

OPERATION WAS NOT NECESSARY

"Fruit-a-tives" Restored Her To Perfect Health

158 PAPIERAVILLE AVE., MONTREAL.
"For three years, I suffered great pain in the lower part of my body, with swelling and bloating. I saw a specialist who said I must undergo an operation. I refused. I heard about 'Fruit-a-tives' so decided to try it. The first box gave great relief, and I continued the treatment. Now my health is excellent—I am free of pain—and I give 'Fruit-a-tives' my warmest thanks."
Mme. F. GAREAU.
50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

THE LURE OF HOME
It is in the home that good or bad taste is formed. Musically speaking, games may be divided into three classes.
First is the musicless home, where there is no musical instrument, no sound of happy song. In such a home musical instincts die for lack of food. No one would dream of starving a child's color sense by forcing him to stare all day at utterly blank white walls. The home without color and devoid of pictures is unknown, but the home without music still persists among us.
Then there is the musically uneducated home. Here there may be several instruments, but the music played is usually trashy, and the singing is of the sort popular in vaudeville. A child reared in such a home will grow up with no real knowledge or love of music. Popular music need not be totally forsown, but see to it that your children hear in their home

at least some really fine, noble music to refine and ennoble their spirits.
Last, and hitherto, unfortunately, least numerous, is the truly musical home, where good music is recognized to be not merely a luxury, but a necessity, where the child's spirit is fed with good music as his body is nourished with good food and his mind with good books.
Music strengthens and beautifies home life. Gather the children and their friends about the piano in the evening for a good "sing." Perhaps some, more musically gifted, can form a string quartette or band. But whether the performance is artistically considered, a success or not, it will draw the family together, make the home a centre of youthful happiness and destroy the lure of the great outside.

MAYOR BY ONE VOTE
PETERBOROUGH, Jan. 3.—Official returns made at noon yesterday gave W. H. Taylor the majority by the narrow margin of one vote. His opponent, A. McIntyre, who ran on the labor ticket, may ask for a recount. It is the closest election results recorded here in 30 years.

Properties For Sale

\$1300.00—On Hainer St., one and one-half storey frame dwelling on large lot .48x110 ft. five rooms, good soil will accept small cash payment.

\$1700.00—On North St., large cottage with barn, all are in fair repair, central, will accept small cash payment, balance arranged.

\$1800.00—On Sherwood Ave., frame cottage in good repair, two bedrooms will accept small cash payment, balance arranged.

\$2000.00—On Leeper St., frame cottage with barn, all in good repair, will accept small cash payment.

\$2500.00—On Catherine St., large frame cottage, three bedrooms, large lot, will accept \$1000.00 cash, balance mortgage at 7 per cent.

\$3600.00—On Dacotah St., two-storey new brick dwelling, every convenience, all in good repair, will accept \$1500.00 cash, balance mortgage at 7 per cent.

KERNAHAN & GRAVES
Phone 33 14 Queen St.

ADVERTISE IN THE JOURNAL

A PIMPLY FACE OR POOR COMPLEXION QUICKLY RESTORED

Thousands of young men and women would be handsome and attractive were it not for unsightly pimples, blackheads, and rough, uneven skin. Custom seems to recommend lozions and salves, but unfortunately their effect is but temporary. These disfiguring blemishes do not originate in the skin—their birth in every case goes further back, to the blood, which must be cleansed of humors before the pimples depart for good.

A physician who has made a careful study of such cases, says that the quickest cure comes from a blood-purifying medicine like Ferrozene. The minute Ferrozene strikes the blood its "good work begins. Poisons and four matter are expelled. Every trace of humor is driven out, and the whole life current is supplied with nutriment and health giving qualities. You can always tell a Ferrozene complexion when you see it—the cheeks are clear and rosy, no signs of sallowness—the eyes are bright and circumpetive because rich, red blood is circulating through the whole system, carrying health, energy, and strength with it. Not only will all skin eruptions disappear, but an increase in vital strength, an air round improvement will be apparent. No rebuilding tonic could be more efficient. Get Ferrozene today—Good for young and old, for well folks and sick ones, too. 50c per box, or six boxes for \$2.50 at all dealers, or direct by mail from The Catarhzone Co., Kingston Ont.

"FIDDLERS THREE"
Theatre goers are awaiting with anticipation "Fiddlers Three" at the Grand next Thursday evening. It comes well recommended, having delighted audiences elsewhere and will undoubtedly do the same here. It carries a sumptuous cast of fifty people with the Beauty Battalion and Tavia Belge the Belgian prima donna. The seat sale opens Tuesday.

The Last Opportunity
Tonight will be the last opportunity of enjoying the holiday vaudeville de luxe bill at the Grand. These high priced vaudeville bills, have delighted large audiences in spite of many counter attractions and Manager Odium is to be congratulated on bringing such attractions to St. Catharines. Tonight there will be a crowded house and people are advised to go early.

A linen collar which in Manchester would be soiled by the impure air in an hour, would last clean several days in Malvern or Bournemouth.

Fred Mitchell Stands Pat With His Line-up

CUB MANAGER DECIDES HIS 1919 TEAM WILL DO NICELY — MERKLE, ALTHOUGH OLD AND SLOW, TO PLAY FIRST BASE AGAIN.

CHICAGO, Jan. 1.—There is nothing like giving the ambitious rookie timely warning. Recruits on the Chicago Cubs who take the training trip to Pasadena, Cal., next spring will be working out largely for exercise. They already have been advised that they have as much chance to make the Cubs in 1920 as a Detroit Tiger rookie has for beating out Ty Cobb.

