REMALE HELP WANTED

WANTED-Maid for general house work. Apply evenings 7 to 8 at 109 Queen Street t.f.

FOR SALE

FOR SALE-Ford Touring Car, first class condition, a bargain as owner is leaving city. 111 Lowell

FOR SALE_A LARGE McCLARY Pandora coal range, high covered Wellington street

OR SALE-200 shares Hoffman Of Big Southern Company, Fort Worth, & Refining Corporation, \$1.25; 200 Tex. \$1.25; 100 shares Harroun Motors, \$3.25. J. M. Townes, Little Rock, LOST_A MARKER NO. 60993 BE-

FOR SALE-Touring car, Overland, in A1 running order, 4 nearly new tires and spare, Cheap for cash. Has to be sold this week. Apply C. Schwartz, 21 Duke. m 25 26 27 28

FOR SALE-Electric, Heater nearly

FOR SALE May application not necessarily ac

\$1,400-Un Pufferin strect, onestorey frame dwelling in good Dated March 14th., 1919. condition; let 40 x 110. Small cash payment required.

payment required.

payment required.

81.650-On Wills street, one and one-half storey frame dwelling ment required.

\$2.500-On Monk street, onebedrooms, newly decorated. Cash without bail, for trial. required \$1,500; balance arranged.

\$2,500-On Beech street, two advanced by he U. S. War Depart- west," said Dr. Schiffer, Minister of storey pebble desh dwelling; lot 40 x 110; furnace, good cellar, all to assist in tiding the roalroads over dressing a great crowd in front of newly decorated. Small cash pay- the period until additional funds are the Chancellor's palace on Sunday. ment required.

We have a number of high class pouses priced \$6,000 to \$10,000.

Kernahan & Graves Phone 33 14 Queen St

FOR SALE Loam for lawns delivered to any part of the city or vicinity Phone 1227

SAYS HOT WATER WASHES POISONS FROM THE LIVER

Everyone should drink hot water before breakfast.

To feel as fine as the proverbial ddle, we must keep the liver washed lean, almost every morning, to preent its sponge-like pores from clog- at the beginning of the programme ging with indigestible material, sour bile and poisonous toxins, says a Cheral rendered a number of pleasing noted physician.

If you catch cold easily, it's your liver encore's had to be declined. If you wake up with a bad taste, furred tongue, nasty breath or stomach beomes rancid, it's your liver. Sallaw skin, muddy complexion, watery eyes all denote liver uncleanliness. Your how to release the dammed-up body vaste, bile and toxins. Most folks resort to violent calomel, which is a langerous, salivating chemical which can only be used occasionally because it accumulates in the tissues, also

attacks the bones. well, should drink each morning before breakfast, a glass of hot water with a teaspoonful of limestone phos- hearty applause when he sang his Mason, 136 Welllington Street. E. and bowels the previous day's indigestible material, the poisons, sour the Owen Sound Collegiate Institute. food into the stomach.

MALE HELP WANTED

WANTED-Boys to deliver The Even ing Journal in Thorold district ...

AGENTS WANTED

MAN to work this city refinishing chandeliers, brass beds, automobiles by new method. \$10 daily withou capital or experience. Write Gunmetal Co., 315 Elm, Decatur, Ill.

SALESMEN WANTED Sell stock in Oil Companies, Make back in good condition. Apply 8 one thousand dollars week. Hundred dollars invested Trapshooters paid Sixty Thousand. Supplies free. Write

LOST AND FOUND

tween Thorold and Allanburg or Lundy's Lane. Finder kindly phone 132, Thorold. m 20 21 22

APPLICATIONS FOR ROAD SUP-ERINTENDENT TOWNSHIP OF LOUTH

Applications will be received up to and including April 12, 1919, for the New; cheap. Apply Mr. Schwartz, office of Road Superintendent for the Township of Louth for the season of 1919. Services to commence 1st.

