

Children Cry for Fletcher's

# 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

## Growth Shows Desire To Extend Army Work

Commissioner W. J. Richards, chief of the Salvation Army in Eastern Canada, has completed his fifth year in that capacity. During that time the Army has seen one of its greatest periods of usefulness. This period takes in the "war years." The great war had been under way since August and new problems presented themselves to the organization when he assumed command. These problems required a large measure of initiative to overcome. The task of rendering the highest and most efficient service was shouldered and Canada paid tribute to the success which attended those efforts by over subscribing the amount asked for during the Red Shield Drive.

Commissioner Richards is a forceful man. He is a man of few words. He believes in doing things. During the five years, more than 11,000 persons are recorded as having sought salvation. Notwithstanding the losses due to war, there are today nearly 2,000 more names on the Membership Roll than there were in this territory five years ago.

In July, 1915, Canada East was separated from Canada West, the dividing line being Port Arthur. Ever in view of this, there are now only forty one fewer officers in active service in the Eastern territory alone than there were in the combined territories five years ago.

In the Field Report two very striking indications of financial growth are given. In 1914, the Self-Denial total for the combined territories was \$43,726. In 1919, for Canada East alone, it was \$75,591. Harvest Festival returns have been doubled.

### Shows Solid Growth.

In all the various departments the record. This shows that as often as humanly possible every opportunity has been seized for the advancement of every branch of the organization. Inasmuch as every act of service means the welfare of somebody, the same rate of growth has been reposition which the Salvation Army occupies today indicates tremendous increase service to the community.

This service has been rendered under the leadership of Commissioner W. J. Richards. His five years in Canada have been five big years for the Salvation Army in Canada, and give great promise for the future.

Port Colborne went on the daylight saving plan at midnight Saturday.

## WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash poisons and toxins from system before putting food into stomach.

Wash yourself on the inside before breakfast like you do on the outside. This is vastly more important because the skin pores do not absorb impurities in the blood, causing illness while the bowels pores do.

For every ounce of food taken into the stomach, nearly an ounce of waste material must be carried out of the body. If this waste is not eliminated day by day it quickly ferments and generates poisons, gases and toxins which are absorbed or sucked into the blood stream, through the lymph ducts which should suck only nourishment.

A splendid health measure is to drink, before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless way to wash these poisons from the stomach, liver, kidneys, and bowels, thus cleansing, sweetening and freshening the alimentary canal before eating more food.

A quarter pound of limestone phosphate costs but very little at the drug store; but is sufficient to make anyone an enthusiast on inside bathing.

### FEW MARRIED PAUPERS.

Notwithstanding the jokes on the married man, he is nearly 100 per cent proof against the kind of adversity that casts the individual on the rocks of disaster and makes him a human derelict.

This is the statement of Brigadier George Reid, in charge of the Salvation Army's home. According to Reid a report just compiled by him shows that less than 1 per cent of the men seeking shelter and refuge in the industrial home are married. Reid accounts for this by the fact the married men through the responsibilities carried by them develop a resourcefulness that the single man fails in.

"I have talked to hundreds of men coming to the home and find the cases pretty much the same," said Reid. "Something stifles the man's ambition in life, or else nothing has entered his life to develop his spark of ambition strong enough to make it withstand adversity."

"The few married men that drift in here are men whose homes have been broken up. They are comparatively easy cases to restore, however. The single man is our hardest problem, and even he is capable of redemption if we can find a sustaining interest to engage his attention."

## A GOOD MEDICINE FOR SPRING USE

Harsh Purgatives Should be Avoided — Tonic Will Restore Your Energy.

Not exactly sick but not feeling quite well. That is the way thousands of people feel in the spring. It is a sign that the trying indoor life of winter has left its mark upon you. Easily tired, appetite fickle, sometimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order, and these symptoms may easily develop into more serious trouble.

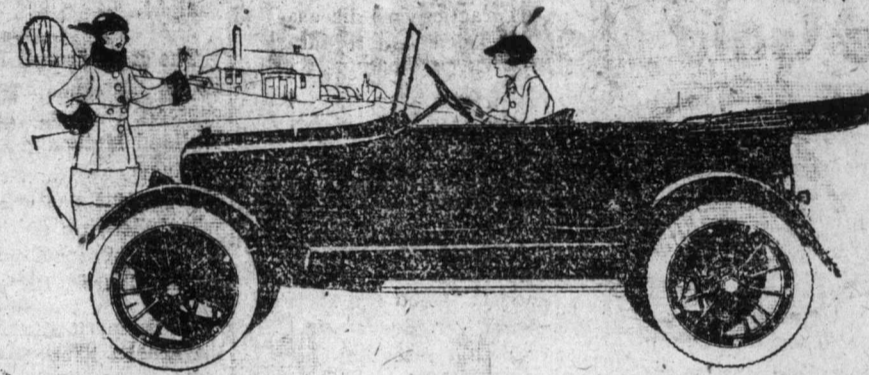
Do not dose yourself with purgatives as so many people do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell you that this is true. What you need in the spring is a tonic that will build up the blood and nerve. Dr. Williams' Pink Pills can do this speedily. This medicine enriches the blood, clears the skin, improves the appetite and makes tired depressed men, women and children bright active and strong. As an example of the value of these pills we give this statement of Mrs. S. McBurnie, Tatamagouche, N.S., who says:—"I have good reason to speak in the highest terms of Dr. Williams' Pink Pills. I was badly run down, failing in weight, and suffering from dizzy spells and weakness. In fact my condition was such that I was hardly able to do my housework. A friend advised me to try Dr. Williams' Pink Pills and after using several boxes there was a noticeable improvement. I continued using the Pills for some time longer and found that I had fully regained my old time health and strength and was able to do my housework without feeling weak and worn out as I did before I began using the pills."

