

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, Purgative, 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; relaying 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

*Chas. H. Fletcher*

In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

## PAINT LENGTHENS LIFE OF BUILDINGS AND MACHINES

Many an old ship has stood the racket of ocean travel for years mainly on the strength of the tar or paint applied to her sides, but sailors do not wait for the ship's hull to become weather beaten before applying the first coat of paint. Farmers, on the other hand, seem much inclined to let their buildings reach a state of partial decay before making any special effort to safeguard them against the play of wind and water. As a matter of fact, nothing says better than paint applied immediately after the building is constructed, in lengthening the life of the structure. The same applies to farm machinery parts especially the wooden parts and it will always pay to paint such repairs to machinery wagons, etc., as have to

be made before the work season for these articles commences.

Good paint applied to farm buildings and machinery, not only protects the good management employed in serving them, but calls attention to running the farm, a fact that helps greatly in case the owner wishes to sell either the farm or some of its products. Many farmers have paid so much attention to the economic value of the farm that they have neglected an important side of farm life. There is no reason why the farmer and his family should not have as attractive a home as attractive as the city dweller has. The farmer's neighbors as well as the passing observer, will judge him largely by the care he takes of his stock, his machinery, and his buildings.

Painting is the easiest and least expensive way of making sure of neat clean surroundings, and is the best way of preserving the lumber in buildings, implements or machinery. With spring approaching, the time has arrived for going the rounds of the machine shed to pick out these articles that can be moved to a warm

## Where You'll Find Fire Boxes

The latest revised list of the number and location of fire alarm boxes is given below. Residents are advised to clip the list and keep it for reference in case of fire:

- 3—Packard Electric Works, Race Street.
- 4—Central Fire Hall
- 5—Police Station, Park Street
- 6—Catharine and Edmund Sts.
- 7—Pelham Road and Chetwood Street
- 8—Brewery and St. Paul Sts.
- 9—Neptune Hose Hall, St. Paul St. West
- 12—Yate and Trafalgar Streets
- 13—Yate and Ann Sts.
- 14—Church and Ontario Sts.
- 15—Queen and Duke Sts.
- 16—Welland Ave. at Lake Sts.
- 17—Ontario and Welland Ave.
- 18—Lock 2, Welland Vale
- 21—St. Paul and Geneva Sts.
- 23—Queenston and Calvia Sts.
- 24—Queenston and John Sts.
- 25—Thorold Road at Whitman & Barnes plant.
- 26—Queenston St. and Westchester Avenue
- 27—Queenston St. and Vine St.
- 28—Vint St. at Railroad Crossing
- 29—Page and Davidson Sts.
- 31—King and Academy Sts.
- 32—Church St. near Court St.
- 34—Welland Ave. and Court St.
- 35—Church and Geneva Sts.
- 36—Welland Ave. and Geneva St.
- 37—Welland Ave. and Niagara St.
- 38—George and Derby Sts.
- 39—Lyman and Raymond Sts.
- 41—Niagara St. and Canal Bridge
- 42—Wiley St. and Russell Ave.
- 43—Geneva and Daotah Sts.
- 45—Russell Ave. and Rodman St.
- 46—George and Albert Sts.
- 47—Lake Ave. and Dufferin St.
- 48—York and Louisa Sts.
- 51—Ontario and McKinnon Dash
- 52—York St. and Lowell Ave.
- 53—Lake St. Fire Hall.
- 54—Thomas and Louisa Sts.
- 56—Henry and Elizabeth Sts.
- 57—Facer and Currie Sts.
- 61—Queen and King Sts.
- 62—St. Paul and Queen Sts.
- 63—Maple Leaf Milling Co's. Office, St. Paul St.

In case of a general alarm the city bell will ring as follows: 1—12—123—twice, followed by the number of the box from where the alarm is being rung.

building for retouching with paint in addition to their annual overhaul and repair.

## WONDERFUL STRENGTH FOR WEAK STOMACHS

Everyone Talking About the Cures Made by Dr. Hamilton's Pills

There are despairing men and women by the thousands in this city, whose stomachs keep them in constant misery that can be quickly restored to vigorous health by Dr. Hamilton's Pills.

We know of no other medicine that possesses such power to kindle into new life the exhausted energies of chronic stomach sufferers.

There is an extraordinary power in Dr. Hamilton's Pills that searches out the weak spots, that braces up the delicate glands and complex workings of the stomach and bowels.

There are invigorating, stimulating tonic ingredients in Dr. Hamilton's Pills which are derived from powerful juices taken from rare herbs and roots, and these are scientifically combined with other medicinal products so as to assist in a harmonious and proper of the entire system.

The ingredients of Dr. Hamilton's Pills, coming from the great store house of mother nature herself, can be relied upon to be harmless. Guaranteed results follow to all who use Dr. Hamilton's Pills for stomach weakness, Gas, Sourness, Headache, Biliousness or Constipation.

Seekers for the better health can not do better than invest 25c. in this health-bringing family remedy.

## 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 rendering 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.

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 \$75,591. Harvest Festival returns have been doubled.

### Shows Solid Growth.

In all the various departments the record. This shows that as often as 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 same rate of growth has been reposition 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.

### ARE YOUR FEET CALLOUSED?

Easy to remove lumps by applying Putnam's Corn and Wart Extractor. This purely vegetable remedy acts painlessly and is guaranteed. Insist on "Putnam's" only 25c. per bottle.

The recent cold spell considerably increased the yield of maple syrup.

