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THE OLD STORY
The social pomp and display at the recent opening of the Ontario Legislature was as conspicuous as under former political administrations according to the reports of newspapers and of those who were present.
This was scarcely to be expected from a joint labor and farmer government but it evidently bears out the conclusions reached by those who study past generations closely, that the man who undertakes to dictate to women as to what they shall wear and how they shall wear it is not only courageous but bold. He takes his life in his hands and digs his own grave.
Over a century ago Gray in his immortal "Elegy" wrote that "The Paths of Glory Lead but to the Grave" but the fine ladies and socially inclined men have been tripping along on those paths just as frivolously as though Gray had never given them the tip.
And so it is with the Ontario Legislature. Drury's may come and Drury's may go but the policy of Dame Fashion goes on for ever. So Democrats of the 1920 school you might as well save your breath as waste it on the desert air.

15,000,000 THEFTS FROM CARS SHOWN.
Looty Double That in Any Pre-war Year.
Wholesale looting of merchandise in transit on the railroads of the United States caused a loss of approximately \$45,000,000 in 1919; according to United States Railroad Administration statistics made public recently.
This is estimated to be more than double the losses sustained in any pre-war year, but it is pointed out that the increased cost of the commodities stolen, roughly estimated to average 85 per cent, must be taken into consideration when comparing the losses in the days of low prices with losses now. Nevertheless there has been a steadily increasing number of packages stolen, and the organization combating the thieves are met an increased ingenuity in diverting goods from their owners.
A technique of robbery has been developed so highly that the methods of "master thieves" are similar in the United States, England, France, Italy and Argentina, according to a recent report of the United States Chamber of Commerce in Argentina. Detectives, however, are inclined to discredit that organization's belief that a "widespread international organization" is at work stealing merchandise.
Substitution is the usual method used by the thieves. Sometimes boxes supposed to contain velvets are found at their destination to be filled with calico or other cheaper grades of cloth, but as a rule, waste paper is found. These are referred to as "concealed losses" by railway men and are especially difficult to trace, as the shipment leaves and arrives apparently in good condition, and it is almost impossible to discover at that point the theft occurred.
The silk industry has been one of the most severely hit in the last year, and so great has the risk become that the Railroad Administration has been considering excluding all silks from the privilege of freight transportation by rail. The Merchants' Association of New York, through its traffic bureau, has protested against such an exclusion, advocating some less radical measure to minimize or prevent the theft of silk in transit.

The Niagara Falls Hydro-electric Commission notified the public that it will grant permits for the installation of electric ranges and other domestic appliances, but without any guarantee that in winter they will not be affected by shortage of power.

The Best Sarsaparilla
is a
Powerful Tonic and Blood Purifier
and is unsurpassed as a
Spring Medicine
LARGE BOTTLES 75c EACH
MADE AND SOLD BY
Abbs & McNamara
Quality Druggists
30 Queen Street Phone 102
Agents for Huyler's, Page, Shaw and Neilson's Chocolates, Bitro Phosphate, Vivol, Nuxated Iro, and Tyrrell's Cascades

START TOMORROW AND KEEP IT UP EVERY MORNING
Get into the habit of drinking a glass of hot water before breakfast.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles according to hot water enthusiasts.
There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and intestines of the previous day's waste, sour bile and indigestible material left over in the body which if not eliminated every day, become food for the millions of bacteria which infect the bowels, the quick result is poisons and toxins which are then absorbed into the blood, causing headache, bilious attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments.
People who feel good one day and badly the next, but who simply can not get feeling right, are urged to obtain a quarter pound of limestone phosphate at the drug store. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sanitation.

