

HIS LIFE RUINED BY DYSPEPSIA

Until He Tried "FRUIT-A-TIVES" The Wonderful Fruit Medicine



MR. FRANK HALL

Wyevale, Ontario. "For some two years, I was a sufferer from Chronic Constipation and Dyspepsia. I tried every remedy I heard of without any success, until the wife of a local merchant recommended 'Fruit-a-tives'.

"I procured a box of 'Fruit-a-tives' and began the treatment, and my condition commenced to improve immediately.

"The Dyspepsia ceased to be the burden of my life as it had been, and I was freed of Constipation.

"I feel that I owe a great debt to 'Fruit-a-tives' for the benefit I derived from them."

FRANK HALL.

Box a box of \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

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COMMISSIONER HIGGINS HERE TO CONFER ON SALVATION ARMY MATTERS

Com. W. J. Richards, head of the Salvation Army in Eastern Canada and Col. John McMillan, Chief Secretary are conferring with Commissioner Higgins, Chief of Staff and Second in Command of the Salvation Army for the work who arrived in Boston from London, England, recently. Com. Higgins came to America to discuss matters pertaining to Salvation Army affairs in Canada and the United States, with Commander Eva Booth, head of the Salvation Army in the United States and with the Canadian officials. He was for many years Chief Secretary of the United States and recently succeeded Com. Howard as Chief of Staff and Second in Command. Many matters having any important bearing upon the future policy of the Salvation Army, and its reconstruction work are to be taken up at this meeting and it is expected that on his return Com. Richards will have something to say in regard to the questions affecting the policies to be followed in Canada.

Prices on the Toronto Exchange declined to be firmer, but were somewhat reactionary at Montreal.

WOOD'S PHOSPHODINE. The Great English Preparation. It tones and invigorates the whole nervous system, makes new blood in old veins. Used for Nervous Debility, Mental and Brain Weakness, Dizziness, Loss of Energy, Palpitation of the Heart, Fainting Fits, etc. Price 25c per bottle. Sold by all druggists, or mailed in plain wrapper on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

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 Nelson's Chocolates; Bitro Phosphate, Vivol, Nuxated Iroq and Tyrrell's Cascades.

SIX MILLION JEWS NEAR STARVATION

Cold and Disease Add to Sufferings of Destitute Peasants of Poland.

Eastern Europe is the only part of the world to-day that really understands the meaning of conservation. In the grimest sense of the word, according to reports brought back to the American Jewish Relief Committee by relief workers recently returned from these stricken lands.

Not a particle is wasted of any of the relief supplies sent from America by the Joint Distribution Committee of American Funds for Jewish War Sufferers or by other organizations. Garbage cans and dump-trucks are naturally unknown quantities in a region where 6,000,000 Jews—men, women, and children—are at the point of starvation. Typical of the extreme privation with which these people utilize everything to-day was the use recently made of a shipment of flour, sent to eastern Europe by American Jewish relief agencies.

The flour itself was used to feed destitute Jews at the soup kitchens. White bread is a luxury in these lands to-day, the taste of it forgotten by the poor, and some of the flour sent from America is made into bread as yet. It goes farther stirred into the soup issued at the Jewish relief stations.

In order to make sure that not one atom of the flour was going to waste, the seams were ripped from the sacks, which were then shaken over the soup receptacles. These shavings put to use was the cloth of the sacks themselves. There is practically no cotton or linen in eastern Europe to-day, and every scrap of cloth is put to use.

In this particular case, the sacks were needed both as shrouds for the dead, and as cloths in the operating rooms of the hospital. A part of them was devoted to each purpose. Both shrouds and bandages in eastern Europe to-day have to be made by sewing hundreds of tiny bits of used cloth together, so those flour sacks proved a godsend.

The thread which had stitched the bags together was carefully saved, also, and used to patch together the rags that form almost the only clothing of the destitute Jewish children in these lands, and to sew together the scraps of cloth that they wear around their feet, in lieu of shoes.

In order to help these suffering Canadian Jewish Relief Committee is making an appeal for funds.

MOTHERS WATCH CHILDREN STARVE

Lack of Clothing Adds to Suffering Among Jewish Residents of Poland.

The patient resignation with which a mother in Poland accepts what the fates have in store for her children who frequently die of starvation before her eyes, is one of the things that leaves a lasting impression on relief workers there.

