

Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise splitting headache, stuffy from a cold foul tongue, nasty breath, acid stomach, lame back, can instead both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink before breakfast a glass of real hot water with a tea spoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins, thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.

LOCAL ITEMS

We buy everything you want to sell. McGuire & Co.

We buy and sell everything. Bowcn's, 31 Niagara St., corner Church and Niagara St. Phone 1088. a 17

The many friends of Roy Barnard son of Mr. and Mrs. Barnard, Glen Ridge Avenue, who has been a patient in the Welland Hospital for the past nine weeks, suffering from a fractured hip, the result of falling over a gate which had fallen down, will be pleased to hear he is recovering nicely and will return to his home in the very near future.

The G. W. V. A. soccer team made their initial appearance of the season Saturday afternoon when they journeyed to Merriton for a game with the team of that town.

Choice cut flowers, potted plants and floral designs, at all times, at Walker's, Florist, 104 St. Paul street Phone 763.

There was a fine attendance at the weekly Whist Drive held under the auspices of the Ladies Auxiliary of the G. W. V. A. in the Club House, Church St., Friday night. Competition was keen throughout the evening and the young people had an enjoyable time.

The many friends of Mrs. J. D. Wright, Geneva Street, who it is present a patient in the Welland Hospital after undergoing a severe operation, will be pleased to hear she is rapidly recovering, although it will be a couple of weeks before she will be able to return to her home.

Miss Ariel Flett, of Ridley College, has left to spend her Easter vacation with her parents in Owen Sound.

The Public Schools of the city and the Collegiate Institute will close on Thursday afternoon for the Easter holidays.

The two lagoon system goes into effect on the local fire department tomorrow morning.

Mrs. Chatfield Tryor and Mrs. P. Miller will be hostesses of the St. Catharines Chapter, I. O. O. E. tea at which the entertainment and executive committees are asked to be present.

Mr. W. L. Clark, the famous lecturer spoke to the men at Welland Avenue Methodist Church yesterday afternoon, his subject being "Life." This address has been given by Mr. Clark about 5,000 times.

The members of the Citizens Repatriation League and others interested in the holding of a banquet to St. Catharines heroes are holding a meeting at the City Hall this afternoon to complete the preliminary arrangements.

The Junior Ladies Auxiliary of the G. W. V. A. are giving another "Old Count" dance in Queen's Hall tonight.

Rev. J. O. Miller, principal of Ridley College will give an address before the members of the St. Catharines Municipal Voters' association at the Collegiate tomorrow night on the subject of "Municipal Government."

A large congregation were present in St. John's Episcopal Church, Port Dalhousie, on Sunday to witness the unveiling of memorial tablets to Private Sutton and Gregory of that village, who fell bravely in the war. A most appropriate and fitting sermon suitable to the solemn occasion was preached by the Rector, the Rev. Mr. Higgins. Besides residents and many from this city and adjoining section, the returned soldiers of the 49th Field Battery were present in goodly numbers.

All voters Ladies and Gentlemen are invited by the St. Catharines Municipal Voters Association to attend a meeting in the Collegiate Gymnasium on Tuesday evening, April 15th at 8 p. m., when Dr. J. O. Miller, will give an address on Municipal Government.

Instead of the old and wasteful system of spraying fruit trees poison gas will likely become the insect destroyer of the near future.

Mrs. Annie Shank, of Toronto, is spending a pleasant visit with her son, Wesley Shank, of the local line of the N. S. & T. Ry.

Complaints are rife over the increasing number of dogs now infesting the city streets. The brutes seem to delight in scratching up the soft lawn and boulevards, so it is felt that Johnny the policeman should get out his little gun.

If the weather does not brighten up by Good Friday, the old time fishermen

CLIP THIS OUT MAY COME HANDY

Tells how to take soreness from a corn and lift it right out.

