

At Once! Stops Stomach Distress!

Indigestion pain, food souring, acidity, gas, and heartburn go instantly! Pleasant relief!



Wonder what you ate to upset your stomach?

Don't bother! Here is relief!

The moment Pape's Diapepsin reaches your unsettled stomach all the lumps of indigestion, sourness, gases, acidity, headache and dyspepsia go.

Costs so little at drug stores.

Pape's Diapepsin

WILL PUT YOU ON YOUR FEET

ISSUES FOOD WARNING

Deaths From Ripe Olives Cause of Message to Officers.

WASHINGTON, D. C., Feb. 13.—A formal warning against foods that show any evidence of decomposition was sent out yesterday by the public health service as an aftermath of the recent cases in which fatalities followed the eating of ripe bottled olives generated by decomposition.

"Persons are warned," telegrams sent to state health officers said, "not to eat any food that is off in color or odor when opened, shows an accumulation of gas or evidence of decomposition."

FLU MORTALITY RATE

About Half That of 1918, Says Public Health Service Report

WASHINGTON, D. C., Feb. 13.—The mortality rate, due to the influenza epidemic this year was about half of that in 1918, said a statement yesterday by the public health service, announcing that the present epidemic apparently had reached its peak.

With the exception of some cities in Massachusetts and New York state, exclusive of New York city, practically all of the reports indicate a decline, the statement says.

Rushed to Jail Jewish Legion

But Thousands of Refugees Were Deluded by Mirage and Must Be Fed.

Deluded by the mirage of a Jewish legion at Constantinople, many Jews from the Balkans emigrated to that city some months ago and are now without money, clothing or food, according to the report of a Jewish relief worker just received in this country. These returned soldiers found that in their economically ruined countries during the war, and when the report that a legion was being formed in Constantinople under British command, hundreds of them took their families and emigrated across the Bosphorus. They are now being supported by relief funds until some way of self support can be found.

"Many of them," according to the report, "were eager to show that poverty, not war had driven them from their homes, and once at Constantinople the besieged British recruiting offices in search of the Jewish Legion of which they had heard. But there was no such legion. I found sixty of these people living in a single room. Among them were women and children. They were discouraged and sullen, and in their long hours of enforced idleness I was told that they often came to blows.

"A soup kitchen is being run for these people and when I explained the situation to General Deeds, he promised to give all those in Constantinople the same preferential aid at the military labor agency that was being extended to the Armenian and Greek refugees of Asia Minor. That is, if they have the strength and capacity they will be taken to do military construction work."

These refugees are only a small part of the 6,000,000 human beings who are dependent upon the Jewish Relief Committee's funds.

The question of establishing an athletic stadium in Toronto was discussed by the Parks Committee with representatives of various athletic bodies.

HAD RHEUMATISM FOR FIVE YEARS

No Return of the Trouble Since Taking 'FRUIT-A-TIVES'



MR. JOHN E. GUILDERSON

P. O. Box 123, Parrsboro, N. S.

"I suffered with Rheumatism for five years, having got so badly at times I was unable to get up without assistance. I tried different medicines I saw advertised and was treated by doctors in Amherst, also in my home town, but the Rheumatism came back.

In 1916, I saw in an advertisement that 'Fruit-a-tives' would stop Rheumatism, and took one box and got relief; then I took them right along for about six months and the Rheumatism was all gone and I have never felt it since.

Anyone who would care to write me as regards 'Fruit-a-tives' I would be glad to tell them what 'Fruit-a-tives' did for me."

JOHN E. GUILDERSON, Contractor and Mason, 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

With nearly nine hundred flu-stricken families under the care of the health department, Toronto, the scarcity of volunteer workers continues.

Save money on Footwear at Brownell's Profit Sharing Shoe Sale. 357 3rd St., and 2121 Main St., Niagara Falls, N. Y.

WANTED—Telephone operators. Apply Chief Operator Bell Telephone Building. 6311.f

NO CLOTHING TO COVER NAKEDNESS

Destitute Jewish Children of Eastern Europe Suffer Terribly From the Cold.

The destitute Jewish children of Eastern Europe are almost entirely without clothing to protect them from the ravages of the winter, according to Samuel Charney, a Jewish writer and critic of Vilna, Poland, who has recently arrived in New York.

"It is not a question of their being without shoes, or without underwear, or without any one thing," he reported. "It is a question of their being altogether without clothing to cover their nakedness, and to protect them from the cold. There is almost a total lack of linen, cotton or woolen clothing in Eastern Europe, and what there is is sold at a prohibitive price. This is the case with the most of the Jews who have worn all through the war are falling from them. The clothing problem is almost a greater issue than the food problem today."

