

\$5,000,000 over \$153,000,000

is the greatest not, want... contribution... welfare... interest

CANADA NIPEG, MAN. R. H. KILLALY, Manager F. E. PAGE, Manager H. G. PARROT, Manager

AN BANK ERCE

bank has been opened This bank has now... countries, and is in... service.

V. Conolly, Manager... W. Wilson.

Service... Bank may... careful and... rendered... rely at your

AN BANK ERCE R. G. W. CONOLLY, Manager S. H. PALMER, Manager F. W. WILSON, Manager

Wings Company... CATHARINES... D. 98... of THREE PER CENT... PER ANNUM, upon the... has been declared for... inst., and that the same... company, 36 James street... July 2nd, 1919, to share... Company at the close of... from the 17th to the... exclusive.

ER, Sec'y-Treas.

NG BANK DA

ise... trust your... help you out

ets... SLEEP

### Rates For Long Distance Service

THE new schedule of rates for Long Distance Telephone Service as approved by the Board of Railway Commissioners is effective May 25.

Following is a comparison of old and new rates for a 3-minute talk to points most frequently called by St. Catharines subscribers:—

	OLD RATE	NEW RATE
St. Catharines to Hamilton	30	30
Toronto	40	30
Brantford	40	40
London	60	70
Guelph	40	45
St. Thomas	60	70

The new rates, based upon air-line mileage, correct inequalities in the old schedule and embody both increased and decreased charges.

Every Bell Telephone is a Long Distance Station

The Bell Telephone Co. of Canada

### CONTROL OF BRITISH WAR GRAVE PLOTS

The full text of the agreement between the United Kingdom and France respecting the British war graves in France has reached Ottawa. The Imperial War Graves Commission is recognized by the French Government as the sole British authority charged with the care of British military graves in France.

His Britannic Majesty's Government and the Government of the French Republic, animated by a common desire to honour the memory of the British soldiers who have fallen on the field of battle in French territory, have agreed as follows:

ARTICLE 1 The Imperial War Graves Commission, incorporated by Royal Charter on the 10th May, 1917, is recognized by the French Government as the sole British authority charged with the care of British military graves in France.

ARTICLE 2 Isolated graves of British soldiers situated in the regions of former fields of battle may be removed immediately after the cessation of hostilities with a view to the grouping together of the bodies in military cemeteries.

In cases where, before the cessation of hostilities, any of these regions are no longer within the zone of the armistice, the Imperial War Graves Commission may request authorization from the French Government to remove graves situated in them. The French Government declares its readiness to examine any requests which may be made to it in such cases with an earnest desire to satisfy them as far as circumstances permit.

As soon as the grouping together of isolated graves shall have been authorized, and, at latest, on the termination of hostilities the French Government undertakes to instruct

### Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman half the time feeling nervous, despondent, worried; some days headachy dull and unstrung; some days really incapacitated by illness.

If we all would practice inside bathing, what a gratifying change would take place. Instead of thousands of half sick, anaemic looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy, cheered people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out else it ferments and forms poisons like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day before the fire will burn bright and hot, so we must each morning clean the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside bath. A quarter pound of limestone phosphate will not cost much at the drug store, but it is sufficient to demonstrate to anyone, its cleansing, sweetening and refreshing effect upon the system.

The prefectural and municipal authorities to grant the necessary permits for the exhumation of the bodies and their transport to military cemeteries.

When the Imperial War Graves Commission shall decide in agreement with the municipal authorities, questions relative to the laying out of graves situated in communal cemeteries, when the French State shall not have acquired the sites of such graves by giving other sites in exchange. In cases where the French State shall have acquired the sites of the military graves, the Imperial War Graves Commission shall have cover such sites the same rights as those granted by the two preceding paragraphs.

In the exercise of the rights conferred by the present article, the Imperial War Graves Commission shall conform to the French laws and regulations relating to cemeteries.

ARTICLE 5 Whenever the intervention of the French Government shall become necessary for the erection of a monument commemorative of a feat of arms of the British army or of one of its units, application shall be made by the Imperial War Graves Commission. Should a request of this nature be made direct to the French Government, the latter shall refer it to the Commission before giving any decision, and shall consider, in agreement with the Commission, what action shall be taken thereon.

