

## Make Your Metre A Watchman

Light winds, fine and very warm to-day and on Thursday.

It is easy to waste natural gas unless you keep strict account of your consumption.

Look at your meter frequently, and if the figures seem to be getting high, see if you cannot economize somewhere.

Your meter is an accurate gage of what you use. Permit it to check you up from day to day.

ALTHOUGH NATURAL GAS IS CHEAP, DO NOT WASTE IT. THE SUPPLY IS NOT EVERLASTING.

THE UNITED GAS COMPANIES, Limited.



**The CANDY Cathartic**

**"Really DELICIOUS"**

**Cascarets**

FOR CONSTIPATION

THEY WORK WHILE YOU SLEEP

## Before War Bread

With all the Nourishment, Taste and Flavor of the Bread you used to know and the bread you missed so much during Government war-time restrictions. Good Bread was never so much appreciated as now, that is why we make ours as good as bread can possibly be made. The wholesome properties of this bread gains nutriment from the fine wheat flour and zest from our modern formula of baking.

Its Crispy Crust and Fluffy Body is Relished By All the Family. On Sale By all First Class Grocers

**WRIGHT'S SANITARY BAKERY**

**The Royal Bank of Canada**

HEAD OFFICE, MONTREAL

SAVINGS DEPARTMENT

It is a Natural Duty That You Should

## SAVE

The Manager invites you to open a Savings Account. If you cannot bring your deposit, send it by your wife, by mail or messenger.

**Joint Accounts** An account in the joint names of two members of a family, either of whom (or the survivors) may operate it, will be found convenient.

Capital Paid Up.....\$ 15,000,000  
Reserves.....\$18,000,000  
Aggregate Assets.....\$22,000,000

t. Catharines Branch St. Paul and Queen Streets

## SAVING IS EASY

The easiest method of saving is to acquire the habit of depositing a certain sum in the Bank regularly. In our Savings Department you receive interest at the rate of 3% per annum added twice each year to the principal.

**THE DOMINION BANK**

Drafts on China sold at favourable rates.  
Temporary premises, 34 St. Paul Street.

## A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

Mrs. Manford Niles, accompanied by her aunt, Mrs. Reece, of Niagara Falls, Ontario, will leave tomorrow for Rome, N. Y., where they will spend an indefinite visit with guests of the former sister, Mrs. Leslie Keenan.

At present quite a number of houses are being repaired and modernized on Queenston Street, there being four houses at the present between the Imperial Hotel and Calvin Street, that have a number of workmen engaged.

MARY HAD A LITTLE LAMB—IT WAS THE WORST OF SCAMPY SHE SOLD ITS WOOL, AND MADE A HIDE THEN BOUGHT WAR-SAVING STAMPS



## TURN HAIR DARK WITH SAGE TEA

If Mixed with Sulphur it Darkens so Naturally Nobody can Tell.

The old-time mixture of Sage Tea and Sulphur for darkening gray, streaked and faded hair is grandmother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients called "Wyeth's Sage and Sulphur Compound." It is very popular because nobody can discover it has been applied. Simply moisten your comb or a soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that, besides beautifully darkening the hair after a few applications, it also produces that soft lustre and appearance of abundance which is so attractive.

## Spring Water Wells

Why not have spring water from the rock? Write us for information and prices.

**W. L. NEILL**  
Fenwick, Ont.  
Phone Ridgeville 67, 15

## WANTED

Competent Stenographer Must have experience; high wages. Apply

The Pedlar People, Limited  
Oshawa, Ont.

## CITY AND DISTRICT

We buy everything you want to sell, McGuire & Co.

Choice cut flowers, potted plants and floral designs, at all times, at Walker's, Florist, 104 St. Paul Street Phone 763.

FOR RENT—House at 146 Dufferin St. Apply 144 Dufferin St. J18/19/20

There was a meeting last night of the Council to direct the evangelistic missions and plans were outlined for a fall campaign. The pastor and three laymen from each Anglican, Presbyterian, Baptist and Methodist Church were chosen as committees.

The offices of the City Hall will close at 12 o'clock noon on Saturdays during the months of June, July and August. dj13

Pte. A. Grass who has been overseas for over three years with the Mechanical transport arrived home yesterday afternoon. He was a welcome visitor at the Journal office this morning.

For the June Bride, let us suggest an "Eureka" Vacuum Cleaner, or one of our One Minute Washing Machines. We have them at different prices, either Electric, hand, water or power driven. The Martin Electric Co., 9 St. Paul St. J. o. m. t. & f. t. f.

