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; 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.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

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Canada's National Residential School for Girls

combines all the advantages of health, culture, and practical and aesthetic training.

Thorough courses in Music Art, Oratory, High School, Business, Domestic Science, and Superior Physical Training.

Opens its thirty-ninth year on September the fifteenth, nineteen hundred and nineteen.

PERRY S. DOBSON, M.A., Principal. R. I. WARNER, M.A., D.D., Principal Emeritus

For terms address Registrar; ALMA LADIES' COLLEGE, ST. THOMAS, ONTARIO

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Touch Toes Fifty Times

Fine exercise! Keeps skin clear and complexion rosy by forcing the delayed food, poisons and waste from the stomach, liver and bowels. Splendid!

But most people take their exercise in an easy chair. They become headachy, bilious, sallow, dyspeptic, constipated. Such folks must take Cascarets occasionally. No other cathartic or laxative "works" like harmless Cascarets. They act on the bile-clogged liver and constipated bowels gently—no inconvenience! Cascarets cost only 10 cents a box.

THE UNIVERSITY ANNUAL DINNER ON TUESDAY NEXT

Arrangements have been completed for the University dinner to be held under the auspices of the University of Toronto Association of St. Catharines district on Tuesday evening, January sixth, at the Welland House. Sir Robert Falconer, President of the University and Hon. Dr. H. J. Cody, former minister of education for the province of Ontario will be the speakers for the evening. All graduates, undergraduates and students, both men and wome are invited, to attend, as well as graduates of other universities and any who may be interested in university work. Not only the women graduates and undergraduates but the wives of graduates will also be present, as well as other members of the family who may care to attend.

The dinner will be held at eight o'clock and formal dress will be optional. Tickets may be obtained from the following members of the Committee, A. E. Coombs, W. A. MacKinnon, Dr. Sheahan, Major McSloy, R. B. Johnston, Mrs. G. H. Smith, Miss L. Newman, and Miss Lina Moyer.

THE WEATHER

TORONTO, Jan. 2.—A pressure is now over the gulf of St. Lawrence and high over the western portion of the continent. The weather is decidedly cold in Manitoba and comparatively mild in Alberta.

FORECASTS:—West to Northwest winds, fair and decidedly cold to-day and on Saturday loca snowflurries.

HAVE ROSY CHEEKS AND FEEL FRESH AS A DAISY—TRY THIS!

Says glass of hot water with phosphate before breakfast washes out poisons.

waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases and acidity and gives one a splendid appetite for breakfast.

To see the tinge of healthy bloom in your face—to see your skin get clearer and clearer, to wake up without a headache, backache, coated tongue or nasty breath; in fact to feel you' best day in and day out, just try inside-bathing every morning for one week.

Before breakfast each day, drink a glass of real hot water with a teaspoonful of limestone phosphate in it as a harmless means of washing from the stomach, liver, kidneys and bowels the previous day's indigestible

A quarter pound of limestone phosphate will cost very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the blood and internal organs. Those who are subject to constipation, bilious attacks, acid stomach, rheumatic twinges, als those whose skin is sallow and complexion pallid, are assured that one week of inside-bathing will have them both looking and feeling better in every way.

BIG EATERS GET KIDNEY TROUBLE

Take Salts at First Sign of Bladder Irritation or Backache.

The American man and woman must guard constantly against Kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which Kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back aches or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach or you have rheumatism when the weather is bad get from your pharmacist about four ounces of Jad Salts; take a teaspoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.

OFFICIAL FIGURES ON THE ELECTION

(Continued from page 1)

Mackay 280.
MBride 864.
McCordick 516.
McKinnon 840.
Macfolmsen 619.
Paxton 448.
Rutherford 670.
Taylor 462.
Trapnell 1,288.
Waterhouse 779.
Watson 400.
Woolley 247.
Wright 1072.

Sports By-law.

