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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.

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Chas. H. Fletcher

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or 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.

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TRUE To LIFE

Interpretation is one of the truest tests of a real piano. The life and vitality of the artist—his finest shades of feelings—must become an integral part of the piano as he touches the keys—anything else means failure. His life-blood, as it were, all fire with passion, passes into the piano.

This is where the

Heintzman & Co.
Art Piano
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It reflects every emotion
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HEINTZMAN & CO.
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68 St. Paul Street,
ST. CATHARINES.

City Council Declines to Hear Hon. Mr. Rollo

(Continued from page 1.)
would not get anywhere.

Ald. Graves wanted the whole Council made the special committee to deal with the question.

Ald. Murphy said it looked like a one sided arrangement.

Ald. Avery moved an amendment that the Committee consist of the whole Council. Ald. Murphy seconded.

Ald. Dakers was quite willing to have the whole Council but he wanted the wording the same. This was agreed to and the resolution appointing the whole Council was passed.

Ald. Avery asked that Hon. Mr. Rollo, Minister of Labor, be allowed to address the Council which might be of value to the Council in dealing with the firemen's question.

Ald. Riffer and Dakers the coupon brought in their resolution as given at the beginning of this article.

Ald. Avery said he had seen fit to bring in any outside help which might hasten a settlement of the difficulty which had arisen. He had consulted the majority of the Fire and Light Committee.

Ald. Riffer said he opposed outside interference. He thought the City Council big enough to deal with its own business. If it wasn't it had better resign. He understood Ald. Dakers, who is a member of the Fire and Light Committee, had not been consulted.

Ald. Dakers and Ald. Veale both confirmed this. They said they had not been consulted.

Ald. Avery said he had consulted Ald. Murphy and the Mayor, the ex-officio member of the Committee. That represented a majority of the Fire and Light Committee.

Ald. Graves thought there had been too much outside interference already. He thought this had only served to pull the two sides farther apart. He thought the matter had arrived at the time when this question should be settled privately. The more the matter is agitated and taken up in public, the less chance there is to bring about a settlement.

Ald. Dakers wished to know if the Mayor had a vote on a committee and was shown by the rules that he had.

Ald. Dakers said he knew that if he went over to the Legislature and asked to speak on some question, Hon. Mr. Rollo would object to it as he had a perfect right to do. He considered that there had been too much publicity and outside interference in this question. Let the Council settle it itself as it is perfectly capable of doing.

The Mayor said he could see no objections to outside help being brought in. He had agreed with Ald. Avery to ask Mr. Rollo to come to the city.

Ald. Graves said he had no doubt the Council would be glad to discuss the matter in private with Mr. Rollo. He knew the Council meant no discourtesy to the cabinet minister.

Ald. Veale thought private discussion would bring about a settlement sooner than to have further publicity given the question.

Ald. Avery contended that the public had a right to know all that was going on.

Ald. Graves repeated that too much publicity had been given the matter already.

The Mayor wished the mover to withdraw the resolution but Ald. Riffer refused to recede from his stand.

Ald. Avery asked for the yeas and nays. Aldermen Avery and Murphy voted against it.

Then the Council adjourned.

Chamber of Commerce Activities

Charts and other devices for explaining 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 director, 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

Acid in Stomach Sours the Food

SAYS EXCESS OF HYDROCHLORIC ACID IS CAUSE OF INDIGESTION

Well known authority states that stomach trouble and indigestion are nearly always due to acidity—acid stomach—and not as most folks believe, from a lack of digestive juices. He states that an excess of hydrochloric acid in the stomach retards digestion and starts food fermentation, then our meals sour like garbage in a can, forming acid fluids and gases which inflate the stomach like a toy balloon. We then get the heavy, lumpy feeling in the chest, we eructate sour food, belch gas or have heartburn, flatulence, waterbrash or nausea.

He tells us to lay aside all digestive aids and instead, get from any pharmacy four ounces of Jad Salts and take a tablespoonful in a glass of water before breakfast while it is effervescent, and furthermore, to continue this for one week. While relief follows the first dose, it is important to neutralize the acidity, remove the gas-making mass, start the liver, stimulate the kidneys and thus promote a free flow of pure digestive juices.

Jad Salts is inexpensive and is made from the acid of grapes and lemon juice, combined with lithia and sodium phosphate. This harmless salts is used by thousands of people for stomach trouble with excellent results.

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 questions as they had been asked.

1. Securing the necessary membership 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 corporation and men of similar standing in other cities are doing, indicated on each card.

(c) This list to be examined carefully by two separate committees and passed upon by the executive committee before it is used.

2. Creating a working membership.

(a) During the campaign for membership 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 ultimately become schools of organization, to be held; these luncheons open to non-members. At these luncheons specialists will present the steps, necessary 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-horror methods avoided.

(d) This definite and methodical way of presenting a sometimes misunderstood field of activity fortifies the optimist with a mass of intelligent arguments and smother the pessimist under a mass of carefully collated 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 campaign, 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 concrete 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 members 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, preparation of needed data, limited committee appropriations, conferences between committees and directors at frequent intervals.

5. Outline of office system.

(a) Disbursement sheet and authorization of expenditures.

(b) Budget for proper distribution of expenditures.

(c) Card index for membership record and for proceedings of the directors and committees.

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



STARR Gennett RECORDS

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New Starr Gennett Records for February

- 1503 Let the Rest of the World Go By—Hart & Shaw, Tenors and Baritone, with Orchestra.
- 15125 We Must Have a Song to Remember—Kaufman & Hall, Tenors, with Orchestra.
- 1504 Just Like the Rose—Steering Trio, with Orchestra.
- 15017 I'm Like a Ship Without a Sail—Hart & Shaw, Tenors and Baritone, with Orchestra.
- 15017 My Rose of Romany—McCluskey & Myers, Tenor and Baritone, with Orchestra.
- 15017 I Love You Just the Same Sweet Adeline—Shannon Four with Orchestra.
- 15017 That Wonderful Kid from Madrid—Kaufman & Hall, Tenors, with Orchestra.
- 15017 I Left My Door Open and My Daddy Walked Out—Jack Kaufman, Tenor with Orchestra.
- 15017 Good Night Dearie (Waltz)—Darlott Orchestra.
- 15017 Let Me Dream—Conklin's Society Orchestra.
- 15017 I Might Be Your Once-in-a-While—Harvey Hindemeyer, Baritone, with Orchestra.
- 15017 Now I Know—Arthur Hall, Tenor, with Orchestra.
- 15017 They're All Sweeties—Kaufman-Hall, Tenors, with Orchestra.
- 15017 You Ain't Heard Nothing Yet—Ernest Hare, Baritone, with Orchestra.
- 15017 THE BELLS OF ST. MARY'S—Ruthven McDonald.
- 15017 THE GREATEST LAD WE'VE EVER HAD—Ruthven McDonald.
- 15017 Jim Medley (Violin)—Jercy Scott.
- 15017 Hornpipe Medley (Violin)—Jercy Scott.

FROM the great cathedrals and halls of old England, the studios of great artists, and the Broadway theatres, where talent and melody are wedded, comes the all-embracing range of Starr Gennett Records, bringing joy and entertainment to thousands of homes.



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And we are now the first to adopt a new package for the better protection of these fine quality teas.

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