

### A New Blood-Food Has Been Discovered That Works Wonders

SAID TO PUT NEW LIFE INTO PEOPLE THAT ARE RUNDOWN

For years doctors have been searching for a combination that would enable them to inject into the blood the elements it lacked. This can now be done, and any weak-blooded persons can quickly be made strong and well.

Already a small army of ailing people has proved the merit of taking after each meal with a sip or two of water, two chocolate-coated Ferrozone Tablets. This is easily done and even one week's use of this wonderful bloodfood will prove how nourishing and strengthening the treatment is.

Just think of it—Ferrozone uplifts the entire nervous system, removes the blood, makes it rich and red, gives the sort of aid that's needed in throwing off weakness and languor.

Tens of thousands enjoy the advantages of renewed health through Ferrozone; if you'll only use it, you'll surely grow strong too; its beneficial action is noticed even in a week. You see it goes right to work, removes the causes of the trouble and then quickly makes a cure.

For those who sleep poorly and have nervous apprehensions, Ferrozone is a boon; it is a specialist in such cases.

Where there is paleness, poor appetite and languor, Ferrozone makes the patient feel like new in a few days.

In tiredness, nerve exhaustion, Spring fever and debility, the power of Ferrozone is known from coast to coast and universally used with grand results.

Let Ferrozone build you up, let it bring you back to robust health—it will do so quickly if you give it a chance. Sold by all dealers, 50c. per box or six boxes for \$2.50. Remember the name Ferrozone.

### 522 CASES OF SMALLPOX

Forty Eight New Victims in the Past Twenty Four Hours  
TORONTO, Dec. 31.—The smallpox was not so encouraging as yesterday's news, being reported as 47 patients discharged. There are now 522 cases in the city, the total 1,312 reported in hospital, 1,280 have returned home and 1,280 have been under quarantine in 522 and individuals quarantined as exposures, 1,460.

### HAVE DARK HAIR AND LOOK YOUNG

Grandmother kept her hair beautifully darkened, glossy and attractive with a brew of Sage Tea and Sulphur. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect. By asking at any drug store for "Wyleth's Sage and Sulphur Compound," you will get a large bottle of this old-time recipe, improved by the addition of other ingredients, all ready to use for about 50 cents. This simple mixture can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says—everybody uses Wyleth's Sage and Sulphur Compound now because it darkens so naturally and evenly that nobody can tell it has been applied—it's so easy to use, too. You simply dampen a comb or soft brush and draw it through your hair, talking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft and beautiful.

**Special WE SELL**

Vaccination Shields  
Plain Gauze  
Borated Gauze  
Adhesive Plaster  
Absorbent Cotton  
Fumigators, Etc.

**Abbs & McNamara**

Quality Druggists  
30 Queen Street Phone 102  
Agent for Huyler's Page & Shaw and Willard's Chocolates

### NOTICE Soldiers' Insurance

Insurance policies on the lives of the following Soldiers who were insured by the City of St. Catharines, have not yet been called for at this Office.

On account of changes in address, it has been impossible to locate many of the following men.

Those desiring to keep their policies in force should notify me AT ONCE.

Friends having information concerning any of the following or their present address should also advise me AT ONCE as this may be the only means of giving them the opportunity of continuing this Insurance.

