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 "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."  
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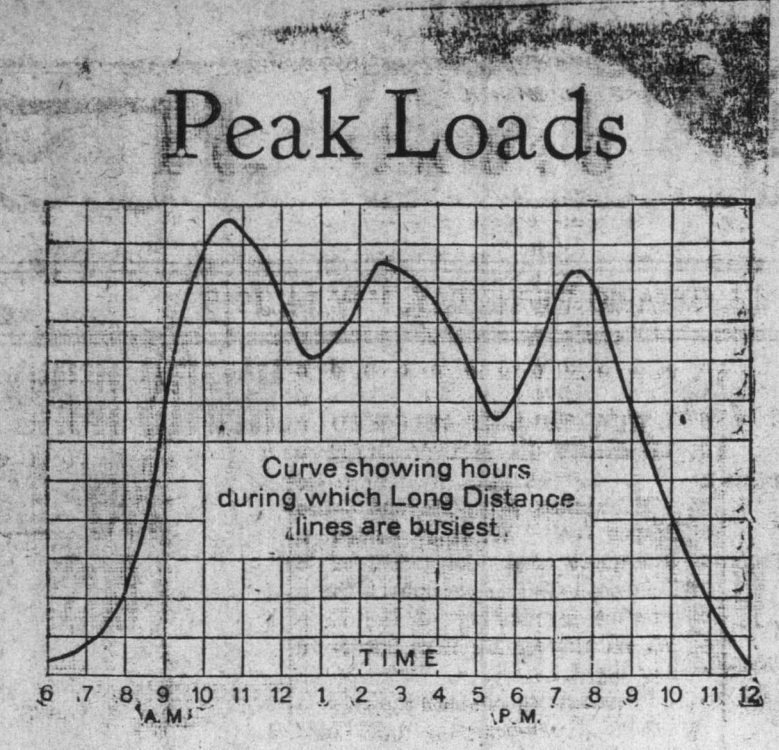
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**POLITICAL DEVELOPMENT**

A despatch from Ottawa leads to the conclusion that there may yet be development over the tariff and other issues the result of which is decidedly speculative. The delayed return of Sir Robert Borden is leading to a rather wearisome condition in the House. Marked impatience is being manifested among legislators over the Government's delay in bringing down the budget and the franchise bill. It is evident that Sir Thomas White is awaiting the return of Sir Robert Borden before taking the responsibility for measures upon which the fate of the Government and the Unionists may depend. That Sir Robert will be back before the first of June is doubtful and the feeling is growing that Sir Thomas might just as well go ahead. Impatience at the delay is manifested particularly among the western men. Dr. Clark, of Red Deer, who is one of the Unionist Liberals to whom a seat and desk was accorded within the more favored circles has apparently definitely abandoned it, and now sits on the cross benches which mark the independents. Other show signs of following suit. While

the secrets of the budget are still a mystery, the impression is growing that there will be little tariff reduction. The apparent disposition during the early days of the session among the eastern members to agree to a reasonable compromise at least on the tariff, has apparently been dissipated.  
 Old line Conservatives argue that whatever the Government might do in the matter of tariff reductions would not satisfy the farmers' organizations of the West, that these latter are even now preparing to nominate candidates pledged to the farmers' platform, and independent of either party in the House. They therefore say, "Let the tariff alone." The worst that can happen, they argue, is the creation of a cross-bench element which will not endanger the Government majority, nor add any strength to the Opposition. In the meantime there are indications that if any substantial degree of tariff reform is granted, steps will be taken at once for the calling of a Conservative national convention.  
 The Opposition also has its dilemma. With preparations for a National Liberal convention under way, with a Provincial Premiers' conference preparatory to it, being called next Saturday, the speech of D. D. McKenzie on Friday last, when he practically declared himself as favoring the principle of protection, has created something of a sensation in the Opposition ranks. By some it is held that it will endanger the success of the convention from a national viewpoint, by nearly all it is felt that Mr. McKenzie's chances of permanent leadership are gone.

**THE SCHOOL TEACHERS' CREED.**  
 I believe in Boys and Girls, the men and women of a great tomorrow, that whatsoever the boy soweth the man shall reap. I believe in the curse of ignorance, in the efficacy of schools, in the dignity of teaching and in the joy of serving others. I believe in wisdom as revealed in human lives as well as in the pages of a printed book; in lessons taught, not so much by precept as by example; in ability to work with the hands as well as to think with the head; in everything that makes life large and lovely.  
 I believe in beauty in the school-room, in the home, in daily life and in out-of-doors. I believe in laughter, in love, in faith, in all ideals and distant hopes that lure us on. I believe that every hour of every day we receive a just reward for all we are and all we do. I believe in the present and its opportunities, in the future and its promises, and in the divine joy of living.—Edwin Osgood Grover.



