

DOES IT HURT YOU
TO BEND OVER

This is a Sign of Kidney Weakness, But Can be Quickly Cured.

Don't give up! You can be cured and made well again.

That backache and dragging weariness can be stopped for all time.

Those sharp attacks when bending over, and that lameness in the morning, can be overcome.

Every ache and pain due to kidney weakness will disappear quickly once you start to use Dr. Hamilton's Pills, a marvellous remedy long ago made famous by its strange healing effect upon the kidneys and liver.

Don't wait till that dragging pain in the loins grows worse. Start the cure today.

Delay will mean swelled ankles and limbs, sharp rheumatic pains in the muscles and joints and other painful symptoms as well.

If you are always tired, have continuous headache, dizzy spells and specks before your eyes or ringing noises in the ears—there are common symptoms that warn you of the immediate need of Dr. Hamilton's Pills of Mandrake and Butternut. Sold in 25c boxes.

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Rubber Tires for all vehicles. Tire repairing of all kinds.

We sell tires of all makes

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NEVER HAVE SEEN
A DOG OR A CAT

Children in War - Scarred
Europe Never Even Hear
the Birds Sing.

When you grinned at the six-year-old son of the house romping in the yard with his dog, or watched his small sister carefully dividing her attention between ribbon bows for the house "tabby" and the robin on the lawn, did it ever occur to you that somewhere in the world there are little folks of the same age who have never seen a dog nor a cat nor heard a bird sing. Yet, there are some hundreds of thousands of youngsters in war-stricken Europe to-day who are ignorant of the existence of the furred and feathered creatures which help to make a Canadian kiddie's day worth while.

Jewish relief workers who have returned from the Eastern and Central European countries cite the absence of domestic animals and birds to illustrate the desolate barrenness of the countries that were swept again and again by the warring armies for nearly five years. Jacob Basheln, who had charge of a unit for the Joint Distribution Committee, the sole agency disbursing relief funds raised by the Canadian Jewish Relief Committee, the Central Committee for Relief and the Jewish People's Relief Committee, has described the conditions there.

"In that bare stretch of country where there are scarcely any trees, no habitations other than the miserable dug-outs in which returned refugees exist—the 'no man's land' of Poland—we did not see a single cat or dog, and in all the time we were there we never heard a bird sing. Armies have swept bare the country and trampled the ground to the consistency almost of rock, while shell-fire has blasted the countryside. No animal, even domestic animal was left there. So there are children to-day of five or six years of age who have never seen a dog nor a cat and have never heard the singing of a bird!"

DESTITUTE JEWS
HAVE NO HOUSES

Six Million Unfortunates
Compelled to Use Packing
Cases, Cans and Sacks.

Patterning on the block houses that children build, the destitute Jewish refugees of Eastern Europe, whose houses have been destroyed during the war, are trying to solve their housing problem with the packing boxes in which relief supplies have been sent to them, according to reports received by the Canadian Jewish War Relief Committee from relief workers abroad.

Not only is every particle of food and clothing used to the utmost advantage in these stricken lands where 6,000,000 Jews are at the point of starvation, but the cans and sacks and wrapping cases in which the food and clothing come are made to do duty as well. There is neither lumber or nails in most of the countries of eastern Europe at present, and the packing boxes are handled as if they were the finest mahogany, when the shipments arrive. Not a nail is allowed to go to waste, when the boxes are taken carefully apart.

All over eastern Europe at present men, women, and children, many of them sick with typhus, are living in cellars, in devastated houses, in old freight cars, on roofless platforms, open to the wind, or in fields, unprotected from the elements. The clothing of these destitute Jews, consisting for the most part of the rags that they have worn for the five years of the war, afford them little warmth.

For this reason, the packing boxes, which might not be considered particularly luxurious homes at another time, are welcomed as life-savers just now. Boards from them are used to re-build broken houses, and even to make lean-to shelters where the building stood before. Some of the smaller boxes are piled one above the other, like children's blocks, and nailed together, to serve as temporary houses.