M. A. BALL, Clerk, Township of Louth.

\$1,400 On Leeper street, corner can not salivate, for it is harmles Lincoln avenue, one and one-half and you can eat anything afterwards. storey frame dwelling in good re- It is inexpensive and almost tasteless pair; lot 46 x 70. Small cash and any pharmacist will sell you a quarter pound, which is sufficient for a demonstration of how hot water 81.450 On Merron street, one- and limestone phosphate cleans, storey frame dwelling. Small cash stimulates and freshens the liver, keep ing you feeling fit day in and day out

Dr. Walter Keene Wilkins pleadgood repair. Small cash pay- ed not guilty at Mineola, N.Y. to an indictment charging him with the GERMANY murder of his wife at their Long storey frame dwelling with three Beach home on Feb. 27. He was held.

> ment to the railroad administration made available by Congress.

The late Mr. Chas. Hack of Grant nam, whose funeral took ploce to-day was a veteran of 1366 and served in the Lincoln troop of Cavalry during he Fenian Raid.

The City of Hamilton nas again ucceceded in landing a million dollar capitalized foctory in that city. It is a barnch of a large New York Company engaged in the manufacture of

The J. D. Tait Coy is holding a six special inducements. Journal readers lyi of Hungary has been assassinated should patronize this progressive

FINE CONCERT

AT HOMER CHURCH The little village of Homer was very much alive on Monday night when the Union Choral Society of Merritton put on one of their splendid programmes in the Methodist Church assisted by a twelve piece orchestra. The Church was packed to its utmost capacity, there not being seating room for a number who had to stand during the programme. During the absence of Rev. Mr. Honey, exmayor James A. Wiley of St. Catharines, very ably acted as Chairman, and madd a very neat speech. The Union choruses which were heartily receiv-

The Programme

plause. Miss Theresa Williamson sang "I grows in the ground." love you truly," and for he: second number sang "A wearying for you" which was much enjoyed.

rendered a patriotic number.

Mr. Charles Jervis, also received phate in it. to wash from the liver baritone number "The Veteran Song" Miss Ariel Flett, gold medalist, of bile and toxins; thus cleansing, sweet- who is at present engaged at Ridley ening and freshering the entire College, gave several readings in such alimentary canal before putting more a humorous style that roars of laughter came from all parts of the audi-Limestone phesphate does not ra- ence, and she on each number receivstrict the diet like calomel, because it ed double encores. No doubt Miss

WANTED

A working man would like to make the acquaintance of lady about 32. A Burley, General Delivery, Post Office, St. Catharines.

Be Your Own Boss start a cut-rate grocery business of your own. \$25 to \$50 invested should earn you \$25 weekly. H. V. Martin, Windsor

WANTED - A COOK GENERAL wanted. No washing, nice home, good wages, first class girl, references, 454 Queen street, S. Hamilton. m 24 25 26

A CURE FOR THE BLUES Music is a sure cure for the blues, ence a Victrola will cure the blues for it means music of ebery kind. Why not call at Heintzman Hall, 68 St. Paul Street, and see some of these instruments and hear some grand

ranged if desired. WANTED-Don't throw those good old shoes away. Have them repaired at Sparkes Shoe Store.

Flett will be engaged at Homer again in the near future.

Mrs. Joseph Martin, of 'Thorold was in the best of soprano voice, and the applause was so great that she had to make another appearance. Her second number was received caually as well as her first one.

