



Watch Your Child's Tongue!

Constipated Children Gladly Take "California Syrup of Figs"

For the Liver and Bowels

Tell your druggist you want genuine "California Syrup of Figs." Full directions and dose for babies and children of all ages who are constipated, bilious, feverish, tongue-coated, or full of cold, are plainly printed on the bottle. Look for the name "California" and accept no other "Fig Syrup." Beware!



Thick, Tender Savory Meat

Chops—the kind, you know, that make your guests praise your hospitality, your cooking, your entertainment. Why not this kind of meat instead of the doubtful cuts and inferior meats? We want you to know our meats. A sirloin or porterhouse steak, a roast, chops from the loin, etc., will enable you to judge quality.

C. H. SHELLY
MEATS AND PROVISIONS
LAKE ST. AND CHAPLIN AVE.
Phone 1553

Tenders For Road Overseer

TENDERS marked "Tenders for Road Overseers" will be received by the undersigned up to and including Saturday, February 14th, 1920, for the position of road overseer in the Township of Louth, for a period of seven or eight months, services to commence about the 1st of April, 1920.

The lowest or any tender not necessarily accepted.
Dated this 13th day of January, A. D. 1920.

M. A. BALL,
Clerk said Township Louth,
R.R. No. 1, Jordan, Ont.
J16-23-30-16-13

Doc's Cotton Wool Compound
A soft, reliable regulating medicine. Sold in three degrees of strength—No. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100. THE COOK MEDICINE CO. TORONTO, ONT. Solely Wholesale

SAVING IS EASY

The easiest method of saving is to acquire the habit of depositing a certain sum in the Bank regularly. In our Savings Department you receive interest at the rate of 3% per annum added twice each year to the principal.

THE DOMINION BANK

Drafts on Foreign Countries sold on favourable terms
B. B. MANNING, Manager,
CORNER KING & QUEEN STS. OPPOSITE POST OFFICE.

WALKER'S EAST END DRUGSTORE

297 St. Paul Street
When in need of a Tonic that will Enrich the Blood, Strengthen the Nerves, Build up the System TAKE **Dr. Mack's Pills**
Sale Price 35c a Box; 3 Boxes for \$1.00

THE CANADIAN BANK OF COMMERCE

Announce that a branch of their bank has been opened at Niagara-on-the-Lake, Ont. This bank has now 433 branches in Canada and foreign countries, and is in a position to enter 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

LOCAL NEWS

We buy everything you want to sell. McGuire & Co.

The weather turned much colder again last night.
Mr. J. M. Gardhouse has been chosen Warden of York County.

Toronto is planning a campaign to combat influenza.

Mr. William Wills of Wainfleet was yesterday chosen Warden of Welland County.

The early marriage of Brig. Gen. King of this city who is now in England, is announced.

Ottawa last year had an increase in population of over 3000. It now is reaching 10,800.

Samuel Gompers, president of the American Federation of Labor was seventy years old yesterday.

The Ontario Horticultural Convention takes place in Toronto, February 5 and 6.

Leaders in Canadian Educational work from all over the Dominion will meet in Ottawa in conference on February 1, 18, 19.

Job printers, book binders and pressmen of Hamilton went on strike yesterday. They refused \$33.00 a week.

Publication of a complete retraction and apology with the payment of all legal costs was the vindication secured by Mr. W. T. R. Preston in an action for libel against the Viking Press of Winnipeg. The paper alleged that Preston had been guilty of improper electoral practices.

NOTICE

NOTICE is hereby given that the forty-second annual meeting of the shareholders of the Lincoln Paper Mills Company, Limited, will be held at the office of the Company, Merritt, on

Wednesday, Feb. 4, 1920

at two o'clock p.m. for the following purposes: The election of Directors, submitting the Annual Report, and for any other business expedient or necessary touching the affairs of the company.

P. MITCHELL,
Secretary.
J21-31



Pyorrhea is one of the most dreaded diseases of the teeth, and unless it is given careful treatment in the early stages it causes very serious disorders of the entire body.

We may safely assume that nine out of ten people who have defective teeth have Pyorrhea in various degrees of development.

Do not wait until this disease infects the gums, loosens the teeth and spreads its poison throughout the system.

We are successfully treating many stubborn cases and are accomplishing really wonderful results.