Dr. Williams' Pink Pills can be obtained from any dealer in medicine or by mail at 50c a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.



THE Triplex Springs of new Overland 4 make possible the first light car with the steadiness of a heavy, long car.

Public appreciation of the new features of Overland 4 is shown in ever-increasing demand for this car. Upkeep cost is low because the Triplex Springs protect the mechanism from the usual road shocks. Light weight creates great economy of fuel and tires.



GILMORE & CO. 250-4 ST. PAUL STREET St. Catharines. Telephone 826

Head Office and Factories: Willys-Overland Limited, Toronto, Canada  
Branches: Toronto, Montreal, Winnipeg and Regina

### POLICEWOMEN GET MOVIE

PEST, WHO IS PUT IN JUG

BUFFALO, April 14—In the conviction of August Wehlan, 38 years old, of No. 220 North Division street by Lillian Morrison and Lillian F. Hartnett, policewomen, the police believe they are rid of a degenerate, who for some weeks has been annoying women and children in movies. He was sent to the penitentiary for six months by Judge Woltz yesterday.

Acting on a number of complaints Mrs. Morrison and Miss Hartnett visited the Happy Hour on Main street near Genesee street, about 4.30 o'clock Monday afternoon. Mrs. Morrison sat next to Wehlan. She repulsed his attentions, but, when he became blocking in his conduct, she told him to get his hat and coat and come

along. The wretch thought he had made a hit. When he reached the street he was placed under arrest.

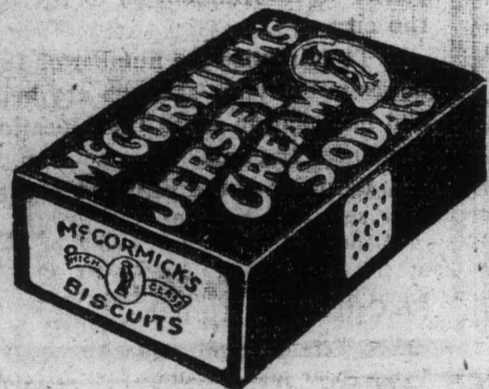
Wehlan said he came to this country from Germany in 1914. He admitted that he had done some of the things alleged by Mrs. Morrison. Wehlan tried to excuse his actions by alleging that he was encouraged, but Mrs. Morrison absolutely denied that, saying she tried to avoid the man.

### SPRING FISHING

The season for speckled trout fishing opens May 1st, and for salmon, and lake trout it is now open and will be until October 5th. It is expected the ice will out of the lakes by the end of April. Algonquin Park offers attractive possibilities for the angler and the "Highland Inn" desirable accommodation. Ask Grand Trunk Agents for all particulars and illustrated booklet or write to N. C. Clorko, Manager, "Highland Inn," Algonquin Park Station.

A 10, 14, 24, 28

**SANTAL MIDY**  
CATARRH OF THE BLADDER  
relieved in 24 HOURS  
Each Capsule bears the name MIDY  
Beware of counterfeits



OVER sixty-one years' experience is behind the McCormick Biscuits; yet if they could be improved they would be.

Their high degree of nutrition is attained by the selection of the finest materials.

They are made in a sunlight factory where brightness penetrates to every corner.

They are properly baked for easy digestion. No wonder there is such a demand for

# McCormick's Jersey Cream Sodas

Sold fresh everywhere. In sealed packages.

Factory at LONDON, Canada. Branches at Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Port Arthur, St. John, N.B.

## OTTAWA

onal Capital  
AWA

## Railways

nearest agent, S. Murdoch,  
Gen Pasenger Dept., Toronto

S COLLENS REACH  
CA: MORE ARE EX-  
PECTED TO FOLLOW

YORK, April 14—More than  
is today opened what is con-  
be a great influx of immi-  
rom Ireland. The girls, most  
arrived on the steamship  
at to the homes of friends  
es in this city, and the Rev.  
Grogan of the one for Irish  
nt girls said their arrival  
p relieve the shortage of  
servants.

seven girls were detain-  
re to meet immigration re-  
including the latter  
as debarred aliens at Ell  
ave been averaging from  
cent of arrivals. Immigra-  
ortunities said that many Irish  
ree anxious to come to the  
States, but that hitherto  
difficult for them to obtain

ARTISE IN THE JOURNAL

AN'S FEMALE PILLS  
for all Female Complaints. \$3 a box,  
or \$10, at drug stores. Mailed to any  
receipt of price.

HONOL FOR MEN  
and Brain; increases "grey matter";  
will build you up. \$3 a box, or two for  
stores, or by mail, on receipt of price.

Specialist  
ERVE EXHAUSTION,  
LES, ACNE, SKIN DIS-  
D BLOOD CONDITIONS  
e yours is of much benefit  
is again feeling well—that  
oulders, I give every pati-  
ated, licensed and register-  
st possible time.

ICE HOURS:  
s, Wednesdays and  
ys—9 a. m. to 9 p. m.  
s, Thursdays and  
—9 a. m. to 6 p. m.  
Hours—10 a. m. to

NSULTATION  
AMINATION  
FREE

Niagara Square  
NIAGARA STREET  
McKinley Monument

FFALO, N. Y.

ng Man  
ON YOUR BLOOD. Any  
of any of the various vital

Dr. Ward  
s Leading and Most  
Successful Specialist  
gara St., Buffalo, N. Y.