

It Took Ages to Make Natural Gas

Fresh easterly winds, cool Thursday. FASTERLY winds, fair and warm.

Millions of years were spent by Nature in making the present concentrated supplies of natural gas. When it is used up, millions more years will be needed to replenish the supply. It is well that you should realize this and be sparing in your use of gas, so that it will not be rapidly exhausted by wastefulness.

ALTHOUGH NATURAL GAS IS CHEAP, DO NOT WASTE IT, THE SUPPLY IS NOT EVERLASTING.

THE UNITED GAS COMPANIES, Limited.

You Have No Right To Suffer

Suffering is unnecessary and with CHIROPRACTIC at hand, ready and willing to help you, you are acting very foolishly if you do not consult your Chiropractor at once. Upon the condition of your spine depends the state of your health and your suffering is without doubt due to a subluxated vertebra which is pressing upon the nerves causing the stop of mental impulse from the brain to the various organs. Your Chiropractor will give you a Spinal Analysis, will locate the place where the subluxation occurs and will proceed to adjust it. Mental impulse will then flow freely and unimpeded and your sufferings will be over.

Consultation and Spinal Analysis Free.

Drs. Durham & Durham
Palmer Graduate Chiropractors
Phone 1680 Hrs. 9-12, 2-5, 7-9 106 King St.

Before War Bread

With all the Nourishment, Taste and Flavor of the Bread you used to know and the bread you missed so much during Government war-time restrictions. Good Bread was never so much appreciated as now, that is why we make ours as good as bread can possibly be made. The wholesome properties of this bread gains nutriment from the fine wheat flour and yeast from our modern formula of baking.

Its Crispy Crust and Fluffy Body is Relished By All the Family. On Sale By All First Class Grocers

WRIGHT'S SANITARY BAKERY
55 Geneva Street Telephone 575

The Royal Bank of Canada

HEAD OFFICE, MONTREAL
SAVINGS DEPARTMENT

It is a Natural Duty That You Should

SAVE

The Manager invites you to open a Savings Account. If you cannot bring your deposit, send it by your wife, by mail or messenger.

Joint Accounts An account in the joint names of two members of a family, either of whom (or the survivors) may operate it, will be found convenient.

Capital Paid Up \$15,000,000
Reserves \$18,000,000
Aggregate Assets 420,000,000

St. Catharines Branch St. Paul and Queen Streets

SALE NOTES

Save yourself the time worry and inconvenience of collecting your sale notes by having this Bank do it for you. We will look after all payments when due and credit the amount paid to your account. Consult the Manager.

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

CITY AND DISTRICT

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

Choice cut flowers, potted plants and floral designs, at all times, at Walker's, Florist, 164 St. Paul street Phone 783.

The offices of the City Hall will close at 12 o'clock noon on Saturdays during the months of June, July and August. d113

For the June Bride, let us suggest an "Eureka" Vacuum Cleaner, or one of our One Minute Washing Machines. We have them at different prices, either Electric, hand, water or power driven. The Martin Electric Co., 9 St. Paul St. J. 9 m. t. & E. t. f.

A successful rehearsal of the Haynes Avenue Presbyterian Church Choir was held last night for their concert to be held on Monday night, June 23rd.

Gunner E. J. Billings of Burlington, formerly of the journal staff who enlisted with the old 7th Field Battery and has been on active services since the outbreak of the war, arrived safely home to Canada last Friday. He is spending a few days visiting friends in the city.

Miss Lydia Hay, of Thorold is at present in Buffalo, N. Y., attending the funeral of a niece who passed away at that place on Monday afternoon.

A serious automobile accident occurred last night at the corner of Thorold Road and Westchester Avenue, when a Ford car driven by a farmer from Fonthill collided with a Chevrolet car driven by S. Hesson of Stamford. The former car was badly damaged while the Chevrolet suffered a broken axle and bent steering gear. They were both brought into the city for repairs.

A NEW PROBLEM

What of Customs When Air Services are Developed.

OTTAWA, June 11.—W. D. Cock-shutt, of Brantford, is concerned as to steps to be taken for the collection of customs duties when international air services have been developed. He told the Railway Committee of the Commons this morning that he did not want and "Free traders flying over the border, and dropping farm implements and other articles."

