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t little things that ordinar-, You feel nervous. You

Are you going down hill

ATLMENTS usness, despendency, poor le disposition, diminished ration, fear of impending idency to sleep, unrastful as on face, palpitation of back, lumbago, dyspepsia, omnia. Dr. Ward gives you in the treatment of all he above symptoms, and that something is wrong need expert attention.

are numberlass people who feel nervous, weak, languid ambition or endurance to ort. Life to thom appears poor and variable; they hey have pains and aches often indigestion, belching cless, wakeful and restless meals and the brain tires

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Experimenting days long No delays no waiting cted results. I make a fee

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's Leading and Most ccessful Specialist ara Sq. Buffalo, N. Y

MONDAY, TUNE, 9, 1919 Farmers, Notice

To Sell Hogs write or telephone for our prices before selling elsewhere.

Mover Bros., Ltd. ST. CATHARINES

CALL CHARLES IOY For carting, also cellars and back yards cleaned up. 6 Elm. Street - Phoue 1682

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JOHN O'BRIEN orner Queenston and Calvin Streets Our facilities for handling furniure or Pianos are unexcelled. We will undertake to do teaming of any kind. If it's to be moved send or O'BRIEN. Also Sand and Gravel. fachinery moving a specialty.

OILS AND GREASES Made of highest grades Pennsylvania Crude. Phone 1969. PETROLEUM PRODUCT CO. LTD.

CARPET CLEANING IS THE TIME TO HAVE carpet cleaned. We do your work first-class by vacuum machines Furniture crated and stor ed. Upholstering in all its branches.—CARPET CLEANING CO., 18 St. Paul Street. Phone 605. W. J Westwood, Proprietor.

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Quick Efficient Service

YOU DON'T HAVE TO CARRY YOUR SHOES Uptown to be Repaired Drop Them in at S. POPOLILLA'S 94 Lake Street

At the Fruit Store

HUTTON & KOTTMEIER REPAIRS AUTO TIRES AND O ONTARIO ST. PHONE 1977

SNAP-\$300 will buy my nice auto in good condition. Lot 35x111 feet. 1.0. 2 Sunnyside Gardens Facer street. Clear deeds. Address

EXPECTED TO REACH

THE CITY TONIGHT

Word has been received by Mr. W. overseas via S. S. "Maurentania" and are expected to arrive here tonight; D. Moore, O. J. Purdy, J. W. Robertson, J. H. Smith, W. J. Tracey, H. C. Petrie, C. Forbes, G. A. Dunn, R. Haynes, E. T. Noble, G. D. Mission, J. Dube, H. C. Hoskins, J. Brown, J. P. Blank, A. Burns, J. H. Findley, T. G. Fitzgerald, W. H. Hannah. W. J. Holden, W. R. Liscombe, E. J. Walley.

Mr. and Mrs. John Carroll of Buff alo, N. Y., spent the week-end, in the

has been shown an authentic autograph leter from Nikolai Lenin, the Bolshevik Premier, to a Russian comrade here, in which Lenin says he is growing tired of the struggle aaginst the superior forces and organization of the allies. The letter, which is dated Moscow, May 6, complains also of the growing weakness of Lenin's party when, it says, further strength is required. Lenin adds the struggle allies and their own trade development in Greece will be huge. Canadian the struggle development in Greece will be huge. Canadian the struggle development in Greece will be huge. Canadian the struggle of 15 per cent. Were contained the struggle of 15 per cent. Were contained the most serious disease of Leaf Roll, and that 7 per cent. Were contained the struggle of 15 per cent. Were contained the most serious disease of Leaf Roll, and that 7 per cent. Were contained the struggle of 15 per cent. Were contained the most serious disease of Leaf Roll, and that 7 per cent. Were contained the most serious disease of Leaf Roll, and that 7 per cent. Were contained the struggle in the statistics because of irregularities in the work. The territory covered was from Northumberland and Peterborough counties west to Essex, not including Simcoe and Victoria. It are five levelopment in Greece will be huge. Canadian the most serious disease of Leaf Roll, and that 7 per cent. Were contained the most serious disease of Leaf Roll, and that 7 per cent. Were contained the most serious disease of Leaf Roll, and that 7 per cent. Were contained the most serious disease of Leaf Roll, and the most serious disease of Leaf Roll, ther strength is required. Lenin adds that the financial situation is betark: "We are in great trouble."