ARTICLE 6 The Imperial War Graves Commission shall appoint a mixed Anglo-French Committee, to represent the Commission in France in its relations with the French authorities, both the military and civil, and especially to exercise in the name of the Commission all or part of the rights reserved to it under the present agreement. This committee shall be competent to perform in the name of the Imperial War Graves Commission and within the limits of the powers delegated to it by the latter, all civil acts necessary to enable it to fulfil its object.

ARTICLE 7 The mixed committee shall be composed: Of four honorary members of whom two shall be British and two French: All the members shall be appointed by the Imperial War Graves Commission. Nevertheless so far as the French members are concerned, the appointment shall take place on the recommendation of the French Government which shall be requested and transmitted through the diplomatic channels.

The French honorary members shall be chosen from persons who have won distinction in the army, the navy, in letters, science and art. The French official members shall be chosen up to a total of five by virtue of the administrative functions exercised by them and shall be the directors of the engineer, medical and pensions service of the Ministry of War, the director of departmental and communal administrations in the Ministry of Interior, a general or super-

Commission shall recognize as necessary the creation of new military cemeteries with a view to the ultimate grouping together of isolated graves, the Commission shall formulate its proposals and shall transmit them to the Minister of War (Direction du Genie), who, in agreement with the Commission, shall take the necessary steps to acquire the ground.

ARTICLE 3 Bodies buried in cemeteries or in military graves shall not be exhumed for transport to the United Kingdom or to another part of the British Empire without the approval of the Imperial War Graves Commission; the French Government undertakes to instruct the prefects to refuse all applications for permission for the removal of bodies unless preferred through the Commission.

ARTICLE 4 At the request of the British Government, the French Government recognizes the right of the Imperial War Graves Commission to act in France as a properly constituted association to ensure under the conditions contemplated by Article 6 of the Law of the 29th December, 1915, the upkeep of British cemeteries and the military graves. In compliance with the wishes of the British Government the French Government further concedes to the Imperial War Graves Commission the right to provide at its own charges for the laying out of British cemeteries and of military graves.

The Imperial War Graves Commission is accordingly authorized to close British military cemeteries, to lay them out on a system approved by itself, to erect in them sepulchral monuments or other structures, to make plantations in them, to enact regulations governing visits to the cemeteries and to select persons to take charge of them.

The Commission is further authorized to provide for the laying out of British military graves in cemeteries belonging to the State which contain the graves of British soldiers as well as the graves of soldiers of the French or of Allied armies. When the Imperial War Graves Commission considers it desirable that a common system of laying out should be adopted for a mixed cemetery, it shall submit its proposals to the French Minister of War, who shall decide.

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## ST. CATHARINES MONDAY June

Two Performances


# SPARKS CIRCUS

COMING

MAMMOTH INSTITUTION OF MERIT AND ORIGINALITY - A COMPREHENSIVE ENSEMBLE OF THE WORLD'S BEST PERFORMERS AND THE FINEST TRAINED ANIMALS - A MULTITUDE OF STRANGE AND CURIOUS FEATURES FROM ALL ENDS OF THE EARTH - AN EXHIBITION THAT IS WORTH WHILE - GORGEOUS STREET PARADE AT 10:30 A.M.

pointed at the moment they assume office, and shall cease to form part of the committee from the day when they shall be superseded in the posts occupied by them. The Imperial Commission shall select the secretary general of the mixed committees. In witness whereof the undersigned, duly authorized to that effect, have drawn up the present agreement and have affixed thereto their seals. Done at Paris in duplicate, the 26th November, 1918. (L.S.) Derby (L.S.) S. Pichon

TAXI SERVICE



H. Dipe supplies it. Special attention to private parties, weddings, funerals, etc. First class equipment. Day and night service. 31 Rodman St. Phone 1107

BICYCLE REPAIRS AND VULCANIZING ROBERTS & BARDSLEY Phone 1481 - 2 Queenston St.

