

## Enjoying the Winter in Old Quebec

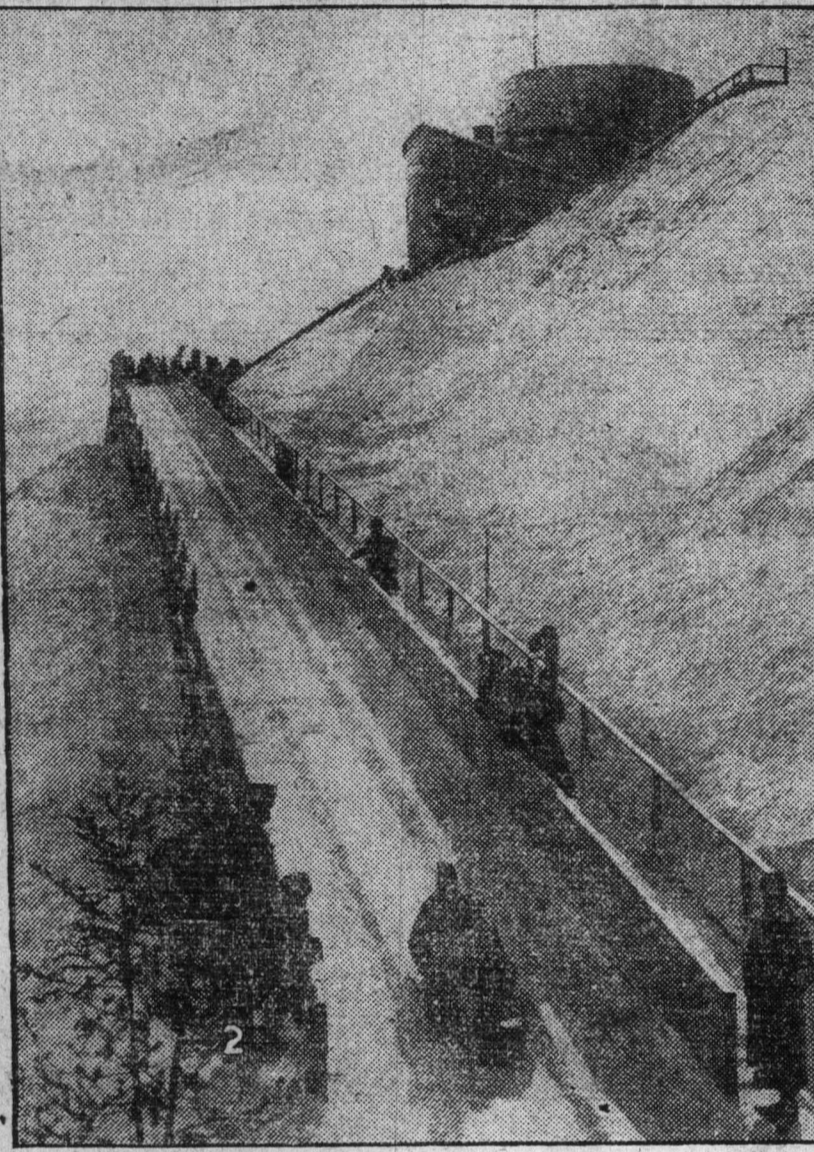


(1) Chateau Frontenac, Quebec.  
(2) Toboggan Slide, Citadel Hill, Quebec.

Mayor Lavigne of Quebec has announced that the official opening of the Winter Sport Season in that city will open on Tuesday, January 19th, with a grand parade of the snowshoes and kindred clubs. The season will last a month, and an attractive programme of week-end races and sports has been arranged, beginning with a grand carnival from February 14th to 17th.

State Winter Sports have become so popular as those of Summer, that there is no need for anyone to dread the dreariness of December, January and February. To skate rhythmically upon an open-air rink; to tramp in one's snowshoes over fields which are impassable for the ordinary pedestrian; to jump from an immense height and yet to land, upright and graceful, on one's skis; to toboggan at the rate of an express train and, most fascinating of all, perhaps, to slide on the Swiss toboggans which are still a novelty on this side of the Atlantic—all this and more does Winter offer to her devotees.

Skating and skiing require some practice before one is an adept, but sliding and snowshoeing are perfectly simple; all one needs is "the will to do, the soul to dare." Where winter's icy mantle covers the waters and spreads a blanket of snow over the land—there winter sports are at their best. In Canada, "Our Lady of the Snows," every type of winter pastime flourishes; and in Quebec, Canada's oldest City, the outdoor life takes on a new character. Situated on the St. Lawrence River, easily accessible by train, Quebec offers to her guests an unlimited welcome. At the Chateau Frontenac, the huge hotel which the C.P.R. has built on Dufferin Terrace, the winter guest will find that his indoor comfort and outdoor sport are alike being considered. Two halls, one in the courtyard for the skaters, the other in the summer garden for the tobogganers, a toboggan slide built on Dufferin Terrace, and perhaps, greatest attraction of all, the Swiss toboggans—these are but a few of the inducements offered to those who love an outdoor life. The hills which surround the city make it ideal for skiing, and the broad snow-covered fields are easy to traverse on snowshoes today, as when the Indians swept over it three hundred long winters ago. After a day out of doors, one is ready to return to the hotel for an evening of dancing and other allied amusements. The Chateau Frontenac is the centre of Quebec's social life, the magnet which draws to it all that is vivacious and charming of her society. No one who has been present at her New Year's Dance in the Chateau Frontenac can ever forget it; and this season the social life