- NAME.
- Adams, Wm. C.
  - Bayless, John.
  - Billings, Edward J.
  - Barton, Thos. K.
  - Brown, Duncan.
  - Beer, Lionel L.
  - Bowley, George.
  - Barton, Edgar W.
  - Brennan, Raymond M.
  - Baker, Fred. K.
  - Brown, Frank.
  - Burtwell, Robert.
  - Barry, John.
  - Beaver, Alfred.
  - Burt, Chas.
  - Barnes, Herbert T.
  - Beckwith, Raymond.
  - Boase, Oswald.
  - Bosse, Bernard.
  - Beatty, Harry.
  - Boyd, Alexander.
  - Briden, Ernest B.
  - Coulthart, Jas.
  - Carpenter, Arthur.
  - Conroy, Patrick.
  - Collins, John.
  - Clark, Herbert.
  - Card, John.
  - Cole, John.
  - Charlton, Percival.
  - Cooper, Leslie.
  - Clark, Alfred E.
  - Cunningham, Wm.
  - Coomber, Thos.
  - Cobley, Jas.
  - Conners, Fred.
  - Colley, Frank.
  - Carney, Edward.
  - Cook, George.
  - Coupland, Henry J.
  - Dean, Walter.
  - Decker, Frederick.
  - Dillon, Percy.
  - Duke, Thomas.
  - Doughty, Harold.
  - Dube, Joseph.
  - Davis, Andrew.
  - Dunlop, Chas. D.

- Elliott, Robert.
- Fay, James.
- Fox, George.
- Fallon, Morris.
- Faulks, Leonard.
- Fritz, David.
- Fraser, Matthew.
- Fisher, Walter.
- Ferrier, George.
- Goodwin, Richard.
- Graham, Frederick C.
- Gout, Geoffrey D. V.
- Gray, Frederick J.
- Gadsby, Albert E.
- Gardner, Wm. E.
- Gantz, Ray.
- Hubbard, Geo. A. W.
- Hall, Reginald.
- Heyburn, Walter T.
- Hurst, Fred.
- Hutcheson, Michael.
- Hall, Karl.
- Homer, George.
- Hayden, Jas.
- Hurlock, Sydney.
- Hunting, Wm.
- Halton, Wm.
- Higgins, Alfred.
- Harlock, Albert.
- Howe, Harris W.
- Ingham, Thos.
- Johnston, Harold.
- Jeffs, Chas. A.
- Jack, John.
- James, Wm.
- Johnson, Eric.
- Johnson, Frank.
- Johnson, Wm.
- Kott, Frederick.
- Kargol, John.
- King, George Francis.
- Kelly, Jas.
- Kent, Wm.
- Lay, John T. G.
- Levy, Herbert H.
- LeRoy, Wm. J.
- Low, Daniel.
- Lavery, Steward.
- Law, Robert.
- Moody, Wm. L.
- Marshall, Geo.
- Mercer, Chas. E.
- Staryn, Albert W.
- Monro, Robert S.
- Morrison, Edmund.
- Mansfield, Thos.
- Marwood, Frank L. P.
- Mann, Jas.
- McPherson, Neil H.
- MacDonald, Ronald J.
- McShane, Thos.
- McCue, John.
- McGhie, Wm. D.
- Noble, John D.
- Noble, John.
- Nicholas, Harry.
- O'Higgins, Frederick M.
- Parrell, Mather.
- Park, Robert.
- Phelps, George.
- Parker, Arthur E.
- Pullin, Frank.
- Poulter, John E.
- Park, Wm. L.
- Eric, Richard.
- Perré, Harry A.
- Privett, Frank.
- Piasick, Walter.
- Fritz, David.
- Reynolds, Wellington.
- Radge, Wm.
- Riley, Geo.
- Raulinson, John.
- Rogers, George.
- Roberts, Wm.
- Rodgers, Lenzen.
- Royden, Edward T.
- Rance, Wm. H. G.
- Rance, Wm. H. G.
- Rudd, Percy.
- Redknapp, Archibald.
- Rogers, Fred.
- Robinson, Hugh.
- Riley, George.
- Shanley, Arthur.
- Stacey, John.
- Saunders, Chas.
- Stafford, Joseph S.
- Spencer, Rudolph E. C.
- Scott, Henry.
- Spencer, George.
- Shand, Daniel.
- Sutton, Robert C.
- Sievanon, Walter.
- Sarjant, Joseph A.
- Smith, John.
- Sexton, John.
- Stanley, Wm.
- Sewell, Duncan.
- Scott, Nell.
- Schell, Ernest.
- Souran, Belle.
- Stevens, Allic.
- Smallcombe Wm.
- Smith, Geo.
- Smith, Geo.
- Stott, Norman.
- Sullivan, Joe.
- Sherk, Norman.
- Scott, Stewart.
- Shutte, George.
- Smith, Harley.
- Southam, Edwin.
- Turner, Arthur W.
- Tobin, Kenneth E.
- Trotman, John.
- Thomson, Wm. S.
- Thompson, Robert.
- Thomas, Chas.
- Tune, Lloyd E.
- Tomlin, Wm.
- Tancock, Thos.
- Upton, Fred.
- Vareco, Wm. L.
- Vanalstine, Donald.
- Winterford, Arthur.
- Wheeler, Alfred F.
- Webber, Wm. H.
- Woodward, Harry.
- Wilcox, Sydney.
- Walker, Leonard J.
- Wimer, Norman H.
- Winnill, Walter.
- Wright, Walter.
- Wilson, Austin.
- Webb, Ralph.

