

NERVES ALL GONE TO PIECES

"Fruit-a-lives" Conquered Nervous Prostration

R. R. No. 4, GILBERT PLAINS, MAN.
"In the year 1910, I had Nervous Prostration in its worst form; dropping from 170 to 115 pounds.

The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-lives".

I began to mend almost at once, and never had such good health as I have enjoyed the past eight years. I am never without "Fruit-a-lives" in the house". JAS. S. DELGATY.
50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

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PUBLIC HAS A RIGHT TO DEMAND ACTION

However the point is that all these resolutions and requests have brought nothing and are not likely to bring anything from the best information that The Journal has been able to secure from fountain sources. In the meantime months drift on and St. Catharines goes without a line down Lake Street, a belt line along Carleton Street, a new station and a short line to Merriton. Months go on and the revenue of \$3,000 a year which the city could get from the vacant grave pit lying west of Ontario Street in the form of a rental from the N. S. & T. is not coming into the treasury. The tax payers with a thirty six mill rate facing them this year have to stand the loss and have had to stand it ever since the right of way for the bridge was bought. Since that date, reckoned from 1915 at the rate of \$3,000 per year, the city would be better off today by the amount.

000 or would be that much ahead in five years to come and yet nothing is accomplished.

Had half a million dollar expenditure been undertaken this spring by the N. S. & T. for the new lines and a station in this city, as mentioned above, the increased assessment that could have been put on adjacent lands, the new houses that would have gone up in the north as a result of rail service, and the revenue derived would have greatly helped to rehabilitate the corporations finances and assist the Council to meet growing expenses without raising the rate of taxation. Still nothing is accomplished, but the passage of resolutions, and the writing of newspaper articles intended to keep the people in the dark.

It is well known by students of municipal affairs that one franchise has already expired two or three months ago and others are expiring and yet the N. S. & T. is allowed to operate without a renewal or without any effort being made to get concessions on the strength of the situation.

Does St. Catharines know its position so well that it ignores what other municipalities would use as a means of securing public improvements?

Is St. Catharines so certain of

EASTER CANDY

JUST RECEIVED

Huyler's Page & Shaw's and Neilson's

A delicious Assortment up to \$3.00 a Box

Abbs & McNamara

Quality Druggists
30 Queen Street Phone 192
Agents for Huyler's, Page, Shaw and Neilson's Chocolates; Bitro Phosphate, Vivol, Nuxated Iro, and Tyrrell's Cascades.

where it stands that the Mayor or any member of the Council would say that the Dominion Government or Parliament could not take steps to continue the operation of these lines of our streets whether we as citizens want to grant a franchise or not? Is it enough to dismiss one of the most important positions that a municipality could occupy with regard to transportation facilities, with the evasive declaration that there is no uncertainty here regarding the future of the N. S. & T.?

We do not like to contradict the Mayor, if he made that statement, but we are forced in candor to say that there is an uncertainty and that neither the City Council nor the Hydro Power Commission nor the editor of Queen Street knows where the municipality stands or what will be done with the N. S. & T., and it is well for public men to be careful of their statements for facts may be published that will show how immature such a declaration is.

More than this The Journal believes it is doing a responsible public service in continuing its agitation for the north end belt line, the line down Lake or some other street and better terminal facilities. It cannot find a reasonable or logical argument against the right of 9,000 people residing north of Welland Avenue to have a street car accommodation. It cannot understand by what route the point can be reached that because letters have been sent to the Hydro Commission asking that the N. S. & T. be taken over that the people of this city have to go without what they can get and are entitled to get from a road operated by the Dominion authorities and owned by the citizens of Canada.

The hopey that if franchises were granted the public might have to buy them back again at high cost has been exploded. The theory that if the Hydro should take the road over these extensions could be got at once is all right if the Hydro did it, but there is

IF BREATH COMES HARD IF NOSE IS PLUGGED YOU HAVE CATARRH

Perhaps you haven't heard of the new remedy—it's so pleasant to use—fills the nose, throat and lungs with a healing balsamic vapor like the air of the pine woods. It's really a wonderful remedy—utilizes that marvelous antiseptic oil found in the Blue Gum tree of Australia.

