

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 Syrups. 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; relieves 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

Wm. H. Fletcher
In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

Incubator FOR SALE

Manson-Campbell Chat-
make, 100 egg capacity.
Can be seen at

193 Lake Avenue

PHELAN'S
Vulcanizing Works

Rubber Tires for all
vehicles. Tire repairing
of all kinds.

We sell tires of all makes

20 St. Paul-st W. Phone 734

Skates Ground and
Concaved at 15c Pair

By latest improved skate
grinder. Call and see. Also
furniture repaired at

Novelty Woodturning Works
3c Centre Street

Farmers, Notice!

If you want

To Sell Hogs

either alive or dressed, call
write or telephone for our
prices before selling elsewhere.

Moyer Bros., Ltd.
8 Frank St. - Phone 197
ST. CATHARINES

LUMBER

James M. McBride & Sons,
George-st, near Welland ave
TELEPHONE 41 W

"Mazda"
The BestTungsten Electric
Lamps

The Kind You Read About

We carry the largest stock in the
peninsula, and can fill orders for
quantity immediately.

em by the box and save

warranted against defects,

J. H. SANDHAM
COMPANY

235 St. Paul Street
Telephone 1112

Chamber of Com-
merce Activities

Charts and other devices for ex-
plaining the plans of organization
and operation of a modern Chamber
of Commerce adorn the walls of the
campaign headquarters at Union
Bank Building. Evidently the directors,
Mr. Hugh M. Bell, believes in the
graphic method of illustration.

He said to-day that he had been
asked by many citizens of St. Catharines
just what is contemplated by
the efforts to replace the Board of
Trade with a Chamber of Commerce.
In order to make clear the various
steps that will be followed, he had
prepared a little schedule, he said,
which had taken up the several ques-
tions as they had been asked.

1. Securing the necessary member-

ship and income for three years.
(a) A carefully compiled list of the
citizens of St. Catharines who should
support such movement, made in card
index form.

(b) The number of memberships
that each should carry, based upon the
benefit to be expected, and what cor-
poration and men of similar standing
in other cities are being, indicated on
each card.

(c) This list to be examined care-
fully by two separate committees and
passed upon by the executive com-
mittee before it is used.

2. Creating a working membership.
(a) During the campaign for mem-
bership and afterwards, a systematic
method of acquainting the public with
the proper functions of a Chamber of
Commerce to be put into operation.

(b) A series of luncheons which ul-
timately become schools of organiza-

Thick, Tender
Savory Meat

or chops—the kind, you know, that
make your guests praise your hos-
pitality, your cooking, your entertain-
ment. Why not this kind of meat in-
stead of the doubtful cuts and in-
ferior 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 1853

M. MALLOY

Light and Heavy Trucking,
Local and Long Distance
Moving.

Phone 1878 65 Lowell Ave

tion, to be held; these luncheons open
to non-members. At these luncheons
specialists will present the steps nec-
essary in successful organization
management.

(c) The speakers to be aided by
charts and other methods of graphic
presentation. Everything reduced to
a common sense basis and hip-hip-
hooray methods avoided.

(d) This definite and methodical
way of presenting a sometimes mis-
understood field of activity fortifies
the optimism with a mass of intelli-
gent arguments and smoothes the pes-
simist under a mass of carefully col-
lated facts that leave no ground for
just criticism of a real Chamber of
Commerce.

3. The development of a program

of work.
(a) With the completion of the
membership and educational cam-
paign, the development of a program
of work will be the next step.

(b) Each member will be asked to
express himself on what he thinks the
organization should undertake for the
welfare of the city as a whole and
for the promotion of his line of work.

(c) The expressions thus received
will be collated and written into con-
crete paragraphs, these forming the
planks of the program of work.

(d) This method brings unity of
action in the shortest possible time
and enables the officers to reach out
intelligently to the individual mem-
bers for support and help.

4. Installation of committee organization

and control.
(a) Special instead of standing
committees.

(b) Careful analysis of work to be
done.

(c) Definite schedule of action, pre-
paration of needed data, limited com-
mittee appropriations, conferences be-
tween committees and directors at fre-
quent intervals.

5. Outline of office system.

(a) Disbursement sheet and au-
thorization of expenditures.

(b) Budget for proper distribution
of expenditures.

(c) Card index for membership
record and for proceedings of the di-
rectors and committees.

(d) Filing records for industrial,
commercial and other information,
photographs and data for publicity
requirements.

New Zealand
Paying Largest
Bonus to Vets

(Continued from page 1)
ment who voted down the re-es-
tablishment plans at the last session at
Ottawa.

The following is part of the speech
of Hon. Sir J. Allen, Minister of
Defense, in the New Zealand House
of Representatives:

"I want to make a comparison, be-
cause comparisons no doubt will be
made with regard to gratuities and
other allowances made by other coun-
tries and by New Zealand, and I need
take no other case than the case of
Canada, because the gratuity given
by Canada is much higher than in
any other part of the world. The
Australian gratuity is not fixed yet,
and I do not know what the amount
will be; but the other gratuities are
small. I want honorable members and
the people to understand what the po-
sition is in comparison with Canada.