### THE WONDERFUL FRUIT MEDICINE

Every Home in Canada Needs "FRUIT-A-TIVES"

To those suffering with Indigestion, Torpid Liver, Constipation, Sick or Nervous Headaches, Neuralgia, Kidney Trouble, Rheumatism, Pain in the Back, Sciatica and other skin affections, "Fruit-a-tives" gives prompt relief and assures a speedy recovery when the treatment is faithfully followed.

"Fruit-a-tives" is the only medicine made from Fruit—containing the medicinal principles of apples, oranges, figs and prunes, combined with valuable tonics and antiseptics. 50c a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

Winton, Chas.  
Wyllie, Wm. J.  
Whitton, George.  
Young, Albert J.  
Yoman, Wm.  
STUART K. WATT,  
City Treasurer.  
City Treasurer's Office, 23rd Decem-  
ber, 1919. 431 j 3

A general meeting of the Michigan Ontario Baseball League club owners will be held in London on January 11.

### PAIN, PAIN, PAIN STOP NEURALGIA

Dub nerve torture, pain and all misery right out with "St. Jacobs Liniment."

You are to be pitied—but remember that neuralgia torture and pain is the easiest thing in the world to stop. Please don't continue to suffer; it's so needless. Get from your druggist the small trial bottle of "St. Jacobs Liniment"; pour a little in your hand and gently rub the "tender nerve" or sore spot—all pain, ache and soreness is gone. "St. Jacobs Liniment" conquers pain—it is perfectly harmless and doesn't burn or discolor the skin. Nothing else gives relief so quickly. It never fails to stop neuralgia and instantly, wherever in the face, head or any part of the body. Don't suf-

### Hospital for Sick-Children

Upkeep of Big Charity Requires Fifty Cents a Minute.

Dear Mr. Editor: The 44th annual report of the Hospital for Sick Children, Toronto, shows a notable advance in every department of its service to the suffering and crippled youngsters of this province. The ward accommodations have been taxed to its capacity, and the summer annex, the Lakeside Home, was opened for the first time since the outbreak of war.

The daily average of out patients has increased during the year from 482 to 523, including children from practically every county in Ontario. Even had the cost of supplies and labor remained stationary, the substantial increase in the number of patients would alone account for the addition to the charity's debt, which at the close of the fiscal year was \$109,000. This debt has become an embarrassing burden. Further increase must threaten impairment of an enviable efficiency.

The Hospital is in the forefront of all institutions upon this continent devoted to the care of sick children. It cost \$35,299 to maintain last year. This great sum not only puts at the service of the children of Ontario all the resources of medical science, but, in addition, provides for a training school for 125 nurses and for unsurpassed clinical facilities for the University students who are preparing to engage in their profession throughout the province.

The income which must be forthcoming to finance this absolutely essential work figures out at seven hundred dollars a day; and, as there is no endowment fund, all but a fraction of that amount has to be derived from individual benevolence. Therefore the Trustees are making a Christmas appeal to every lover of children to foot the bills for some period of time, no matter how short it may be. A minute of mercy costs fifty cents.

