

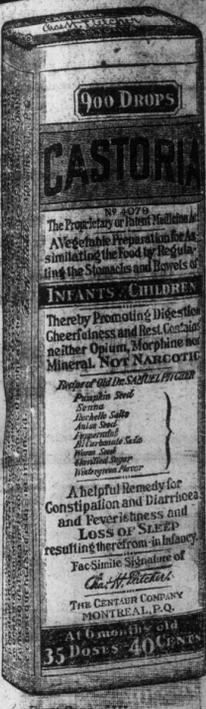
# CASTORIA

For Infants and Children.

Mothers Know That  
Genuine Castoria

Always  
Bears the  
Signature  
of

*Dr. J. C. Hutchins*  
In Use  
For Over  
Thirty Years  
CASTORIA



## 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 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 repositioned which the Salvation Army occupies today indicates tremendously increased 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 APPETITE FAILS AND HEALTH DECLINES FOLLOW THIS SUGGESTION

Requires Only a Couple of Small  
Tablets After Meals to Fix You  
Up Again.

A New Blood-Food Called Ferrozone  
Sure to Restore You Quickly...

Every day comes the good news of wonderful cures with Ferrozone. In Peterboro' it worked marvels for Louis Meehan—put him right on his feet—made him entirely well. "About three years ago," says Mr. Meehan, "I had the Grippe which left me in a very run-down condition that finally developed into dyspepsia. I was unable to eat but a few things and had a craving for acids. I gave up treating with the doctors because they did not help me and on the advice of a friend used Ferrozone. It not only cured me of Dyspepsia and Biliousness, but has built up my strength to what it was before I had the Grippe. I can recommend Ferrozone as an ideal restorative."

Ferrozone gives you force, energy and vim. It strengthens the stomach, cures indigestion, prevents headaches—guarantees good health. Thousands use Ferrozone—they all feel better. Try it yourself—sold in 60c. boxes, six for \$2.50 at all dealers or direct from The Catarthzone Co., Kingston, Ont.

## GIRL WHO FLED FROM ARMENIA GUEST AT FALLS

NIAGARA FALLS, April 12—Aprora Mardiganian, Armenian refugee, a ward of the United States, while in this country where she came to tell the story of the crimes of the Turks, will on Wednesday next be a guest of the Falls Rotarians at their weekly lunch.

The young woman, who bears the brand of the unspeakable brutes who ravished her country, will arrive here Monday and appear with the production "Auction of Souls" at a local theatre where she will personally talk to women at matinee performances for four days beginning Monday.

In the meantime, the committee in charge of the Near East Relief will be active in the effort to obtain funds for the adoption of as many as possible of the orphans who are destitute in Armenia.

## 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 fails, comes times 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, falling 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.

## Make Small Loans To Help Workers

One Million Dollars Will Be Spent  
To Help Mechanics From  
Canadian Relief Fund

Rehabilitation of Poland's middle class of mechanics, artisans and small tradesmen, ruined by the war, by expending \$1,000,000 through small loans, is the plan of Dr. Boris D. Bogen, Director-General of Jewish Relief Work in Poland, is now working on, as one of the main features of the reconstructive relief program now being carried on in that country.

"Perfect administration ready to carry this work on," Dr. Bogen said.

led the Canadian Jewish Relief Committee, "This is wonderful opportunity for constructive service." Heading a unit of 25 skilled relief workers, which recently arrived in Poland, Dr. Bogen, with headquarters in Warsaw, through his unit has his relief organizations covering practically every part of stricken Poland, he reports, while couriers are covering the country, delivering remittances from Canadians to their destitute relatives in Poland.

In line with Dr. Bogen's reconstruction policy, an appropriation of \$250,000 for use as small loans to aid in rehabilitation work, was included in the March expenditures of \$710,000 for Poland, by the Joint Distribution Committee, relief disbursing organization of the Canadian Jewish War Relief and its allied bodies.

Bishop Fallon of London has issued special instructions to Roman Catholics in regard to marriages with non-Catholics.

**SANTAL MIDY**  
CATARRH of the BLADDER relieved in 24 HOURS  
Each Capsule contains 50 mg. of Santal Midy.  
Beware of counterfeits!