S. Polio, who conducts a fruit store on Lake Street found three large Tarantulas in a bunch of bananas on Tuesday, which he immediately killed.

Mr. F. J. Lalor returned to New York this morning after a visit at his home in the city.

Mr. W. C. Caldwell of Toronto, is spending a couple of days in the city on business with Mr. McElroy of the Ontario Agriculture Department in connection with the placing of returned soldiers to farmers in this district. Mr. McElroy is at the present time placing at an average 30 returned men on farm per week.

## WHERE TO BUY VICTROLA RECORDS.

The place to buy Victrola records is Ye Old Firm of Heintzman & Co., Limited, 68 St. Paul Street, St. Catharines, where you find an assortment of such size, that a selection is easy. Two or three, out of the many, are: "I'm Always Chasing Rainbows," "Oh, Frenchy," and "Sweet Hawaiian Moonlight."

## CITY OF ST. CATHARINES

NOTICE IS HEREBY GIVEN that a By-law was passed by the Council of the Corporation of the City of St. Catharines on the 20th. day of May 1919 providing for the issue of debentures to the amount of \$158,000 for Public School purposes, and that such by-law was registered in the Registry Office of the Registry Division of the County of Lincoln on the 17th. day of June 1919.

Any motion to quash or set aside the same or any part thereof must be made within three months after the first publication of this notice and cannot be made thereafter.

Dated this 18th. day of June 1919.  
J. ALBERT PAX,  
City Clerk.

City Hall, St. Catharines. J18/25/32

## GET BACK TODAY OR LOSE THE JOB

C. P. R. Superintendent at Vancouver Gives Notice.

VANCOUVER, B. C., June 18.—A stand taken by F. W. Peters, General Superintendent of the Canadian Pacific Railway, with headquarters in Vancouver, today in regard to striking workmen in the employ of the C.P.R. is expected here to result in the immediate return to work of railway clerks, freight handlers and station employees or the filling of their places by others.

In a statement issued by Mr. Peters he says: Notice is hereby given that if by noon on Wednesday, June 18 all former employees do not report for duty we will consider they have decided to permanently leave the service of the C. P. R. and their places will be filled by others, preference being given to returned soldiers.

For the fourth consecutive day Vancouver was without its morning newspaper. Despite the instructions of the International officers of the Typographical Union, The Morning Sun printers did not show up for work last night. The Province issued a monotype form of newspaper today, the issue having been printed at a local job plant and was circulated freely throughout the city.

## A LIFETIME OF SUFFERING

Prevented by "Fruit-a-lives" The Wonderful Fruit Medicine

58 MARMONROVE ST., OTTAWA, QUE. "In my opinion, no other medicine is so good as 'Fruit-a-lives' for Indigestion and Constipation."

For years, I suffered with these dreaded diseases, trying all kinds of treatments until I was told I was incurable.

One day a friend told me to try 'Fruit-a-lives'. To my surprise, I found this medicine gave immediate relief, and in a short time I was all right again."

DONAT LALONDE

50c. a box, 6 for \$2.50, trial size 25c.

At all dealers or from Fruit-a-lives Limited, Ottawa.

The W. A. of St. Barnabas Church held a meeting at the home of Mrs. W. McCarthy, 15 Academy Street, on Monday night, to make arrangements for their annual picnic which will take place on Wednesday, June 26th. Motors will leave 15 Academy street at 1 p. m. for Queenston Heights.

The many friends of Mrs. George Hamilton, Merritt will regret to hear she is confined to her room suffering from a broken arm the result of a fall at the Capda Carbide plant a short cut leading to her home.

## PERSONAL

Miss Etoma Wilson of Buffalo N. Y., is the guest of her sister Mrs. William McCarthy, 15 Academy Street, for a few days.

## PATENT MEDICINES

Government Will Test Those Said to Contain Alcohol

In the very near future all patent medicines being sold in Canada will be given a thorough test by government experts and all medicines containing alcohol in any form above a certain percentage will be listed and only allowed to be sold in minimum quantities, according to a report from Toronto. The Canada food board has arranged to have a committee appointed by the government to carry on this work. Certain patent medicines widely advertised are said to contain a large quantity of spirits and it is in order to stop the sale of these that the food board has decided to test all patent medicines. Medicines when listed will be sold in small quantities and the buyers will have to sign for each bottle. The sales of the medicines are then inspected by the government officials.

