

## Healthy Mothers Healthy Babies

Every true mother realizes the fact that her baby's health depends upon her own, that the very vitality of her child is influenced by her own physical condition. How important it is, therefore, to guard against any derangement of the female organs, which induce general weakness, nervousness, constant fatigue and other inability to properly care for her child. Please remember, that Lydia E. Pinkham's Vegetable Compound has brought health and strength to thousands of such mothers.

Mitchell, Ind.—"Lydia E. Pinkham's Vegetable Compound helped me so much during the time I was looking forward to the coming of my little one that I am recommending it to other expectant mothers. Before taking it, some days I suffered with neuralgia so badly that I thought I could not live, but after taking three bottles of Lydia E. Pinkham's Vegetable Compound I was entirely relieved of neuralgia. I had gained in strength and was able to go around and do all my housework. My baby when 7 months old weighed 19 pounds and I feel better than I have for a long time. I never had any medicine do me so much good."—Mrs. FRANK MORRIS, Mitchell, Ind.

Good health during and after maternity is a most important factor to both mother and child, and many letters have been received by the Lydia E. Pinkham Medicine Co., Lynn, Mass., telling of health restored during this trying period by the use of Lydia E. Pinkham's Vegetable Compound.

## Lydia E. Pinkham's Vegetable Compound

### JOHN SHELL IS THE OLDEST MAN IN U.S.A.

(Continued from page 1)  
cause the weather is a little chilly."  
Uncle John seldom wears shoes. They hurt his feet. In all his 131 years he has not worn more than half a dozen shoes. He never wraps up his neck, but winter and summer goes about with his shirt unbuttoned at the throat and part of his chest exposed. The reason so many people have colds, he says, is because they bundle up their necks.

The theories of health and longevity that Uncle John promulgates are got derived from books on health or hygiene. Uncle John can't read books. He never has learned the mysteries of the alphabet. His ideas are solely the result of his own experiences, and he is living proof that in his case, at least, they will work.

His mode of life has made of Uncle John a remarkably vigorous old man considering the amazing span of years he has enjoyed. He moves about his little mountain home with a sprightliness of half his years. He does chores that many a man of sixty would deem too arduous. His hand-clasp is vigorous; his movements are quick and his eyes still gleam with the fire of a youth long past. He is five feet five inches tall and weighs 103 pounds, and his body is wiry and erect. Only his halo of fine white hair and the multitude of wrinkles



## The Victrola Record Is the Most Complete Catalogue Of Music in All the World

It places before you in concise form and in alphabetical order the titles of thousands of musical compositions, old and new; it enables you to know definitely the exact music in the repertoire of the world's greatest artists; it gives a synopsis of various operas and a brief biography of famous artists of the world; it makes clear to you just how easily all the music of all the world can become an entertaining and instructive part of your everyday life. The catalogue is free.

If you haven't a Victrola, come to us and get one. Our deferred payment plan places the Victrola within the reach of all.

## MASON & RISCH

91 ST. PAUL STREET, ST. CATHARINES, ONT.

### BUY CLOVER SEED EARLY

Prime red clover seed was quoted at \$55.55 per bushel on the Toledo market.

### PARLIAMENT TO OPEN WITH PRE WAR GRANDEUR

OTTAWA, Feb. 17.—The Parliamentary opening will be on a pre-war scale. It will be a dress affair and all the formal magnificence of peace days will characterize the occasion.

### MISS VERA McLEAN, NOTED TORONTO ARTIST

Gives her first record to the Victor. Love Will Find a Way. from "The Maid of the Mountain." Reverse side—"My Baby's Arms," sung by Harry Bur.

### UPPER CANADA COLLEGE OLD BOYS CELEBRATED THE 90TH ANNIVERSARY

Upper Canada College old boys celebrated the 90th anniversary of the founding of the college with a banquet, where they were addressed by several speakers.

### HEINTZMAN & CO., Limited, 68 St. Paul Street, ST. CATHARINES.

The world supply will not be sufficient to meet normal requirements. In these circumstances, Canadian farmers who delay the purchase of their clover seed requirements until seeding

### HEAD STUFFED FROM CATARRH OR A COLD

Ever Cream Applied in Nostrils Opens Air Passages Right Up. Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more yawning, snuffing, blowing, headache, dizziness! No straggling for breath at night; your cold or catarrh disappears.