Not too much can be said of the welve piece orchestra that rendered several selections during the evening This orchestra has only been organized short time, and the artistic musi used as well as the feeling displayed will no doubt make a very popular musical organization in the very near

GERMANY WILL NOT SURRENDER TERRITORY

(Special to the Journal) Berlin, March 26 ._ "I take a mo solemn oath that the Government will not surrender to the enemy one inch One hundred million dollars was of German territory, either east or Finance in the new cabinet. In ad-

NEW SILVER RATE

(Special to The Journal) London, March 26._ The Government has fixed a new maximum price for silver, dating from today. It is equivalent at the current rate of exchange to 95 cents per standard ounce

FORMER PREMIER MURDERED

days in small piles so that at the (Special to The Journal) Berne, March 26. According to an unconfirmed rumor reaching Prague lays sale this week and offering some from Budapest, former Premier Karo-



spells, suffers from awful pains at regular mass. They may be used in making If you get headaches, its your liver ed, but owing to the lengthy program or irregular intervals she should turn to a biscuits and cakes or quick breads, tonic made up of herbs, and without al- which breaks easily, dries out readcohol, which makes weak women strong ily, cannot be safely transported, and A mixed quartette composed of Miss and sick women well. It is Dr. Pierce's Ethel Dell, Mrs. Robert Turner, Wm. Favorite Prescription. Druggists sell it in On the other hand, there is com-Suckling and Frank Wilson, sang a liquid or tablets. Send 10 cents to the paratively little difference in the southern air by special request, they Invalids' Hotel, Buffalo, N. Y., for trial composition of the various cereal liver is the most important, also the also being forced to decline an encore. package. Then, for the liver and bowels grains and, consequently, one will A duett "The Bitter Sweet" (Caro-nothing is so good as Dr. Pierce's Pleasant furnish about as much digestible nutrients as another. If, then, in a time the body. Few knows its function or Miss Ethel B. "It is a supersonal of Manager and Pellets. These are little, sugar-coated of wheat shortage like the present, Miss Ethel Dell, received hearty ap pills, composed of Mayapple, leaves of plause.

pills, composed of Mayapple, leaves of we substitute some of the flour of corn, oats, barley, buckwheat, etc., c

for wheat flour in making bread, we CHATHAM, ONT. - "As a girl I was wonderfully We do dilute the gluten and thus helped by taking Dr. Pierce's Favorite Prescriplimit the power of expansion of the tion. I had become all run-down, weak and dough and we make the bread dark-Mr. William Suckling. in his bass also suffered with terrific backaches. I er, but we have retained the desirsolo "Anchored" pleased to such ex- mother gave me 'Favorite Prescription,' and it texture and whiteness of crumb were Every man and woman, sick or tremes that he appeared again and so completely regulated my condition that I have counted points of excellence in the never had any trouble since. There is nothing so bread of the old high patent flour, good for girls or women who suffer as Doctor but under the present conditions of longer extraction of the wheat grain Pierce's Favorite Prescription." - Mrs. Wm. and the introduction of substitutes,

SENATOR TAYLOR DEAD

(Special to The Journal) Ottawa, March 26. Senator George' Taylor of Ganonoque died this morn- knwn meat vendor of St. Paul Street

FALL FAIRS PAY WELL

Prepare Now to Harvest and Store Root Crops.

Best Mixtures and Methods of Making Bread With Flour of Various Cereal Grains

(Contributed by Onterin Department of O the general farmer who grows good grain for seed to the specialist in garden and truck crops, and par ticularly to the live stock man the Fall Fair offers an opportunity. pays to advertise and the Fair is the place where the people see the goods produced, and seeing is believing Moreover, the papers report the winnings and through these the exhibitor gets a large amount of advertising free which would otherwise cost him a considerable amount of money Winning in close competitions under a competent judge adds dollars to the value of stock shown and increases the market price of any commodity as well as giving the exhibi tor a standing not only in his own community but over a section of country corresponding to the size and influence of the show at which prizes records. Very easy terms can be arare won. The Fair is a good place to make sales. Prospective buyers see the good exhibits made and enquire about the breeding stock at home. Stockmen show at Fairs largely to make sales rather than to win prizes although the latter is a factor in the sales and they are not dis-appointed as evidenced by the grow-

ing interest in the Fall Fair. Show-

Root crops should be taken up be-

ing them as much as possible on the

top. Bins with slatted sides and

bottom should be used for storage

where possible, as this gives the

age room temperature is above 401.

not be deeper than two feet in a bin, others may be four feet. Where cel-

cover with fresh strawy manure.

second lifting any adhering will be

removed.—A. H. MacLennan, B.S.A., Ontario Vegetable Specialist.