"The help already given by the Joint Distribution Committee of Jewish Funds, the Red Cross, and the Canadian and American Relief Administration is all that has kept our race alive this long in Eastern Europe. I was an eye-witness to the suffering there and can say that except for America they would all be dead now, except a very few. Only America can keep them alive through the winter that confronts them now. There is almost no wood in Poland, even for those who have the money to buy it, and thousands of refugees and families whose homes have been destroyed are living almost on the street. Almost none of them have sufficient clothing."

M. Charney, who was the editor of a Jewish paper in Vilna, came to America with his family by means of a special passport which was secured for him by Samuel Compas and endorsed by such prominent Jews as Rabbi Stephen S. Wise, Oscar Straus, and Nathan Straus. He was thrown into prison in Vilna along with many other prominent Jews of Vilna. Four days later he was released and went with his wife and two small children to Paris, from where he sailed for America.

SIX MILLION JEWS HAVE LITTLE FOOD

Heart-Rending Stories of Suffering and Death Come From Eastern Europe.

The cans in which oil was sent to the destitute Jews of Poland are being turned to still another use, according to reports brought back to the Canadian Jewish War Relief Committee by relief workers abroad.

For several months these cans have been serving in a number of lighting-change capacities, ranging from chocolate containers to sheet metal stoves. Now that the epidemic of typhus is such a menace in Poland, where there are 100,000 cases, and throughout Eastern Europe, the old cans, serve as portable bath tubs, and Canadian Jewish relief workers and Red Cross nurses are striving to combat the dread disease with cleanliness. All through the stricken lands of Eastern Europe little Jewish children are receiving their daily baths in these old oil cans.

Conservation is whittled to a fine point of necessity in these countries, where 6,000,000 Jews are at the point of starvation, and even the damaged cans are not allowed to go to waste. They are used to patch holes in the roofs and walls of the devastated houses. Cold is as much of a problem as disease in Eastern Europe this winter, since the Jewish population, almost without exception, is clad in rags, and the wretched places in which so many of them live are slight protection against the weather.

BLACK TYPHUS IS KILLING THOUSANDS

Hundreds Upon Hundreds of Children Become Orphans and Wander Until Overcome by Starvation.

The tragedy of the wandering little orphans of Poland and the sorry efforts of the mothers of that war-stricken country to care for the homeless ones, is an appealing phase of the big heart-breaking story of starvation that relief workers bring back from abroad.

Thousands of youngsters, motherless and fatherless through the ravages of the "black typhus," trudge wearily from village to village over the desolate country seeking what food they can find to keep life in their starving bodies. Sometimes bands of refugees find the little folks and take them in charge. Now and then some almost equally poor peasant gives them shelter and divides his small portion of food. And then, in the course of a day or two, the children take up the tramp again like so many small gypsies. Once in a while a woman will mother the little travellers and aid them until starvation overtakes them.

Jacob Bashein, who had been in charge of a relief unit for the Joint Distribution Committee, which handles funds collected by the American Jewish Relief Committee and other Jewish fund-raising relief organizations, told of these tragic pilgrimages.

The Canadian Jewish War Relief Committee is appealing for funds to alleviate this terrible suffering.

Nothing Added, Nothing Taken Away.

SOME people think the blacker the coffee the better it is. That is a mistake. A cup of good coffee is the color of amber. The proper proportion is a (level) dessert spoonful for each cup.

If the coffee is deeply colored it contains a generous proportion of adulteration. Cheap is one adulteration. It has coloring qualities that is not. But when you purchase

Rideau Hall Coffee

STEEL-CUT CHAFFLESS

You get the best and purest blend—Nothing is added. Nothing is taken away. Your coffee is ready prepared for table use. Just pour boiling water on it—don't boil it—let it stand for 10 minutes, then drink the most naturally refreshing drink imaginable. At all grocers, in pound and half pound sealed tins.

CORMAN, ECKERT & CO., LIMITED, LONDON AND WINNIPEG.

STOP-CATARRH! OPEN NOSTRILS AND HEAD

Says Cream Applied in Nostrils Relieves Head-Colds at Once.

Count fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more sniffing, hawking, mucous discharge, dryness or headaches, no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply to inside of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed-up and miserable. Relief is sure.

CONFESSION WINE MAKER TURNED LOOSE BY JURY

NEW YORK, Feb. 13.—A jury before Judge Chatfield in the Federal court, Brooklyn, yesterday returned a verdict of not guilty in the case of John Cutrone, No. 348 Atlantic Ave., Brooklyn, charged with manufacturing wine in his cellar. The jury was out only fifteen or twenty minutes, although Cutrone had admitted making wine in his cellar.