EDITORIAL NOTES
Wrestling with civic finances and tax rates is not as glorious a pastime in practice as it is in theory before elections.
The point is whether spring began



Watch Your Child's Tongue!
Constipated Children Gladly Take "California Syrup of Figs" For the Liver and Bowels
Tell your druggist you want genuine "California Syrup of Figs." Full directions and dose for babies and children of all ages who are constipated, bilious, feverish, tongue-coated, or full of cold, are plainly printed on the bottle. Look for the name "California" and accept no other "Fig Syrup."—Beware!

on March 21st or on the 20th since this was Leap Year and February had 29 days.
The one civic board which is right up-to-date in spending money is the new Board of Education.
There is no royal road to learning and public school pupils in St. Catharines will never become scholars by the moving picture process. Hard work and that only is the door to learning.
Three features should stand out pre-eminently before the new Chamber of Commerce—the necessity of more houses, railway extensions, and caution for three years in civic expenditures.

AFTER EFFECTS OF INFLUENZA OFTEN SERIOUS
VICTIMS ARE LEFT WEAK TIRED AND MENTALLY DEPRESSED
—TONIC TREATMENT IS STRONGLY RECOMMENDED.

No pestilence in years has caused more widespread suffering than the epidemic of influenza which swept over Canada in the fall and winter of 1918-19 and again this winter. The danger from this trouble is seldom over when the characteristic symptoms, the fever, headache and the depression of spirits have passed away. Influenza leaves behind it weakened vital powers, thin blood, impaired digestion and over-sensitive nerves. Men and women who were robust before stricken with influenza find their bodies racked by pain previously unknown to them. This condition is due to an abnormal thinning of the blood and leaves the system an easy prey to other serious troubles. This is the time when the convalescent from influenza should build up the blood with a reliable blood-making tonic such as Dr. Williams' Pink Pills. Weak blood means impoverished nerves, impaired digestion, a feeling of tiredness after even slight exertion, and sometimes even more serious symptoms. When the blood regains its rich red quality the nerves recover their strength and the organs of the body function naturally. In fact building up the blood will vitalize the whole system.
The experience of Mr. Andrew Marty, Bathurst, N.B., will prove of value to a host of influenza sufferers who still suffer from the effects of the disease. Mr. Marty says:—"The new life and consequently new hope brought into my life through the use of Dr. Williams' Pink Pills is almost beyond my power of expression. Following a severe attack of influenza in 1918 I found myself rapidly failing in health, and was naturally much alarmed. I began to lose weight, could not eat, did not sleep well and in a word I was reduced to a mere shadow. I was forced to discontinue work because of my weakened condition and things had a very blue outlook. I tried a number of suggested remedies, but without benefit, and then one day Dr. Williams' Pink Pills were suggested to me. I acted on my friend's advice, began taking these pills and soon felt an improvement. Every day I seemed to grow stronger and after four weeks' treatment I felt fully restored to my old-time health. From my own experience I feel that if given a fair trial, there is no medicine superior to Dr. Williams' Pink Pills in building up a run-down system."
Dr. Williams' Pink Pills are a tonic blood and not only the disastrous after effects of influenza but also troubles due to poor blood, such as anaemia, rheumatism, indigestion and the general worn-out feeling that affects so many people disappear. You can get these pills through any dealer in medicine, or by mail at 50c. a box or six boxes for \$2.85 from The Dr. Williams' Medicine Co. Brockville, Ont.

Farmers
Success and prosperity come to the farmer as well as the merchant or manufacturer who conducts his affairs in a business-like manner.
The services of this Bank are offered you in the transacting of your business.
Consult us; we will gladly help you to solve your problems. 726

THE DOMINION BANK
Drafts on Foreign Countries sold on favourable terms
B. B. MANNING, Manager,
CORNER KING & QUEEN STS. OPPOSITE POST OFFICE

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 483 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

VALUABLE PAPERS
The Safety Deposit Boxes of this Bank offer security for valuable papers, documents and other effects.
The rental of one of these boxes is very moderate and protects you against loss by fire or theft.
THE CANADIAN BANK OF COMMERCE
PAID-UP CAPITAL \$15,000,000
RESERVE FUND \$15,000,000
ST. CATHARINES BRANCH: E. A. Fox, Manager.

