

**THE EVENING JOURNAL**  
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**ACTION IS WANTED.**

In accordance with a resolution passed by the City Council at the close of last year when it was decided, by a majority vote to abandon negotiations with the N. S. and T. Ry for improvements and extensions here there should be an immediate effort made by the Council of this year to find out if anything can be done toward the acquisition of the Niagara and St. Catharines Railway by the Hydro-Electric Power Commission. If the transfer of this road from the Dominion Government to the Commission is not likely to transpire soon, then there should be an effort made to get urgent improvements from the N. S. and T. Ry.

The prospect of an early delivery of the latter lines from the Dominion Government to the Commission is not very good. Sir Adam Beck is away in England and is likely to be gone for two or three months. After he returns it may take several more months for any negotiations to be matured. It may be that the coming spring and summer will go before this city will know what is going to be the final outcome of the proposals that have thus far only been tentative.

However even if this much time were consumed and the N. S. and T. Ry were to then pass over to the Commission so as to become a part of the Hydro system the delay would not be serious and, indeed, the event would be a much desired solution of a railway problem, but if the year is allowed to pass in an abortive way then The Journal holds, as it has continued to point out, that this city has a right to ask for an arrangement with the N. S. and T. Ry as a publicly owned road for extensions such as were considered last summer and autumn. In fact it should get these improvements anyway.

St. Catharines as a municipality has a bright future if it is progressive and alert in its industrial and transportation requirements. Cities grow through the enterprise and optimism of its citizens. This city has almost every natural advantage that could be desired but it is lacking in housing accommodation, railway facilities and industrial promotion.

During the past year Mr. P. B. Yates who has been acting as industrial commissioner spent a good deal of time and effort trying to locate industries here but with not much success owing to conditions over which he could have no possible control. Possibly this year some of the seed which he sowed may bear but if we are to grow and expand a united effort should be made by the City Council, Board of Trade and Industrial Commissioner to get those civic essentials which serve as attractions to industries. Several score more workingmen's houses are badly needed and equally as important are railway lines to serve the people in the outer sections of the corporation.

Action this year of some kind is what The Journal believes the public asks and is entitled to.

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**THE INALIENABLE RIGHT OF A FREE PEOPLE**

The New York Outlook points out that while the legislative, executive and judicial branches of the United States Government are limited by the Constitution, there is no limitation on the power of the people of the United States. They can change the Constitution in any manner the majority of the people decide.

"If," the Outlook says, "a monarch desires to get rid of the turmoil and confusion of a presidential election, he may propose to the people to alter the Constitution and substitute for an elected President in hereditary monarch."

"If an ecclesiastic thinks that the State ought to maintain public worship as it does public instruction, he may propose to the people to amend the Constitution so as to provide for an established Church."

"If a Socialist thinks that Government powers should be extended and all organized industry should be carried on by the State, he may propose to the people to amend the Constitution by providing that the State shall take over and operate all the organized industries."

"If a Bolshevik thinks that representative government in which all the people are represented is a failure, he may propose to the people to amend the Constitution and substitute soviet government for Congressional government."

"If an Anarchist thinks that all the evils of society are due to the existence of government, that all compulsion should be abolished and every individual allowed to do as he pleases, he may propose to the people to abolish the Constitution altogether and substitute individual anarchy."

"In short, any wise man may propose a wise plan and any fool may propose a foolish plan. No plan is so preposterous that it may not be proposed. The plans suggested above are so preposterous that probably no advocate could get for any one of them a considerable hearing. But the fact that a plan is preposterous is no reason why its proposal should be prohibited. The best remedy for foolish proposals is free discussion. Repression does not suppress. Twice America has tried it and failed. The attempt to suppress free speech under the Alien and Sedition Law, in 1798, resulted in a temporary triumph of radical democracy, an attempt to overthrow the Federal courts, and a real peril to union of States. The attempt in 1850-60 to suppress the free discussion of slavery, in some communities by mob violence, in other communities by public opinion, only blew the fires of anti-slavery sentiment into a hotter flame. The Government of the Czar in Russia had far more power to repress free discussion than any free government possesses or ever could possess. It exercised that power; the result is anarchy."

The rights inherent in a free people have seldom been better stated and the statement might be profitably studied in this country where important fundamental truths are in danger of being forgotten.