I have to take with respect to Can-
ada twelve monthly periods, because
the Canadians have adopted a prin-
ciple which I believe to be unsound,

"Then I want to call attention to
the fact that in addition to that, all
the cases of hardship in New Zealand
have been met by the Financial As-
sistance Board. The Financial As-
sistance Board has been at work since the
16th of January, 1917, and on the
average the allowance for hardship
to each applicant has worked out at
30 pounds per annum. There is no
such thing in Canada. If you put all
those benefits together it will be seen
that the New Zealand soldier—with
his gratuity, with his privileges, and
with the payment in cases of hard-
ship that are met by the Financial
Assistance Board—is much better
treated in comparison with others."

In Canada no extra allowance is
payable on account of children.

"SYRUP OF FIGS" IS
LAXATIVE FOR CHILD

Look at tongue! Remove poisons
from stomach, liver and
bowels.



Accept "California" Syrup of Figs
only—look for the name California
on the package, then you are sure
your child is having the best and
most harmless laxative or physic for
the little stomach, liver and bowels.
Children love its delicious, fruity
taste. Full directions for child's dose
on each bottle. Give it without fear.
Mother! You must say "Califor-
nia."

Dress Warm and
Keep Feet Dry

TELLS RHEUMATISM SUFFER-
ERS TO TAKE SALTS AND GET
RID OF URIC ACID.

Rheumatism is not a respecter of
age, sex, color or rank. If not the
most dangerous of human afflictions
it is one of the most painful. Those
subject to rheumatism should eat less
meat, dress as warmly as possible,
avoid any undue exposure and, above
all, drink lots of pure water.

Rheumatism is caused by uric acid
which is generated in the tissues and
absorbed into the blood. It is the
function of the kidneys to filter this
acid from the blood and cast it out
in the urine, the pores of the skin are
also a means of freeing the blood of
this impurity. In damp and chilly,
cold weather the skin pores are closed
thus forcing the kidneys to do double
work, they become weak and sluggish
and fail to eliminate this uric acid
which keeps accumulating and circula-
ting through the system, eventually
settling in the joints and muscles
causing stiffness, soreness and pain
called rheumatism.

At the first twinge of rheumatism
get from any pharmacy about four
ounces of Jad Salts; Put a tablespoon-
ful in a glass of water and drink be-
fore breakfast each morning for a
week. This is said to eliminate uric
acid by stimulating the kidneys to
normal action, thus ridding the blood
of these impurities.

Jad Salts is inexpensive, harmless
and is made from the acid of grapes
and lemon juice, combined with lithia
and is used with excellent results by
thousands of folks who are subject
to rheumatism. Here you have a pleas-
ant, effervescent lithia-water drink
which overcomes uric acid and is ben-
eficial to your kidneys as well.

that after the first eleven months—
or 364 days, to be accurate—the gra-
tuity increases by yearly periods. This
means that it suddenly increases by
about fifteen pounds sterling. It is
not a graduated scale, and so at the
end of each year it suddenly jumps,
is the same to a man if he has served
one year, one day, or one year 364
days. We have, therefore, for compar-
ative purposes had to take the mat-
ter in periods of eleven, twenty-three,
thirty-five, and forty-seven months,
and then I have taken the full period
for which our own gratuity can be
granted—four years, 278 days. Now,
the Canadians have fixed the amount
for eleven months for single men at
43 pounds 15 shillings, and married
men 62 pounds 10 shillings. The New
Zealand gratuity for that period is
25 pounds 2 shillings and 6 pence;
but in addition to that New Zealand
has to its credit—because our pay
of the private is higher than that of
the Canadians—7 pounds. Then the
New Zealand soldier receives twenty-
eight days' leave on full pay prior
to discharge, which the Canadian does
not. This represents another 7
pounds; and the value of the four
weeks' railway privilege to the dis-
charged New Zealand soldier repre-
sents still another 6 pounds. The ex-
tra amount that the New Zealander
gets for eleven months in the way of
extra pay, allowance, and travelling
which the Canadian does not get is
20 pounds. Counting that with the
gratuity proposed the New Zealand
soldier gets 45 pounds two shillings
and 1 pence, against the 43 pounds
15 shillings to the Canadian single
man for the first period. The Cana-
dian gratuity stops after the third
year. It is not increased any further,
and so comparison over the full pe-
riod of four years and 278 days is:
Canada, 87 pounds 10 shillings,
against New Zealand's 179 pounds 13
shillings and 1 pence, a difference in
favor of New Zealand of 92 pounds
3 shillings and 1 pence.