Cereal Grains for Bread-making.

On this continent and in Europe

we use wheat in much larger quan-

titles than any other grain. This is

because the flour made from wheat

contains the constituents necessary

to form gluten. Rve contains a simi-

lar substance to a lesser extent, while

the other grains do not have any of

of considerable expansion. Conse-

quently, when the gas liberated

through the action of yeast seeks to

make its way out of wheat flour

dough the gluten expands, retaining

the gas and causes the dough to rise.

When the bread is baked the gluten

is "set" or coagulated, and this ac-

counts for the light porous structure

of wheat bread. When surrounded

for several days and still be an at-

tractive article of food.; Rice, cats.

corn and barley cannot be used alone

yeast for their is no cohesion in the

furnish about as much digestible nu-

do not decrease its nutritive value.

it is wrong for the consumer to place

a high valuation on these points.-

Prof. R. Harcourt, O. A. College,

Mr. Robert Patterson, the well

east, is said to be very ill.

Quelph.

after being prepared.

periods.

College, Guelph.

ing at the Fair, coupled with a judiwhich should never be neglected, is good business. The two go together and work hand in hand. It pays to ved in und traking an active season. let others know of your good stock. Use printers' ink and show at the one is to put the streets in a good con-Fall Fair Prof. Wade Toole, O. A. dition to meet the traffic of the city dition to meet the traffic of the city, the other is to furnish as much employment as practicable during the Hints on Harvesting Root Crops.

"Fruit-a-tives" Alone Gave

Him Quick Relief

"Forseven years, I suffered terribly from Severe Headaches and Indiges-tion, I had belching gas from the

stomach, and I had chronic Constipa-

tion. I tried many remedies but

nothing did me good. Finally, a friend advised "Fruit-a-tives". I

took this grand fruit medicine and

it made me well. To everyone who

has miserable health with Constipa-

tion and Indigestion and Bad Stomach,

I say take "Fruit-a-tives", and you

will get well". ALBERT VARNER.

50c. a box, 6 for \$2.50, trial size 25c.

At dealers or sent postpaid by Fruit-a-

A HEAVY PROGRAMME

struction of pavements in the city.

tives Limited, Ottawa, Ont.

Buckingham, Que., May 3rd, 1915.

pariod of reconstruction. It is considered wise policy, if thes fore the weather becomes too wet and disagreeable in the fall if in any pavements are needed and it is pointquantity. It is slow work at any ed out that they are, to carry on as time and becomes much more so unmuch construction as possible this der cold damp conditions. Lift the roots with a digging fork and twist year and thereby help to make times off the tops, putting them in piles as good as they can be made and thus and covering with the tops. If a minimize unemployment.

large area is to be lifted, and one is Pavements are demanded by expert with a sharp hoe, he can very quickly remove the tops, but they will not keep quite as well. The public today on all streets where traf- of the city, it was said. roots should be ploughed out, throw- come into such general use that it is running not only in the summer but practically all winter, and mud streets through which a horse and vehicle socis a chance to sweat. If the stor- could pass a few years ago are next to impossible today with the automocover them with sand. Carrots should bile and its quick travel.

A LOSING BUSINESS

lar storage is not available use pits. As will be shown by statements and These should be three feet wide, two or three feet high and of any length. figures produced at tonight's meeting Run the pits north and south where of the City Council, the city gas plant ssible, and have them on wellhas been a losing proposition practidrained ground. Put a layer of straw on the ground and cover first with cally ever since the corporation took straw 6 inches deep then 6 inches it over from the company which orearth, and as the frost gets harder iginally owned it. There see s now no reason why the business should be Have ventilators every 15 or 20 feet, as all roots sweat in storage. These | continued as a going concern, though may be filled with straw during cold we believe it should be kept, in case a change in conditions might arise in All roots should be as free from a few years which would bring it dirt as possible when put in storage. It is often advisable to leave a few into usefulness.

