LIGHTEN YOU

Comfort and convenience count on

washday, perhaps more than on any

other day of the week. Anything that will

lighten the work is doubly welcome then.

are labor lighteners. They save time and strength. Incidentally they cost no more. Eddy's Fibre wash-tubs are easy to .. ft and

easy to carry. They keep the water hot a long time because they do not radiate heat as galvanized iron or tin will do. They cannot leak, because they are made in one piece, without joint or seam. And the cost is actually less because they will outlast several of the old-fashioned kinds of washtubs.

Eddy's Twin Beaver Washboards save time by the special crimp which loosens the dirt easily. A washing surface on each side gives them double the efficiency of the or-dinary washboard.

The E. B. EDDY CO. Limited

HULL, Canada Makers of the Famous Eddy's Matche

EDDY'S INDURATED FIBREWARE

Wash Tubs and Washboards

LT.-COL. COLLISHAW

1919

Traffic.

ERVICE

pril 1st pril 5th

8th pril 12th pril 15th Admirable Crichton of Air and Antarctic, Tells His Experiences.

MADE IMPERIALS SORE

Canadians Detoured to Enter Cambrai; a Task Assigned British.

teat. Col. Collishaw, D.S.O., D. D.F.C., Croix de Guerre with palms, and other honors thick in him, wearing the new horizon uniform of the Royal Air Force, troduced to the Canadian Club ay by Major Wright, its presi-

who are quite beyond us," he declared. He did not know how to describe Col. ishaw. He had been to the south with Shackleton, got back in time or into the war, was one of the two permier air men of the war, and his ervices baffled description. He had erved longer continuously at the ront than any other aviator, had een shot down ten times, and accounted for 60 Hun airplanes and was to yet 25 years of age. He wears he red and blue ribbon of the D.S.O. with bar, the white and blue of the D.F.C. and green and red of the roix de Guerre with two palms, the with the of the Antarctic order, and the form the people's savings, and the habit of saving, which such investments encourage, will serve as it sure foundation for the future prospers the country.

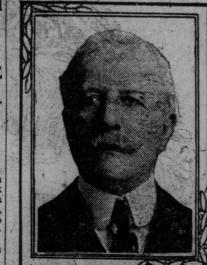
"The National War Savings Com-

other officers at the front, was to the effect that it was an open secret that a British aviator sent over to make recommaisance of the German army when the Germans were encircling Paris, spied out the weakness in the German line which led to the French advance and the German retreat in

ada could accomplish in aviation if the people would only take an interest in it. In his opinion, the work of the aviation won the war. At the con-clusion of his address the colonel was

Sir Vincent Meredith Endorses The New War Savings Plan

AT CANADIAN CLUB President of Bank of Montreal speaks of the educational value of movement to promote savings.



SIR VINCENT MEREDITH, BART,

I KNOW A WOMAN'S SUFFERINGS

I am a woman.
What I have suffered is a far better guide
than any MAN'S experience gained secondhand.

I know your need for sympathy and health.

And the treatment that gave me health and strength, new interest in life, I want to pass on to you, that you, too, may enjoy the priceless boon of health. priceless boon of health.
Are you unhappy, unfit for your duties?
Write and tell me how you feel and I will
send you ten days' FREE trial of a home
treatment to meet your individual needs,
together with references to women in Canada
who have passed through your troubles and
regained health; or you can secure this
FREE treatment for your daughter, sister or
mother.

mother.

If you suffer from pain in the head, back, or bowels, feeling of weight and dragging down sensations, falling or displacement of liternal organs, bladder irritation with frequent urination, obstinate constipation or piles, pain in the sides regularly or irregularly, bloating, dyspepsia, extreme nervousness, depressed spirits, melancholy, desire to cry, fear of something evil about to happen, creeping feeling up the spine, palpitation, hot flashes, weariness, sallow complexion, with dark circles under the eyes, pain in the left breast or a general feeling that life is not worth living, I invite you to send to-day for my complete ten days' treatment entirely free and postpaid, to prove to yourself that these ailments can be easily and surely overcome at your own home, without the expense of hospital treatment, or the dangers of an operation. Women everywhere are escaping the surgeon's knife by treatment, and when you have been benefited, my sister, I shall only ask you to pass the good word along to some other sufferer.