AF REAFRARF AARR

St. Patricks	LD9 For	hoAw Agst
St. Patrick's	573	337
St. Andrew's	198	163
St. George's	247	216
	1018	716

Collegiate Site.

	For	Agst
St. Patrick's	527	404
St. Andrew's	100	260
St. George's	149	315
	766	979

Daylight Saving

	For	Agst
St. Patrick's	857	551
St. Andrew's	429	231
St. George's	490	327
	1776	1109

QUEBEC FARMERS CALL CONVENTION

QUEBEC, Jan. 2.—A convention of farmers of the Province of Quebec is to be held in this city early next month. It will last a full week and will gather delegates representing all classes of far mworkers, dairymen, fruit growers, farmers, etc. The Provincial Government will have a number of its officials in attendance and lectures will be given by experts.

Paris, Jan. 2.—Premier Clemenceau has left Paris for Var, southeastern France, where he will spend a few days.

KING GEORGE THEATRE

TO-DAY and SATURDAY

Wm. Fox Presents

Elinor Fair and Albert Ray

In J. Anthony Rosch's Fascinating Story

"THE LOST PRINCESS"

A Delightful Happy Comedy Drama

'The Wolf Pack'

The Twelfth Episode of "The Great Gamble"

THE NEW BRIGGS COMEDIES

British - Canadian News

Mat. 10c; Eve. 15c and 10c

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For Infants and Children

In Use For Over 30 Years

Always bears the Signature of Chas. H. Fletcher

HOUSES FOR SALE

$2500.00—On Church St. two story frame dwelling with every convenience except furnace, four bedrooms, lot 40x110, will accept small cash payment.

$2500.00—On Catherine st., one storey frame dwelling in good repair, three bed-rooms and good cellar, stone foundation, will accept one half cash, balance arranged.

$2850.00—On Haynes Ave., two-storey frame dwelling, three bedrooms, lot 44x148, good barn for six horses, will accept part cash, balance arranged.

$4500.00—On Raymond St., two-storey frame dwelling, large could be made into appartments at little expense, eleven rooms, will accept one-half cash, balance mortgage.

$5500.00—On Cherry St., two-storey solid brick dwelling with four bed-rooms and extra lot with cottage, rents fifteen per month, terms artanged.

KERNAHAN & GRAVES

Phone 33 - - 14 Queen St.

How Milk is Secreted.

No one knows exactly how the cow secretes milk. Various theories have been put forth explaining the process, but none of these are entirely satisfactory. About all we know is that milk is a true secretion of the mammary glands located in what is known as the udder, more commonly called the "bag" of the cow. It is made from blood.

In order that the cow may have plenty of blood, out of which she may manufacture milk. She must be in a healthy condition, be supplied with plenty of pure air, and water, and have an abundance of the right kind of feed.

Some cows are unable to make milk abundantly even though the owner does all he can be expected to do for his cows. In these cases, it is the fault of the cows—they have not the power within themselves of making milk from their feed. They seem to change their feed into blood which is used as a basis for manufacturing beef, instead of milk. In addition, there are cows which apparently do little or nothing with their feed—they neither give milk in paying quantity, nor do they become fat. These are classed as "boarder" cows, and are very unprofitable for a farmer to keep.

The only way to know for certain whether or not a cow is able to secrete milk in paying quantity, is to weigh the milk from each cow for at least three days in each month. Also test the milk for fat at least twice during each lactation period. In this way, the owner may select the good from the poor cows, and thus build up a profitable herd for dairy purposes.—Prof. H. H. Dean, Ontario Agricultural College, Guelph.

"Wild" Bert Kenny fractured his arm in the eighth round of a scheduled ten round bout with Battling Levinsky here yesterday.

D. W. EAGLE.
One of the Mayoralty candidates defeated yesterday.

MOTOR ROAD IN BRAZIL

An automobile road is being constructed between Rio de Janiero and Petropolis, and this highway, 25 miles long, is expected to prove one of the most popular roads in South America, since it will afford fine panoramas of the surrounding country.

"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 "California."