The name of this grand specific is Catarrhozone and you can't find its equal on earth for coughs, colds, catarrh or throat trouble. You see it's no longer necessary to drug the stomach—that spoils digestion—just simply inhale the balsamic essences of Catarrhozone, which are so rich in healing that they drive out every trace of Catarrh in no time.

For speakers and singers and persons troubled with irritable throat, bronchitis, asthma, catarrh or laryngitis, Catarrhozone is of estimable value.

The inhaler can be carried in your pocket and may be used at any time or in any place.

Large size guaranteed, and sufficient for two months' use, costs \$1.00 smaller size, 50c.; sample size 25c. Sold by all storekeepers and druggists.

nothing done and the trend of events now in Toronto with the Drury Government is that there may be much greater caution in launching into provincial liabilities for hydro radicals than there was under the Hearst regime which practically gave the chairman of the Hydro Electric Commission a blank check.

The Journal is perfectly satisfied that the Hydro shall take over the N. S. & T. providing the National Board and Parliament approve of such a transfer. It is with no animus what-

ever against the Hydro movement that we urge action. It is merely to get somewhere some time and through the legitimate medium of a nationally owned and operated system.

But so long as the present uncertainty prevails and the city is in the unique position of having cars operating on its streets without a franchise and perhaps with governmental power despite the absence of a franchise, we regard it as a duty of a public journal to insist that something be done. If more months are permitted to go by idly with such vacant explanation as given through the columns of our contemporary on Saturday the railway question here will become an issue and a live one. We know the facts too well to be pushed aside with banter and subterfuge.

COMMISSIONER HIGGINS HERE TO CONFER ON SALVATION ARMY MATTERS

Com. W. J. Richards, head of the Salvation Army in Eastern Canada and Col. John McHillan, Chief Secretary are conferring with Commissioner Higgins, Chief of Staff and Second in Command of the Salvation Army for the work who arrived in Boston from London, England, recently. Com. Higgins came to America to discuss matters pertaining to Salvation Army affairs in Canada and the United States, with Commander Eva Booth, head of the Salvation Army in the United States and with the Canadian officials. He was for many years Chief Secretary of the United States and recently succeeded Com. Howard as Chief of Staff and Second in Command. Many matters having any important bearing upon the future policy of the Salvation Army, and its reconstruction work are to be taken up at this meeting and it is expected that on his return Com. Richards will have something to say in regard to the questions affecting the policies to be followed in Canada.

HOW MRS. BOYD AVOIDED AN OPERATION

Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well.



"My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."

—Mrs. MARIE BOYD, 1421 6th St., N. E., Canton, Ohio.

Sometimes there are serious conditions where a hospital operation is the only alternative, but on the other hand so many women have been cured by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after doctors have said that an operation was necessary—every woman who wants to avoid an operation should give it a fair trial before submitting to such a trying ordeal.

If complications exist, write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The result of many years experience is at your service.

RESISTS EFFORTS TO SAVE HER LIFE

YOUNG WOMAN PUSHES ASIDE LIFE-LINE THROWN HER
HAMILTON, APRIL 5—Resisting to the last every effort that was made to save her after she had jumped into the bay, a young woman believed to be Helen Trombley, whose home is at 453 Wilson street, sank near the reventment wall yesterday morning about 8.30. Though efforts were made to save her, they were not successful. They did however secure her hat, and this was later identified by a sister of the young woman. She had recently suffered a nervous breakdown, and had not been at home since Saturday afternoon.

THE STERLING BANK OF CANADA

Save Because--

Prosperity such as you enjoy now may be made permanent by systematic saving.

