infrequently happens that a ewe has
difficulty in delivering her lamb;
this is more common in the case of
young ewes with their first lamb.
When the lamb has come forward far
enough so that the nose and front
feet are in sight and the head is un-
able to pass through the ewe should
be assisted by gentle pulling on the
forefeet. If this fails smear the in-
side of the vagina well with linseed
oil, this has the effect of softening
and allowing the opening to stretch
and will, unless the case is a very
severe one, give relief. No action
should be taken until it is reasonably
certain some assistance is needed and
before investigating the hands
should be perfectly clean and dis-
infected.

DIED

WELSH—At Port Dalhousie on
Thursday morning March 13th,
1919, Mrs. Catherine Welsh, aged
90 years.

Funeral on Saturday morning at
9 a.m. from her late home John
St. to the Roman Catholic Church
Star of the Sea, where requiem
mass will be chanted. Interment in
Victoria Lawn Cemetery.

FOR RENT—Two furnished rooms.
Every convenience. Enquire 41
William St. m 14 15 17

FOR SALE—An Overland touring
car, Overhauled and ready for
road. Bargain for quick sale. Ap-
ply 37 Lake St. m 14 15 17

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To Sell Hogs
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write or telephone for our
prices before selling elsewhere
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St. Catharines, Ontario
Telephone 197

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leaky radiators. Wrecked radiators
our specialty.
WALSH BROS.
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Bicycle Repairs and
Vulcanizing
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Painstaking
Service
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opened your account with us we
look upon you as a friend of the
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possible, at every turn.
It is this spirit of "friendly
service" that has been largely re-
sponsible for this Bank's solid,
steady 87 years of progress.
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YOUR banking requirements may
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every confidence that careful and
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disposal.
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Save Because
Opportunity benefits only those who
are prepared to accept it.

LUCILLE STEWART
IN HER BEST PLAY

Beautiful Emotional Actress Declared
to be the Greatest Work of
Her Career in "The Eleventh
Commandment."

Lucille Lee Stewart, the emotional
star who appears in "The Eleventh
Commandment," the Ralph Ince pro-
duction released by Exhibitors Mutual,
is credited with the greatest success of
her career in this big dramatic play.

Miss Stewart's portrayal of the
character of Dora Chester in her new
picture is said to afford the popular
star a role in which the power and
charm of her distinctive emotional
talent is given full sway. This decli-
nator of serene characterizations is at
her best when the situation is one of
tense and restrained feeling.

Never overacting, the surety with
which she approaches her part and the
magnetism of her personality gives an
individuality to everything she does. A
big scene in "The Eleventh Command-
ment," which calls upon her resources
to the utmost is when as a happily
married young bride, worshipped by
her husband, she is confronted at
night in the privacy of her sleeping
apartment by a visitor who turns out
to be her former fiance, determined
to wreck her happiness by revealing
to her husband an unhappy episode of
her past.

The culmination of the scene is dra-
matic in the extreme, resulting in the
death of the midnight intruder, but
only after a succession of dramatic
situations that call upon all the re-
sources of this great actress.

Grand, 3 days, commencing Thurs-
day, March 13th, with six Vaudeville
Acts.

Turner's Weekly, published in Sas-
katchewan, argues strongly in favor of
free hospitals being maintained by the
government.

CAPITAL & RESERVE—\$4,000,000
TOTAL ASSETS—\$13,000,000
The NECESSITY for SAVING
Present conditions exemplify the necessity
for saving. What will the country do when
there is no longer a call for munitions and
this income of a million dollars a day is
suddenly cut off?
Don't trust to the future—prepare for it!
by opening a Savings Account in this
Bank. Interest allowed at current rates. 237
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SMITHVILLE BRANCH H. G. PARROT, Manager

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, Acting
Manager

Security Loan & Savings Company
26 JAMES STREET, ST. CATHARINES
CAPITAL AUTHORIZED.....\$1,000,000.00
CAPITAL SUBSCRIBED AND PAID..... 523,200.00
RESERVE..... 145,000.00
ASSETS OVER..... 1,100,000.00
Pays 3% Per Cent. on Deposit 4 and 4 1/2% 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.

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BARCELONA
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sold. Trade enquiries effected
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FOREIGN BRANCHES
CUBA—Havana (5 Branches), Anilla, Banes, Bayamo, Caibarien, Car-
maguay, Cardenas, Ciego de Avila, Cienfuegos, Florida, Guantanamo, Jati-
bonico, Manzanillo, Matanzas, Moron, Nuevitas, Palma Soriano, Pinar del
Rio, Puerto Padre, Sagua la Grande, Sancti Spiritus, Santa Clara and
Santiago de Cuba.
PORTO RICO—San Juan, Mayaguez and Ponce. 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
Basse Terre.
VENEZUELA—Caracas, Ciudad Bolivar, Maracaibo and Puerto Cabello.
BRITISH W EST INDIES.
Antigua—St. John's. Bahamas—Nassau. Barbados—Bridgetown and Speight-
town.
Dominica—Roseau. Grenada—St. George's. Jamaica—Kingston.
Montserrat—Plymouth. Nevis—Charlestown. St. Kitts—Basseterre.
Tobago—Scarborough. Trinidad—Port of Spain and San Fernando.
BRITISH GUIANA—Georgetown, New Amsterdam and Rose Hall (Cor-
entyne). BRITISH HONDURAS—Belize.
Capital Paid Up and Reserves.....\$30,000,000

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PRODUCTION
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in labor, more economy and less
waste in living, building up cap-
ital by harder work and greater
savings, will enrich you and
your country. The men and
women at home must produce
more to cover war's waste.
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A Savings Account at the Bank of Toronto
will help save what your increased effort
provides.
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REPATRIATION LEAGUE
FOR WELLAND

Welland, March 13.—A pro-
gram for the formation of a
repatriation League is under way
at the home of Mrs. H. Abbott, of Toronto, speak-



Article No. 12
Can you get
References

L
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