Seizing time by the forelock, Fred Mitchell, manager of the Cubs, has announced his opening day line-up. In doing so the Cubs may also lay claim to the 1920 pennant.

According to Mitchell's statement the Cubs, on April 14, will take the field as follows: Dave Robertson, right field; Max Flack, center field; Turner Barber, left field; Charley Deal, third base; Charley Hollocher, shortstop; Buck Herzog, second base; Grover Alexander, Jim Vaughn, Geo. Fred Merkle, first base; Bill Killefer, Bob O'Farrell, Tom Daly, catchers; Tyler, Claude Hendrix, Speed Martin, Abe Bailey, Joel Newkirk and Tuck Turner, pitchers; King Lear, Barney Friberg and Bill McCabe, utility men.

This practically is the team with which Mitchell finished the 1919 season. It then was recognized that the team was one of the most dangerous in the country, and that if Mitchell had had Robertson and Herzog at the start of the season, the Reds might have been forced to work much harder for their pennant.

Flack to Play in Center
About the only shift that the Chicago manager announced is the transfer of Max Flack to center field. Flack is one of the few survivors of the old Chicago Federals now drawing salary on the Cubs and during his entire career on the North Side park Flack has appeared in right field. Mitchell now proposes to make a center field out of him, figuring that his ability as a ground coverer will enable him to develop into a star at his position.

Robertson, who played center field after he joined the Cubs last year, will play right field next season; the same position that he filled well on the Giants.

Mitchell believes that Turner Barber, who played regularly after Mann was injured, will blossom into the star that he was in the minors.

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 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; 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
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In Use For Over 30 Years
THE CENTAUR COMPANY, NEW YORK CITY

IRON MOLDERS WANTED

Men accustomed to operating Molding Machines and Bench Work.
Steady employment for good men.
Highest wages in Canada paid.
Room also for learners.

Taylor-Forbes Co.
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NOTICE! SOLDIERS' INSURANCE

Insurance policies on the lives of the following Soldiers who were insured by the City of St. Catharines have not been called for at this office.
On account of changes in address it has been impossible to locate many of the following men. Those desiring to keep their policies in force should notify me AT ONCE.
Friends having information concerning any of the following or their present address should also advise me AT ONCE, as this may be the only means of giving them the opportunity of continuing this insurance.

Hospital for Sick Children

TORONTO
Upkeep of Big Charity Requires Fifty Cents a Minute.
Dear Mr. Editor:
The 44th annual report of the Hospital for Sick Children, Toronto, shows a notable advance in every department of its service to the suffering and crippled youngsters of this province. The ward accommodation has been taxed to its capacity, and the summer annex, the Lakeside Home, was opened for the first time since the outbreak of war.

The daily average of cot patients has increased during the year from 192 to 223, including children from practically every county in Ontario. Even had the cost of supplies and labor remained stationary, the substantial increase in the number of patients would alone account for the addition to the charity's debt, which at the close of the fiscal year was \$109,000. This debt has become an embarrassing burden. Further increase must threaten impairment of an enviable efficiency.

The Hospital is in the forefront of all institutions upon this continent devoted to the care of sick children. It cost \$325,399 to maintain last year. This great sum not only puts at the service of the children of Ontario all the resources of medical science, but, in addition, provides for a training school for 120 nurses and for unsurpassed clinical facilities for the University students who are preparing to engage in their profession throughout the province.

The income which must be forthcoming to finance this absolutely essential work figures out at seven hundred dollars a day; and as there is no endowment fund, all but a fraction of that amount has to be derived from individual benevolence. Therefore the Trustees are making a Christmas appeal to every lover of children to foot the bills for some period of time, no matter how short it may be. A minute of mercy costs fifty cents.

For churches, societies, lodges, etc., who have more ample funds wherewith to assist the youngsters to a fair start in life, the naming of cots is suggested. A number of memorial cots have been thus dedicated in honor of the overseas service of fellow-members. This privilege is extended in recognition of gifts of \$2,000 to the Mails Hospital or \$500 to the Lakeside Home, which can be paid in annual instalments if so desired.

Literature, illustrative of all branches of the past year's work, together with any other information desired, will be gladly furnished on application to the Secretary, the Hospital for Sick Children, College Street, Toronto. Contributions should also be addressed to the secretary.

IRVING E. ROBERTSON,
Chairman of Appeal Committee.

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—that 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 do not 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 until 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 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.

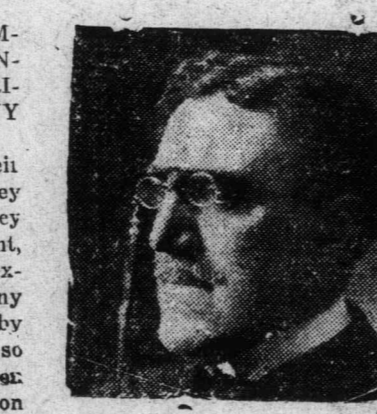
Quick and Lasting Results Assured the Ailing Man

BLOOD YOUR WHOLE HEALTH OF BODY AND MIND DEPENDS ON YOUR BLOOD. Any "building process" of the body and mind, the muscle and tissue formations, of any of the various vital organs, can be accomplished only by working direct through the blood stream.

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Sunday Hours—10 a. m. to 1 p. m.

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