THREE CASES OF WHISKEY STOLEN UP GRIMSBY WAY

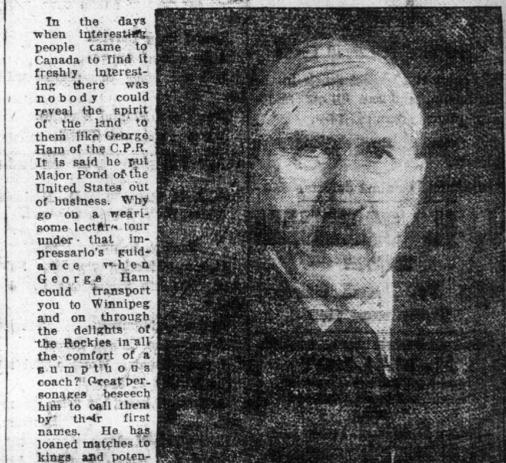
Somewhere in Grimsby there is sunshine; Somewhere there is gloom; Somewhere there is an oasis; somewhere there is nothing but desert; Somebody is having a nice "Wet" time and also somebody is going mighty dry remarks the Independent.

On Tuesday night or early Wednesday morning some person or persons with a thirst on their eight miles long entered the Canadian Express Office and stole three cases of real honest to goodness "Hard-biled" liquor and made away with it and as a consequence some parties in that vicinity who have been dry awaiting for this thirst quencher to arrive, will continue to suffer from the drought.

Entrance was gained by forcing the back window in the store and the whisky was handed out through it. The thirsty ones did not go away as dry as they came for three "Dead Soldiers" were found not very far away from the scene of the terrible crime.

The county council has adjourned to February 25th.

Mark Twain of Canada



MR. GEORGE HAM.

In the days when interested people came to Canada to find it freshly interesting there was nobody could reveal the spirit of the land to them like George Ham of the C.P.R. It is said he put Major Pond of the United States out of business. Why go on a wearisome lecture tour unless that impressario's guidance when George Ham could transport you to Winnipeg and on through the delights of the Rockies in all the comfort of a Pullman or a coach? Great persons beseech him to call them by their first names. He has loaned matches to kings and potentates and photographed the graves of his features for admiring authoresses of best sellers. There did once seem to be a time when the truly great would not venture to come to Canada without first ascertaining whether George Ham could receive them. He is said to have gone "fed up" with dukes and royal bodies that he did not mind, for a change, escorting untitled personalities of international fame. Men whose signatures command imperious power would no more think of forgetting to send him their Christmas cards than they would dream of neglecting a royal command. He is so very much personable with all kinds of people in whom, when he arrives in London the court of honor has to be enlarged to publish the invitations issued in his honor. Now he has been the signal honor of an unpaid-for mention in the exclusive Morning Post. It feels relieved to know that even if the honor of the C.P.R. is jeopardized, the official entertainer of the C.P.R. is kept in high spirits. This bright though rare London paper says George Ham is the Mark Twain of Canada. He claims his jests are beyond computation. He will yet go down to fame as having originated one joke. He has been as generous with his humor as he has been a profitable acquaintance for professional jokesmiths. As he never has patented any of his inimitable quips he often laughs at them when he hears them on the stage, until he realizes that they were of his own making. You may have heard of the Cincinnati millwright he took to Muskoka. While there he later complained to the police that in the encounter his watch and chain had been stolen. It should be added that George Ham was not out with his Cincinnati charge when the watch and chain were stolen. Thousands of personages who have enjoyed seeing Canada have testified to how much their enjoyment was due to his kindly wit and indefatigable attention. They have paid tribute to the courtesies he knows so well how to extend in behalf of his railway. But perhaps one of the best tributes ever paid this incomparable humorist of the railway lines, was a copy of verses by Mr. Neil Munro, the Scottish author. He says how George Ham had "freighted laughter ten thousand miles," when acting as uncle, aunt, brother, father and grandfather to a party of British scribes. They think in Britain that not to have known George Ham of the C. P. R. is to display ignorance of the Empire's geography.

—Winnipeg Telegram.

Specialty Iron Moulders

Wanted to operate moulding machines. Light work, big pay. Average weekly hours about fifty. Steady work and employees insurance.

TAYLOR-FORBES COMPANY
GUELPH, ONT.



IF the Ford Motor Company of Canada, Limited, is able to build up to the limit of its capacity, only 27,350 Ford Cars will be built for use in Canada between January the first and July the thirty-first of this year. Divided among the total population of Canada this means one car to every three hundred and ten people.

It is easy to see that many people will be unable to get their Ford Cars at all, and many will have to wait for summer or fall delivery.

As Ford Dealers in this territory, we desire to deliver a car to every person in this district who wants one, but we cannot get the cars unless we send in the orders now.

If you will need a car later on, don't wait till spring before ordering. Put yourself at the top of the delivery list by signing an order today.

LINCOLN MOTORS - DEALERS - ST. CATHARINES

ING GEORGE THEAT

O-DAY and SATURD

Albert Ray and Elinor Fair

the Special Racing Comedy De

"Vagabond Luck"

Third Episode of Robert

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"THE BLACK SECRET"

Featuring Pearl White

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