For churches, societies, lodges, etc., who have more ample funds wherewith to assist the youngsters to a fair start in life, the naming of cots is suggested. A number of memorial cots have been thus dedicated in honor of the overseas and service of fellow-members. This privilege is extended in recognition of gifts of \$2,000 to the Main Hospital or \$500 to the Lakeside Home, which can be paid in annual instalments if so desired.

Literature, illustrative of all branches of the past year's work, together with any other information desired, will be gladly furnished on application to the Secretary, the Hospital for Sick Children, Colborne street, Toronto. Contributions should also be addressed to the secretary. IRVING E. ROBERTSON, Chairman of Appeal Committee.

### DOCTOR WARD, The Specialist

SPECIALIST IN THE TREATMENT OF NERVOUS CONDITIONS, NERVE EXHAUSTION, BACKACHE, LUMBAGO, RHEUMATISM, STOMACH AND LIVER TROUBLES, ACNE, SKIN DISEASES, CATARRH, ASTHMA, RECTAL TROUBLES, PILES, FISTULA AND BLOOD CONDITIONS. The knowledge gained from many years' experience in treating diseases just like yours is of much benefit to you and assures the ailing man of prompt relief. When a man knows that he is again feeling well—that he is rid of his ailment—he feels that a heavy load has been lifted from his shoulders. I give every patient the benefit of the knowledge acquired through the long experience of a graduated, licensed and registered specialist, in order to bring about the most satisfactory results in the shortest possible time.

### NERVE EXHAUSTION

A CONDITION AFFECTING MANY MEN—THE GREAT AMERICAN DISEASE—IT IS BROUGHT ON BY OUR MANNER OF LIVING—OUR WORRY AND HURRY—AMERICANS EXHAUST MORE NERVOUS ENERGY THAN ANY OTHER RACE OF PEOPLE. There are a great many men who need treatment for their nervous system. These men do not know what is the reason they don't feel right—why they can't work like they used to—why they tire so easily and why they are irritable, nervous, despondent, weak, pale and lack ambition. These conditions require the expert knowledge and treatment of a specialist who has had many years' experience in just such ailments. A specialist learns by experience to know just the right treatment at the right time so that the patient can be dismissed at the earliest possible time. Men affected with nervous exhaustion have no endurance—no ambition—everything they attempt is an effort. Life to them appears as a long, gloomy future. Their appetite is poor and variable—they become irritable, cross and discouraged. They have pains and aches in various parts of the body and there is often indigestion and pains in the stomach. Sleepless, wakeful and restless nights follow.



### RHEUMATIC AILMENTS

SCIATICA AND OTHER FORMS OF RHEUMATISM, LUMBAGO, PAINS IN BACK, SWELLING, ACHING, PAINFUL CONDITIONS IN ANY PART OF THE BODY—INFLAMED AND SWOLLEN JOINTS OF LEGS AND ARMS—MANY OTHER SYMPTOMS. Hundreds of men are suffering with some form of Rheumatism. Many of these men go from day to day suffering untold agonies thinking they cannot be cured. They have tried liniments, rubbing, massage, salts and other treatments without experiencing any relief, and they are now going through life thinking they are martyrs to that burden called Rheumatism. If these men could only know how easy it is to get rid of many rheumatic conditions I know they would not suffer another single day. Then all sufferers of rheumatism would be strong and healthy if they could get rid of the condition. Rheumatic patients are nearly all strong and robust before being attacked by this ailment, and therefore it is so hard for the man to understand why he should suffer the agonies of such a condition. When a man gets rid of such a condition he feels that a heavy burden has been lifted from his life, and he starts right out to make up for lost time both in money and pleasure. When a man comes to my office suffering with the above condition he is given a most careful examination, and he is given treatment that he feels is giving him great benefit.

