

**STORIA**  
 Infants and Children.  
 Mothers Know That  
 Genuine Castoria  
 Keeps  
 the  
 Stomach  
 Regular  
 In  
 Use  
 For Over  
 Thirty Years  
**STORIA**

DR. J. H. MITCHELL  
 1000 BROADWAY, NEW YORK CITY

4th Battalion men next  
 A. A. White, this city,  
 a communication about  
 which will be published in  
 tomorrow.

**NEWS FOR SUNDAY.**  
 Page was received today  
 Mayor that General Gann  
 from Toronto to attend  
 public meeting in the  
 house here Sunday night  
 Abbott, secretary of the  
 Ontario Committee for On-  
 Capt. Hazelwood who  
 overseas but is now ac-  
 ceptation work will be  
 will speak.

**PHOSPHORUS CASE**  
 Meningitis has de-  
 in the city it is be-  
 The patient is to be  
 with an anti-meningi-

**NEWS IN THE JOURNAL**  
 FOR LATEST SPORT

**FLU'S**  
 i-Laxine  
 COLATED

**ILLS**  
 sands of Leading  
 ANT AND CURE  
**GRIPPE**  
**OS**  
**NTS**

Look for this  
 Wrapper

**ON**  
 glist or Dealer will  
**OMI-LAXINE Cho-**  
**xes C. D. S. Kidney**

Garner & Co., St.  
 M. N. Waugh, Port

Keep Anti-Flu  
 of Druggists,

**ndicate Ltd.**  
**TORONTO**

**DANGER LURKS IN EVERY ONE OF US**  
 We Are As Full of Deadly Poisons As A Germ Laboratory.

**AUTO-INTOXICATION OR SELF-POISONING**

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.  
 The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that Auto-intoxication, due to non-action of the bowels, is directly responsible for various Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rash, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. One a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

Jimmy Dukers, the old St. Kitts forward, received a hearty welcome on his arrival home on Sunday night. The local secretary was right on the job with the glad hand.

There will be a good time at the Ellis House tonight, the locals are holding a smoker when all members and players are requested to be on hand at 8 o'clock.

Murdoch, Gibson and Clark are coming out again this season with the Welland boys.

Merrittion did a good business when Murdoch and Clark were induced to assist them against Eatons'.

**DR. DEVAN'S FEMALE PILLS** Reliable medicine for all Female Complaints. 50¢ a box, three for \$1.00, at drug stores. Mailed to any address on receipt of price.

**PHOSPHORUS FOR MEN** Restores Vitality; for Nervous and Brain Weakness; "Brain Tonic" will build you up. 50¢ a box, or two for \$1.00 at drug stores, or by mail on receipt of price. Sold at Dwyer's Drug Store, St. Catharines.

**BE PREPARED**

The war has taught us the importance of preparedness. Sickness may overtake you without warning—are you prepared? Open a savings account to-day and possess the assurance of your ability to meet all emergencies.

**THE DOMINION BANK**  
 Drafts on China sold at favourable rates.  
 Temporary premises, 34 St. Paul Street.

**Security Loan & Savings Company**  
 28 JAMES STREET, ST. CATHARINES

CAPITAL AUTHORIZED.....\$1,000,000.00  
 CAPITAL SUBSCRIBED AND PAID..... 523,200.00  
 RESERVE..... 145,000.00  
 ASSETS OVER..... 1,100,000.00

Pays 3 1/2 Per Cent. on Deposit 4 and 4 1/2 Per Cent. on Debentures

Trustees and Joint Deposits Received. No Notice of Withdrawal Required

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.

**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**

ST. CATHARINES BRANCH  
 THOROLD BRANCH  
 NIAGARA-FRONT-LAKE BRANCH

R. G. W. CONOLLY, Manager  
 S. H. FALKNER, Manager  
 F. W. WILSON, Manager

**Standard Houses For The Soldier Settler**



Plans have been completed by the Federal Soldier Settlement Board for supplying standard houses to soldier settlers in the Prairie Provinces. Four types are contemplated, ranging in price from \$300 to \$775, beginning with a moderately convenient and comfortable two-room house suited to the needs of a bachelor settler, which can be erected for \$300. This house is 17 feet to inches by 12 feet, and is so constructed that as the home needs increase he can add to it without waste of material used in the original construction. This house is called type "A".