We urge you to accept our offer of free consultation and thus assure yourself that if this serious ailment is present that you will give it prompt treatment.

Fillings 50c up.
Crowns and Bridgework, \$5 per tooth.
Very good Plates, \$8.

DR. ARTHUR B. COBB
Dentist
Offices: Corner of Main and Eagle Streets, Buffalo, N.Y.
(Formerly known as "White Dental Offices", Dr. Cobb, Proprietor)
Open until eight. No Sunday work

TEMPERATURES OF AIR

The Atmosphere and its Relation to Agriculture.

High and Low Temperatures Sometimes Beneficial and Sometimes Hurtful—Old Sol the Primary Source of Heat and Light—An Interesting Study of Air—Live Stock Notes.

(Contributed by Ontario Department of Agriculture, Toronto.)

ATMOSPHERIC temperature has ever been a matter of much concern to agriculturalists. A high temperature, although necessary and beneficial in some cases, is detrimental in others, but in each case requires a liberal amount of precipitation. On the other hand the destructive frost of late spring and early autumn is an unpleasant but frequent visitor to the agriculturalist. Man has harnessed much of nature and made it his servant; but as yet no one can say that man can control the atmospheric temperature, although he may modify it in a few instances or overcome some of its disastrous effects.

The primary source of all heat is the sun. Old Sol shines and heat and light travel the intervening 92,900,000 miles of space with a velocity of 186,000 miles per second. Some of this heat is absorbed in its transit by dust particles, water vapor and the temperature of the air in contact with it. The latter has the greater effect on air temperature.

Local conditions have a great effect on temperature. Water requires about five times the quantity of heat to raise its temperature one degree as does soil; thus large water areas tend to prevent high temperatures. Also, as there is always slow evaporation and it requires about 300 times as much heat to evaporate one gallon of water as to raise its temperature one degree, the temperature is kept moderate. Large swamps and bush areas free large quantities of water to the atmosphere as well as retaining the spring water longer in the country and consequently has a moderating effect.

Frosts are also prevented by water, swamp and bush areas, because they produce a high humidity and are not so readily cooled as large land areas. Air of high humidity acts as a better blanket as it were, than the dry air. Also the temperature at which dew is formed is higher and the lowering of the temperature may be sufficiently arrested to eliminate any danger of frosts.

The type of agriculture in any section is decided by its air temperature. Any crop which is not adapted to that section before they are a success. Winter cereal crops of Ontario and hay crops are not affected by excessive heat, but the rate of less growth is started by warm weather followed by low temperature or by heaving of the soil about the roots. Late spring and early fall frosts cause the most damage. The temperature does not drop below 28 deg. F. only the tenderest vegetation suffers, but if below it wholesale destruction results. High temperatures cause strong evaporation from the leaves of plants and thus the need of a large amount of precipitation to prevent wilting or death itself.

It is pointed out by A. J. Connor, of the Meteorological Office, Toronto, an interesting relation between the growth and yield of wheat and the temperature is set forth. Both yield and growth are increased by a low temperature and a low range in temperature. A critical period appears to exist in the latter part of the 90 days following sowing, and if the weather in this period be warm, dry, with great temperature range, the wheat plants will head quickly and the harvest be light; but if the cool moist conditions exist heading will be retarded and the yield increased. Thus it remains a matter of seedling at the proper time to insure the cool moist weather in the critical period. In the Western Provinces the sowing is early, namely, the last of April, throwing the critical period about the middle of July, the variability of the temperature of which is the critical factor. However, the rule there is the earlier the better, while in Ontario we are unable to sow spring wheat sufficiently early to procure that desired cool, moist weather, nor can it be obtained by late sowing.

All cereals are best adapted to the temperate regions and especially those of low temperature and small temperature range. Consequently the above temperature effect is applicable to all. Fruits as a rule require a higher temperature range, but not a high-temperature range. Many fruits, however, have a wide distribution and is the result of variety.—R. G. Moffatt, O. A. College, Guelph.

Live Stock Notes.
This is the time of year when horses are in danger of getting too much hay and too little exercise. Idle horses will keep in much better condition if given regular exercise, and if their supply of hay is wisely restricted.

Stables that are well ventilated and lighted, even though on the cold side, are more comfortable and more healthful than dark, steamy, warm stables.