### WOOD'S PHOSPHODINE.

The Great English Preparation. Tones and invigorates the whole nervous system, makes new blood in old veins. Used for Nervous Debility, Mental and Brain Worries, Dependancy, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. Sold by all druggists, or mailed in plain package on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

# Clean-Cut Distinction Inside and Outside the Package

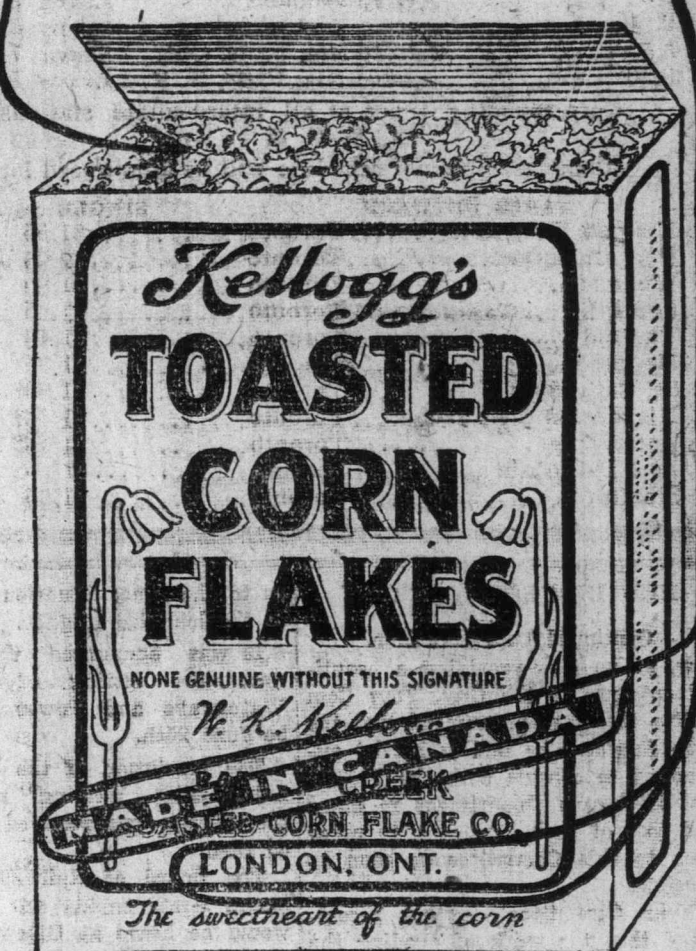
Watch for the Words

"MADE IN CANADA"

and the Address

"LONDON, ONT."

printed in Red across the face of the Package and you will get the Genuine Original



*Kellogg's*

TOASTED CORN FLAKES

in the big package. Eaten by Canadians for 12 years with increasing appreciation. Relished for quality and fine flavor.

Battle Creek Toasted Corn Flake Company, Limited

LONDON, ONT.

## The Telephone Situation

# What We Get For the Money!

On January 1st this year our total investment in telephone property—buildings, equipment, tools and supplies, plus what it has cost in actual cash to put this working equipment into service—was \$51,458,306. On the same date we had in operation 337,476 telephone instruments.

This means an investment of \$152 for each telephone instrument in service.

What has been provided for this investment of \$152 per telephone?

Here are some of the things:

An exchange telephone system in thousands of cities, towns and villages in Ontario and Quebec with substantial fire-proof buildings the last word in sanitation and convenience; 98,750 miles of Long Distance wire on 9,500 miles of poles; 587,000 miles of wire in underground cables; many hundreds of miles of wire providing party service to rural communities besides exchange and pole line facilities to give exchange connection to 720 local telephone organizations serving over 103,000 subscribers, mostly farmers.

It takes some 11,600 telephone workers to operate the system and their wages in 1919 totaled \$9,400,000.

This goodly band of faithful workers, with those dependent on them, are a substantial element in the community. They are intimately concerned in its welfare—concerned most of all that the telephone service shall be adequate to its needs. They appreciate, just like the rest of humanity, the kindly co-operation of the public.



The Bell Telephone Company OF CANADA



OVER sixty-one years' experience is behind the McCormick Biscuits; yet if they could be improved they would be.

Their high degree of nutrition is attained by the selection of the finest materials.

They are made in a sunlight factory where brightness penetrates to every corner.

They are properly baked for easy digestion. No wonder there is such a demand for

# McCormick's Jersey Cream Sodas

Sold fresh everywhere. In sealed packages.

Factory at LONDON, Canada. Branches at Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Fort Arthur, St. John, N.B.

**SANTAL MIDY**  
CAPSULES  
of the  
**CATARRH of the BLADDER**  
relieved in  
**24 HOURS**  
Each Capsule bears the name MIDY  
Beware of counterfeits

TAWA

onal Capital  
WA

Railways

nearest agent, S. Murdoch,  
in Passenger Dept., Toronto

NDERS FOR COAL

TENDERS addressed

igned and endorsed "Tender

of the Dominion Building

of Quebec," will be received

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April 23, 1920, for the sup

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by a cheque on a charter

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the amount of the tender

Bonds of the Dominion will

be accepted as security, or wa

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an amount.

By order,

R. C. DESROCHERS, Secretary

of Public Works.

April 3, 1920.

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pecialist

EXHAUSTION,

ACNE, SKIN DIS-

BLOOD CONDITIONS,

is of much benefit

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DE HOURS:

Wednesdays and

9 a. m. to 9 p. m.

Thursdays and

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Man

YOUR BLOOD. Any

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Dr. Ward

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