Type "B" is merely an extension of "A," one room being added and basement excavated. This building has dimensions of 24 feet by 14 feet when completed, and will cost approximately \$550.

Type "C" is "B" with a portion of the roof lifted and an upstairs bedroom added. Total cost \$700.

Type "D" is the same as "C" with the remainder of "B" roof lifted and two extra upstairs bedrooms added. The cost complete of "D" is approximately \$775. This type of house will give the farmer living-room, kitchen and parlor downstairs and three bedrooms upstairs. If, in the course of time, he requires a still more pretentious home, plans are being prepared by the Board for a wing, which will give him a much more commodious and comfortable structure.

**Cheap and Commodious.** Great care has been given by the Board's architect to combine cheapness of construction with utility. The plans and specifications were submitted to a number of the leading pioneer women of the West, whose suggestions were incorporated. The proposals have been endorsed by the women. When a settler is re-

**Plans Cheap Houses For Soldier Farmers**

General Settlement Board Will Build Homes For Veterans At From \$300 To \$775

ly to go on the land he has the opportunity of selecting the type of house he requires and he is given full particulars as to cost and that amount of lumber required for construction. As previously announced the settler may buy from any of 1,200 lumber dealers in the West at greatly reduced prices. The settler may erect his own house, or he may ask the Board to do it for him. In any case, construction will be under the supervision of the Board's architect.

The plans have been made to meet the needs of settlers who may require a small and inexpensive house in the beginning. If at some future time he wishes to enlarge "B" or "C" types, there is no loss of material. Everything in connection with the construction has been standardized with this idea in view. Plans and specifications of the four standardized houses will be supplied to holders and settlers at any time.

**Built In Eight Days.** From three to eight days according to the type will be required to complete one of these houses. If building materials are on the ground, in the case of grouped farms, where a number of settlers may propose to locate together and build together, there will be material reduction in cost of construction.

The Board also plans to erect standard stables and implement sheds at the lowest cost to the settler. A settler may get along with a small stable 24 by 12 feet, sufficient for the housing of two cattle and four horses, erected at a cost of approximately \$200. The plans are so drawn that these buildings can be enlarged without loss of material.

With regard to Eastern Canada and British Columbia, where different conditions are found, the architect of the Board is planning suitable types for different locations.

**HEAVY SALE OF LIQUOR UNDER THE O. T. ACT**

Over one and Quarter Million Quarts Handled Since 1916 Exclusive of Various Oother Deliveries.

(Special To The Journal.)  
 Toronto, April 4.—Since Ontario went under prohibition in September, 1916, and up to March First of this year, over one million quarts of liquor have been sold under physicians prescriptions by legal vendors under the Ontario Act. This was an estimate furnished under the Public Accounts Committee of Legislature this morning by J. D. Flavelle, Chairman of the Ontario License Board. This is exclusive of liquor issued by druggists. Vendors and distillers for sacramental or industrial purposes. Mr. Flavelle further stated that it did not include liquor obtained by physicians for their own use. Flavelle said he believed that despite the fact the Department had collected more than a million and a quarter dollars in fines for infractions of the Act there was no comparison in conditions of sobriety of the Province now as against conditions before the Act went into force. The amount of liquor consumed, he asserted, was undoubtedly immensely less under the Act.

**FIGHT GOES ON WEST OF RIGA**

Bulgarian Communists Also Reported to be Preparing for Revolt Against Government

London, April 4.—Failure of the offensive in the direction of Tukum in Courland, west of Riga, is admitted by the Russian soviet government in a wireless message received here. The message adds that fighting is in progress in the direction of Mitau, southwest of Riga, and in the region of Pskov, northwest of Riga.

**LABOR SCARCITY**

Lethbridge, Alta., April 5.—Fear is expressed here that there will be a falling off in crop acreage unless farm labor can be found. On Wednesday there were calls at the Provincial Labor Bureau here for 100 men for farm work, less than 10 of which were filled.