My home treatment is for all,—young or old.

MRS. M. SUMMERS. BOX 65.

MRS. M. SUMMERS, Box 65.



Read My FREE Offer:

To Mothers of Daughters, I will explain a simple home treatment which speedily and effectually dispels green-sickness (chlorosis), irregularities, headaches and lassitude in young women, and restores them to plumpness and health. Tell me if you are worried about your daughter. Remember it costs you nothing to give my method of home treatment a complete ten days trial, and if you wish to continue, it costs only a few cents a week to do so, and it does not interfere with one's daily work. Is health worth asking for? Write for the free treatment suited to your needs, and I will send it in plain wrapper by return mail. Cut out this offer, mark the places that tell your feelings, and return to me. Write and ask for the free treatment to-day, as you may not see this offer again. Address:

Windsor, Ontario

S.S. METAGAMA AND **CRETIC MEN COMING**

Four Hundred En Route to Toronto and District.

Following is the list of troops for Toronto, Hamilton and Brantford. landed from the Cretic and Metagama at Halifax yesterday, and who are en route for their home cities. Unless otherwise stated, all names in the lists are for Toronto.

Men from the Cretic will be derained at the transportation building, Exhibition Camp Men from the Metagama who are accompanied by dependents will be detrained at Union

No definite time of arrival has yet been stated, but enquiries should be made today by phone to Adelaide 3180 and 3181, or to North 3416 and

Cretic List.

A—Lieut. L. E. Amsden, 400 West Richmond street; E. Achroyd, 9 Tor-rance avenue; J. Allen, 92 Boultbee avenue; E. G. Allen, 9th street, New Toronto; H. Allison, 60 Phoebe street; T. C. Allman, 122 Briar Hill; S. G. Armitage, 664 Annette street; W. E. Armstrong, 65 Balmoral avenue; W. M. Anthony, Government road, Lambton Mills; W. A. Anderson, C.P.R.

B—Lieut. J. R. Buller, 27 Classic avenue; N.S. L. E. Baker; Sergt. W. S. Brooks, Newmarket; C. G. M. S. R. Bryce, 147 Lappin avenue; Sergt. N. R. Baynton, Bracebridge; Sergt. W. E. Beck, 5 Cliff street, Mount Denis; Sergt. J. Mons Star.

Major Wright announced that he was to speak on war and commercial flying, but hinted that the audience would be glad to hear some of the ace's personal experiences. Loud cheers greeted this and the hint was accepted, Col. Collishaw describing some of his own adventures for the hour his address occupied. At the close the big gathering rose and cheered lustily.

Col. Collishaw revealed a few confidences, one of which, gleaned, he said, from talks with French and other officers at the front, was to the effect that it was an open secret that

MAYOR SAYS MILITARY

The National War Savings Committee is doing admirable and very indicated and very necessary educational work in impressing upon the minds of the Canadian people and very necessary educational work in impressing upon the minds of the Canadian people and very necessary educational work in impressing upon the minds of the Canadian people and very necessary educational work in impressing upon the minds of the Country.

The National War Savings Committee is doing admirable and very necessary educational work in impressing upon the minds of the Country.

The National War Savings Committee is doing admirable and very necessary educational work in impressing upon the minds of the Canadian very necessary educational work in impressing upon the minds of the Canadian very necessary educational work in impressing upon the minds of the Canadian very necessary educational work in impressing upon the minds of the Canadian very necessary educational work in impressing upon the minds of the Canadian very necessary educational work in impressing upon the minds of the Canadian very necessary educational work in impressing upon the minds of the Canadian very necessary educational work in impressing upon the minds of the Canadian very necessary educational work in impressing upon the minds of the Canadian very necessary educational work in impressing upon the minds of the Canadian very necessary educational work in impressing upon the minds of the Canadian very nec posa avenue; C. Briscoe, 150 Earls-court avenue; Corp. T. Bromley, 812 Indian road; J. S. Brown, 640 St. Clarens avenue; J. W. Burnett, 16 Snowden avenue; W. H. Burns, 1983.

