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 NOW IS THE TIME TO HAVE your carpet cleaned. We do your work first-class by vacuum machines. Furniture crated and stored. Upholstering in all its branches. — **CARPET CLEANING CO.**, 19 St. Paul Street, Phone 605. W. J. Westwood, Proprietor.

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 Light and Heavy Trucking. Local and Long Distance Moving.  
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**Wood's Phosphodine**  
 The Great English Remedy. It is a powerful tonic and restorative. It is the only medicine that makes new blood. It is the only medicine that cures nervousness, indigestion, loss of memory, loss of vitality, loss of strength, loss of appetite, loss of sleep, loss of energy, loss of courage, loss of confidence, loss of hope, loss of faith, loss of love, loss of respect, loss of honor, loss of glory, loss of power, loss of influence, loss of position, loss of rank, loss of title, loss of name, loss of fame, loss of reputation, loss of credit, loss of money, loss of property, loss of health, loss of life.

**NOTICE!**  
 A Court of Inquiry will assemble at the Armouries at St. Catharines, Ontario, at 9:30 a.m., Tuesday, January 13th, to inquire into certain financial affairs of the 19th Regiment, Canadian Militia, during the time it formed part of the Welland Canal Guard.

Those persons having any knowledge of the same are invited to attend and to report to the President, Brig.-General E. A. Cruikshank, with a view to giving evidence.  
**EUGENE FISEL**, Major General, Deputy Minister, Militia and Defense, Ottawa, Jan. 5th, 1920.

**DR. DEVAN'S FEMALE PILLS**  
 A medicine for all Female Complaints. 25¢ a box, or three for \$1.00. At drug stores, or by mail on receipt of price.

**PHOSPHONOL FOR MEN**  
 A tonic which builds up the system. It is the only medicine that makes new blood. It is the only medicine that cures nervousness, indigestion, loss of memory, loss of vitality, loss of strength, loss of appetite, loss of sleep, loss of energy, loss of courage, loss of confidence, loss of hope, loss of faith, loss of love, loss of respect, loss of honor, loss of glory, loss of power, loss of influence, loss of position, loss of rank, loss of title, loss of name, loss of fame, loss of reputation, loss of credit, loss of money, loss of property, loss of health, loss of life.

**A SNAP—\$300** will buy my nice building lot, or will exchange for auto in good condition. Lot 35x111 feet. No. 2 Sunnyside Gardens, Facer street. Clear deeds. Address **KNOWLES**, 88 Cameron Avenue, Windsor, Ont.

- Properties For Sale**
- \$6,000** to loan on approved real estate.
  - \$13,000.00**—On Hainer St., one and one-half storey frame dwelling on large lot 48x110 ft. five rooms, good soil will accept small cash payment.
  - \$17,000.00**—On North St., large cottage with barn, all are in fair repair, central, will accept small cash payment, balance arranged.
  - \$14,000.00**—On Sherwood Ave., frame cottage in good repair, two bedrooms will accept small cash payment, balance arranged.
  - \$2,000.00**—On Leeper St., frame cottage with barn, all in good repair, will accept small cash payment.
  - \$25,000.00**—On Catherine St., large frame cottage, three bedrooms, large lot, will accept \$10,000.00 cash, balance mortgage at 7 per cent.
  - \$36,000.00**—On Dacotah St., two-storey new brick dwelling, every convenience, all in good repair, will accept \$15,000.00 cash, balance mortgage at 7 per cent.

**KERNAHAN & GRAVES**  
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 The Best Tungsten Electric Lamps  
 The Kind You Read About  
 We carry the largest stock in the peninsula, and can fill orders for any quantity immediately. By them by the box and save money. Guaranteed against defects.

**J. H. SANDHAM COMPANY**  
 235 St. Paul Street Telephone 1112

**St. Catharines Officers Give Evidence**

(Continued from page two)

paymaster, was examined this morning. He said four women were employed as cooks in the officers' mess. They were on the pay rolls as privates and received pay as such. Sgt. Johns said he had never heard any complaints about marriage allowance not being paid. With reference to the purchase of shoes from Burleigh's store Johns said he had got a pair himself on permission from Capt. A. Dyke, and had the amount deducted from his pay. Col. Burleigh was standing near by and Dyke asked him if it could be arranged. Colonel Burleigh said it was up to Dyke.

Johns said Burleigh was always considerate to his men. If a man was in hospital, Colonel Burleigh signed for him on the pay sheet and Captain McKinley would go to the hospital and pay the man. Captain McKinley kept a cash book which was turned over to Capt. Rothwell. Fines and forfeitures were entered on the "Other Charges" column of the post list.

Colonel Burleigh asked the witness a number of questions. Johns said neither Burleigh nor any other officers had used any pressure to force him or anyone else to buy shoes at Burleigh's store. The Government, he said had treated the men badly in the way of shoes and they were glad to buy shoes and have the amount deducted from their pay.