London, April 4.—German troops are resisting a Bolshevik offensive in east Prussia, according to an Ex-

**HOLY GEE, MY HEAD FEELS GOOD TO-DAY!**

Pain Over Eyes is Gone, Headache Cured, Catarrh Relieved! This is the Common Experience of Those Who Breathe the Vapor of CATARRHOZONE

Remember this, Catarrh can never be cured or even relieved by a cough-syrup, a spray, or tablet treatment. Trouble is these remedies slip quickly over the sore irritated membrane, drop into the stomach and do little else but harm digestion. It's different with "Catarrhozone"—you inhale it. Every breath sends healing balsams to the inflamed tissues. Tightness, soreness and inflammation are cured by healing pine essences. The cough dies away, throat is strengthened, business is cured. Nothing is so simple, so convenient, so certain to cure as Catarrhozone. The dollar outfit includes the inhaler, cost \$1.00, and is guaranteed to cure. Small size 50c, trial size 25c, at dealers, or The Catarrhozone Co., Kingston, Ont.

**YOU CAN'T FIND ANY DANDRUFF AND HAIR STOPS COMING OUT!**

Save your hair! Make it thick, wavy, glossy and beautiful at once.

Try as you will, after an application of Danderine, you can not find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference now dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance and incomparable lustre, softness and luxuriance, the beauty and shimmer of true hair health!

Get a small bottle of Knowlton's Danderine from any drug store or toilet counter, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment. A small trial bottle will double the beauty of your hair.

**MANY IMPROVEMENTS ON LOCAL RAILWAY**

St. Catharines, April 4.—Although there is nothing on the margin to denote whether or not the nationalizing of the Canadian Northern Railroad is in any way responsible, an order from the head office was received to-day granting several recommendations for improvements of long standing for the Niagara, St. Catharines and Toronto Railway, the best paying portion of the Canadian Northern system. It includes the relaying of several miles of track within the city limits, with new pavement between rails, entire new overhead work on local lines between the city and Thorold, and transforming of Lakeside Park, Port Dalrymple, into a real pleasure resort, with new bathing house and enlargement of the park, which is to be transformed into a summer amusement place.

**INFECTIOUS DIARRHOEA IN CALVES**

A form of diarrhoea in calves, known as "Infectious Diarrhoea," is not uncommon in calves, and the owners are often at a loss to account for it.

It is caused by a specific germ that gains entrance to the circulation generally by the navel opening. It generally occurs as an epidemic in certain stables or certain localities, and is in itself fatal, causes great loss to the breeder.

The cause and results strongly resemble those of joint ill or navel ill in foals. The virus which causes the trouble exists in the stable or in the soil.

Symptoms.—At a variable time after birth, in some cases a few hours and in others a few days, the young animal suffers from an attack of acute diarrhoea, the symptoms of which do not differ markedly from ordinary diarrhoea, except from the fact that they seldom yield readily to treatment. The patient refuses to nurse or partake of nourishment, persists and death soon results.

Treatment.—Preventive treatment consists in preventing the cause. When we know that the entrance into the circulation of a germ causes the trouble, its entrance must be prevented in order that we may be successful. The building in which the cow is expected to bring forth young, and especially the stall, should be thoroughly disinfected. This may be done by sweeping and dusting thoroughly, and following by a thorough washing or scrubbing with a hot five per cent. solution of carbolic acid or one of the coal tar antiseptics, or a thorough wetting of the walls with a five per cent. crude carbolic acid. The stall should be cleaned out daily and a little slacked lime spread upon the floor each time before supplying fresh bedding. The attendant should have a quantity of a good strong disinfectant on hand, as one of the solutions above mentioned, or a solution of corrosive sublimate, 30 grams to a pint of water. The writer prefers the latter. The navel of the calf should be freely dressed with this as soon as possible after birth, and several times daily afterwards until thoroughly healed.