Brantford.

H—V. Holland A. W. Howard.

J—A. W. Jacques, Hamilton.

K—T. Keithley, A. R. Kerr.

L—L. Lebar, A. T. Lawton, W. Liddell, J. W. Lewis.

M—F. E. Morgan, W. L. Middleton, J. McCormack, Hamilton; O. Mulcahev. Hamilton.

N. Grundy, 242 Harvey avenue.

H—G. Hockley, 38 Bellwoods avenue; G. H. Henderson, 95 Tecumseh street; J. T. Herrington, 153 Nairn avenue; W. H. Hoare, 85 Westmoreland avenue; A. Hobson, 455 Merton street; A. Holden, 12 Vivian street; R. I. Holman, 24 Kimberley street; G. E. Holmes, 87 Sorauren avenue; E. Howarth, 46 Northcote avenue; J.

wistion won the war. At the conclusion of his address the colonel was presented with an aviator's certificate of membership in the Aero Club, which is engraved in seven languages and which will serve as an introduction into aviation circles in sixteen foreign countries.

F. G. Diffin, president of the New York Flying Club, also spoke.

CRIMINAL NEGIGENCE.

Ernest Cahoon was fined \$25 or one month in jail by Judge Coatsworth in the criminal sessions yesterday after he had been found guilty of criminal negligence while in charge of a motor car.

NO BILLS.

The grapd jury yesterday returned to bill against Alexander Dumbar who was charged with theft and receiving.

At the colonel was presented with an aviator's certificate of membership in the Aero Club, which is engraved in seven languages, hey, Hamilton, P. A. Rankin, P. A. Rushton, P. M. Raggett, H. G. Richardson, S.—S. Strachan, F. Storey, R. W. Shephard.

W—Lt. H. W. Wilson, J. E. Withnell, G. A. Wadsworth, Hamilton.

TEACHERS BACK.

McMurrich School yesterday welformed back two of its former teachers, Lieut. McLinton, R.N., and Lieut. Gray, C.F.A., Principal Bennett officating as master of ceremonies.

The Belgian Relief Fund, Ontario son street, Hamilton; J. G. Lamb, W. J. Jones, 204 Claremont street; Sergt. J. A. Joyce. Markham.

K—C. Kennedy, Aurora; F. Kent, 86 Bolton avenue; J. Knox, Mimico, L.—A. Laird, 1081 Dovercourt road; C. R. Laing, 164 Robinson street, Hamilton; J. G. Lamb, W. L. Middleton, Milton, R. H. Howeit, 46 Northcote avenue; W. G. Lebarr, 450 Relowance in the Howeit, 46 Northcote avenue; W. Leitch, 11a Garnet avenue; J. E. Lennie, 560 Bathurst street; L. Leroy, 333½, East Ousen

avenue; J. E. Lennie, 560 Bathurst street; L. Leroy, 333½ East Queen street; G. Leslie, 44 McGee street; H.