BEST DELIVERY

Office: 18 Queen Street. BAGGAGE TRANSFER, CARTAGE AND MOVING Auto Service at all hours.

BICYCLE REPAIRS AND **VULCANIZING** ROBERTS & BARDSLEY Phone 1481 - 2 Queenston St

Furniture of all kinds bought, sold or repaired. Highest pritces paid for allFurnure. Call 2331 Tus Illina St.

Clothes Cleaned, Pressed an Repaired at Short Notice 43 Geneva Street

Or Phone 1952

New Royal Hat Cleaning Co. anama Hats-Cleaning, Bleach 61 James St., St. Cutharines

W. E. LONGDEN

has taken over the premises 114 Queenston Street where he will continue to serve the public with High Class Groceries.

De liveries Every Day

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Do With

The Interest?

coupons, exchange them for their par value in

days of readjustment and reconstruction.

War Saving Stamps.

When you cash in those Victory Bond

Your Country needs this money in those

The purchase of War Savings Stamps is

lost Serious of Them Widely Established in Old Ontario.

Varieties of Grains Which Give Heavilest Yields—O. A. C. No. 21 Hest Barley of All — Get Everything In Readiness for Spring Spraying

Clean to handle. Sold by all Druggists, Grocers and General Stores

FOR AUSTRIAN

WILSON'S

GENNEVA, June 9.—The correspondent of the Associated Press as been shown an authentic autoraph leter from Nikolai Lenin, the reply will not be handed to the Allies in the potatoes was spread over 32 counties, although the reports from four of that number are not included

Trade Commission believes.

If Ganada could supply Great Bri tain with only the eggs which were formerly obtained in Russia, the prosperity of small farmers would con adian Trade Commission's inform

have a well deserved reputation as a safe and effective roundly for stomach ailments. They are

Quickly

helpful in bilious attacks, sick headache, dyspepsia, heartburn and constipation. They act gently and surely on the organs of climination, purify the blood, tone the system and very quickly

Strengthen Digestion

NEW G.T.R. SCHEDULE EFFECTIVE MAY 4, 1919

7-35 a.m .22 p.m. † EAST 35 a.m. + 4.00 p.m. *@ 6.37 p. m. †

†Daily except Sunday. @Stops at Grimsby only

War Savings Stamps

can be bought where-

ever this sign is dis-

Contributed by Ontario Department of

partment of Agriculture in-spected 313 seed potato fields in Northern Ontario

ast year of 278 acres, and 119 fields qualified for certified seed. It is esti-mated that there were 16,000 bushels COUNTER PROPOSALLS of certified seed secured from North Zurich, June 9.—The Austrian re-shipped to Old Ontario to be planted

teresting fact revealed by the survey is that the diseases are most common along the shores of Lake Ontario, through Dufferin and Wellington counties, and Along the shore of Lake Erie through to Essex county. Farther north the percentage of disease is much smaller. While the average for the two diseases is 22 per cent., some of the counties showed a much higher rate as Haldingne 23. Welligher rate, as Haldiffiand 29, Weltand 61.7, Lincoln 33.5, Wentworth 26.8, Brant 44.8, Halton 32.1, Peel 51.9 and York 25.4. The standard in this province permits of two per cent. Leaf Roll in No. 1 seed and 5 per

ent. in No. 2. In severe Mosaic he percentage is the same, although n slight Mosaic the figures are known. Whether there is some organism, or whether the climate has something to do with them, is a matter of doubt. Prof. P. A. Murphy, of Charlottetown, who is the Chief Pathologist for potatoes for the Dom-inion, and who is attached to the Central Experimental Farm, is at work on this problem, and it is hoped that before many months the cause will be known. At any rate, it is known that the diseases are more common in potatoes in the Southern States. That is why it is expected Ontario seed potatoes will be in de-mand there in a few years.