Curative treatment is often ineffective. The following has probably given better results than any other, viz.: Mix part formalin with 15 parts new milk and mix a teaspoonful of this with each quart of milk consumed by the calf. When the calf is nursing its dam the mixture can be mixed with a small quantity of the dam's milk and given as a drench, the attendant estimating about how much it should get. When the calf is to nurse the dam it is well to wash udder and teats with the solution before the calf nurses and once or twice daily for a week or so afterwards. When this is done the parts should be allowed to dry, and then be well scrubbed with a dry cloth before the calf is allowed to nurse.—J. H. R., Ontario Agricultural College, Guelph.

Warsaw, April 4.—Havas.—The Ukrainians continue to bombard Lemberg with guns of large calibre, causing casualties and damage to property. Elsewhere on the front in eastern Galicia the situation is unchanged.

London, April 4.—German troops are resisting a Bolshevik offensive in east Prussia, according to an Ex-

**USING MILKING DEVICES**

When It is Advisable to Invest in Milking Machines.

The Cause and Cure of Diarrhoea In Calves—Simple and Common-sense Methods of Treatment May Save Valuable Young Animals.

(Contributed by Ontario Department of Agriculture, Toronto.)

It is clear that if dairying is to develop as it ought to do in the Province of Ontario, more labor is needed on dairy farms. As the supply of labor is limited, cow-farmers are turning their attention to the mechanical milker as an aid in the biggest job on a farm where milk-cows are kept, namely, that of milking.

Past the Experimental Stage. These milkers are not yet perfected, and possibly will never be absolutely "fool-proof," they have reached a stage of perfection where they can be recommended to the man who is in need of help at milking-time. There are several machines now on the market which have proven to be more or less successful in tests made at Experimental Stations, but what is even more important, have stood the test of actual farm conditions.

The advertising columns of the agricultural press contain the names of the leading makes of machines which can now be purchased by milk-producers.

In answer to the question, will it pay to buy a milking machine? We would answer yes, under the following conditions:

1. Where a herd of twenty or more milking cows are kept, though we were in a stable recently where a man was using a machine to milk eight cows, and he considered that it cost him:

2. Where hand-milkers are not to be had, and where it means selling all, or part of the herd, because of the difficulty in getting the cows milked.

3. Where a man desires to increase his herd but cannot do so, because hand milking is impossible.

4. Where a man has some mechanical genius and is willing to give the machine the necessary attention in order to make it successful. Not every man can get good results with a milking machine. The cows must be stripped after the machine, to insure milking out clean.

5. Where a man or woman will give the necessary attention in order to keep the machine clean; it must be thoroughly washed and the milking parts kept in a solution of chloride of lime—one pound, dissolved in ten gallons of water. This must be done at least once every two weeks, or as often as necessary to prevent contamination.

6. Where a man has the necessary capital (about \$500) to invest in a machine and does not have to borrow the money at the present high rate of interest.—Prof. H. H. Dean, Ontario Agricultural College, Guelph.

**SLEEPLESS NIGHTS OVERCOME BY SAFE METHOD**

SUGGESTIONS GIVEN WHEREBY INSOMNIA CAN BE SAFELY AND QUICKLY CURED

Worry, overwork, overstudy and indigestion cause insomnia. Healthy, natural sleep can't be produced by drugs.

First, the blood circulation must be improved. Congestion of blood in the head must be removed. Irritation in the brain must be relieved.

It's because Ferrozone equalizes circulation, because it soothes the irritation, because it removes congestion that it does cure insomnia.

For building blood and nerve, for instilling force and life into over-worked organs, for escourishing strength and vitality, where can you get strength and vitality, where can you zone?

Remember, sleep is just as important as food. You must sleep, or break down, but if you'll use Ferrozone and thereby remove the conditions which now keep you from sleep, you'll get well quickly.

Ferrozone is not a narcotic, not a dope, it is a health-giving tonic that any child or delicate woman can use. Absolutely safe in Ferrozone.

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Ferrozone is not a narcotic, not a dope, it is a health-giving tonic that any child or delicate woman can use. Absolutely safe in Ferrozone.

Take it for a month, take it for a year—no harm, but immeasurable good will result.