in the Ancient Capital bids fair to eclipse even its own brilliant past. To the guest, the "Chambres Canadiennes" are sure to make a strong appeal. They form one of the several Period Suites in the hotel, and, as the name implies, are typically French-Canadian. In naming them after Jacques Cartier, Champlain, and Montcalm, houses all the Company has spared no effort to make them represent rooms in the manor of a French-Canadian seigneur. J. J. Mathews.

## "I SUFFERED SEVEN YEARS"

Was Eventually Cured by Lydia E. Pinkham's Vegetable Compound.

Philadelphia, Pa.—"I suffered for seven long years with a lame back, irregularities and pain. I had one physician after another but they did me no good. I read about Lydia E. Pinkham's Vegetable Compound and gave it a trial and in a short time I felt benefited and am now feeling fine, and without weakness or pain. Many of my friends have also taken Lydia E. Pinkham's Vegetable Compound and been helped by it."—Mrs. MARGARET NESS, 1846 E. Hazzard St., Philadelphia, Pa.

Women who suffer from displacements, irregularities, inflammation, ulceration, backache, headache, dizziness or "the blues" should not rest until they have given this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for special suggestions. The result of its long experience is at your service.

## OLD QUEBEC IS GAY WITH SPORTS

Many Notables Go to Ancient City to Participate in Winter Pastimes.

QUEBEC, Que., Jan. 19.—Ski racing on the esplanade, curling in Quebec and Victoria rinks and hockey matches at the Arena opened winter sports carnival Saturday. Snow and wind interfered somewhat with tobogganing but the big slide was in excellent condition and very fast.

"Welcome to Quebec," said Mayor Lavigne, in opening the carnival. "Our sports programme for the coming month is the best we've ever had." "Tomorrow snow shoe clubs will make long tramps across the country and hockey and skiing will be featured. Lord and Lady Shaugnessy and other notable are at the Chateau Frontenac for the carnival opening.

## CITIZENS ARE URGED TO CLOSE UP ROOMS

And Use Wood and Coal Where Possible to Conserve Gas Supply

PETROLEA, Jan. 19.—The local fuel controller, J. J. Mathews, has issued a request jointly with the Mayor to all gas users to economize the limited gas supply, so that all may have some. The use of wood and coal, where possible, and the closing up of unnecessary rooms, is urged on citizens. The gas shortage is acute. Petrolea's gas supply comes from the Tilbury field.

## OUR NATIONAL ECONOMIC PROBLEM

The following interesting extract from an article by Mr. E. W. Beatty, president of the C. P. R., appeared recently in the Montreal Gazette:—"So much for the manner in which the transportation machinery of the country is carrying out its obligations to the Canadian producer. Other aspects of the transportation problem are less satisfactory. There are many people who look upon Canada as a land of abundance, of vast resources which cannot be exhausted. That bookkeeping should be as simple and inexorable in its tale of losses and diminished profits to a railway as it may be to a corner grocer, is to these people unthinkable. It apparently does not occur to them that to no public is it more important than to the Canadian public that the good reputation of its railway securities in the world of thrift and investment should be carefully guarded. To those, however, who understand these things clearly and who view the matter from the standpoint of broad public interest, it is at once apparent that the Canadian public pays a very low rate for the quality of service rendered, and that a time is rapidly approaching when, if Canadian railway securities are not to be made less desirable to investors than almost any other kind of industrial security, railway rates will either have to go up or railway operating costs go down. Such persons recognize that it is not because the situation of the railways is an easy one that certain companies have been able to show net earnings—very low net earnings compared to the actual cash invested in the industry—but because in the past the shareholders of such companies have been, as they are to-day, courageous persons willing to supply the means for constructive enterprises in which no one but themselves had faith, and because, too, their officers have been skilled, resourceful and loyal business men, assisted by staffs filled with the spirit of pride and devotion to their work. This, indeed, is the thing which has made it possible for Canada's railroads to function successfully during the war without making anything like the demands that foreign roads—less efficient in serving their community, yet earning the same rates and paying the same wages—have made upon their public exchequers. I do not believe that this spirit upon the railways and this tendency to weaken the general reputation of Canadian Railway securities should continue. The servant, after all, is worthy of his hire, and railway capital is not less worthy a servant than other forms of capital whose earnings have not been so consistently depressed.