Young cattle and breeding stock of beef breeds enjoy a short outdoor run every day during winter, and treatment of this kind promotes health.

Breeding ewes must have abundant exercise if vigorous, healthy lambs are looked for.

Good alfalfa or clover hay, with about four pounds roots, or two or three pounds of silage, per ewe, per day, makes a good ration.

Roots fed to horses not at hard work will cut down the cost, as well as add variety, to the ration.

WANTED—Telephone operators. Apply Chief Operator Bell Telephone Building. 0311.f

EMPLOYMENT SERVICE OF CANADA

The Department of Labour and the Provincial Governments have organized a System of Employment Offices from Coast to Coast for Returned Soldiers and all classes of workers—Men and Women—trained and untrained.

A Special Section exists for Professional and Business workers.

To look after the special needs of the RETURNED SOLDIER there is in each of these offices, a representative of the

INFORMATION AND SERVICE BRANCH
DEPARTMENT OF SOLDIERS' CIVIL RE-ESTABLISHMENT

NEAREST OFFICES

Office	Address	Telephone No.
Brantford	236 Dalhousie St.	2590
Hamilton	85 James St. N.	R. 1877
Niagara Falls	Newport Building	1221
Orillia	17 Peter St.	60
Owen Sound	261 Ninth St. E.	1125
St. Catharines	200 St. Paul St.	1269
Toronto	43-45 King St. W.	M. 3501
Toronto	1252 Bloor St. W.	J. 1087
Welland	15 Division St.	608

IRON MOLDERS WANTED

Men accustomed to operating Molding Machines and Bench Work.
Steady employment for good men.
Highest wages in Canada paid.
Room also for learners.

Taylor-Forbes Co.
GUELPH, ONT. Limited

Security Loan & Savings Company

26 JAMES STREET ST. CATHARINES
ANNUAL GENERAL MEETING
The Annual General Meeting of the Shareholders of the Security Loan & Savings Company, St. Catharines will be held at the Company's Office, No. 26 James street, St. Catharines, on

Thursday, February 19th, 1920, at 11.30 a.m.
for the purpose of receiving the Financial Statement and Report of the Directors for the year 1919, the election of Directors and the transaction of such other business as may be brought before it.

E. F. DWYER, Sec.-Treasurer.
St. Catharines, Ont., January 12th, 1920.

1869—600 Branches—1919

The Royal Bank of Canada

Give Your Boy a Chance, You Will Not Miss the Small Monthly Amounts

On the first day of every month draw a cheque for \$10 for the credit of your son's Savings Account. Do this regularly for (say) ten years.

Your boy will then have \$1389.42. He can own a farm when other boys are still working for wages.

Capital and Reserve.....\$ 34,000,000
Total Resources.....\$530,000,000

Banking Service

YOUR banking requirements may be entrusted to this Bank with every confidence that careful and efficient service will be rendered. Our facilities are entirely at your disposal.

THE CANADIAN BANK OF COMMERCE
PAID-UP CAPITAL : : \$15,000,000
RESERVE FUND : : \$15,000,000
ST. CATHARINES BRANCH, R. G. W. Conolly, Manager.

THE

ESTABLISHED 1859

Leading Canada May

My Problematical Exchange is Like Changes Coming

TORONTO, Jan. 28.—"The condition of the exchanges, their ever-increasing depreciation, indicate conditions which cannot fail to disturb anyone who understands what such depreciation implies. The whole trade of the world is disorganized and is becoming almost impossible for a nation to make payment to any other nation for the things it needs unless some plan is evolved to rectify this situation there is no longer that situation will arise that one cares to contemplate." I and etc. awaken people to the need of the situation.

In these grave words, Sir George, adviser to the Chancellor of Exchequer on financial and economic questions on which he is the world's greatest authority, explained the situation.

London "Statist," arrived in Toronto yesterday from the United States, which he had visited to advise concerning the method of financing the European nations, which are in a dangerous state of collapse owing to the depreciation of currencies. This situation is aggravated by the absolute necessity of increasing their imports in order to replace the losses caused by the war.

During an interview at the King Edward, Sir George repeatedly emphasized the increased need for increased food production in Canada, especially of wheat, which he hoped could be shipped in increased quantities to Europe. If this were not done starvation appeared to be the alternative.