## AUCTION SALE

Thursday, June 19th, 1919, at the office and yards of the late Mr. Munroe, St. Paul Street, opposite Grand Central, 9 a.m., eight windows 3ft. 6 ins. x 3ft. 6 ins. Hay cutting box, 1 one ton endless chain hoists, pulleys hundreds of feet of 1-1-4 in. rope. All in good condition. Crow bars, a lot of stone, two feed boxes, harness stone cutters tools, work bench, two buggy poles, windlass, stove and a lot of other things.

At 2 p.m. iron bed, dresser, blind walnut table, chairs, gas heater, pictures, flat top desk, electric lamp, hall rack, couch, oil cloth and a good camera 6x4.

W. J. WESTWOOD Auctioneer

J18 17 18

## A. R. DE CONZA

95 Geneva St.  
Farms for sale.  
Farms for rent.  
Houses for sale.  
Houses for rent.  
Lots for sale.  
Phone 1177.

## KING GEORGE THEATRE

Wednesday and Thursday  
The Goldwyn Pictures  
Present

PAULINE FREDERICK  
In the vivid, absorbing, compelling story by Isola Farrister

**The Fear Woman**

The Cyclone Smith Adventure  
Stories, Featuring Eddie Polo  
THE CHRISTIE COMEDIES

British - Canadian News  
Mat. 10c; Eve. 15c and 10c

## VEALE BROS.

41 Ontario Street Telephone 1458

Chautauqua Week This  
Week--be Sure You Attend

## Bedroom Papers!

Splendid range of both dark and light papers, at.....25c per roll

These all have cut out borders and ceilings to match.

Some are in Rose with indistinct satin stripe, others are all over designs, small patterns.

Again others are for Blue Rooms. Either in stripes or small conventional patterns.

Amongst these are Birge papers, Boxer papers, Watson papers.

## MIDLAND SHIPBUILDING PLANT CLOSES DOWN

Striking Iron Workers Refuse Both Offers Made By the Company

MIDLAND, June 18.—After ten days of negotiations between the striking iron workers and the officials of the Midland Shipbuilding Company the plant closed down last night. The strike started on the 6th, when 175 men walked out because the company refused to grant a 44 hour week and an increased scale. Two proposals were made by the company: first, that the men take over the boat now under construction for the Imperial Government and work such hours as they decided upon, the boat to be completed by a named date, the men to receive their present wages in the meantime and a bonus at the appointed date. The other proposal was that the iron work should be completed for a lump-sum, to be divided as the employees saw fit. Both offers were refused and the plant is therefore closed down, affecting 305 men who were drawing weekly wages totaling \$9,000.

with/rawn from the list of men who will run for Ottawa county in the provincial election.

Mrs. Ray Mendellish, Montreal, who was arrested for refusing to obey the police and creating disorder, was acquitted.

When in NIAGARA FALLS, N.Y. stop at THE PARK HOUSE

Hot and Cold Water in Every Room. All Conveniences

224 1ST STREET

SPOT CASH PAID FOR VICTORY BONDS OR RIORDON COMMON

Open Saturday Till 9 p.m.

John W. Gordon Room 1 Phone 49

5 James Street

AUCTION SALE

On Thursday, June 19th, at the hour of 1.30 o'clock at the home of Mrs. S. Card, Winchester Avenue, across the railway tracks opposite Jencks Factory, parlor, dining room and bedroom suits, carpets, rugs, Pandora range garden hose, refrigerator, davenport, secretary and bookcase, crockery and kitchen utensils. Ensign bag 15x30, all wool. All first class goods.

R. E. BOYLE, Auctioneer

J14/16/17/18

Thick, Tender Savory Meat

of chops—the kind you know, that make your guests praise your hospitality, your cooking, your entertainment. Why not this kind of meat, instead of the doubtful cuts and inferior meats? We want you to know our meats. A sirloin or porterhouse steak, a roast, chops from the loin, etc., will enable you to judge our quality.

C. H. SHELLY Meats and Provisions

Lake Street and Chaplin Avenue. Phone 1853

CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears the Signature of J. C. Watson

Book's Cotton Root Compound

is a very reliable remedial medicine. Sold in three doses of strength—No. 1, 2, 3. Price, 50c. No. 2, 75c. No. 3, \$1.00 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address THE COOK MEDICINE CO. TORONTO, ONT. (Incorporated in Canada)

Why? not

Seek the best. The price is the same, but the quality of our bread is superior.

Good Bread is essential to man's health.

To be sure of the good kind

EAT SIMMOND'S BREAD

Simmond's Bakery Phone 1190

279 St. Paul St.

Thick, Tender Savory Meat

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