# ergencies

bility of having on hand eep indefinitely and may ly when the Drug Stores of a well merited sleep

ence of Peppermint
liphiogistine
liphiogisti bolic Ointment

to the Treasury Depart

LESCING FROM

ES, ACNE, SKIN DIS BLOOD CONDITIONS is again feeling well-tha oulders, I give every pati



# ICE HOURS:

Thursdays and 9 a, m. to 6 p. m. Hours-IO a. m. to

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ng Man ON YOUR BLOOD. Any of any of the various vital

Dr. Ward s Leading and Most uccessful Specialist gara Eq., Euffale, N.

Children Cry for Fletcher's

fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babbes. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common allments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30

Castoria is a harmless substitute for Castor Oil, Paregoric, props and Soothing Syrups. It is pleasant. It contains negher Opium, Morphine nor other narcotic substance. Its is its guarantee. For more than thirty years it has in constant use for the relief of Constipation, Flatulency and Colic and Diarrhoea; allaying Feverishness arisin dereirom, and by regulating the Stomach and Bowels, aids the assimilation of Pood; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS



# Carpentier Had Sore Arm When He Disposed Of English Champion

ording to Jack Blumenfield, the

rough a six weeks! course training

CATARRH BLADDER 24 HOURS

NEW YORK, April 10 .- Georges | fight, Georges slipped in his training quarters and fell heavily on his right arm. The bones were bruised The public was not admitted to his went into the ring that he had a covering practically every part

arm, I made up my mind there that struction policy, an appropriation of

tell you he has. He not a murderer cluded in the March expenditures of of sparring partners though. He al- \$710,000 for Poland, by the Joint ways asks to be told when he's hit- Distribution Committee, relief disting hard. I told him more than once bursing organization of the Canadian And he can take a punch. He's aw- Jewish War Relief and its allied ful hard to hit, being very fast and bodies.

Canada's National Biscuit

HE soda biscuit is a Canadian

And of soda biscuits, McCormick's Jersey

They have a reputation of sinty-one years' standing. What a test of the value of a food

Every one of the hundreds of thousands of

Canadians who cat them know that the high

Jersey Cream Sodas

Sold fresh everywhere. In sealed packages.

Factory at LONDON, Canada. Branches at Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Chigary, Port Arthur, St. John, N.B.

Cream Sodas are the leaders in Canada.

quality is consistently maintained.

dinner tables.

product!

institution -- it is found on the

big majority of Canadian

hifty on his feet, and he never akes the same punch twice. His blows are short and snappy, and they come over with terrific steam.

"Another thing I like about him is the way he trains. He always wants about five or six weeks to get ready for a big fight, and that long grind is no more to him than a dance He smokes cigarets, cats what he wants to and nets normal. He's not temperamental and never irritable

"I've spaired with Joe Beckett and Bomby Wells, and I know what kind of a punch they can take. I know also that any man in the world s vulnerable to a punch on the right spot of the jaw. Carpentier knows that spot, and he's clever enough to put a right or left there the first chance he gets. If he gets that chance against Dempsey, he'll win the championship."

# Make Small Loans To Help Workers

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

Rehabilitation of Poland's middl lass 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 cabled the Canadian Jewish Relief Committee, "This is wonderful opportunity for constructive service."

Heading a unit of 25 skkilled rebelow the elbow and the muscles lief workers, which recently arrived were strained. We kept it a secret, in Poland, Dr. Borgen, with headquarters in Warsow, through his quarters, and no one knew when he unit has his relief organizations stricken Poland, he ireports, while "This Joe Beckett is one tough couriers are covering the country, hird, believe me. He's not the boob delivering remittances from Canad-

\$250,000 for use as small loans to "Has he a punch? Well, let me aid in rehabinlitation work, was in-



MORELAND, Harrison, N.Y.

Women who suffer from displacements, irregularities, inflammation, alceration, backache, headaches and dervousness should lose no time in giving this famous root and herb remoder. this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial, and for special advice write to Lydia E. Pinkham Medicine

# NAVAL SERVICE

WASHINGTON, April 10-Thouthe last year have brought conditions unparalleled in American naval history. Rear Admiral Thomas Washington, chief of the bureau of navigation, today told the senate investigating committee. The whole naval

Rear Admiral Fetcher, member of the navy general board, testifying

Harsh Purgatives Should be Avoided - Tonie Will Restore Your En-

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 fielde, cometimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rhenmatism or neuralgia.

Any of these indicate that the blood is out of order, and these symptoms may easily develop into more serious

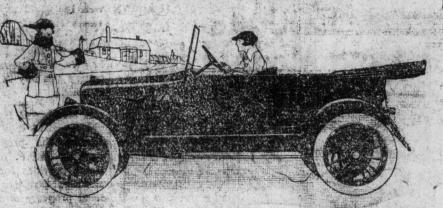
Do not dose yourself with purgatives as so many people do, in the dope htat you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell you that this is rue. Wha you need in the spring is a tonic that will build up the blood and nerve. Dr. William's 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 thee pills we give this statement of Mrs. S. Mc-Burnie, Tatamagouche, N.S., who says:-"I have good reason to speak n the highest terms of Dr. Williams Pink Pills. I was badly run down, failing 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 riend advised me to try Dr. Williams Pink Pills and after using several boxes there was a noticeable improvement. I iontinued using he 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. Willian's Medicine Co., Brockville, Ont.



THE Triplex Springs of new Overland 4 make possible the first light car with the steadiness 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 Triples Springs protect the mechanism from the usual road shocks. Light weight creates great economy of fuel and tires.



250-4 ST. PAUL STREET St. Catharines. Telephone 826

Head Office and Factories: Willys-Overland Limited, Toronto, Canada Branches: Toronto, Montreal, Winnipeg and Regina

MISSIONER HIGGINS

HERE TO CONFER ON SAL-

vation Army affairs in Canada and the future policy of the Salvation the navy general board, testifying Com. W. J. Richards, head of the varion Army all are to be taken up at this meeting are to be taken up at this meeting

Boston from London, England, recent Com. Howard as Chitf of Staff and ly. Com. Higgins came to America Second in Command. Many matters VATION ARMY MATTERS to discuss matters pertaining to Sal- having any important bearing upon

duct of the war, disagreed with Rear and Col. John McHillan, Chief Sec. Eva Booth, head of the Salvation and it is expected that on his return Admiral Sims' charges that the navy retary are conferring with Commis. Army in the United States and with Com. Richards will have something was unprepored for war and had no sioner Higgins, Chief of Staff and the Canadian officials. He was for to say in regard to the questions afid in Command of the Sa'vation many years Chief Secretary of the fecting the policies to be followed Army for the work who arrived in United States and recently succeeded Canada.

The Telephone Situation

# What We Get For the Money!

On January 1st this year our total investment in tele phone properly-buildings, equipment, tools and sup plies, plus what it has cost in actual cash to put this working equipment into service-was \$51,458,306. On Tie 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

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; 96,750 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 larmers.

It takes some 11,600 telephone workers to operate the system and their wages in 1919 totaled \$9,400,000.

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 numanity, the kindly co-operation of the public.



The Bell Telephone Company OF CANADA