street; G. Leslie, 44 McGee street; H.
H. G. Linden, box 571, Midland; A.
Lyford, 5 Mark street.
M—J. MacLean, 110 Cowan avenue;
F. A. Machell, Aurora; B. C. Madden,
13 Aberdeen avenue; Sergt, G. Marks,
624 Euclid avenue; C. Martindale, 117
Bowwood avenue; T. Masterton, 15
Stratford street; J. C. Millen, Winona;
H. Mills, 306 East Queen street; G.
Millett, 142 Arundel avenue; A.
Moody, 22 Harrison avenue, Hamilton; W. E. Morris, 114 Alcorn avenue;
S. Moss, 74 Benson avenue; J. Murray, 239 Niagara street; F. B. McKay,
540 Spadina avenue; A. N. McKinnon,
700 Ontario street; J. McLeish, 223
Lippincott street; Capt. H. B. McKinnon, 108 Cottingham street; Lieut.
J. R. Miln, 40 Division street; Sergt.
Milroy, 120 Gladstone avenue; N. J.
Moxon, 10 Lytton boulevard; Sergt. N. J. Sergt. Miroy, 120 Gladstone avenue, N. J.
Moxon, 10 Lytton boulevard; Sergt.
L. Massey, 85 George street; Sergt.
C. A. Morgan, Mount Forest.
O—Sergt. W. H. O'Connor, 61 Pem-

O—Sergt. W. H. O'Connor, 61 Pembroke street.

P—W. Paine. 148 Rusholme road;
Sgt. J. S. Pilson, 123 Spruce Hill st.;
Sgt. H. G. Pretty. 202 Wallace avenue;
R. S. H. Parry, 2513 Dundas street;
M. F. Pearson, Scarboro Junction;
G. Penfold, 41 Knox avenue; S. Perry,
312 Kingston road; R. H. Petman, 49
St. James avenue; C. Pintal, 12 Britannia avenue, Hamilton; I. W.
Plumer; R. Priestman, 100 Spencer avenue; J. Proctor, 34 Coxwell avenue, avenue; J. Proctor, 34 Coxwell avenue. R-Sgt. E. Rawlson, 282 Roxton rd.;

teins, such as meat, egg white, milk casein, wheat gluten, etc., are split into many different substances.

Some of these the body uses

to rebuild damaged or dead tissues; some, however, are

not only useless and harm-

ful but in some cases actually poisonous. Regular, thorough

bowel evacuation gets rid of

Constipation permits stagnation and absorption of these

poisons into the blood, with

Taking castor oil, pills, salts,

mineral waters, etc., in order

to force the bowels to move

does not-cannot cure con-

stipation - but makes it

On the other hand Nujol

overcomes constipation and

brings about the habit of easy, thorough bowel evac-

uation at regular intervals. because Nujol is not a drug,

does not act like any drug.

injury to the whole body.

the latter.

worse.

to the food you eat?

During digestion certain Nujol brings about a return kinds of food containing pro- to Nature's methods of sup-

plying necessary lubrication of the bowel contents, by

facilitating intestinal muscu-lar action, by absorbing poisonous matter, and thus se-

curing necessary cleansing of the intestinal canal and

protection of the defensive

properties of the blood itself.

Nujol has no deleterious

after effects, produces no bad habits, makes the bowels

Nujol is efficient at any age
—under any conditions—is

How and Why Nujol over-

comes constipation is de-

scribed in an interesting

and authoritative booklet, "Thirty Feet of Danger" free on request. Send for it and get a bottle of Nujol from

Nujol Laboratories

STANDARD OIL CO. (NEW JERSEY)

50 Broadway, New York

regular as clockwork.

satisfactory and safe.

your druggist today.

When you buy

matches look

for the name

"Eddy" on the

A kind for every purpose.

CANDO SEN

lough, A. McCullough, G. W. McEwe O-P. E. J. Olsen, 207 Hess street R- A. K. Reckle, 119 Stanley ave., lamilton; A. R. Richardson.

S-R. S. Scott. R. Soel. T-W. Trace, E. Trepoulk, 207 York W-C. E. Wall, A. Warnock G. Williams, J. W. Wood. Z-T. Zaburany.

Estate Notices.

ADMINISTRATRIX'S NOTICE TO CRE-ditors.—In the Matter of the Estate of Henry S. Anderson, Late of the City of Toronto, in the County of York, De-ceased.

