

When You... now... you have a... part, it is... time to... watch your... stomach. Palpitation... and other signs of "heart... trouble" usually mean... indigestion, produced... by food poisons that irritate... every part of the... body—heart included.

Children Cry for Fletcher's CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. 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 Syrup. 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; allaying 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

Bears the Signature of
Chas. H. Fletcher
In Use For Over 30 Years
THE CENTAUR COMPANY, NEW YORK CITY

8. KILLMER, D.D.S., L.D.S., Two Cabinet Ministers addressed
Dentist Office—65 St Paul Street, the annual meeting of the Ontario
St. Catharines. Phone 16. Residence Motor League at the King Edward
2 Welland Avenue. Hotel, Toronto, last night.

Stomach-Headache, Indigestion! Instantly End Stomach Distress

Souring food in stomach forms acids and gases which cause headache. As soon as Pape's Diapepsin reaches your sick, unsettled stomach all the misery stops. No waiting! Instant relief! Indigestion, acidity, gases, heartburn and dyspepsia go. Upset stomachs feel fine! Costs little—Any drug store.

SET? Pape's Diapepsin WILL PUT YOU ON YOUR FEET



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FROM OTHER PENS

TRY PUBLIC OWNERSHIP

Winnipeg Tribune:—Public ownership, in consequence of public apathy, has its failings, but in the handling of great public utilities public ownership has not to its credit or discredit the failures of coal operators in Canada in producing from the mines coal sufficient to meet the demands of the public. Everything seems to be shaping to public ownership of coal mines. With such a vast proportion of the world's fuel stored in Canadian territory it is a sad reflection upon private industry that we still import more coal than we export. And, at that, every year in Western and Eastern Canada there is a dread of a fuel shortage.

Let us try public ownership. Let the natural resources of the West be handed over to the Western producers—as per promise—and we shall see what can be done to help straighten out the trade balance, as well as to relieve annual public anxiety as to the fuel supply.

THE DOOR OF PREFERMENT

Hamilton Times:—"When I was a child it was necessary for me to beg my bread from door to door," said Mr. Waterson, M. P. for Kettering, in a speech in the British House of Commons. He was actually shunting railway cars three days before he entered the House. Mr. A. E. Waterson was elected for Kettering as a co-operative candidate, and is the only member of the House directly representing these interests. The door of preferment is open to all.

MR. KING IN HALIFAX

Halifax Chronicle:—The audience which Mr. King had to face at the Orpheus Theatre, where his main speech was delivered, was not an old-time campaign crowd. There was no election campaign fervor in evidence, and the audience might properly be described as critical and expectant. It was eager to hear the message of the new leader of a great historic party. It not only gave him a good hearing, but as he developed his message, it appeared to hear him gladly, and at the end gave him a demonstration, the enthusiasm of which could not be mistaken. This does not mean that the appeal which Mr. King made to his audience won complete support, but it does indicate that his presentation of his case and his appeal for stability in Government and unity in the nation as solvents for the problems which face the country was given a very sympathetic reception.

HYDRO AND HEALTH

Hamilton Spectator:—A point of interest to the public was brought up at the Hamilton Scientific Association's meeting last night, when Dr. Mullen questioned the lecturer, Mr. E. P. Coleman, regarding the techniques of the 25 and 60 cycle alternating current as used by the Hydro and Cataract respectively. Dr. Mullen was interested in the matter as a physician, and discussed the advisability of having exhaustive scientific tests made in order to ascertain the amount of "physical damage" caused by the flicker incidental to the 25-cycle current when used for the purpose of illumination. Mr. Coleman naturally did not attempt to deal with the subject from his angle, but gave a clear explanation of the cause of the phenomenon to which Dr. Mullen referred. The 25-cycle generator allows a sufficient interval to elapse between each revolution to permit the filament in the lamp momentarily to lose its incandescence, whereas the 60-cycle current is sufficiently rapid in its alternations to maintain a continuous brightness of the filament. Mr. Coleman did not enter into any discussion about the pathological or psychological effects of interrupter light; but he pointed out that, following the lead of the Hydro-Electric development in Ontario other electric corporations in other provinces were likewise operating on the 25-cycle system. If then, there are grounds for suspecting this form of illumination from the physiological point of view, it becomes a question of vital public concern that the truth of the matter should be thoroughly proved and the necessary remedies applied. It is not a matter of injury to the eye-sight merely, but a possible impairment of the nervous system that is involved. Dr. Mullen has raised a point of interest and importance to the public well, which can only be satisfactorily disposed of in the manner he suggests—by scientific experimentation undertaken in the laboratory by experts.

WIVES AND MOTHERS NEED NOT HAVE SORE BACKACHES

Constantly on their feet, attending to the wants of a large and exacting family, women often break down with nervous exhaustion.