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**MAYOR M'BRIDE WILL NOT DEFEND ACTION**

BRANTFORD, Jan. 19.—Mayor McBride has declared in a statement issued that he will not defend in the protest action brought against him by Ald. J. W. English, defeated in the recent Mayoralty campaign, but, if the case should come before the courts, will ask the Judge to order a new Mayoralty contest, and then appeal to the sportsmanship of the electorate of Brantford to return him to power.

**Not a Bite of Breakfast Until You Drink Water**

Says a glass of hot water and phosphate prevents illness and keeps us fit.

Just as coal, when it burns, leaves behind incombustible ashes, so the food and drink taken, day after day, leaves in the alimentary canal indigestible material which, if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomaine-like poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before breakfast each morning drink a glass of hot water with a teaspoonful of limestone phosphate in it to wash out of the bowels the previous day's poisons and toxins, and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of "limestone phosphate" from the drug store, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject.

**Hospital for Sick Children**

TORONTO  
 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 accommodation has 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 122 to 223, including children from practically every country 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 \$199,000. 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 \$35,939 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 120 nurses and for untrapped 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 at 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 private funds wherewith to assist the youngsters to a fair start in life, the naming of cotlets is suggested. A number of memorial cotlets have been thus dedicated in honor of the overseas 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, Collingwood Street, Toronto. Contributions should also be addressed to the secretary.

IRVING E. ROBERTSON,  
 Chairman of Appeal Committee.

**A. R. DE CONZA**  
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**DR. J. G. SUTHERLAND**  
 After three years' overseas has resumed practice in diseases of the eye, ear, nose and throat and prescribing of glasses. Office hours 9 to 11 a.m., 1.30 to 4 p.m. and 7 to 8 p.m. Tuesdays 9 to 8 p.m. Sundays

**Women As Brave As the Men**

THEIR STRUGGLE SHOWS A REMARKABLE SPIRIT

Talk of the bravery of men, but where can you find a finer spirit than among the half sick women who are fighting and struggling to do their duty against the terrible odds of ill health, and who will not give up.

One woman in every three is struggling against weakness. Most of them are not exactly sick, but, oh, how miserable!

The burden and misery of it all has its foundation in the blood which is thin and watery. The red cells are too few. The very stream of life is reduced in vitality. Weakness and inevitable ill health are the certain result.

Every ailing or weak woman can quickly regain her health in this very simple way. By filling the system with the nutrition that comes from rich red blood, a quick change for the better will result. To accomplish this, take two chocolate coated Ferrozone Tablets after each meal. You'll feel better immediately for the simple reason that Ferrozone renews the blood. It gives you vim, vigor, endurance, restores a tired, worn out system—very quickly.

You'll feel like new all over once you get Ferrozone working through your blood. It puts color into faded cheeks, brightens the eyes, quickens the step, brings back that wonderful feeling of youth.

One of the finest things Ferrozone does is to make you eat lots and digest it as well. With keen appetite, sound sleep, strong nerves and lots of nourishing blood you're bound to regain robust health. Any sickly girl or ailing woman that Ferrozone won't make well must be incurable. There is a secret power in Ferrozone and it is worth a trial at all events. Fifty cents per box, six for \$2.50. At all dealers in medicine, or by mail from The Catarhozone Co., Kingston, Ont.

**NO PAPERS IN WINNIPEG; BULLETINS SUPPLY NEWS**

WINNIPEG, Jan. 19.—Deprived of their newspapers as a result of the newsprint shortage, Winnipeg citizens are today crowding about bulletins issued jointly by the three local dailies. These were displayed in conspicuous places at the Postoffice and news stands. These stands contain a summary of the outstanding world's news, limited to about 125 words, and will be issued twice daily—morning and evening—until newsprint shipments can be renewed on a normal scale.

**SEEMS EVERYONE HEARD ABOUT IT**

All want to try new drug that dries up corns so they lift out.

Good news spreads rapidly and druggists here are kept busy dispensing freezone, the recent discovery of a Cincinnati man, which is said to loosen any corn so it lifts out with the fingers.

A quarter of an ounce costs very little at any pharmacy, but is said to be sufficient to rid one's feet of every hard or soft corn or callus.

You apply just a few drops on the tender, aching corn and instantly the soreness is relieved, and soon the corn is so shriveled that it lifts out without pain. It is a sticky substance which dries when applied and never inflames or even irritates the adjoining tissue.