MOTHERS PRAY THAT
BABIES MIGHT DIE

Suffering Among Jews is So
Bad That Death Alone
Gives Relief.

Mothers begging for death to relieve their children's suffering, was the most tragic thing seen by Leo Wolfson, New York attorney and journalist, in seven weeks spent in Roumania, Galicia, Bessarabia and Bukovina. Mr. Wolfson, who has just returned to New York, made the trip in order to study political conditions in these countries.

"There are one and one-half millions Jews in this section of Eastern Europe who are in immediate want," declared Mr. Wolfson. "In every town I visited, I saw starving, naked Jews stretching out their hands to passers-by for a piece of bread."

"They hardly look like human beings. All one sees are living skeletons, covered with yellow skin. The children are small, worn-out, frightened, little creatures, who just drag themselves aimlessly around.

"How they will live through the winter, no one knows. No one can begin to describe the picture of misery and want. But one can get an idea of it, knowing that mothers are actually praying that death take their children, to relieve their terrible suffering."

Wilfred Mills was accidentally killed in Ontario Paper Company mill at Thorold.

AFTERBIRTH RETAINED

The Cause and Cure of a Not
Uncommon Trouble.

Cows of All Ages Are Sometimes
Affected. Remedies Suggested
Where Veterinary Cannot Be
Had—Grape Pruning For the
Garden.

(Contributed by Ontario Department of
Agriculture, Toronto)

RETENTION of the afterbirth, foetal membranes or placentae, commonly called "the cleanings," is not uncommon in cows. Its cause is not understood. While it is probably more frequently met with in cows in low condition and unsanitary surroundings, no care, food, attention or surroundings act as preventives. It is noticed in cows of all ages, all breeds, cows in all conditions and at all seasons. We cannot understand why it occurs, or why it cannot be prevented, but experience teaches us that such is the fact. Good care, comfortable surroundings, avoidance of cold and dampness, especially in cold weather and giving a warm mash for a day or two after calving tend to aid expulsion of the membranes, but even all precautions frequently fail. The administration of medicines is not equally effective. In ordinary cases, the membranes are expelled shortly or in a few hours after parturition, while in other cases they are retained for 24 hours or longer, and then spontaneously expelled. In other cases spontaneous expulsion does not take place until after decomposition, when they are expelled in pus and small pieces.

The symptoms usually noted are by the protrusion through the vulva of a portion of the membranes, but in rare cases this symptom is not present, the membranes being wholly contained within the uterus. In such cases, provided the cow has been unaided it is hard to know whether they are retained or have been eaten by the cow. Cows have the objectionable habit of eating the afterbirth. We cannot account for this taste, and when possible it should be prevented.

In some cases the consumption of the membranes does not appear to affect the health or general condition of the animal; in others it causes trouble, and in some cases death from various conditions.

Treatment.—When the membranes have been retained for 24 hours or over in warm weather or for forty-eight hours in cold weather they should be carefully removed by hand. Where a veterinarian can readily be procured it is probably wise for the ordinary stock owner to employ him, but a stockman who understands the anatomy of the parts, and is not afraid of a dirty and sometimes tedious job, can operate himself.

The lining membrane of the womb is covered with many little lumps (called "cysticercs") which are attached by constricted necks, with surfaces varying from one inch or less to three or four inches in diameter, to which the membranes are attached. The operator should have an antiseptic solution of a 2 per cent. solution of one of the coal tar antiseptics in warm water. A gallon of two of this should be injected into the womb. The operator should disinfect his hand and arms with the same, introduce the hand into the womb and carefully separates the membrane from each cotyledon, being careful to not tear or injure any of them. If a few are removed the consequences are not likely to be serious, but it is better to remove none. When the whole has been removed a little more of the antiseptic should be injected into the womb. It is good practice to give the cow 40 to 50 drops of carbolic acid in a part of cold water as a drench, or sprinkled on her food three times daily, until all discharge ceases.—J. H. R., O. A. College, Guelph.

Grape Pruning For the Garden.