**IN** practically all public services there are what are known as peak load hours—hours during which the demands for service are greater than at other hours of the day. A striking example of this is seen in the case of the street railway rush in the period just preceding and following the business day.

The accompanying curve shows the distribution of Long Distance business over the various hours of the day. It is evident that to make use of the service at hours other than those in which the peak loads are being carried, means that you obtain a more prompt and satisfactory service.  
 We suggest that where possible, you place your Long Distance Calls so as to avoid the hours of peak loads.

The Bell Telephone Co. of Canada

**TO THE EDITOR**  
 A DIFFERENCE.  
 Editor the Journal:  
 Dear Sir: Kindly find space for this letter in your valuable paper. We are reading quite a lot about "Bolshevism" these days, and if we are to believe the papers a "Bolshevik" is a thief, a murderer and everything that is bad. So one hardly feels flattered at being called a Bolshevik. Yet it was a name tacked on to the I. L. P., soon after it organized. Therefore a member making a speech must be very careful. At the same time I would suggest that more care be used in the term "Bolshevik," as if it is undeserved it is likely to call up the very rebellious feeling we faint would suppress. I am not speaking for the members of the I. L. P. but merely as a member who has felt indignation over the term being applied to that organization. In these days an acknowledged student of Economics is at once a Bolshevik unless he be an Hon. Mackenzie King, and while it may be all right for Sir Adam Beck to talk on public ownership, one must speak very carefully, if an I. L. P. As far as I could see the members are absolutely against Bolshevism and like myself would I feel, sure re-sim if they thought that extreme socialism was entering the organization. The aims of the I. L. P. are very simple. They wish representation by lawful legislative means, nothing Bolshevik about that. We have one representative in the house, Mr. Allan Studholme, to about one hundred and ten other members. We wish, if possible, to send up some more like him, nothing very terrible about that, and I cannot understand how people can mix such natives with blood and bombs. The funny part of it is that in spite of the I. L. P. being called Bolshevik its platform has become very popular, according to the speeches of the M. P.'s in the house, also prospective M. P.'s.  
 Ex-Mayor Wiley made, a very true remark after hearing the platform of the I. L. P. on the night that Mr. Longden was nominated. He said it was the kind of thunder that any party could adopt, or words to that effect. It certainly was the kind of thunder that appealed to the people. If the results of the election was anything to go by.  
 The Hon. Mackenzie King in his speech on the four parts to industry says it is not monopoly in any form that we must seek to bring about, in the period of transition, but gradual evolution into a system of joint control, whereby each of the parties to industry will be afforded a voice in the determination of the terms and conditions, upon which its service to industry is rendered. If one should adopt

# UNION MEN ASK EIGHT-HOUR DAY

Hamilton, May 12.—A request from the Civic Employees' Union for an eight-hour day with nine hours' pay was placed before the Board of Control yesterday. There was no opposition to the principle of the request, but it was felt that if these employees were thus favored all Works Department employees should receive the same consideration. It was on this point that the board split a motion that the union employees' request be granted was declared lost by the Mayor. It was moved by Controllers Halcrow and Halford, and opposed by Controllers Juttan and Peebles, supported by the Mayor. The matter of paying \$6,034 dues owing by city firemen who served overseas was sent on to the City Treasurer for a report.

## MAYOR DENOUNCES RED FLAG WAVING

Toronto, May 14.—In future it may prove an offense against the law to display a red flag in public. At their meeting yesterday the Police Commissioners decided to get a ruling from the City Solicitor as to whether it is within the power of the police to prevent it.  
 Mayor Church has already expressed himself in no uncertain terms on the subject, and has addressed the following letter to Capt. R. O. Hawtrey, Secretary of the Veterans' League of Toronto, in reply to a request from that body that the carrying, or displaying of the red flag be prohibited in the city.  
 "Dear Captain—I have your letter of May 5, enclosing a resolution passed by your league regarding the red flag, and thank you very much for the same. I shall lay your communication before the Board of Police Commissioners at their next meeting."