Security Loan & Savings Company

26 JAMES STREET ST. CATHARINES

| | |
|----------------------------|----------------|
| Capital authorized | \$1,000,000.00 |
| Capital paid in | 522,300.00 |
| Assets 31st December, 1919 | 1,195,955.00 |
| Reserve Fund | 160,000.00 |
| Surplus | 713,970.00 |

3 1/2 per cent. interest paid on Deposits.
Trustee and joint Deposit Accounts received.
Debentures issued at higher rates for one to five years.
Money to loan on real estate at current rates and on terms of payment.
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SAVING MOULDS CHARACTER

A prominent employer recently said: "The best men working in our shops today are the men who save money regularly. The steadiness of purpose and ambition thus displayed is apparent in their work. They are the men to whom advancement and promotion most frequently come and they will be the last to be laid off when all times come." Open a Savings Account with

THE DOMINION BANK

Draughts on Foreign Countries sold on favourable terms
B. B. MANNING, Manager,
CORNER KING & QUEEN STS. OPPOSITE POST OFFICE

THE CANADIAN BANK OF COMMERCE

Announce that a branch of their bank has been opened at Niagara-on-the-Lake, Ontario. This bank has now 433 branches in Canada and foreign countries, and is in a position to offer the public unexcelled service.

St. Catharines Branch—R. G. W. Conolly, Manager
Thorold Branch—S. H. Falkner, Manager
Niagara-on-the-Lake Branch—F. W. Wilson, Manager

ST. CATHARINES BRANCH: E. A. Fox, Manager.
PAID-UP CAPITAL \$15,000,000
RESERVE FUND \$15,000,000

THE CANADIAN BANK OF COMMERCE

BUSINESS LARGE AND SMALL

This Bank is equipped to render complete banking facilities to individuals, partnerships and companies, both large and small. With branches throughout every province of Canada, and correspondents in all parts of the world, your banking business will be handled with promptitude and at the minimum of expense.

Our facilities are at your disposal.

600 BRANCHES

The Royal Bank of Canada

Farmers Sons and Daughters Have Opportunities To-day

They never had better chances to make and save money.

Now is the time to lay the foundation of future prosperity by cultivating the habit of thrift.

There is a Savings Department at every branch of this Bank. The staff will be glad to show you how to make the first deposit.

| | |
|---------------------|---------------|
| Capital and Reserve | \$135,000,000 |
| Total Resources | \$500,000,000 |

Ford

WE ARE Ford Dealers in this district and have formed an estimate of the number of cars we will require to meet the needs of this territory. We cannot get enough cars to fill that estimate because there are not enough cars being made to fill all dealers' estimates throughout Canada.

The number of cars we can get depends upon the number of orders we send in and the early date at which we send them in, as the Ford Shipping Department follows the principle, "First Come, First Served."

Cars ordered now will not be delivered until March, and deliveries will be uncertain throughout the year. If you do not want to wait for summer or autumn delivery, come in and reserve your car by signing an order today.

LINCOLN MOTORS - DEALERS - ST. CATHARINES

900 D

CAST

The Proprietary of a Vegetable Preparation simulating the Food of the Stomach.

INFANTS

Thereby Promote Cheerfulness and neither Opium, Mineral, NOR

Constipation and Feverish Loss of resulting therefrom.

At 6 months 35 Doses

C&B DAILY

3 MARCH

The Great Ship "SEASIDE" LEAVE BUFFALO - 9:00 AM

Arrive CLEVELAND - 9:00 AM

Connections at Cleveland for tickets reading between the two cities. Rate \$10.00 Round Trip. Breakfasts included. Also ask for our

The Cleveland & Buffalo Transit Company, Cleveland, Ohio

The Great Ship "SEASIDE" - LARGEST AND MOST COMFORTABLE STEAMER ON THE LAKE. Capacity, 1500 passengers.

Do not fail to fill

Dominion Department

Forms

the 30th of

ALL IN farmers and Form T 1.

FARMERS must use CORP stock company T 2.

Penalty

Every person who fails to do so is subject to a penalty of the amount of the amount.

Any person who fails to mention duly required by the Act, shall be liable to a penalty which the defaulter making a false statement or any information be liable, on a sum not exceeding \$1000 or to both.

2