Hospital records show that every time you cut a corn you invite lockjaw or blood poison, which is needless, says a Cincinnati authority, who tells you that a quarter ounce of a drug called freezine can be obtained at little cost from the drug store but is sufficient to rid one's feet of every hard or soft corn or callus.

You simply apply a few drops of this on a tender, aching corn and the soreness is instantly relieved. Shortly the entire corn can be lifted out, root and all, without pain.

This drug is sticky but dries at once and is claimed to just shrivel up any corn without inflaming or even irritating the surrounding tissue or skin.

If your wife wears high heels she will be glad to know of this.

will be disappointed in their annual trip to Port Dalhousie, and the robins will get all the worms.

The members of the Board of Works with other members of the City Council will make a tour of the city early this week for the purpose of looking over the proposed local improvement sites.

WANTED—To rent small modern house, about May 1st, must be in good location. Will have the best of care. Box 3360 Journal. a 12 14 15

Harold Beatty of Toronto who is employed in this city was attacked by two men at Niagara Falls, N.Y., on Saturday night and robbed of \$15 and a gold watch.

Mrs. F. T. Lewis of Toronto visited friends in the city over the week end.

Judging from the finale of the celebrated Homer Whiskey Case, Hhe Toronto World man failed to hit the bulls eye.

Autoists report that the roads outside the city are rapidly drying up and are even now in pretty fair condition. Another week of fine weather will put the roads in splendid shape for vehicular traffic.

The annual trek of city people to their summer cottages at Port Dalhousie has begun and by the first of the month a majority of the cottages will be filled up.

The St. Catharines delegates to the Ontario Amateur Lacrosse Association Annual Convention at Toronto will leave on Thursday afternoon. They hope to land Ald. W. J. Westwood in the presidents chair for the coming season.

FOR SALE—SPECIAL NOTICE—New and second hand Toledo computing scales and platform scales and refrigerator. Apply Box 3363, Journal. d m 14

FOR SALE—Barred Homer pigeons, also some Polish Bantams, 72 Lowell Ave. d a 19

ADVERTISE IN THE JOURNAL

Buying Meat



Isn't as difficult as you may think. It is simply a case of selecting the right market. Such a one as this, for instance. We sell only choice grades, and so you are perfectly safe when you deal here.

C. H. SHELLY Meats and Provisions Lake Street and Chaplin Avenue Phone 1853

New Royal Hat Cleaning Co. Ladies' and Gents' Straw and Panama Hats—Cleaning, Bleaching, Dyeing and Re blocking. Latest Styles. 61 James St., St. Catharines



Scene from Millred Harris Mrs. Charlie Chaplin in The Doctor and the Woman at the Hippodrome Wednesday and Thursday.

TO DARKEN HAIR APPLY SAGE TEA

Look Young! Bring Back Its Natural Color, Gloss and Attractiveness.

Common garden sage brewed into a heavy tea with sulphur and alcohol added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Just a few applications will prove a revelation if your hair is faded, gray or streaked. Mixing the Sage Tea and Sulphur recipe at home, though is troublesome. An easier way is to get a bottle of Wyeth's Sage and Sulphur Compound at any drug store, all ready for use. This is the old time recipe improved by the addition of other ingredients.

While wispy, gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. Darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared, and after another application or two, your hair becomes beautifully dark, glossy, soft and luxuriant.

This preparation is a delightful for the cure, mitigation, or prevention of dandruff and is not intended for medicinal purposes.

WOMEN'S LITERARY CLUB

The Women's Literary Club held its regular meeting on Saturday afternoon at the home of Mrs. J. E. Waterhouse, Welland Avenue. In the absence of the president, Mrs. D. N. Walker occupied the chair. The program was opened by Mrs. Patrick who gave a very instructive paper on "Iceland—its inhabitants, customs and Sulphur Mines". Following this, Mrs. Brightly read a poem, "Iceland Revisited". Sir John

Franklin was the subject of the next paper, written by Mrs. McComb and was listened to with great interest. During the afternoon, Miss Helen Yielding, favored the club with two well rendered piano selections which were greatly enjoyed. Roll call brought the meeting to a close.