The fourp'ny doss
WHEN Peter Wright, the great Chief of the British Seamen's Union, was in Canada he said that many a time in the old days a fourp'ny doss was the only thing that stood between him and a sleep on the sidewalk.
SAILORS and soldiers and good hardy men the world over have a vivid recollection of these places.
THE "Doss," as such does not exist in Canada, but Hotels for Working Men are a definite part of the Salvation Army's activities in the larger Canadian cities.
308 Service Posts in this Territory. Use them!

Overland
New Triplex Springs Iron Out the Wrinkles of the Rough Roads

THE wrinkles of rough roads seem smoothed out completely by the wonderful springs of Overland 4.
Best of all, this heavy car kind of comfort is now obtainable with economy in fuel and tires and remarkably low upkeep cost.
Overland 4 is started and lighted by two-unit electric starting and lighting system. It has rain-vision windshield and unit power plant. It is equipped with all the latest car essentials and conveniences.

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St. Catharines. Telephone 828
Head Office and Factories: Willys-Overland Limited, Toronto, Canada
Branches: Toronto, Montreal, Winnipeg and Regina

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Save Because--
You can insure your future by saving now, while wages are high.

Security Loan & Savings Company
26 JAMES STREET ST. CATHARINES
Capital authorized \$1,000,000.00
Capital paid in 532,300.00
Assets 31st December, 1919 1,098,955.00
Reserve Fund 160,000.00
Surplus 713,977.00
3 1/2 per cent. interest paid on Deposits.
Trustee and joint Deposit Accounts received.
Debentures issued at higher rates for one to five years.
Money to loan on real estate at current rates and on easy terms of payment.
Mortgages purchased.

Farmers
Success and prosperity come to the farmer as well as the merchant or manufacturer who conducts his affairs in a business-like manner.
The services of this Bank are offered you in the transacting of your business.
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600 BRANCHES The Royal Bank of Canada
Farmers Sons and Daughters Have Opportunities To-day
They never had better chances to make and save money.
Now is the time to lay the foundation of future prosperity by cultivating the habit of thrift.
There is a Savings Department at every branch of this Bank. The staff will be glad to show you how to make the first deposit.
Capital and Reserve \$35,000,000
Total Resources \$500,000,000

900 DROPS CASTOR
The Proprietary Patent Medicinal Preparation
Thereby Promoting the Cheerfulness and Restfulness of Infants, Moribund, Mineral, NOT NARCOTIC
A helpful Remedy for Constipation and Diarrhoea and Nervousness. Loss of Sleep resulting therefrom. Tac-Sinuate Signature
The CENTRAL COMPANY MONTREAL, P.Q.
35 Doses 40c
Exact Copy of Wrapper

SPRING WEATHER HARD ON BABIES
The Canadian Spring, we say, is one day mild and bright; the next day raw and blustering is extremely on the baby. Conditions are such that the mother cannot take the little out for the fresh air so much desired. He is confined to the house, which is often overheated and ventilated. He catches cold. His stomach and bowels become deranged and the mother soon has to look after him. To prevent this occasional dose of Baby's Own Tablets should be given. They regulate the stomach and bowels, thus preventing colds, simple fevers, colic, and any other of the minor ills of infancy. The tablets are sold by mail dealers or by mail at 25c. a box. The Dr. Williams' Medicine Co., Montreal, Ont.

DR. ARTHUR B. DENTISTRY
(Formerly known as "Dental Offices", Dr. C. Offices: Corner of Main and Streets Buffalo, N.Y.)
Open until eight. No Sundays

Pain and expense are the great fears of Dentistry that count for more ruined teeth than anything else.
These fears encourage nervous and poor, indeed, will be condition of your teeth is neglected. They MUST be given watchful attention to prevent decay, and when decay is present, they must have prompt treatment.
It is groundless fear that alarms at the possibility of pain you must suffer or cost you must pay for treatment at our Offices.
The treatments are practiced free from pain and the cost astonishingly moderate.
Besides this—there is consultation and examination service which we extend to those who desire to know the condition of their teeth.
Fillings 50c up.
Very good Plates \$8.00.