In the stores, factories and on the farm are weak, ailing women, dragging all down with tantalizing backache and bearing down pains.

Such suffering isn't natural but it's dangerous, because due to diseased kidneys.

The dizziness, insomnia, and other symptoms of kidney complaint can't cure themselves, they require the assistance of Dr. Hamilton's Pills which go direct to the seat of the trouble.

To give vitality and power to the kidneys, to lend aid to the bladder and liver, to free the blood of poisons, probably there is no remedy so successful as Dr. Hamilton's Pills. For all women irregularities their merit is well known. Because of the mild soothing and healing effect, Dr. Hamilton's Pills are safe and are recommended for girls and women of all ages. 25c per box at all dealers. Refuse any substitute for Dr. Hamilton's Pills of Man Drake and Butterworth.

Recollections of the Old Survey Days

During the summer of 1881, we were locating and running trail lines for the main line of the Canadian Pacific Railway along Nobsungus Lake and down the Vase Creek towards Lake Nipissing. A Mr. Hegan was in charge of the party, that gentleman for work, Mr. E. J. Duchesnay was transitman, and Emilie Tetu leveler. At that time there was but one settler on Nobsungus Lake, and what fishing there was in it!

While we were camped along the lake used a lumberman's red boat to take us to and from our work, when we invariably trawled with a hand line and common spoon.

I recollect while rowing to work one morning, Duchesnay trawled. I sat looking on. Suddenly there was a tremendous tug at the line. Uttering an exclamation Duchesnay began hauling it in, but it was no easy matter. Two or three men had to help him. Fortunately, however, the line was a stout one and the fish securely caught. After a brief and desperate struggle on the part of the fish he was brought alongside of the boat. The question then was, how to get him on board? For we had neither gaff nor landing-net. At his belt, Duchesnay carried a neat little 32 calibre Smith and Wesson revolver. A brilliant idea occurred to me.

"Shoot it, Mr. Duchesnay," I called out. Promptly acting on my suggestion, at a range of a couple of feet or so, he broke his back with a bullet, killing him immediately and a maulage of thirty-two lbs. weight weighed on our return to camp in the evening—was lifted into the boat without any trouble.

The following Sunday morning Duchesnay and I took a bark canoe and went trawling. We had but one line and took it turn about to fish and paddle. I do not recollect how many we caught, but I do remember that after fishing for only a portion of the morning, we brought back to camp more black bass and dory than the whole party of about twenty-two healthy men could eat before a good part of the catch went bad and had to be thrown away.

I do not know how many settlers may now be living about the lake, or

how much fishing has been done since those days, but unless it has been much fished it should still well repay a visit of any enthusiastic disciples of the gentle art.

Recollect we had but one common, large red and silver spoon. How the fish must have swarmed in the lake, then. What sport might not expert fishermen have today, with rods and proper tackle? Where could they find finer camping grounds either, or enjoy a visit of any enthusiastic disciples of the gentle art?

When we had left the lake a few miles with our survey we got into the undulating brulé country along The Vase Creek. What a paradise that country was for sportsmen, then, before its world old silence had been disturbed by the locomotive's whistle. Moose, bear, lynx abounded. Never a day passed that we did not see fresh tracks of them. The bear and lynx we never saw. What animals are more shy or wary? A moose occasionally we did.

One day, while running the line along a side hill, in the open brulé country, we saw six magnificent moose. But, of course, no rifle was ever carried on the line and we could only watch them trot away. What strides they took, with what ease they negotiated fallen timber!

It was about mid-summer, if I remember rightly, of that year 1881, somewhere along The Vase. We had gone out to work as usual, I was a



As usual, that morning, Duchesnay set up his transit, and as usual the axemen lolled about, lighted their pipes, or gave a final touch, with whetstones to their axes, while they waited for line. In a few moments the transit was in readiness and Duchesnay turned to me.

"Get a good stout four by four inch, four foot dry stake, like a hub-stake, blaze it like a hub-stake, and mark on it with red keel, in big letters, 'C.P.R. Station O.' From now on this line will be known as 'The Canadian Pacific Railway, not The Canada Central.' He turned to the men. "All right, boys, stick up a picket and get line now."

Thus I had the distinction of making and driving in the first station stake marked, C.P.R.

I think there is a station now somewhere about there, called Calendar. F. H.

ARE CURIOUS ABOUT FATE OF PRISONERS

PARIS, Jan. 19.—Thirty thousand Rumanian prisoners in Germany have completely disappeared, according to a telegram from Bucharest to the Red Cross headquarters here. The Rumanian Government refuses to accept the German theory that such a large number might be included in those listed as missing. Investigation of the matter, begun some time ago, is continuing, according to the telegram.

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