"The net earnings during the war years, of those companies which showed net earnings, would have been much lower had the Canadian railroads been making expenditures for maintenance which circumstances would have justified, but which conditions prevented during that period. These arrears have now to be made up. During 1919 the Canadian Pacific laid 70,000 tons of steel rail. In place of, say, 2,000,000 ties, worth 44¢ in 1914, the Canadian Pacific laid 4,434,000 ties at 85¢ per tie. The sensational advance in the rate of railway wages is well known. Further advance may be necessary within the very near future, as indicated by discussions in the United States. The price of coal for locomotives was \$3.09 in 1914. Now it is \$4.77. The cost of hauling an average train (freight or passenger) one mile has risen from \$1.604 in 1913, to \$2.494 in 1918. It is higher to-day. The operating expenses of one mile of line in 1915 were \$4.152; in 1918, \$7.046, and to-day they are even greater. On the other hand, railway rates, taking all classes of revenue together, have advanced scarcely 25 per cent. I venture to say no other industry in the Dominion can show such moderation."

## WELCOME RELIEF FROM ECZEMA

Complete Treatment That Gives Gratifying Results

WASING, Ont.—"I had an attack of Weeping Eczema so bad that my clothes would be wet through at times.

For four months, I suffered terribly. I could get no relief until I tried "Fruit-a-tives" and "Sootha-Salva". Altogether, I have used three boxes of "Sootha-Salva" and two of "Fruit-a-tives", and am entirely well."

G. W. HALL.  
Both these favorite remedies are sold by dealers at 50¢ a box, 6 for \$2.50, or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

## "Flu" Aboard A Big Liner

Husband and Wife Die on Voyage From Japan, Where Epidemic Rages.

Vancouver, B. C., Jan. 17.—The liner Empress of Russia of the Canadian Pacific Ocean service, from Oriental ports, docked here last evening. When the liner was several days out from Yokohama, Mr. and Mrs. A. De Lemos of Panama died from an attack of influenza. Their bodies were brought to port. Word was brought by the steamer that an influenza wave is sweeping Japan 2 to 4 p.m. or by appointment. Office and residence 35 Church street. Telephone 624.

S. KILLMER, D.D.S., L.D.S., Dentist Office—65 St Paul Street, St Catharines. Phone 16. Residence 22 Welland Avenue.

## Incubator FOR SALE

(Manson - Campbell) Chatham make; 160 egg capacity. Price \$12. Can be seen at 198 Lake Avenue.

## 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. 8 Frank St. Phone 197 ST. CATHARINES

## BIG GAINS FOR SINN FEIN

75 Per Cent. of Candidates Are Now Elected. DUBLIN, Jan. 19.—Returns from the municipal elections held on Thursday show that generally in eastern, western and southern Ireland approximately 75 per cent. of the candidates supported by the Sinn Fein and Labor elements were successful. The remainder of the candidates elected represent various minorities. A feature of the election was the unusually large number of women who participated.

## GRAND To-night Only

A PLAY FOR THE PEOPLE  
A. H. Woods Presents the International Comedy Success  
**FRIENDLY ENEMIES**  
By Samuel Shipman and Aaron Hoffman

The Success of TWO CONTINENTS  
Played Fifty-six Weeks Hudson Theatre, N. Y. Forty-one Weeks Wood's Theatre, Chicago. Now in its Seventh Month, London, England  
Unanimously Appraised By the Press  
Approved By H. M. King George V.  
ENDORSED BY PRESIDENT WILSON  
You Cannot Afford to Miss It! It Has the Laughs of "Perimutter and Potash," the Tears of "The Music Master"  
Price 50c to \$2.00 Seats Now on Sale  
CARRIAGES AT 10.45

# BOYLE & DARBY

Will Open a Modern Grocery Store Fitted With Sanitary Equipment on

## Thursday, January 22nd

AT 157 ST. PAUL STREET

in the store formerly occupied by Sherwood & Co., with a complete new stock of Groceries and Provisions. We solicit your patronage, and feel that by giving the best possible at the lowest prices we will be permitted to supply your Grocery needs.

### We Select a Few Special Prices For Our Opening

Shredded Wheat.....	14c	Tomatoes.....	17c	Perfection Flour.....	1.63
Cornflakes, two for.....	25c	Eggs.....	68c	Dominion Matches, 3 for.....	25c
Corn, per tin.....	17c	Extracts, any flavor.....	9c	Cornstarch, two for.....	25c
Standard Peas.....	18c	McLaren's Powders, lb.....	12c	Top-notch Hand Cleaner.....	12c
Early June Peas.....	20c	Herald Flour.....	1.63	Charcoal, per bag.....	18c

# BOYLE & DARBY

157 St. Paul Street] Our Motto: QUALITY AND SERVICE [Telephone No. 591

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