### DIES WHILE WORKING

Find James Hill Dead in Sand Pit At Niagara Falls, Ont. NIAGARA FALLS, Ont., Feb. 17.—James Hill, aged sixty, was found dead in the sand pit at the cemetery

### KING GEORGE THEATRE

TO DA Y and THURSDAY The Famous Capella Production Present Dolores Cassinelli In the Famous Seven-act Super-drama "The Virtuous Model" Adapted from Pierre Wolff's Novel "The Gutter" Play "The Gutter"

### THE NEW CHRISTIE COMEDIES

British-Canadian News The Fatty Arbuckle Comedies Mat. 10c.; Eve. 10c and 15c

# Announcing Red Rose Orange Pekoe Tea

During our twenty-five years in business, Canada has made wonderful progress in education, refinement and wealth.

The scale of living and the tastes of the people are more luxurious than a quarter of a century ago.

Realizing this we have decided that in addition to our well-known standard brands of Red Rose Tea, the sales of which are increasing faster than ever before—the time is opportune to introduce a tea of extra quality. It is an Orange Pekoe Tea of very fine quality under the popular Red Rose brand, and called Red Rose Orange Pekoe Tea—a special tea of extra quality for people who are willing to pay a little extra price.

To ensure the quality and success of this new tea we have concentrated on it all the resources, the experience and the advantages possessed by our big organization.

The Orange Pekoe Teas we use are selected with a knowledge born of long experience in buying teas abroad.

Red Rose Orange Pekoe are grown on the best plantations;—from tested seed;—on carefully cultivated soil;—at a high elevation (mountain

grown teas are very superior to low-land teas.)

They are gathered at the time of the year when the flavor is most fully developed in the leaves.

The manufacture and final preparation are carefully and skillfully done.

When brewed, Red Rose Orange Pekoe Tea has all the characteristics of fine quality tea.

It has a bright, sparkling amber color in the cup.

The aroma is delicate and delightful.

After the liquid is poured off, the leaves in the pot are a greenish copper color.

The flavor is of rare charm and distinction. The more cultivated your taste the more you will appreciate it.

The strength is rich, satisfying and invigorating.

Red Rose Orange Pekoe Tea is sold only in our sealed waxed board cartons which fully protect its fine quality.

Ask for it by the full name: Red Rose Orange Pekoe Tea. The words "Orange Pekoe" are in orange on our new waxed board cartons.



Mountain grown Orange Pekoe from the best plantations. A tea of extra quality at a little extra price.



Our well-known Red Rose package, the sale of which is increasing faster than ever before. Red Rose consists chiefly of Assam teas, the richest and strongest in the world and therefore very economical. (The Red Rose Orange Pekoe package is a little different in design.)

**T. H. ESTABROOKS COMPANY, LIMITED**  
St. John, Montreal, Toronto, Winnipeg, Calgary, Edmonton, St. John's, Nfld., and Portland, Maine.

To Grocers: Our travellers are on the road taking orders for this NEW tea. If our traveller hasn't reached you, better phone or mail an order immediately to our nearest office. There is sure to be a considerable demand at once for this fine quality tea.

There is no need to call their natural anxiety to defian. Everyone can understand advantages of opening up de navigation with the inland la obvious. The disadvantages a o apparent, but they may valid, all the same. The exper decide a sto that. But let us take a big view of things. J certain localities may su linkage of the monopolie present enjoying, is no reas holding up the development. national; and indeed an intern undertaking, and must be vic rictly in that light.

ADAM DEFERS SAILING NDON, Ont., Feb. 17.—S Beck, from whom a letter w ed last week stating that lady Beck would sail this we Canada, today cabled that he decided to postpone the trip t night. No reason was giv e changes in plans.

Days ard Labor

UST a minute, your wo ship.

officer in uniform steps fo ward and holds a quiet con ation with the magistrat other court officials.

E story is simple and oft repeated. Just a lad—in th from N—Got into fa any. Gambled, took mployers. Hoped to w ay it back.

UND, out—arrested—ailed.

course he's sorry—but officer has sized him up. s. he has the stuff to make of. Knows that a jail se may only harden him and him toward continued ty.

FE officer in uniform was the Salvation Army Probation wnanly counsel, supervi prayer he enables the lad ain control of himself and ther start, free from the s of a prison sentence.

someone you know makes aise step, don't judge the shly.

HERE is so much goo ..... you know.

8 Services Post this Territory e them!

CONVENTION s of Ontario ary 28, 1920 K. P. M. ily Theatre F. W. O. Clubs in the meet in convention to e next Federal Election y 28th, at 2 p. m. HE KING

Moulders

uilding machines. Average weekly dy work and em-

S COMPANY ONT.

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ause-- r money, it will