The average neglected grapevine is generally such a tangled mass that it is very difficult to describe how to prune it. The owner should determine what sort of a trellis he means to fasten his vine on. If there are a number of vines in a row the general practice is to grow it on two wires, these to be drawn tight on posts about 16 feet apart, first wire three feet and second wire five feet from the ground. If only one or two vines are in a place it can be grown on a trellis made of two narrow strips of board nailed to posts.

One thing never to be overlooked is all fruit is produced on last year's wood. Most neglected vines have too much old wood. Try to get one or two upright canes of two-year-old wood or older with four arms or younger canes equally distributed on the two wires. These arms should not be over six feet long, giving four arms of this length. This is sufficient bearing wood for any vine. Suppose the upright part is satisfactory and there are four arms on it, from these arms laterals or side shoots will grow, on which the fruit is produced. A vine should be pruned after it freezes before winter and before it thaws in the spring. Pruning in mild weather causes bleeding from the cuts. The laterals that bore fruit should be cut back, only leaving one bud to sprout the following season and the fruit will grow on that sprout. It is quite easy to occasionally renew one or more arms by training a young branch to take the older one's place. When that is done cut off the old branch. With little practice pruning is easy, the common fault being to leave too much wood. If in doubt as to the above method of pruning, write for Illustrated Bulletin 237, "The Grape in Ontario."

Scarcity of Feeder Cattle.

With the growing scarcity of feeder cattle and the advance in value of farm lands, the baby-beef industry is of increasing importance and is receiving the attention of farmers in all live stock sections of the country.

Rev. Wm. Ivens must show why he shouldn't be punished for alleged contempt of Court.

Chamber of Com-
merce Activities

Preparation of the "Machinery for the membership campaign of the Chamber of Commerce is rapidly advancing at the headquarters in Union Bank Building. Many callers drop in each day to ask questions and in other respects the show of interest among the citizens is encouraging to the campaign manager.

"So many people have asked me just how we are going to handle the task," he said to-day, "that I have drawn up this little outline of the whole campaign. It is arranged under the headlines that have been suggested by the questions we have been asked:

1. Securing the necessary membership and income for three years.

(a) A carefully compiled list of the citizens of St. Catharines who should support such movement, made in card index form.

(b) The number of memberships that each should carry, based upon the benefit to be expected, and what corporation and men of similar standing in other cities are doing, indicated on each card.

(c) This list to be examined carefully by two separate committees and passed upon by the executive committee before it is used.

2. Creating a working membership.

(a) During the campaign for membership and afterwards, a systematic method of acquainting the public with the proper functions of a Chamber of Commerce to be put into operation.

(b) A series of luncheons which ultimately become schools of organization, to be held; these luncheons open to non-members. At these luncheons specialists will present the steps necessary in successful organization management.

(c) The speakers to be aided by charts and other methods of graphic presentation. Everything reduced to a common sense basis and hip-horror methods avoided.

(d) This definite and methodical way of presenting a sometimes misunderstood field of activity fortifies the optimist with a mass of intelligent arguments and smother the pessimist under a mass of carefully collected facts that leave no ground for just criticism of a real Chamber of Commerce.

3. The development of a program of work.

(a) With the completion of the membership and educational campaign, the development of a program of work will be the next step.

(b) Each member will be asked to express himself on what he thinks the organization should undertake for the welfare of the city as a whole and for the promotion of his line of work.

(c) The expressions thus received will be collated and written into concrete paragraphs, these forming the planks of the program of work.

(d) This method brings unity of action in the shortest possible time and enables the officers to reach out intelligently to the individual members for support and help.

4. Installation of committee organization and control.

(a) Special instead of standing committees.

(b) Careful analysis of work to be done.

(c) Definite schedule of action, preparation of needed data, limited committee appropriations, conferences between committees and directors at frequent intervals.

5. Outline of office system.

(a) Disbursement sheet and authorization of expenditures.

(b) Budget for proper distribution of expenditures.

(c) Card index for membership record and for proceedings of the directors and committees.

(d) Filing records for industrial, commercial and other information, photographs and data for publicity requirements.