To sleep well, look well, feel well, to be free from depression, nervousness or blues—use Ferrozone. It's a food tonic, a healer to the weak and wretched, a boon to the sleepless—sold in 50c boxes, six for \$2.50, at all dealers, or direct from The Catarrhozone Co., Kingston, Ont.

**AT GRIFFIN'S OPERA HOUSE**

"Under the Top", featuring Fred Stone which will be seen at Griffin's Thursday, is a circus story, and is said to be taken from Fred Stone's early experience, when as a youngster, he longed for the life "Under the Big Tops"

He plays the part of a country guy who falls in love with a circus man's daughter and so gets mixed up with the goings on in the sawdust ring, and before you know it he is showing you a bunch of tricks that make the performers themselves gape like a bunch of Hayseeds. Some of the biggest circus scenes that ever came down the line are in "Under the Top". Nothing short of the Big Tent could stage all Fred Stone's acrobatic miracles. It's a real circus. See it.

The added feature is also a very strong one, featuring Peggy Hyland in "Bonny Annie Laurie". This play involves the love of an American Lieutenant and a Scotch Captain for a girl of Scotland who meets them again, and makes her final choice, in a war hospital at the front.

Many stirring scenes of No Man's Land are shown. The Griffin British



**DR. ARTHUR B. COBB**  
 Dentist

Seldom a day passes that we do not receive a call from one of our former patients—sometimes of twenty years ago—who comes in to tell us how thoroughly satisfied he or she is with the Dental attention received from us.

These unsolicited words of praise carry a greater meaning than all the claims we could possibly set forth in favor of our skilled and pain-free Dentistry.

But perhaps the greatest achievement of this Office is, that it serves suffering humanity at costs that all may pay with comfort and convenience.

In fact, our prices for Fillings, Crown and Bridge Work and Plates complete with the lowest prices in the city, while the work is first class.

**OFFICES**  
 368-378 Main St. cor. of Eagle  
 Open until 8—No Sunday work.  
 Phone: Seneca 465

News and a Mack Sennett Comedy entitled "Cupid's Day Off", complete a very strong programme. Mr. Fletcher the manager, has also arranged to have Mr. Art Chater, the popular comedian appear at a complete change of mance, making a complete change of songs every Monday and Thursday. Judging from the applause last evening this feature will no doubt be well liked by the Griffin patrons.

**ELECTER A DIRECTOR**

At the meeting of the Ontario Coal Dealers Association held in Toronto on Wednesday, Mr. G. F. Rogers, of this city was elected a director. The opinion of the meeting was that the outlook for their business for the coming year is dark.

At no former time within the remembrance of old newspapermen has there been so many advertisements for farm help as at present.

Capital and Reserve, \$8,600,000  
 Total Assets, Nov. 30th, 1918, over \$153,000,000

**The Modern Money Belt**

The old-time traveller carried a cumbersome belt holding all the money he might need on his journey. But the money was never really safe. Today your book of Union Bank Travellers' Cheques places cash at your command at banks, hotels, ticket offices and stores, at home and abroad. The cheques are worthless up to the moment you sign them.

**UNION BANK OF CANADA**

ST. CATHARINES BRANCH  
 FENWICK BRANCH  
 SMITHVILLE BRANCH

R. H. KILLALY, Manager  
 F. E. PAGE, Manager  
 H. G. PARROT, Manager

**The Royal Bank of Canada**  
 HEAD OFFICE, MONTREAL

LONDON, ENG. NEW YORK  
 Princes St., E. C. 68 William St.

BARCELONA  
 Plaza De Cetsalupa 8

With our chain of 560 Branches throughout Canada, Newfoundland, the West Indies, Central and South America, we offer a complete banking service to exporters, importers, manufacturers and others wishing to extend their business in these countries. Trade enquiries are solicited. Consult our Local Manager or write direct to our Foreign Department, Montreal, Canada.

**SAVINGS DEPARTMENT**  
 Capital Paid Up and Reserves...\$ 30,000,000  
 Total Assets Over..... 420 000 000

St. Catharines Branch St. Paul and Queen Streets  
 Branches at Welland, Bridgeburg, Thorold, Niagara Falls

ADVERTISE IN THE JOURNAL