What suggests itself as cather remarkable is that the true financial phases of the enterprise were not made nore clear to the ratepayers prior to the time that the plant was turned over to the Public Utilities Board. That body has found out definitely just what the cost of the plant has been, how much the loss has been and has reported definitely on what should be dond. The annual interest and sinking fund charges have rightfully been this material. Gluten is a tough, taken into account in calculating the elastic, tenacious substance, capable | fixed charges that have to be met. These items are charges against the Soperation of the business just as much as the wages or supplies.

The public should not spring to the idea that the failure of this plant to pay its way is a reflection on civic ownership of public utilities. All kinds of private concerns fail also, and some by a proper crust the moisture is re-tained and the bread may be kept able than those surrounding the gas able than those surrounding the gas plant. Circumstances such as the entrance into the field of natural gas to prepare bread of this type. They with its greater heat units and its cannot be expanded by means of much less cost the coming to electrimuch less cost, the coming to clectricity and the greatly increased cost of producing artificial gas have been caus is over which the management of the plant could evercise no control. must be consumed within a few hours They explain the situation.

SMOTHERED BY GRAIN

Three Men Killed at Saskatcan When Train Hits Elevator and Contents Engulfs Cars

Saskatoon, March 25._ Three men were smothered under several tons of grain here yesterday, when a Canadian National railway train rashed into an elevator, which burst and engulfed the engine, baggage and exress cars, with its contents. This dead are: W. F. Methalfe, engineer, and E. Armstrong, freman both of Saskatoon and a discharged

scaped injury. The accident was due to a faulty rails in taking the sharp turn and half sick, anaemic looking souls with struck the base of the elevator struc- pasty, muddy complexions we should ure, which toppled over.

TEN ARMORED CARS LANDED AT DUBLIN

(Special To The Journal.) London, March 25 .- In reporting the issuance of the proclamation at As will be noticed by the reports Dublin forbidding any meetings and of proceedings, the City Council has processions in that city on the date of else it ferments and forms ptomaine approved of a report from the Com-Professor Edward DeValeras arrival mittee on Works which proposes a and reception, the Mail says there rather extensive programme of conwas some military activity in Dublin on Monday. The newspaper states In undertaking this work, the committee recognizes that many pavements that ten armored cars were landed which have bean petitioned for have from a steamer during the day and been held up owing to the war and that their passage through the streets the uncertainty that prevailed as a of Dublin attracted much attention.

DISTRIBUTE MILK BY

New York, March 25. Distribution of New York city's milk supply washing out of the stomach, liver. through underground pneumatic tubes kidneys and bowels the indigestible formerly used for mail service, as a material, waste, sour bile and toxing neans of lowering the cost of milk was thus cleansing, sweetening and purillugg isted at the continuation here fying the entire alimentary canal vesterday of the John Doe inquiry in- before putting more food into the to the high cost of milk.

or ten pint bottles could be sent at turn at constipation, bilious attacks the rate of one every six seconds acid stomach, nervous days and sleepthrough tubes covering a great portion less nights have become real cranks

FARMERS WIN

Government Will Accede to Their Wish and Discentinue Daylight Saving.

(Special to The Journal) Ottawa, March 25. Despite protests from cities it is understood that the Government is determined to accede discontinue daylight saving this summer. It is expected that an announcemer. It is expected that an announcemer of the demands of the farmers and Debility Mental and Brain Worry, Despite the dency, Loss of Energy, Palpitation of Heart, Failing Mentaly. Price \$1 per box, for \$5. One will plane at will cure. Sold by druggists or mailed in plain okg. on receipt ment along these lines will be made this afternoon.

