

EMPLOYMENT SERVICE OF CANADA

The Department of Labour and the Provincial Governments have organized a System of Employment Offices from Coast to Coast for Returned Soldiers and all classes of workers—Men and Women—trained and untrained.

A Special Section exists for Professional and Business workers.

To look after the special needs of the RETURNED SOLDIER there is in each of these offices, a representative of the INFORMATION AND SERVICE BRANCH DEPARTMENT OF SOLDIERS' CIVIL RE-ESTABLISHMENT

NEAREST OFFICES

Place	Address	Tel. No.
Brantford	136 Dalhousie St.	2590
Hamilton	303 Clyde Block	Regent 486
		Regent 1413
	85 James St. N.	Regent 1877
Niagara Falls	Newport Building	1221
Orillia	18 Peter St.	60
Owen Sound	261 9th St. E.	1125
St. Catharines	200 St. Paul St.	1269
Toronto	45 King St. W.	Main 3501
	287 Queen St. W.	Adelaide 2903
	845 Lansdowne Ave.	Junct. 1087
Welland	15 Division St.	608

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin, a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic looking men, women and girls with pasty or muddy complexions; instead of the multitudes of nerve wrecks, run-downs, brain fags, and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking each morning before breakfast a glass of hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headaches, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both the health and appearance awaiting those who practice internal sanitation.

Special Best Service on Saturday June 21st, only, in addition to regular service, an extra boat will leave Port Dalhousie for Toronto at two (2.00) p.m. and will leave Toronto for Port Dalhousie at eleven (11.00) p.m.

Mr. J. J. Flynn has erected a neat shop on his premises, Pine St., Thorold, and has removed his stock to it. The store vacated by him in the Batten block has been taken by M. Sulman, who found the quarters in the McArthur building too cramped for his purposes.

Thousands of people, old and young, prevent and cure habitual constipation by using Dr. Hamilton's Pills, a mild yet active medicine that is noted for its promptness in curing headaches, belching gas, sourness in the stomach, fulness after meals, liver soreness, and muddy complexion. You'll have the best of health, feel good, eat well, digest and sleep well if you regulate the system by Dr. Hamilton's Pills of Mandrake and Butterfat 25c per box at all dealers.

Robt. W. Parnell, Halifax, an old man, was killed on the railway track while going to visit his wife's grave.

Upward of 7,000 accounts owed to the General Hospital at Calgary will be handed to the city when taken over.

A. E. Warren, general manager of the C.N.R., says the firm between Medicine Hat and Hanna will be built at once.

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.

The Chautauqua opened yesterday afternoon and evening on the armory grounds with an excellent programme.

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

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. & F. T. F.

The choir of Knox Presbyterian church at Louth cemetery, Rev. Geo. to Queenston Heights on Wednesday afternoon, and spent the time in games, etc., returning to their homes at 10 o'clock in the evening.

Mr. Baker, near Port Weller, is badly in need of fruit pickers, and is at present offering a house to any family free of rent who will engage with him for the summer. Information can be obtained regarding this employment from Superintendent Roy Miller of the Dominion Provincial Employment Bureau.

Special Boat Service on Saturday June 21st only in addition to regular service, an extra boat will leave Port Dalhousie for Toronto at two (2.00) p.m. and will leave Toronto for Port Dalhousie at eleven (11.00) p.m.

The Suburban Road Commission is going to meet next week to discuss the proposal of building a permanent highway from the border of the city or Ontario Street to Port Dalhousie.

The regular band concert is to be given tonight in the park.

There is practically no change in the strike situation in this city. The factories and the men who went out have not come to any terms.

There were only two or three rigs on the market this morning. What strawberry there were sold in a little while. The price ranged from 22 to 25 cents a quart.

Mrs. Clifford Bullock and Miss E. Bullock of Victoria Street, are guests in Thorold of Mrs. Bullock's other daughter, Mrs. Thompson.

FOR SALE—ON FRIDAY 200 LBS. FRESH SHOULDER SPARE RIBS at 5c LB. AND 500 LBS. PICKLED PIGS FEET (CLEANED AND READY FOR COOKING) AT 6c PER LB. AT MOYER BROS. LTD. PORK PACKERS. J19

Old people no matter how sound and healthy, should avoid cathartic pills, purgative water, salts and all such temporary relief measures. They ease conditions today, but bind you up worse than ever tomorrow.

It is better to get the bowels into the habit of performing their needful function at a certain time each day and this can be done by strengthening the muscles of the stomach and bowels by the tonic action of Dr. Hamilton's Pills, a mild laxative that acts as close to nature's way as possible.