This discovery will prevent thousands of deaths annually from lockjaw and infection heretofore resulting from the suicidal habit of cutting corns.

**KING GEORGE THEATRE**

**TO-DAY and TUESDAY**  
 The Seiznick Pictures Present  
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**NEWS BRIEFS**

Llewellyn G. Morgan, a former teacher, and for many years editor and proprietor of The Maple Leaf, Port Dover, was buried to death in his home.

Winnipeg citizens on Saturday, deprived of newspapers, thronged about the joint newspaper bulletins to read the news; these will be issued twice daily.

Two men were suffocated, five firemen injured, and nearly half a million dollars' loss was caused by a fire which destroyed two Calgary hotels and three stores early Sunday morning in bitter weather.

Members of the United States forces resident in Canada, requiring medical attention due to war service may now receive it from the Department of Soldiers' Civil Re-establishment, and reciprocal arrangements are completed in the United States.

Clemenceau's Ministry has resigned office and M. Millerand has been asked to form a Cabinet.

The returns from the Irish elections show the Sinn Feiners far in the lead of the other parties.

Armed brigands attacked an Upper Egypt train bound south of Cairo, derailed it and getting \$10,000.

**The Globe**

**The New Electorate The Women of Canada**

**CHANGING conditions have given the Dominion a new electorate—the women of Canada.**

Canadian womanhood, to take full advantage of its prerogatives, to take its proper place in the management of Canadian affairs, must keep informed on the questions of the hour—must have the knowledge of events that will be the foundation of definite opinions on public questions.

**Women Must Read the Daily Newspaper**

The extension of the franchise to women was the fulfillment of a policy consistently advocated by The Globe in season and out of season.

But this is only the beginning. Womanhood must serve as well as vote. They must advocate reforms that are badly needed.

There must be legislation for the aged, as well as for the young, pensions for mothers, educational improvements, unemployment and sickness insurance.

These are some of the questions on which the womanhood of Canada will now have to take sides. Therefore, in this respect, The Globe has a

special appeal for progressive, right thinking Canadian women.

The Globe is not a political organ. It never has submitted to outside dictation. It supports progressive liberalism, because it believes that true liberalism draws its inspiration from the needs of the people.

Its daily Women's Department and Thursday's Women's Section have a special interest for womanhood in the home. It was the first Toronto paper to establish a women's department, edited for all Canadian homemakers.

The Globe is first and last a Great Family Newspaper. It serves the women in the home, in public life, in business, in the professions and in industry.

What The Globe has been in the past is its guarantee of what it will be in the future. The aim of its publishers and its Editor is to take advantage of the tremendous facilities at its disposal—to make it even more worthy of a place in every Canadian home.

**The Globe**  
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**En**

Chateau Frontenac, C  
 Toboggan Slide, Cit  
 Quebec.  
 Mayor Lavigneur of Quebec announced that the official opening of the Winter Season will open on Tuesday, January 19th, with a grand parade of sleighs and kindred Clubs, upon an open-air rink; and a programme of week-end sports has been arranged with a grand carnival on January 24th to 17th. The Winter Sports have become popular as those of Summer is no need for anyone to dread the December, January or February. To skate rhythmically on an open-air rink; to jump one's shoes over fields or impassable for the ordinary skater; to jump from any height and yet to land safely and gracefully, on one's toboggan at the rate of an express train and, most fascinating perhaps, to slide on the toboggan which are still a novelty on this side of the Atlantic—all these does Winter offer to skaters and sking require practice before one is adept. Skating and snowshoeing are so simple; all one needs is will to do, the soul to dare. Winter's icy mantle covers the snow and spreads a blanket over the land—there sports are at their best. In Canada's "Land of the Snows", every winter pastime flourish; at Quebec, Canada's oldest City, outdoor life takes on a new character. Situated on the St. Lawrence River, easily accessible by the winter pastime flourish; at Quebec, Canada's oldest City, outdoor life takes on a new character. Situated on the St. Lawrence River, easily accessible by the winter pastime flourish; at Quebec, Canada's oldest City, outdoor life takes on a new character. Situated on the St. Lawrence River, easily accessible by the winter pastime flourish; at Quebec, Canada's oldest City, outdoor life takes on a new character.

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