DIED

CRUICKSHANK—At St. Catharines on Sunday evening April 13th, 1919, Donald L. Cruickshank, in his 77th year. Funeral will take place on Wednesday 16th, from the family residence 99 King St. at 2:30 p.m. to Victoria Lawn Cemetery. a 15

GUN CLUB MEETING

The Garden City Gun Club will hold a meeting in the Y.M.C.A. on Wednesday evening at 8 o'clock, when all members and others wishing to be members to further along a clean and many sport, are asked to attend. Arrangements will be made for suitable grounds and dates set for the opening shoot.

A colored hold up man has been terrorizing the residents along the river front at Niagara Falls, N. Y. On Saturday morning he managed to secure \$500 out of an early riser in that city.

The Imperial Oil Company have purchased a three acre tract of land on Carlton street from Mr. Thomas Nihan and will erect a new plant on the site.

SEND IN YOUR ORDER

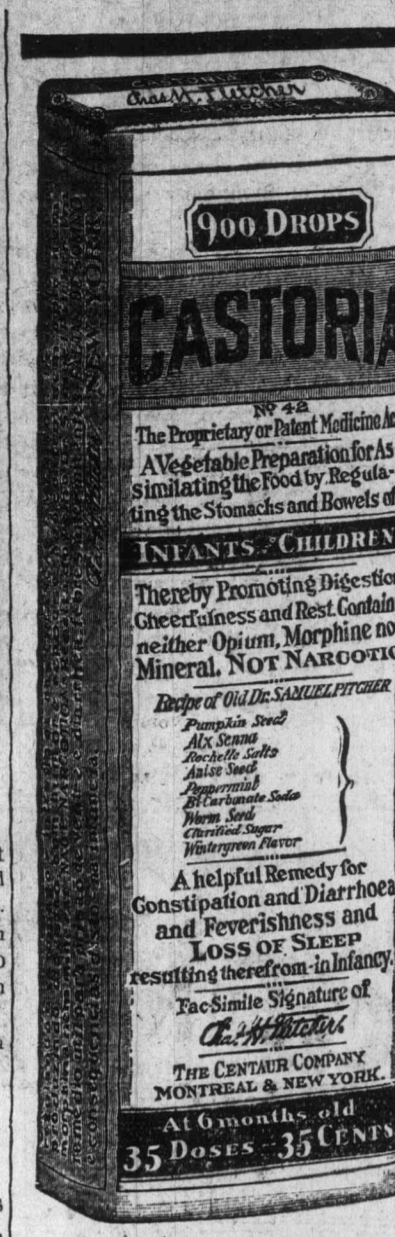
Any one desiring to have The Journal delivered should call telephone 59, circulation department. Carrier boys are now going to all parts of the city and arrangements can be made to have the paper delivered every evening at your home.

Come Mother, This Castor Oil Is What You Need—Don't Cry!

If you, mother, had to swallow the awful dose— Think back to your childhood days—Ugh! Give your children Cascarets instead. Cascarets taste like candy. Every child loves to take a Cascaret. Besides Cascarets act better on the little liver and bowels when the child is bilious, constipated, feverish and sick. Cascarets are delightful—harmless—cheap!



Each 10 cent box of Cascarets, the pleasant candy cathartic, contains directions and dosage for children aged one year old and upwards. When the little one's tongue turns white, breath feverish, stomach sour, there is nothing better to "work" the nasty bile, souring food and constipation poison from the child's system. Give Cascarets, then never worry.



CASTORIA

For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of J. C. Williams in Use For Over Thirty Years GASTORIA

Exact Copy of Wrapper.