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Corner Queenston and Calvin Streets

Our facilities for handling furniture or Pianos are unexcelled.

We will undertake to do teaming of any kind. If it's to be moved send for O'BRIEN.

Also Sand and Gravel.

Machinery moving a specialty

DR. J. G. SUTHERLAND

After three years overseas has resumed practice in diseases of the eye, ear, nose and throat and prescribing of glasses. Office hours 9 to 11 a.m., 1.30 to 4 p.m. and 7 to 8 p.m. Tuesdays 7 to 8 p.m. Sundays 2 to 4 p.m. or by appointment. Office and residence 35 Church street. Telephone 624.

COOK'S COTTON ROOT COMPOUND

A safe, reliable regulative medicine. Sold in three degrees of strength—No. 1, $1; No. 2, $3; No. 3, $5 per box. Sold by all druggists or mailed in plain pkg. on receipt of price. *New pamphlet mailed free.* THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

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The Best

Tungsten Electric Lamps

The Kind You Read About

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

By them by the box and save money.

Guaranteed against defects.

J. H. SANDHAM COMPANY

235 St. Paul Street

Telephone 1112

GRAND TRUNK RAILWAY SYSTEM

Restoration of Passenger Train Service Effective Sunday, December 28, 1919

Normal passenger train service which was temporarily reduced due to coal shortage will be resumed.

For full particulars apply to Agents.

Wood's Phosphodine, The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price $1 per box, or six for $5. Sold by all druggists or mailed in plain pkg. on receipt of price. *New pamphlet mailed free.* THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

The Local Board of Health of the City of St. Catharines

Notice Affecting School Children

NOTICE IS HEREBY GIVEN pursuant to the provisions of The Vaccination Act and of The Public Health Act Regulations and with the approval of the Local Board of Health that certificates of successful vaccination or of insusceptibility on revaccination within seven years of all pupils or students of Public Schools, Separate Schools, the Collegiate Institute, Ridley College, Business College and of all Private Schools in the City of St. Catharines are required to be presented to the Principal, Teacher, Superintendent or other proper authority of such schools or institutions above mentioned before any pupil or student will be admitted to further attendance, and no pupil or student refusing to produce such certificate on demand shall be admitted until the certificate is furnished.

This Order will apply on the reopening of all the above mentioned schools and institutions after the usual Christmas holidays, and all Parents and Guardians are required to govern themselves accordingly.

The attention of Principals, Teachers, Superintendents, Officers and other proper authorities in charge of Schools is directed to the terms of this notice, which they must carry out.

This Order will remain in force until further notice.

Dated this 19th day of December, 1919.

(Sgd.) D. V. CURREY,
Medical Officer of Health for St. Catharines.

City Hall, St. Catharines. d20 t d31

Mld. John McDowell who was unsuccessful in yesterday's race.

A convention of the farmers of Quebec Province is to be held in Quebec city early next month.

WANTED — Competent Stenographers for general office correspondence. Must be experienced. Steady employment. Apply stating experience and salary expected

PEDLAR PEOPLE, Limited
Oshawa, Ont.

Skates Ground and Concaved at 15c Pair

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

Novelty Woodturning Works
30 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.
Frank St. - Phone 197
ST. CATHARINES

TEETH—TEETH

MOYER AND MOYER, 1407 Main street. Moyer Bldg., Niagara Falls, N.Y. Guaranteed painless dentistry. Good set of teeth $7.50, heavy gold crown $5. Write for our free dental price list. We pay your car fare. Business established over years. Work guaranteed. Canadian money accepted at full value—no discount. s4tr

ONE HORSE CARTING and delivery work.

Phone 361. - Cheapest Rates

DAY AND NIGHT
Phone 361

Poultry Food and Supplies

Dr. Hess' Poultry Panacea
Pratt's Poultry Regulator
Royal Purple Poultry Specific

J. K. Black Estate
23-25 James-st. Phone 29
Canada Food Board License No. 9-399

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Phone 2078

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Auto Service at all hours. Office: 18 Queen Street.