Johns told the President that horse allowance and forage for the horses on the water wagon were charged on the Second Dragoons pay sheets. A Sergeant in the audience asked Johns to give him dates as to when he saw a woman working in the mess at Port Dalhousie and he said in September or October.

Sergeant William H. Edge, the next witness, said he was at Port Dalhousie post and never saw any woman there. He said an impression prevailed among the men that rations of the men were used in the officers' mess.

Edge said the men seemed quite satisfied with the extra rations bought with the ten-cent a day field allowance withheld. He was moved to Niagara Falls where he was paid his ten cents a day, but he saw no material difference in the food there as between that supplied at Port Dalhousie where the men had to pay ten cents a day extra.

Harry Massey joined the 19th as a private at the end of September, 1914. His complaint was that he was stopped \$16 in November, 1914, without any trial for the breaking of a rifle. Captain Gander had informed him the money was to be stopped.

The President told Massey that he should have informed his commanding officer—that is the soldier's recourse. Massey admitted he should have been fined, but his complaint was that it should have appeared in orders. He got a pair of boots at Burleigh's and \$4.50 was stopped. Several men complained of the stoppage of the ten cents, stating that if they had to pay for their boots they would have to have their ten cents. He himself had a complaint that he didn't get enough to eat.

**Children Cry for Fletcher's**



Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is a very important part of his life. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments 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 years has not proven.

**What is CASTORIA?**

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; relaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

**GENUINE CASTORIA ALWAYS**



**THE STERLING BANK OF CANADA**

**Save Because--**  
 Money spent can never be earned again.

**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—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.  
**Treatment Without Operations**  
**Dr. Ward**  
 Buffalo's Leading and Most Successful Specialist  
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**DR. WARD**



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**Outshine All Imitations**

THE package may be imitated but the flakes inside cannot be equalled.

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**The Genuine Original**  
 "MADE IN LONDON"  
**Kellogg's TOASTED CORN FLAKES**  
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BE sure the words "Made in Canada" and "London, Ont." are printed in red on the face of every red, white and green package. This is your guarantee of quality unequalled and unvarying.

**The Big Package**  
 Only Made in Canada by

**The Battle Creek Toasted Corn Flake Company, Limited**  
 HEAD OFFICE AND PLANT  
**LONDON, ONT.**

**ENRICHING THE**

Some Hints Upon the of Artificial Fertilizer

Fuller Use of These Fertilizers—Their Application—Handled Intelligent—Your Own Soil Close—Farm Hints.

(Contributed by Ontario Education, Toronto)  
**T**HE use of artificial fertilizer in this country is increasing. These are, however, those intending to make should make an effort themselves regarding the under which they will results. Too many people fertilizers without fully they carry plants food, real object in applying supply needed available plant.

To intelligently make materials there are to be considered. First, the soil, second, the plant, and third, the materials to be applied. It should always be that the soil carries amounts of plant food, a small quantity of the available during the growth. The acids formed by the organic matter in the chief natural agency bring the big store of ter into a form that up by the plant. The is also the source of m plant, and it increases holding capacity of the. Consequently every effort to improve its physical. Consequently every effort to maintain or amount of decaying of. Otherwise the crop largely from the and and not from the plant. It is for this reason sometimes stated that nence to use fertilizer continue their use.

However, no matter try to render available stores of food in the bring it about fast end the needs, especially of ing crops, such as the nips and garden crop need of manures. S cannot always be got quantities to fulfill req. On the other hand, plant food in the rig to develop the plant, supplement the manur of fertilizers.  
 The manure is nitrogenous fertilizer, in large quantities it leaf and stem growth, turly. Consequently, ply of stable manure growth of lettuce, sp etc.; but it would not tory for tomatoes, s other crops that must maturity. What the some stable manure s eval fertilizer to force On the other hand, tance, spinach, etc., are leaf and stem and necessary point, hence of nitrogenous fertiliz be added after heavy manure with good res.  
 The manufacturer o lizers seeks to prepar nure that will be suit ent crops, but the farm should strive to info garding his soil and c he may be able to se of fertilizer that will growth desired, and b the fertilizer materials he may buy intelligent nistry.—R. Harcourt Gaspin.

**General Farm**  
 Put a plant or two the cellar which show temperature of 60 to 65, which is kept in dark so that it will and no leaves. Do gardening work for more especially thin ure of the last.  
 If the roads are get your manure o dressing of 8 to 10 will keep the 6-inch If buying in the last early as the car sit enough to delay sh Light pruning of taking out the main long-handled prun before feeding on crops make good p own seed supply.  
 Finish cutting ou cherry and plum. Inspect and oil winter.  
 If weather is in continue to spray give first applica infested with San On rough days d feeding months it sh packages, bar mending broken baskets.  
 Be sure pumps dition.  
 It is not too ear quest of getting crop which will ha 1920.

Depreciation of the farmer's tool shed? The best faster in the weat use. The time s rust-free implement see ahead.  
**WANTED**—Teleph ply Chief Oper Building.