

**PERMITS ISSUED
IN 1919 TOTALLED
OVER \$75,000,000**

This Was Double the Value of Permits Issued in 1918
Many Homes Built—Toronto Contributed More Than One-fourth of the Year's Total, Erecting Building Worth Nearly \$20,000,000.

(Financial Post.)
As foreshadowed in The Financial Post a few weeks ago, the total of building permits issued in Canadian cities in 1919 was more than double the amount issued during the preceding year, and reached a value of more than \$75,000,000. The biggest part of the increase came from cities in Eastern Canada, where the value of building permits issued during the year totalled more than \$90,000,000, an increase of \$32,000,000 over the figures for the preceding year.

The most active city in Canada during the past year, from the standpoint of building, was Toronto, where permits totalled \$18,919,486, an increase for the year of \$11,284,100. Other cities that were well up in the list were:

1919 total	Over 1918
Montreal	\$10,083,901
Halifax	5,194,806
Hamilton	5,087,492
Ottawa	3,232,222
Winnipeg	2,946,000
Windsor	2,601,370

Building permits issued during the month of December totalled \$4,894,000, a very large amount for the last month of the year, and an increase of \$1,685,000 over the previous year. Almost half of this total was contributed by Toronto, where building permits issued during the month were valued at \$2,439,925, an increase of nearly \$1,500,000 over December, 1918.

Montreal's figures for December showed a substantial increase over the previous year's total, as building permits to the value of \$658,000 were issued, as against \$170,000 in the previous December. Other active building centres in December were Halifax, Brantford, Kingston, London, St. Thomas, Windsor, Winnipeg and Victoria.

Mostly For Dwellings.
It is noticeable that, during the year that closed on December 31, 1919, the majority of the permits issued in nearly every city in the country were for dwelling houses. Of course, all the cities, and especially the industrial centres, had a number of large buildings erected during the year, but the dwelling houses, and, it may be added, private garages, were in the preponderance.

During December, the largest permit issued was for the Western University Medical School, to cost \$200,000, which will be erected in London, Ontario. London also has a factory for the McClary Manufacturing Company, which will cost \$400,000. A factory is being erected in Hamilton for the Carr Fastener Company, to cost \$75,000. Kingston is building a brick school, to cost \$112,000. Halifax's largest permit in December was for the Tabernacle church, to cost \$68,000. St. Thomas is building a \$68,000 school.

IS THIS YOUR CASE?

What You Should Do—Most Successful and Economical Treatment.

Do you have a feeling of general weakness day in and out? Is your appetite poor? Does your food fail to strengthen you and your sleep to refresh? Do you find it hard to do or to bear what should be easy? Have your ordinary duties and cares become great tasks and burdens? If so, Hood's Sarsaparilla—this great medicine revitalizes the blood, gives vigor and tone to all the organs and functions, and is unequalled for those who are in any degree debilitated or run down. Do not delay treatment—begin today.

To rouse the torpid liver and regulate the bowels take Hood's Pills. They are purely vegetable.

Mr. and Mrs. Fraser Steeves left on Wednesday for Prince George (B. C.), where they will make their home in the future. Both are natives of St. John. Mr. Steeves served overseas with the engineers.

COOKERY COLUMN

COCOA FRUIT BREAD
1 cup sugar
2 1/2 cups graham flour
4 cup Cowan Cocoa
3 tablespoons shortening
1/2 cup walnuts
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 cup raisins
1/2 cup currants
1/2 cup sultanas
1/2 cup currants
1/2 cup sultanas
1/2 cup currants
1/2 cup sultanas

COCOA BROWNIES
1/2 cup butter
1/2 cup powdered sugar
1/2 cup flour
1/2 cup chopped nuts
Mix as for cake; spread batter on buttered tin as thin as possible; sprinkle very finely chopped nuts on top. Bake in a very moderate oven till lightly browned. Cut in fancy shapes before removing from pan.



PROHIBITION IN UNITED STATES

(Christian Science Monitor)

When a great reform is undertaken, the effects cannot be seen in a day. When that reform is something more than an administrative one, when that is to say, it is one which reaches down to the fundamentals of a nation's character, the manifestation of its results must necessarily be protracted in its final development. Nevertheless the immediate effects may be seen rapidly, and already the effects of national prohibition are being witnessed in the United States.

What went into effect at midnight, on Friday, the sixteenth of this month, was the registration, in the interests of humanity, of a great self-denying ordinance. The very humanity of human nature has made men inclined to the indulgence of what they have for centuries been pleased to describe as the social enemy of the bottle. Every reader of Tennyson remembers the regret of Guinevere for having yielded to those passions, which seemed to supply something in her life which the human senses had found missing in the stately purity of the king. It is the will for just this day of humanity which has gone forth from the opponents of prohibition in the United States. Like Guinevere they want that warmth and color which they cannot find in the austerity of prohibition. And yet that warmth and color found its final tint in the drab atmosphere of the police court, the prison yard, and the lunatic asylum.