LUMBER

James M. McBride & Sons George St., Near Welland Ave Telephone 14 W

NIAGARA SHOE REPAIRING

MODERATE PRICES 166 NIAGARA ST. e o d m 26

Clothes Cleaned, Pressed and Repaired at Short Notice

43 Geneva Street

We Buy and Sell furniture, stoves, clothing, everything in house furnishing. 61 Geneva St. Phone 1767. d m 7

Wanted

Furniture of all kinds bought, sold or repaired. Highest prices paid for all Furniture. Call at MY LUNCH 11 James Street Or Phone 1952

W. E. LONGDEN

has taken over the premises 114 Queenston Street where he will continue to serve the public with High Class Groceries. Deliveries Every Day Telephone No. 711

FOR SALE

Loan for lawns delivered to any part of city or vicinity Telephone 1227

Why? not?

Seek the best. The price is the same, but the quality of our Bread is superior. Good Bread is essential to man's health. To be sure of the good kind

TENDERS WANTED

For levelling and grading the school grounds of Union School Section Louth No. 7. The School Trustees will be in attendance at the School House on Monday, April 14th, between the hours of one and two p. m., new time, when the necessary information will be supplied. Tenders to be in the hands of the Secretary Treasurer of the Board not later than noon, April 21st. The lowest or any tender not necessarily accepted. By order of the Board, J. G. SMITH, Sec-Treas. R. R. No. 1. St. Catharines. 9-10-11-12-14-15

EAT SIMMOND'S BREAD

Simmond's Bakery Phone 1190 279 St. Paul St.

QUEBEC VOTE PUZZLES THE LEGISLATORS

Ottawa, April 12.—Federal legislation on prohibition will be brought down in the House shortly after Easter. In the meantime, the Government is considering the situation which has arisen in view of the heavy majority given in Quebec Thursday in favor of light beer and wines. How the legislation will meet the situation remains yet to be determined, but little doubt is generally felt that there will be some relaxation of the strict prohibition of manufacture and importation now in effect under Dominion order-in-Council. It is considered likely that the Federal will be made supplementary to Provincial legislation.

When a Province may determine to permit the sale of light beer and wines within its own jurisdiction, importation and manufacture will, it is thought, be so far recognized. But when a Province wishes to remain absolutely "dry," the Federal bill will so supplement Provincial legislation in this regard as to make it fully effective.

NOTICE

All Linemen, Wiremen, Shopmen and Helpers requested to attend open meeting of Electric Workers in Hall 110 St. Paul St., on Tuesday 15th, at 8 p.m. a 14 15

FOR SALE—Cedar post, 18 feet long, also lumber 38 George St. a 16

The Evening Journal

SCHEDULE OF ADVERTISING RATES

TELEPHONE 59

The following advertising rates are effective:

READING NOTICES, ETC.
Reading notices in local column, 3c per word for each insertion.
Both face locals, 5c per word for each insertion.

Reading notices among general reading matter, and not in local column, 10c per line for each insertion.

BIRTHS, MARRIAGES, ETC.
Notices of births, engagements, marriages, deaths, receptions, 50c each insertion.

Classified Advertisements
Fifteen words, 1 insertion... 15c
Fifteen words, 3 insertions... 30c
Fifteen words, 6 insertions... 50c
Over fifteen words, one cent per word for first, and half a cent per word for each subsequent insertion.

WEeping ECZEMA SOON RELIEVED

A Perfect Treatment For Distressing Complaint

"I had an attack of Eczema; so bad that my would be wet through at the For four months, I suffered I could get no relief until 'Fruit-a-lives' and 'Sooth' The first treatment gave me Altogether, I have used boxes of 'Sooth Salva' and 'Fruit-a-lives', and am entirely G. W.

Both these starting remedies sold by dealers at 50c. a box, or sent on receipt of 'Fruit-a-lives' Limited, Ottawa 'Fruit-a-lives' is also a special size which sells for 25c

ALL KINDS OF Furniture and Household Goods BOUGHT AND SOLD

J. WILLIAMS 14 St. Paul Street West

WANTED

Furniture of all kinds bought, sold or repaired. Highest prices paid for all Furniture. Call at MY LUNCH 11 James Street Or Phone 1952

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