## SCANDINAVIAN DELEGATES IN N. Y. ON BUYING TRIP

New York, May 14.—A delegation of Scandinavians has arrived in New York and, it is rumored, has opened negotiations with American merchants and bankers looking to the quickening of trade relations with this country. The Scandinavians are understood to want ships very badly and are said to be willing to purchase on a fairly extensive scale if prices are made right and the proper financial arrangements can be made. Also, it is said, they want to buy American automobiles, hardware of many sorts, machinery, factory tools and so forth. The Scandinavian countries are well supplied with funds, if the reports of their State banks are a true index of the financial situation there.

## INDIANS CONTRIBUTED MUCH RAW MATERIAL

Ottawa, Ont., May 14.—During the license year 1918-19 sales of timber and cash receipts for timber cut on the Indian Reserves of Canada produced a total revenue of \$158,274, according to a statement of the Interior. The report states that during the war the Indians in certain parts of the Dominion contributed an appreciable quantity of raw materials for the manufacture of airplanes and for use in the distillation of acetone in the manufacture of high explosives. Energetic steps are being taken by the Government to put a stop to the illegal cutting of timber on the reserves by white men and other unauthorized persons.

**JUST A TIFF**  
 What is your wife's given name? I've always called her Pettie, answered the young man with a gulp.  
 G'wan, said the lawyer, you don't want a divorce.—Louisville Courier-Journal.

# The Wide Outdoors

pure health-giving air and miles of beautiful surrounding country are yours for the asking, if you own a car.  
 Of course, you want the tires kept up in good condition and don't want to entrust them to bungling amateurs.  
 That's why you'll be interested when you meet with a puncture, or other tire troubles in our work in  
**Vulcanizing**  
 We have ample facilities for vulcanizing tires and tubes. The latest machinery, tools and equipment, backed by fifteen years' experience in the tire industry, place us in a position to give you the very best results.

**Phelan's Vulcanizing Works**  
 Rubber Tires For All Vehicles Tire Repairing of All Kinds  
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 FREE AIR AT YOUR SERVICE

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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  
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Single Tires at Wholesale Prices. The Cheapest Tires Ever Sold in the City.

We buy	30-3 1/2 Plain \$14.50; Non-Skid \$17.00	Orders
and sell	32-3 1/2 Plain 18.50; Non-Skid 20.00	Taken
Second-	31-4 Plain 24.50; Non-Skid 26.00	For
hand	32-4 Plain 25.50; Non-Skid 27.50	Sand
Cars.	33-4 Plain 26.50; Non-Skid 29.00	and
	33-4 Plain 28.00; Non-Skid 30.00	Gravel
	34-4 1/2 Plain 34.00; Non-Skid 37.00	
	Sizes to 37 x 5 at Cut Rate Prices	
	Every Tire Bears the Manufacturers' Name and Serial Number	

St. Catharines Tire Co. - - 42 Geneva-St.

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 The imperative need for Thrift is apparent to all thinking people. Those who are wise have ceased to spend on non-essentials, and are saving to provide against possible adverse conditions.  
 The surest way to protect yourself is with a Savings Account. Start one with this Bank at once. Interest paid at current rates. 320  
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**THE CANADIAN BANK OF COMMERCE**  
 Announce that a branch of their bank has been opened at Niagara-on-the-Lake, Ontario. This bank has now 433 branches in Canada and foreign countries, and is in a position to offer the public unexcelled service.  
 St. Catharines Branch—R. G. W. Conolly, Manager  
 Thorold Branch—S. H. Falkner, Manager  
 Niagara-on-the-Lake Branch—F. W. Wilson, Manager

**Banking Service**  
 YOUR banking requirements may be entrusted to this Bank with every confidence that careful and efficient service will be rendered. Our facilities are entirely at your disposal.  
**THE CANADIAN BANK OF COMMERCE**  
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**Security Loan & Savings Company**  
 26 JAMES STREET, ST. CATHARINES  
 CAPITAL AUTHORIZED.....\$1,000,000  
 CAPITAL SUBSCRIBED AND PAID..... 523,200.00  
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 Pays 3% Per Cent on Deposit 4 and 4 1/2% Per Cent on Debentures  
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 Money to loan on real estate on easy terms of repayment  
 Office open until 4 p.m. except Saturday, when it closes at 1 p.m.

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 The Whole Family says "FINE"  
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 THEY WORK WHILE YOU SLEEP.

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