"Then I want to call attention to
the fact that in addition to that, all
the cases of hardship in New Zealand
have been met by the Financial As-
sistance Board. The Financial As-
sistance Board has been at work since the
16th of January, 1917, and on the
average the allowance for hardship
to each applicant has worked out at
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those benefits together it will be seen
that the New Zealand soldier—with
his gratuity, with his privileges, and
with the payment in cases of hard-
ship that are met by the Financial
Assistance Board—is much better
treated in comparison with others."

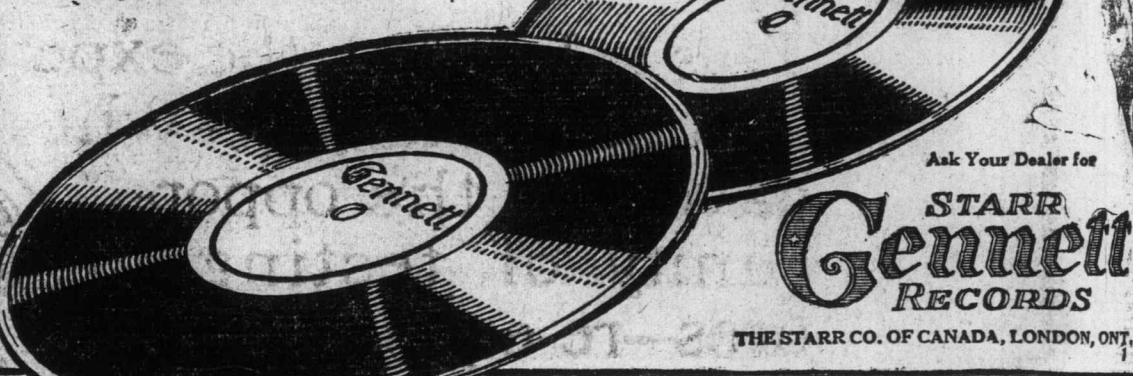
In Canada no extra allowance is
payable on account of children.

STARR
Gennett
RECORDS

Here They Are Now
for All Lovers of Good Music

New Starr Gennett
Records for February

- 1593 Let the Rest of the World Go By—Hart &
Shaw, Tenor and Baritone, with Orchestra.
\$1.25 We Must Have a Song to Remember—
Kaufman & Hall, Tenors, with Orchestra.
1594 Just Like the Rose—Scottie Trio, with
Orchestra.
90c I'm Like a Ship Without a Sail—Hart &
Shaw, Tenor and Baritone, with Orchestra.
90c My Rose of Romance—McCluskey &
Myers, Tenor and Baritone, with Orches-
tra.
90c I Love You Just the Same—Adeline
Shannon Four with Orchestra.
4593 That Wonderful Kid from Madrid—
Kaufman & Hall, Tenors, with Orchestra.
90c I Left My Door Open and My Daddy
Walked Out—Jack Kaufman, Tenor with
Orchestra.
4594 Good Night Dearly (Waltz)—Dorloff Or-
chestra.
90c Let Me Dream—Conklin's Society Orches-
tra.
90c I Might Be Your Once-in-a-While—
Harvey Hinderberger, Baritone, with Or-
chestra.
90c Now I Know—Arthur Hall, Tenor, with Or-
chestra.
90c They're All Sweeties—Kaufman-Hall, Ten-
ors, with Orchestra.
90c You Ain't Heard Nothing Yet—Ernest
Ham, Baritone, with Orchestra.
90c THE BELLS OF ST. MARY'S—Ruthven
McDonald.
90c THE GREATEST LAD WE'VE EVER
HAD—Ruthven McDonald.
90c Jig Medley (Violin)—Percy Scott.
90c Hornpipe Medley (Violin)—Percy Scott.



WEAVER'S MUSIC STORE

163 1/2 St. Paul Street



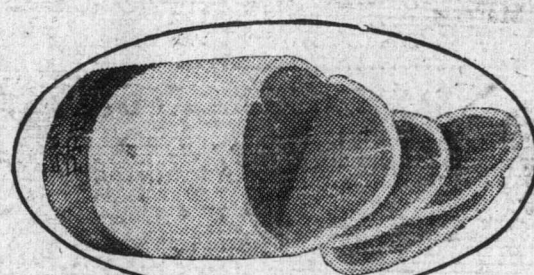
Dainty Ready-to-serve Luncheons

BY the wayside, on the table, in your home or
at the cottage, here are delicacies for the
warmer days that help to make a real holiday
for everyone—including the housewife! Ready to
eat—no fuss, no worry—no cooking, no heat!

Swift's Cooked Meat
Delicacies

will furnish a delightful menu, varied every day in the
week. Here are some of the ready-cooked specialties your
butcher and grocer have, or can easily get for you, if you
insist on them by name:—

- Swift's Premium Cooked Ham
Swift's Baked Ham
New England Style Cooked Specialty
Premium Minced Specialty
Swift's Jellyed Beef
Jellyed Beef Tongue
Jellyed Pork Tongue
Ashland Cooked Specialty



Swift's Premium Cooked Ham

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