Word was received in town of the death of Mrs. A. M. Woodley, of Ridgeway, who passed away on Friday, February 6. The deceased was a former resident of Beamsville, her maiden name being Pearl Smith, daughter of the late Geo. M. Smith. The body was taken to Seaford for burial.

MINERS' M.P. REGRETS

Moves Amendment Referring to Nationalization of Coal Mines.

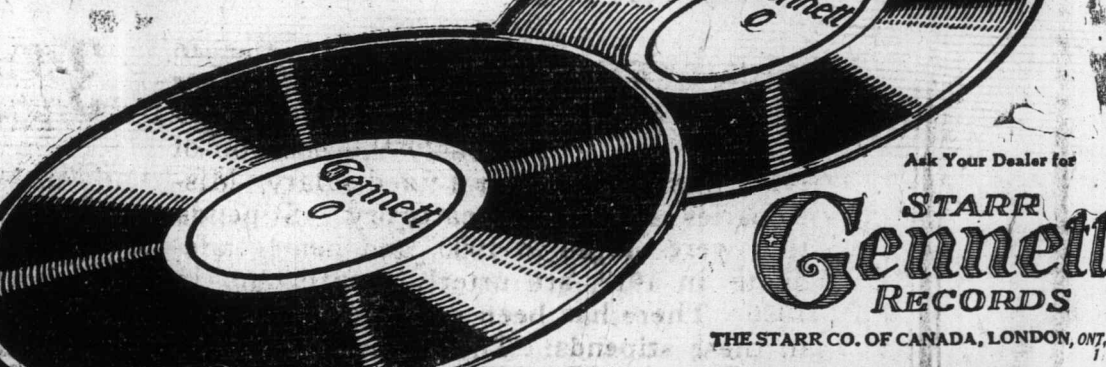
LONDON, Feb. 12.—William Bree, president of the South Wales Miners' Federation, speaking in the House of Commons in behalf of Labor today, moved an amendment to the reply to the speech from the throne expressing regret for "the absence of any proposal to nationalize the coal mines of the country along lines recommended by the majority of the members of the Royal Commission on the coal industry, which was appointed to advise the Government as to the best methods of reorganizing the industry."

STARR
Gennett
RECORDS

Here They Are Now
for All Lovers of Good Music

New Starr Gennett
Records for February

- 1503 Let the Rest of the World Go By—Hart & Shaw, Tenor and Baritone, with Orchestra.
- 1504 We Must Have a Song to Remember—Kaufman & Hall, Tenors, with Orchestra.
- 1505 Just Like the Rose—Sterling Trio, with Orchestra.
- 1506 I'm Like a Ship Without a Sail—Hart & Shaw, Tenor and Baritone, with Orchestra.
- 1507 My Rose of Romney—McCloskey & Myers, Tenor and Baritone, with Orchestra.
- 1508 I Love You Just the Same Sweet Adeline—Shannon Four, with Orchestra.
- 1509 That Wonderful Kid from Madrid—Kaufman & Hall, Tenors, with Orchestra.
- 1510 Left My Door Open and My Daddy Walked Out—Jack Kaufman, Tenor with Orchestra.
- 1511 Good Night Dearly (Waltz)—Diarlof Orchestra.
- 1512 Let Me Dream—Conklin's Society Orchestra.
- 1513 I Might Be Your Once-in-a-While—Harvey Hindermyer, Baritone, with Orchestra.
- 1514 New I Know—Arthur Hall, Tenor, with Orchestra.
- 1515 They're All Sweeties—Kaufman-Hall, Tenors, with Orchestra.
- 1516 You Ain't Heard Nothing Yet—Ernest Hare, Baritone, with Orchestra.
- 1517 THE BILLS OF ST. MARY'S—Ruthven McDonald.
- 1518 THE GREATEST LAD WE'VE EVER HAD—Ruthven McDonald.
- 1519 Jig Medley (Violin)—Percy Scott.
- 1520 Hornpipe Medley (Violin)—Percy Scott.



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And we are now the first to adopt a new package for the better protection of these fine quality teas.

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