**Quick and Lasting Results Assured the Ailing Man**  
BLOOD YOUR WHOLE HEALTH OF BODY AND MIND DEPENDS ON YOUR BLOOD. Any "building process" of the body and mind, of the muscle and tissue formations, of any of the various vital organs, can be accomplished only by working direct through the blood stream.  
Dr. DeLisser Treatment Without Operations Dr. Ward  
Buffalo's Leading and Most Successful Specialist  
79 Niagara Sq., Buffalo, N. Y.

### Electors of St. Catharines

The municipal elections are on Thursday next, January 1st. I have been urged by a large number of citizens to offer my services for another year for the

### Office of Mayor

During the year I have given the best of my time and experience to the complex civic work, and if favored by Re-election For 1920 promise to devote the same energy and thought to public affairs.

Wishing you all a Happy and Prosperous New Year  
Yours  
J. M. ELSON

### VOTE

### Westwood For Mayor

And be assured of sound, progressive administration, coupled with careful management.

Having served seven years as Alderman, I feel that my seven years' tenure of office qualifies me for the position of Chief Magistrate and the city will thereby receive the benefit.

The encouragement of factories in the city should be one of paramount importance, and if elected I will do all in my power to that end. Extension of the Hydro Radials to St. Catharines, the taking over of the N. S. & T. R. by the Hydro, extending the present system by a belt line through the northern and eastern sections of the city, thereby creating a greater St. Catharines; curtailing expenditures for a few years keeping down the tax rate and re-establishing the city on sound business principles is my whole aim and desire.

Wishing you all the compliments of the season.  
I remain your obedient servant

### W. J. WESTWOOD

### To the Electors of St. Catharines

### J. D. WRIGHT

Your vote and influence respectfully solicited for

### For Alderman For 1920

### P. G. WILSON

Candidate For Aldermanic Board

### VOTE

### J. D. WRIGHT

FOR ALDERMAN

- My Views:
- CONSISTENT, progressive and economical expenditure of city's money.
  - SUPPORT OF Hydro development.
  - SUPPORT OF practical schemes for public ownership of public utilities.
  - CONSIDERATION OF plans for relieving of housing problem, thus eliminating some of the difficulties which the present Council had to face in securing new industries to locate here.
  - PROMOTION OF plans to induce capital investment in St. Catharines.

### IRON MOLDERS WANTED

Men accustomed to operating Molding Machines and Beach Work.  
Steady employment for good men.  
Highest wages in Canada paid.  
Room also for learners.  
**Taylor-Forbes Co.**  
GUELPH, ONT. Limited

### Re-Elect ROSE

To the Electors of St. Catharines

In offering my name I do so with a sincere and scientific manner, with the problems gained as a new now closing.

As a member of the position and considered business-like insight in arisen, and particularly next year, and I feel that I am in asking for your serve as one of their repr

I have endeavored in the development of the city my work has met with yo

From selfish motives the arduous work ahead problems to be faced re of the present Aldermen it a duty as a citizen w that I should freely offe honored with your succ divided and independent a business-like and thro

### HOWARD

### To The St. C

In offering my service I hope for the honor of prove myself worthy of yo

I stand for immediate sence of the Dominion Gov forfeited but with our safely guarded and prote the N. S. & T. by the Hyd

We can then make no The city cannot finan whilst Hamilton and Wind

I accept full responsi directly or indirectly as for the New Sports Gro Catharines a great sportin

I also stand for the denced in the Civic Ros practically nothing.

### For B

Biliousness is a co is brought on by food times and bowels fail to doses of Beecham's P rid yourself of the is stimulate the liver an Healthy conditions are

### BEECHAM'S

Directions of Special V Prepared only by Thomas B Sold everywhere in Cana

### THE CAN

OF CO

Announce that a bran at Niagara-on-the-Lake 483 branches in Canada a position to offer the p

St. Catharines Branch Thorold Branch Niagara-on-the-Lake B