Jacob Babin, who has just returned from abroad, where he had charge of a relief unit for the Joint Distribution Committee, which disbursed funds raised by the American Jewish Relief Committee and other bodies, said that food is distributed to the children in Lodz on a ration basis, and that where the small folks were unable to appear in person because of lack of clothing or illness from the "starvation sickness," the allotment was given to the mother. On one occasion a little woman with great hunger-seeking eyes, asked for four rations. The following day she appeared again and asked for only two.

"Two," repeated the distributing agent. "Why you received four yesterday."

"Yes, but to-day I need only two, because," and the worker may have only imagined that he caught a note of relief in the utter hopelessness of the curiously quiet answer, "two of my little ones died during the night."

For the purpose of relieving this terrible suffering an appeal for funds is being made by the Canadian Jewish War Relief Committee, of which full details will be given later.

JEWS STARVING IN JERUSALEM

Terrible Destitution Caused by Lack of Employment and Shortage of Food.

The street cleaners of Jerusalem form a picturesque but pathetic testimony to the terrible destitution of the Jews of that ancient city, according to the latest reports received by the Canadian Jewish War Relief Committee from relief workers abroad. The problem of employment is so great in Jerusalem that it is almost impossible to find work in the natural way. For this reason, the Joint Distribution Committee of Funds for Jewish Sufferers from the War hired fifty of the most poverty-stricken Jews who applied to them for aid, to clean the streets in the Jewish quarter. The youngest of these street cleaners is fourteen years old. Seven of the street cleaners are between seventy and eighty years old, and eighteen more are between sixty and seventy years old. None of them have adequate clothing or food.

Manitoba's surplus for last year was \$441,285, the largest in the Province's history.

Children Cry for Fletcher's CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food, giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of Char. H. Fletcher. In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

ORPEN REFUSES OFFER complete such a contract, however, Distinguished Artist Asks to Paint 300 Americans. LONDON, Feb. 25.—Sir William Orpen, the distinguished artist, has refused an offer of \$5,000,000 for painting 300 portraits, which is said to have been made him by an American.

"It is quite true the offer of \$5,000,000 to paint portraits came to me from America," Sir William said yesterday in confirming the report according to the Daily Mirror. "To

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'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

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 redefining 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.

A Forceful Man. 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 \$75,501. 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 a 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.

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 713,975.00 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.

Farmers' Sales Notes This Bank attends to the collection of Sales Notes. Business entrusted to us will receive our careful and prompt attention. Do not fail to consult us. Our years of experience, and the many services we are able to render, are cheerfully offered for your assistance. 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

THE MERCHANT The banking requirements of merchants will receive full consideration by the officers of this Bank. Arrange to open a current account and every banking facility is assured. 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 The Royal Bank of Canada Capital and Reserve \$35,000,000 Total Resources \$504,000,000 625 Branches

The Right Gre Copy of Pro

Of Great State Petroleum Company Secretary of Ontario, Canada The Company is incorporated with an authorized capital of \$10,000,000, all common stock being in New York City. The original incorporators for the purpose of incorporating Richard L. Cunningham, Stephen Walter H. Marshall, Charles H. Percival K. Frowert Company operator, Dallas, Texas; M. New York City. Further directives are to be appointed. By contract dated Sept. 1919, between the same parties, Albert E. Shaban and Harry Texas, acting for themselves, land dealer, Hillsboro, Texas, gas leases in Texas, consisting value of stock (64,336 shares) 1919, between the same parties twenty four other oil and gas production of other producing and totalling \$2,503,362.00. The right to investigate titles and to be selected by the Company to select a third in the event of the right to take any one of price in shares of the Company an abstract of title to the time for the Company to the property may proceed with the arrangements made are to be unnecessary delay. Another contract dated of the same parties, giving title of the company, except 300,000 for the purpose of acquiring except 64,336 shares and 380 been set aside for exchange a copy of which is filed with of this office of the Province other contracts may be inspected may also be inspected during the law of Delaware, contracts are now binding. S. paid and not assessable, and being made in full, but paid in cash and the balance at 6 per cent. per annum feature for failure to pay an. The by-laws provide that, tor, and do not allow. Directed the officials, President, V. and Treasurer, will be entitled The preliminary expenses penses of procuring the property Company paying no part of the stock optioned to them. Dated 30th September, 1919

Up until yesterday from the on peak of the flu in Ontario, 18,000 cases were reported to the Provincial Health Department. There have been 1,138 deaths from flu and pneumonia and 780 deaths from pneumonia. Just In YOU C "His Master's Voice" IN PERS Grand Op Tuesday ONE NIGHT ONLY. THE ARTISTS: Murray Van Eps Silver Santa Peerless Quartette REMEMBER Tuesday GRAND O Popular Pric Tickets on Sale at the O