NOTICE is hereby given, pursuant to the Revised Statutes of Ontario, 1914. Chapter 121, for all Creditors and others having claims against the estate of the said deceased, who died on or about the 23rd day of January, A.D. 1919, to send by post prepaid or deliver to Saunders, Torrance & Kingsmill, Room 54, Trusts & Guarantee Building, 120 Bay Street, in the City of Toronto, solicitors for Mrs. Leona Anderson, the Administratrix of the estate of the said deceased, their Christian and surnames, addresses and descriptions, and full particulars of their claims and statements of their accounts and the nature of the security, if any, held by them, duly verified.

And further take notice that after the said 31st day of March, 1919, the said Administratrix will proceed to distribute the estate of the said deceased amongst the persons entitled thereto, having regard only to the claims of which she ther shall have had notice, and that the said Administratrix will not be liable for the said estate or any part thereof to any person or persons of whose claim she shall not then have had notice.

SAUNDERS, TORRANCE & KINGSMILI.

120 Bay Street, Toronto, Solicitors for the Administratrix of the Said Estate. Dated this 19th day of March, 1919.

NOTICE is hereby given that all persons having claims against the estate of Sophia Ann Helliwell, widow, 11 Dundonald Street, who died January 24th, A.D. 1919, at Toronto, County of York, are required to send to the undersigned before April 8th, 1919, particulars of their claim, After the said date the Executors will distribute the assets amongst those entitled, having regard to the claims only of which they then have notice, ROWAN, SOMMERVILLE, NEWMAN & HATTIN, 59 Victoria Street, Toronto, Solicitors for the Executors, the Toronto General Trusts Corporation.

ADMINISTRATOR'S NOTICE TO CRED-itors and Others.—In the Estate of John Godsell, Deceased.

Seption and the response over a controlling of the control of the

ADMINISTRATOR'S NOTICE TO CRED-itors and Others.—In the Estate of Robert Dunlop, Late of the City of To-ronto, in the County of York, Military Officer, Deceased.

Who died on or about the 7th day of September, 1918, on the field of battle, for the honor of his country, and all others having claims against or entitled to share in the estate, are hereby notified to send by post, prepaid, or otherwise deliver, to the undersigned Administrator, on or before the 18th day of April, 1919, their Christian and surnames, addresses and descriptions, and full particulars of their claims, accounts or interest, and the nature of the securities, if any, held by them. Immediately after the said 16th day of April, 1919, the assets of the said intestate will be distributed amongst the parties entitled thereto, having regard only to the claims or interest of which the Administrator shall then have notice, and all others will be excluded from the said distribution,

SAMUEL M. DUNLOP,
Newmarket, Ont.
By LENNOX & LENNOX, 157 Bay St.,
Toronto, his Solicitors herein.
Dated at Toronto, this 24th day of
March, 1919.

Tenders.



SEALED TENDERS, addressed to the undersigned, and endorsed "Tender for Vault Lining, Doors and Lockers, Assistant Receiver-General's Office, Toronto," will be received until 12 o'clock noon, Tuesday, 1st April, 1919, for Vault Lining, Doors and Lockers, Assistant Receiver-General's Office, Toronto, Ont.

Plans and specification can be seen and forms of tender obtained, at the office of the Chief Architect, Department of Public Works, Ottawa, and of the Superintendent of Dominion Buildings, Postal Station "F." Yonge Street, Toronto, and of the Overseer of Dominion Buildings, Central Postoffice, Montreal, P.Q.

Tenders will not be considered unless made on the forms supplied by the Department and in accordance with the conditions set forth therein.

Each tender must be accompanied by an accepted cheque on a chartered bank, payable to the order of the Minister of Public Works, equal to 10 per cent. of the amount of the tender. War Loan Bonds of the Dominion will also be accepted as security, or war bonds and cheques, if required to make up an odd amount.

By order,

R. C. DESROCHERS,



Warning: Nujol is sold only in sealed bottles bearing the Nujol Trade Mark. All druggists in U. S. and Canada. Insist on Nujol. You may suffer from substitutes