## Canada's National Biscuit

THE eoda biscuit is a Canadian institution—it is found on the big majority of Canadian dinner tables.

And of eoda biscuits, McCormick's Jersey Cream Sodas are the leaders in Canada.

They have a reputation of sixty-one years standing. What a test of the value of a food product!

Every one of the hundreds of thousands of Canadians who eat them know that the high quality is consistently maintained.

# 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.



## THE Triplex Springs of new Overland 4 make possible the first light car with the stead- iness 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.



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Branches: Toronto, Montreal, Winnipeg and Regina

## COMMISSIONER HIGGINS HERE TO CONFER ON SAL- VATION ARMY MATTERS

Com. W. J. Richards, head of the Salvation Army in Eastern Canada and Col. John McHillan, Chief Secretary are conferring with Commissioner Higgins, Chief of Staff and Second in Command of the Salvation Army for the work who arrived in

Boston from London, England, recently. Com. Higgins came to America to discuss matters pertaining to Salvation Army affairs in Canada and the United States, with Commander Eva Booth, head of the Salvation Army in the United States and with the Canadian officials. He was for many years Chief Secretary of the United States and recently succeeded

Com. Howard as Chief of Staff and Second in Command. Many matters having any important bearing upon the future policy of the Salvation Army, and its reconstruction work are to be taken up at this meeting and it is expected that on his return Com. Richards will have something to say in regard to the questions affecting the policies to be followed in Canada.

## The Telephone Situation

## What We Get For the Money!

On January 1st this year our total investment in telephone property—buildings, equipment, tools and supplies, plus what it has cost in actual cash to put this working equipment into service—was \$51,458,306. On the same date we had in operation 337,476 telephone instruments.

This means an investment of \$152 for each telephone instrument in service.

What has been provided for this investment of \$152 per telephone?

Here are some of the things:

An exchange telephone system in thousands of cities, towns and villages in Ontario and Quebec with substantial fire-proof buildings the last word in sanitation and convenience; 98,750 miles of Long Distance wire on 9,500 miles of poles; 587,000 miles of wire in underground cables; many hundreds of miles of wire providing party service to rural communities besides exchange and pole line facilities to give exchange connection to 720 local telephone organizations serving over 103,000 subscribers, mostly farmers.

It takes some 11,600 telephone workers to operate the system and their wages in 1919 totaled \$9,406,000.

This goodly band of faithful workers, with those dependent on them, are a substantial element in the community. They are intimately concerned in its welfare—concerned most of all that the telephone service shall be adequate to its needs. They appreciate, just like the rest of humanity, the kindly co-operation of the public.



## The Bell Telephone Company OF CANADA

R'S  
TION  
DY  
s the Active and  
e Stomach  
r Bottle  
UG STORE  
street

held up at the border here  
of a strike here in circuit  
today are false.  
TO KEEP SOLDIERS  
FROM PURCHASING LAN  
ARY, APRIL 12—Believe  
Hudson's Bay lands which  
are thrown open for home  
stead since they reverted to  
own without cost, Calgary  
of the G. W. V. A. will  
kets on the Soldier Settlement  
ces steps next week in an  
to prevent purchase of the  
soldiers.

## CUNARD SURGEON DECEASED

AX, April 12—The voyage  
eamer Royal George, which  
in port this morning, from  
ton, direct, was much sad-  
y the death on April 4th, of  
surgeon Dr. James Pointon,  
st surgeon in the Cunard  
Pointon had been ailing  
weeks, but in spite of the  
of his friends would not take  
ed, and on Sunday, while on  
to his cabin, died of angina  
pneumonia. He was buried at  
the date of his death. Dr.  
had sailed in the Cunard  
over thirty years.

## Specialist

VE EXHAUSTION,  
ES, ACNE, SKIN DIS-  
BLOOD CONDITIONS,  
e years is of much benefit  
is again feeling well—that  
gainers, I give every pat-  
ated, licensed and register-  
t possible time.



## ICE HOURS:

Wednesdays and  
s—9 a. m. to 9 p. m.  
Thursdays and  
s—9 a. m. to 6 p. m.  
Hours—10 a. m. to

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