The victory of prohibition has already made a beginning in the changing of all this. From every part of the country comes the same story, the closing of jails, the reduction of police charges, the lessening of crime in every form. Nor are the foolish prophecies of increased taxation, owing to the withdrawal of the licenses, destined to be fulfilled, though even if they were, to make a profit out of vice is the worst kind of vice in which a nation can indulge.

Be as Wise as the Squirrel

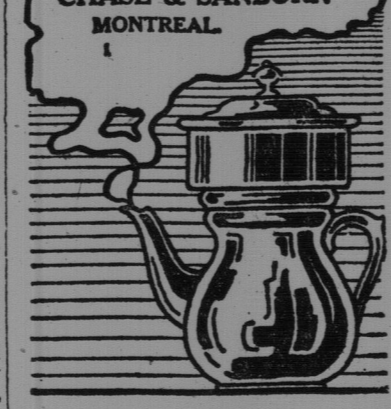
The Squirrel eats Nuts and shrives on them. Nuts are the most concentrated of all natural foods. Our stock includes—
California Budded Walnuts
Extra Fancy Washed Brazils
Bottra Almonds
Choice Mixed Nuts Containing All Varieties
Eat Nuts, and to insure good quality, buy at
McPHERSON BROS.
181 Union Street
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Best "Master's Voice" Records
Come in and hear them. Rent new books of fiction. P. Knight Hanson, dealer, "The Library," 158 Union street. Open evenings.

Fragrant Coffee

How To Make It
First, use Tricolour, the automatic coffee-maker which requires no attention and never fails, provided you choose
SEAL BRAND
Allow a heaping tablespoonful to each cup. Pour boiling water on the coffee. When filtered, serve. It will be the most delicious coffee you ever tasted.

Use the fine-ground grade of Seal Brand, in 1/2, 1 and 2-lb. six-eight Tins. At all good dealers.
Cap trade, "Perfect Coffee—Perfectly Made" is sent free on request. Write for it.
CHASE & SANBORN
MONTREAL



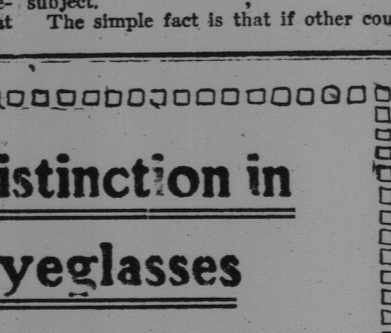
Your Dollar

In these strenuous times the important thing is to make each of your dollars spent return one hundred cents in value.
Your investment in FURNITURE bought from "MARCUS" will amply repay you in Value, Service and Beauty of Style.

J. MARCUS - 56 Canterbury St.
NEXT TO DOMINION SAVINGS BANK
TEMPORARY QUARTERS

DON'T ROB THE "KIDDIES"

of the foods that promote growth. An essential food element for growing children are the "vitamins" found in the whole wheat. Shredded Wheat contains all the vitamins and mineral salts combined with the body-building elements in the whole wheat grain—the perfect food for growing children. Two Shredded Wheat Biscuits served with hot milk make a warm, nourishing meal at a cost of a few cents—the most real food for the least money.



GILBERT'S Special January Sale

Commencing Wednesday 28th, Ending Saturday 31st
Genuine Quality! Cash Bargains!