A. R. DE CONZA

Real Estate, Houses, Farms and Lots for Sale. Houses and Farms for Rent

95 Geneva St.
Phone 1177.

LUMBER

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

TELEPHONE 41 W

FOR BOARD OF EDUCATION

	ST. GEORGE'S WARD. POLLING SUB-DIVISION NO. 1	2	3	4	5	6	ST. ANDREW'S WARD. POLLING SUB-DIVISION NO. 1	2	3	4	5	ST. PATRICK'S WARD. POLLING SUB-DIVISION NO. 1	2	3	4	5	6	7	8	9	10	TOTALS
BURGOYNE	51	57	35	62	42	68	36	71	33	31	57	64	48	54	49	39	51	36	43	30	22	979
BURLEIGH	37	44	28	35	19	30	28	51	24	26	49	50	20	47	38	28	50	34	48	23	22	701
BYRNE	26	51	21	29	22	18	25	40	25	27	41	54	23	35	33	33	31	31	41	11	12	629
CALDER	16	28	15	20	8	17	16	22	12	9	35	62	25	31	27	35	48	18	28	14	6	497
DUNLOP	23	13	17	31	26	23	9	30	12	10	22	28	16	27	45	19	44	44	101	30	16	576
MRS. GIBSON	26	12	19	41	22	52	19	24	15	8	24	24	28	26	32	23	31	32	37	26	12	533
HARROP	9	4	16	18	9	14	4	17	6	8	9	41	16	25	20	15	18	15	33	14	0	317
JONES	14	22	17	14	4	24	13	30	8	10	33	52	23	26	23	21	23	11	26	24	20	426
LOCKHART	40	27	25	20	12	13	20	31	17	12	30	41	19	31	33	31	31	56	71	14	5	579
MacDONALD	25	36	30	23	21	36	30	49	33	17	45	48	28	29	29	25	45	38	42	19	8	662
MRS. MACKAY	20	19	19	14	8	21	9	15	4	10	12	14	10	15	18	11	18	5	20	14	12	280
McBRIDE	44	48	30	22	25	27	22	62	22	27	47	63	41	57	50	71	50	56	72	23	10	844
McCORDICK	36	40	25	19	15	22	2	11	7	7	15	35	43	28	21	23	21	28	19	17	5	543
McKINNON	43	43	29	37	25	42	29	45	28	26	47	83	43	53	31	44	44	43	39	28	11	840
MRS. MALCOMSON	29	38	28	29	18	28	19	46	21	18	42	42	23	30	26	32	41	27	32	18	16	619
PAXTON	23	21	25	36	18	63	23	64	19	32	64	24	18	6	21	20	19	21	40	17	16	456
RUTHERFORD	34	49	24	25	18	26	37	45	17	21	42	60	22	41	38	21	28	34	36	12	20	670
MRS. TAYLOR	21	36	20	21	10	25	9	20	7	13	17	36	25	21	33	23	31	17	23	20	10	442
TRAPNELL	54	79	54	49	38	50	12	60	18	30	63	97	69	75	63	59	91	74	114	55	33	1087
WATERHOUSE	43	67	31	30	17	37	14	23	23	14	16	74	35	53	32	38	38	36	37	19	13	769
WATSON	26	18	15	21	17	12	28	67	35	37	64	25	13	30	15	16	27	22	51	28	8	400
WOOLLEY	13	11	5	11	8	9	11	54	21	29	64	22	10	16	21	20	27	4	12	6	2	247
MRS. WRIGHT	61	58	38	61	35	49	7	14	6	13	16	59	44	47	42	53	60	70	111	73	41	1072

THE holidays are ended. The elections are over. Our congratulations to the successful; our sympathy to the defeated.

Now, boys, down to business, and may

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bring happiness and prosperity to all, is the sincere wish of

WALKER'S EAST END DRUGSTORE

297 St. Paul Street