Department of Railways and Canals. WELLAND SHIP CANAL NOTICE TO CONTRACTORS.

SEALED TENDERS, addressed to the undersigned and marked "Tender for the Supply and Delivery of Sand, Season 1919" will be received at this office until 12 o'clock noon on Thursday, June 26, 1919.

Specifications and tender form can be obtained on and after this date from the Chief Engineer of the Department of Railways and Canals Ottawa, and the Engineer in Charge, Welland Ship Canal, St. Catharines, Ont.

An accepted bank cheque on a chartered bank of Canada for the sum of \$5,000, made payable to the order of the Minister of Railways and Canals, must accompany each tender, which sum will be forfeited if the party tendering declines entering into contract for the work at the rate stated in the offer submitted.

The cheque thus sent in will be returned to the respective contractors whose tenders are not accepted.

The cheque of the successful tenderer will be held as security for the fulfilment of the contract to be entered into.

The lowest or any tender not necessarily accepted.

By order, J. W. PUGSLEY, Secretary, Department of Railways and Canals, Ottawa, June 11, 1919. J14/17/19/21

A. R. DE CONZA 95 Geneva St. Farms for sale. Farms for rent. Houses for sale. Lots for sale. Phone 1177.

KING GEORGE THEATRE Wednesday and Thursday The Goldwyn Pictures Present PAULINE FREDERICK In the vivid, absorbing, compelling story by Isgola Farrister

The Fear Woman The Cyclone Smith Adventure Stories, Featuring Eddie Polo THE CHRISTIE COMEDIES British - Canadian News Mat. 10c; Eve. 15c and 10c

CASTORIA For Infants and Children In Use For Over 30 Years Always bears the Signature of J. C. Watson

Book's Cotton Root Compound A reliable, reliable, reliable medicine. Sold in three sizes of strength—No. 1, 2, 3. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address THE COOK MEDICINE CO., TORONTO, ONT.

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.

FENWICK NEWS

Mrs. Wm. Kilman's condition is not much improved at this writing.

Owing to the drouth the crop of strawberries will be very short and unless rain comes shortly the raspberry crop will be almost a failure.

Mr. and Mrs. W. H. Dainty visited at their daughter's, Mrs. Towrys at St. David's, on Sunday.

The Soldiers' Welfare Committee of Pelham township, purpose holding a celebration again this year on the Fair grounds on July 1st.

Rev. Mr. Barbour, of Niagara Falls, occupied the pulpit at North Pelham, on Sunday.

GUILITY OF ASSASSINATION.

A man, razor in hand, was caught by his wife assassinating not an enemy, but a corn—what he needed was Putnam's Corn Extractor; it's safe, painless and sure. Try "Putnam's"—cures so fast. 25c at all dealers.

For the first time in 25 years the tri-annual convention of the Brotherhood of Railway Trainmen is to be held in Canada.

General McDonald, G.O.C. Military District No. 13, will be asked to open the Calgary Exhibition on June 28.

The following St. Catharines men have arrived per S. S. Royal George: Pte. G. R. Riley, 55 Henry St. Capt. J. G. Sutherland, 35 Church Street.

Sgt. J. G. Berwick, Spr. W. H. Minnich, 15 Welland Avenue. Pte. C. G. Cameron, 16 Wiley Street.

DIED

CLUTTERBUCK—At the family residence, 71 Niagara street, on Wednesday, June 18th, 1919. Henry Clutterbuck, aged 68 years.

The funeral will take place on Friday June 20th, at 3 o'clock, to Victoria Lawn Cemetery.

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

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.

C. H. SHELLY Meats and Provisions

Lake Street (and Chaplin Avenue) Phone 1853

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

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CASTORIA For Infants and Children In Use For Over 30 Years

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Mrs. John Martin, Belleville, died as the result of burns she received by using coal oil to light a fire.

MARY HAD A LITTLE LAMB—IT WAS THE WORST OF SCAMP'S SHE SOLD ITS WOOL AND BOUGHT HERSELF A NEW DRESS AND THEN BOUGHT WAR-SAVING STAMPS



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 rest 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 55 Geneva Street Telephone 575

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 \$16,000,000 Aggregate Assets \$310,000,000

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.

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE CHANGES A change of time will be made on JUNE 29, 1919

Information now in Agents' hands

NOTICE

All members of Neptune Hose Company are requested to attend a special meeting this (Thursday), June 19, at 8 p.m. sharp, to arrange for the funeral of our late brother, Mr. Harry Clutterbuck.

A. SPENCE, Pres. J. REILLY, Sec.

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, r5

WANTED

Competent Stenographer Must have experience; high wages. Apply

The Pedlar People, Limited Oshawa, Ont.