- | CANNED MEATS | CANNED VEGETABLES |
|--|--|
| 10c. tin Devilled Ham, 7c. | 20c. tin Standard Peas, 17c. |
| 15c. tin Devilled Ham, 12c. | 25c. tin Early June Peas, 20c. |
| 15c. tin Paris Pate, 10c. | 35c. tin Extra Sifted Peas, 32c. |
| 50c. tin Fra Bento's Beef, 43c. | 32c. tin Petit Pais Peas, 27c. |
| 45c. tin Roast Beef, 39c. | 40c. tin Cresca Peas, 37c. |
| 50c. tin Roast Mutton, 43c. | 22c. tin Golden Wax Beans, 18c. |
| 25c. tin Boiled Dinner, 29c. | 25c. tin Lima Beans, 21c. |
| 85c. tin Sheep Tongues, 69c. | 22c. tin Spinach, 18c. |
| 50c. tin Boneless Chicken, 41c. | 20c. tin Sweet Corn, 17c. |
| \$1.00 tin Boneless Chicken, 87c. | 15c. tin Carrots, 12c. |
| \$1.25 jar Chicken Breasts, 99c. | 18c. tin Cut Vegetables, 15c. |
| | 18c. tin Beets, 15c. |
| | 22c. tin Tomatoes, 19c. |
| | 25c. tin Pimientos, 21c. |
| CANNED FISH | GENERAL LIST |
| 25c. tin Lobster Paste, 21c. | Peerless Mix Pickles, 21c. |
| 50c. tin Lobster Paste, 39c. | Peerless Chow Pickles, 23c. |
| 20c. tin Salmon Oro, 15c. | 5 lbs. Rolled Oats, 37c. |
| 30c. tin Salmon, Red Clover, 23c. | 2 lbs. Mix Starch, 22c. |
| 25c. tin Kipperd Salmon, 22c. | 15c. pkge. Acme Starch, 11c. |
| 28c. tin Shrimps, 23c. | 2 Kellogg's Corn Flakes, 23c. |
| 45c. tin Clam Chowder, 39c. | 30c. Chocollata, 23c. |
| 75c. tin Crab Meat, 65c. | Clark's Baked Beans, 10c. |
| | Clark's Baked Beans, 2s., 17c. |
| DRIED FRUITS | 40c. Orange Marmalade, 32c. |
| Royal Excelsior Dates, 20c. | Dustbane for sweeping, 25c. |
| Dromedary Dates, 21c. | Little Beauty Broom, 25c. |
| Macaroni Figs, 33c. | Special Washboards, 25c. |
| Choice Pressed Figs, 47c. | 35c. Regal Salad Dressing, 25c. |
| Fancy Table Figs, jars, 65c. | 30c. Maple Butter, 25c. |
| Fancy Table Figs in Syrup, 75c. | 30c. Homolene, 25c. |
| 50/60 Prunes, 25c. | 30c. Nut-o-But, 25c. |
| 30/40 Prunes, 34c. | 35c. Red Pepper Sauce, 25c. |
| Fancy Dried Peaches, 32c. | 35c. Green Pepper Sauce, 25c. |
| Fancy Package Peaches, 25c. | 35c. Snider's Tomato Catsup, 29c. |
| Fancy Package Peaches, 65c. | 30c. tin Corn Syrup, 23c. |
| BULK TEAS | Franco-American Concentrated Soups, any sort, 15c. tin |
| Special Blend, 57c. | Snider's Tomato Sup, 17c. tin |
| Syrueene, 67c. | Peanut Butter, 37c. lb. |
| Fine Oolong, 67c. | |
| Fancy Quality, 85c. | TOILET SOAPS |
| Red Clover, pkgs., 57c. | 10c. Pure Castile, 6c. |
| Red Rose, pkgs., 57c. | 15c. Palm-Olive, 10c. |
| | 25c. Pear's Glycerine, 17c. |
| FOR COLD WEATHER | 18c. Rosarie Glycerine, in Amber or Green, 15c. |
| Oxo Cubes, 8c. and 21c. | |
| Pure Bees' Honey, 35c. | |
| FLOUR | |
| 24 lbs. Royal Household, \$1.82 | |
| 24 lbs. Star, \$1.77 | |
| 24 lbs. Five Roses, \$1.90 | |
| 24 lbs. Purity, \$1.90 | |



Distinction in Eyeglasses
When it becomes necessary for a lady to wear eyeglasses, whether young or middle aged, she wants to appear as well in them as possible.
The day of individuality in eyeglasses is here, and you should consult us if you want authoritative advice on matters of eyewear.
Our thorough knowledge of Optometry and the experience of many years' practice, guarantee you the best treatment it is possible to get.
Our Service to you means EYEGLASS Satisfaction.
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111 Charlotte St.

Beauty - Grace Long Life

Are the outstanding characteristics of AMLAND BROS.' Furniture. On our floors can be seen a large assortment of Chesterfield Suites, Parlor Suites, Bureaus, Dressers, Dining Room Suites, etc., all purchased before the recent advance.
NOTICE—You can purchase your furniture for the new home at old prices now and we will store it free until June 1st by leaving a deposit.
AMLAND BROS., LTD.
19 Waterloo Street

An Extra Good Tea For Your Money is Humphrey's Orange Pekoe

At 65c. Per Pound
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GUY H. HUMPHREY, 14 KING ST.

A Smooth skin in any weather:—

Wash well in warm water using absolutely pure soap:
Baby's Own Soap
—rinse well—and dry carefully.
In the interest of your skin, use Baby's Own Soap.
"Best for Baby and Best for You."
Sold everywhere.
Albert Soaps Limited, Montreal.

Horlick's the Original Malted Milk—Avoid Imitations & Substitutes

Day were deleted from the Anglican prayer book many years ago, several churches in England and the republic observe the day. Charles I. was the only man ever canonized by the Church of England and this was done because it was claimed that for that monarch the church would not be existing. Charles Stuart was beheaded January 30, 1649, in front of his own banqueting hall at Whitehall Palace by the Cromwells.

FROZEN IN.
Halifax, Jan. 29—Eighteen schooners are frozen in the harbor at Lockport (N.S.), and the marine department was asked by the owners tonight to send a steamer to release them. The steamer Petrel is now at Lunenburg breaking up the ice in the harbor so that the vessels can put to sea, and as soon as she finishes there she will be ordered to Lockport.

CHILDREN SUFFOCATED.
Everett, Mass., Jan. 29—The three children of Mr. and Mrs. Clifton Crowell were suffocated today in a closet at their home when they sought refuge from a fire that probably started while they played with matches. Their mother was absent from the house when the fire was discovered.

Beauty - Grace Long Life

Pa says I holler less for candy when I have my fill of
POST TOASTIES
—Robbly Superior corn flakes rich in natural sweetness.

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Heals, Refreshes, Soothes
Eyes—Keeps your Eyes
Bright and Healthy. If
they Tired, Smart, Itch or
Burn, if Sore, Irritated,
Red, Swollen or Granulated,
use Murine often. Safe for Infant or Adult.
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