Jump from Bed in Morning and Drink Hot Water

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

time feeling nervous, despondent worried; some days headachy dull and soldier from Wiseton. The passengers unstrung; some days really incapaci.

tated by illness. If we all would practice inside bath witch, which diverted the train from ing, what a gratifying change would he main track. The engine left the take place. Instead of thousands of see crowds of happy, healthy, rosy, cheeked people everywhere. The resson is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. I every ounce of food and drink take into the system nearly an ounce of waste material must be carried out like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before PNEUMATIC TUBES breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of

stemach. Carriers with a capacity of six quart | Millions of people who had their about the morning inside bath. A quarter pound of limestone phosphate will not cost much at the drug store, but it sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the sys-



Wright's Home-Made Bread

Now that the restrictions are off regarding the use of substitutes, our Bread is back to the high Standard we set previous to the war. Our genuine Home-made Bread is scarcely touched by hand having in our equipment the most sanitary system of handling it. This machine costs a lot of money, but we believe it is hygenic and more sanitary than by hand. Therefore it pays in these days when germs are so easily spread, the handling of food stuffs should be carefully done. We believe the public will appreciate our system of doing this,

Wright's Genuine Home-Wade Bread Costs No More Than the Poorer Kind-11 Cents the Loaf

WRIGHT'S SANITARY BAKERY

Factory 55 Geneva Street - Telephone 574 Canadian Food Control. License No. 5-824

Briscoe Garage

29½ Queenston Street

ST. CATHARINES First Class Repair Work On All Makes of Cars District Representative For Briscoe Cars

CANADIAN PACIFIC TORONTO - WINNIPEG = VANCOUVER

Leave Toronto 7 p. m. Arrive Winnipeg 12.10 p. m. [Second Day] Arrive Vancouver 10.05 p. m. [Fourth Day] THROUGH EQUIPMENT

Compartment Observation Cars, Standard and Tourist Sleeping Cars, Dining Car. First-cla Coaches, Colonist Cars, Toronto to Vancouver.

A round-trip ticket to the Pacific Coast via the "Canadian Pacific" permits a wide diversity of routes without additional charge.

CANADIAN PACIFIC HOTELS IN WESTERN CANADA

OPEN ALL THE YEAR ROUND "Royal Alexandra," Winnipeg; "Palliser Hotel," Calgary; "Vancouver Hotel," Vancouver; "Empress Hotel," Victoria.

Passengers for California should arrange their trip to include the Canadian Rockies Facific W. B. HOWARD. District Particulars from JAMES ADIE, 76 St. Paul Street. Passenger Agent, Toronto

The Royal

LONDON, ENG Princes St., E. C.

WEDNESDAY, MADO

HEAD

Collections made. sold. 490 Branches Thr

CUBA_Havana (5 Bran. guay, Cardenas, Ciego de bonico, Manzarillo, Matan, Rio, Puerto Padre, Sagua Santiago de Cuba.

PORTO RICO_San Jua DOMINICAN REPUBLI de Macoris and Santiago MARTINIQUE_Fort de Basse Terre. VENEZUELA_Caracas,

ntigua_St. fonn's. Baha Dominica Roseau. Grenadi

Monts Frrat_Plymouth. Ne Tobago_Scarborough. Tri BRITISH GUIANA_Geo ntyne). BRITISH HONI

Capital Paid Up and

Electrica Labo

No invention sur Range to relieve able tasks in the k No roaring fire, no or fumes.

See and be convin quickest and easies

J. H. SAN ELEC

237 St. Paul Stre We Are Still Selling



ssets \$100,000 000

Banki

YOUR be en every con efficient : Our facili disposal.

THE

r. CATHARINES BRANCH IAGARA-ON-THE-LAKE

Save

Those W fortune