Leading Varieties of Spring Grain. The old Six-rowed barley gave way to the Mandscheurl, and that in turn has given place to the O.A.C. No. 21, which is now grown throughout Onall other varieties. The Egyptian and the Black Tartarian varieties of oats which were popular at one time have been largely displaced by the Banner and more recently by the O.A.C. No. 72 and the O.A.C. No. 3 varieties. The O.A.C. No. 72 variety has a comparatively strong vigorous straw, spreading head, and white grain of good quality, the hull being quite thin. In experiments at the Ontario Agricultural College it has surpassed the Banner in yield per acre in each of nine out of ten years. It has made a phenomeral record in connection with the Oatario Standing Field Crop Competitions, taking more first prizes than all other varieties of oats combined. The O.A.C. No. 3 variety is ten days earlier than the Banner or the O.A.C. No. 72, and is an excellent variety for mixing with barley when it is desirable to grow the two in combination. Of the spring wheats the Red Fife, the Marquis and the wild Goose are the principal varieties. At the present time, however, when the demand for wheat for bread production is so organt the Marquis and the Red Fife, and especially the former, should be grown as extensively as possible in Ontario. Spring rye does not yield equal to Winter rye but its cultivation will perhaps be increased somewhat during the present year. The O.A.C. No. 61 variety has given the best results, surpassing all other kinds in yield of grain per acre.—Dr. C. A. Zavitz, O. A. College, Guelph. which were popular at one time have

grain per acre.—Dr. C. A. Zavitz, O. A. College, Guelph. Prepare for Spring Spraying. hard to attain with the use of poor machinery. The power sprayer is an machinery. The power sprayer is an expensive piece of machinery, but it is effective when properly handled, its usefulness can be greatly impaired by improper care. To secure the highest degree of efficiency in spraying the maintenance of high pressure is necessary. Probably high pressure is not needed in all cases; it is, however, true that by means of it more incrough and, consequently, more effective work can be done in a mitch shorter time and with much less effort.

The agitation of the liquid in the ank is another important matter. In he case of most sprays, the individual particles that make up the insecticide are suspended in the water. Unless the sprayer is equipped with 1 good agitator, these particles will settle to the bottom, rendering the nixture in the top of the tank weaker than it snould be, and that in the lottom bironger, and possibly in iome cases too strong for safe application.

ation.

It is needless to say that the care of spraying machinery should hever be neglected. Indeed, the spraying outher should never be put away after using until the mixture is thoroughly cleared out from all parts of the pump, rod. Dipling, hoss are through them. The water should be drained from the engine, and all parts cleaned and offed. Prof. Inc. Evans 2 A Callege Gueld.

Officers of the Law today went Queenston to enquire into the death of an employee on the Hydro canal

"Fruit-a-tives" Quickly Relieved Tols Chronic Troub

569 Casgrain Stasser, Montheal.

"In my opinion, no other medicine is so curative for Constipation and Indigestion as "Fruit-tives".

I was a sederor from these complaints for five years, and my sedentary occupation, Music, brought shout a kind of Intestinal Paralysis; with masty Hendacker, belefing gas, drownness after eating, and pain in the book.

I was induced to try 'Fruit-a-tives' and new for six months I have been entirely well". A. ROSENBURG. 500, a bp I, 6 for \$2.50, trial size 200. At all dealers or sent postpaid by Fruits-tives Limited, Ottawa.

ADVERTISE IN THE JOURNAL

BACK TO THEIR HOMES

Among the lada reaching the city the hearty reception tendered him at the station. He left the city in the first year of the war as trumpter with the old Seventh Field Battery and saw much active and dangerous strvice as despatch driver. After being severewounded and in the hospital for Air Force and obtained the rank of Flight Sergeant. He is recieving a hearty welcome home. Both boys of this family, Willie and Charlie, en-

FINANCIAL

with the satisfaction of duty well PETROLEUM PRODUCT (O.LTD

listed for service and now both have

A rich strike is reported on McIntyre mine. Two of the five per cent. Canadian war bonds made new highs.

Consolidated Smelters stock advaned two points on tariff changes.

Touch Toes Fifty 1 mes

Fine exercise! Keeps skin clear and complexion rosy by forcing the delayed food, poisons and waste



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 28-25 James-st. Phone 29 bowels gently no inconvenience! Cascarets cost only 10 cents a box. Canada Food Board Licen

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We expect a big movement in this property in the next two months: So act quickly and own a home in the most beautiful sub-division in the Niagara Peninsula.

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