### You Have No Right to Suffer

Suffering is unnecessary and with CHIROPRACTIC at hand, ready and willing to help you, you are acting very foolishly if you do not consult your Chiropractor at once. Upon the condition of your spine depends the state of your health and your suffering is without doubt due to a subluxated vertebra, which is pressing upon the nerves causing the stop of mental impulse from the brain to the various organs. Your Chiropractor will give you a Spinal Analysis, will locate the place where the subluxation occurs and will proceed to adjust it. Mental impulse will then flow freely and unimpeded and your sufferings will be over. Consultation and Spinal Analysis Free.

Drs. Durham & Durham Palmer Graduate Chiropractors Phone 1686 Hr's. 9-12, 2-5, 7-9 106 King St.

### Before War Bread

With all the Nourishment, Taste and Flavor of the Bread you used to know and the bread you missed so much during Government war-time restrictions. Good Bread was never so much appreciated as now, that is why we make ours as good as bread can possibly be made. The wholesome properties of this bread gains nutriment from the fine wheat flour and zest from our modern formula of baking. Its Crispy Crust and Fluffy Body is Relished By All the Family. On Sale By All First Class Grocers

WRIGHT'S SANITARY BAKERY 55 Geneva Street Telephone 575

### Electric Water Systems for Rural Homes

GIVES—A modern bathroom, hot and cold water at your finger tips. An indoor closet, properly flushed by an abundance of clean water. Hot and cold water in the kitchen a saver of time and labor. Water for the stock, or to wash your car in fact water where you want it. See the Paul System, (it is not an experiment) at

J. H. SANDHAM COMPANY ELECTRICAL DEALERS 237 St. Paul Street Telephone No. 1112

## BEECHAM'S PILLS

Good blood makes firm tissue, strong nerves, steady eyes and clear brain. Keep your blood pure and full of healthy, red corpuscles, and your liver active, by using Beecham's Pills, which remove poisonous matters from the system, assist the stomach to assimilate its food, and the food to nourish the body. A world-famous remedy to strengthen the vital organs and help to

### Make Pure Blood

World's Greatest Sex Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U.S.A. in boxes of 25 cents.

## FARM LOANS for SOLDIERS




### Agricultural Training For Soldier Settlers

A SOLDIER is entitled to the benefits of the Soldier Settlement Act if he can satisfy the Agricultural Qualification Committee in his district that—

- (a) He has performed the required military service;
- (b) He is sincere in his intention to make farming his permanent occupation;
- (c) He is physically capable and is fitted in general to make a success of the farming business.

If he is otherwise qualified, but has not had sufficient practical agricultural experience, the Committee may recommend that he be given agricultural training. A generous scale of allowances for soldiers in training has been adopted.

**Training Centres For Soldier Settlers** The applicant who is recommended for instruction in agriculture may first be sent to a Training Centre, specially operated for the purpose, where he will learn, by practical experience, how to handle and feed horses and other live stock; milking; the operation of farm machinery, ploughing, etc.; general farm building work; farm blacksmithing; the different kinds of soil and rotation of crops; the selection and judging of live stock and the marketing of farm products. Short lectures on the business management of a farm will be given.

**With A Selected Farmer** After the course at the Training Centre, the length of which depends on the progress of the individual but

The Soldier Settlement Board



W. J. BLACK, Chairman, Union Bank Building, OTTAWA

will not exceed three months, the man is placed with a carefully selected farmer in the district in which he intends to settle, to complete his training. During this period (not exceeding one year), the soldier is visited from time to time by representatives of the Soldier Settlement Board, who check his progress and recommend when he is considered qualified to take up a farm of his own.

It will be evident that by this system of preliminary training the soldier settler will gain a thorough practical knowledge of farming without expense; will learn to appreciate the responsibility involved in the venture, and at the same time gain a clear conception of just what farm life means.

### On His Own Farm

When a settler is deemed qualified by the Agricultural Qualification Committee, the Board will assist him to become established on a farm of his own, and will, through its Agricultural Advisers, continue to co-operate with him in his work, thereby ensuring his success and consequent ability to discharge his obligations and become permanently established.

### Fair To Both

The procedure outlined not only gives the soldier an opportunity of first becoming familiar with his environment and of acquiring the experience requisite to success, but ensures adding to the nation's fundamental industry only competent and satisfied producers.

Detailed information regarding the provisions of the Soldier Settlement Act and further particulars regarding agricultural training may be obtained from the Provincial Superintendent, 32 Adelaide Street East, Toronto, Ont.