Serious clashes occurred in Winnipeg between strike sympathizers and the special soldier constables, numbers on both sides being beaten, one mounted policeman, a Victoria Cross winner, being so severely injured his recovery is doubtful.

FIVE HUNDRED DOLLARS REWARD

The above reward will be paid for information that will lead to the arrest and conviction of the party or parties who on the night of April 29th, 1919, assaulted and killed one Charles Sergeant night watchman at the Engineering and Machine Works Limited St. Catharines, Ont.
HARRY N. GREENE,
Chief Constable,
St. Catharines, Ont.
310-11-12

QUIT MEAT WHEN KIDNEYS BOTHER

Take a glass of Salts if your Back hurts or Bladder troubles you

No man or woman who eat meat regularly can make a mistake by pushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weaknesses.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.

Pte. Burn of the 102nd Battalion arrived in the city yesterday morning from overseas.

WANTED—COMPETENT STENOGRAPHER. Must have experience. Highest wages. Apply The Pedlar People Limited, Oshawa, Ont. j11-12

A telegram was received this morning announcing the safe arrival in Montreal of Gnr. John W. Lalor.

TWENTY YEAR OLD HEROINE OF THE WAR TO ATTEMPT TRIP

NEW YORK, June 11.—A rival for the woman's trans Atlantic flight honours, Edna Nichol, a 20 year old heroine of the war, arrived on the steamer Savoie and announced that she was planning an overseas flight this summer.

Miss Nichol wears the uniform of the French motor corps with two French military decorations—the Croix de Guerre with palm and star and the Mons Military Medal—and bears the scars of two wounds suffered while driving an ambulance at the front. She made several trips over the enemy lines as an airplane observer and later learned to pilot a machine on the French training grounds.

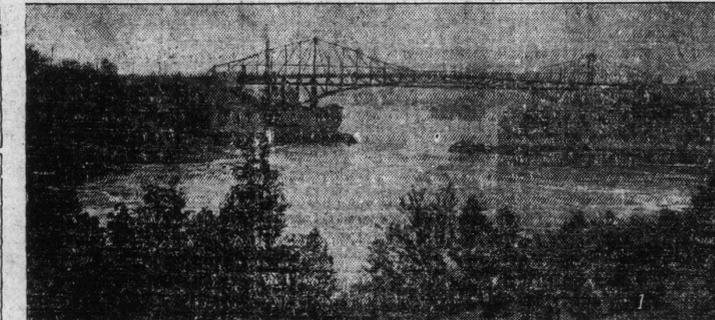
EXPRESS WORKERS RETURN

OTTAWA, June 11.—Hon. Gideon D. Robertson, Minister of Labor, left last night for North Bay and Fort William. It is possible that he will go farther West, proceeding to Winnipeg before returning to the Capital. The Minister will try to adjust the strike of dockmen at Fort William, and use his influence at other points where labor difficulties prevail.

Before leaving, Senator Robertson stated that he had been advised that the Dominion Express employees at Calgary, Edmonton and Lethbridge were returning to work. The C.P.R. shops at Calgary, he said, were also to be re-opened shortly.

WANTED
Competent Stenographer. Must have experience; high wages. Apply The Pedlar People, Limited Oshawa, Ont.

The City of the Reversible Falls



The Bay of Fundy is famous for its tides which are reputed to be the highest in the world, and the variation in the harbor depth, owing to the great rise and fall in the tides, is from 20 feet at ordinary neap tides to 28 feet of water at ordinary spring tides. St. John is the winter port of the C.P.R. and has splendid facilities for handling ocean traffic. The harbor is entered from two channels. The east channel being used for large vessels and that on the west side for smaller craft. Numerous large berths stand in the harbor and alongside them there are many capacious warehouses and some big grain elevators. The war has stimulated building in St. John.

The chief attraction for the tourist to St. John is the Reversible Falls, a curious phenomenon due to the great tides. When the tide of Fundy Bay is low the water of the St. John river pour under the great railway bridge in the form of rapids. But when the tide begins to rise it forces back the current of the river and gushes up into its bed with great force. This continues until full tide. Then as the tide recedes, the immense volume of water in the bed of the river dashes to the Bay in a massive whirling sheet of foam. At low tide the piled up waters of the river are higher than the sea, and at high tide the incoming flood of the Bay of Fundy is higher than the river. That is the explanation of the phenomenon. It is only at certain periods of the day that the falls may be seen at their best. The river is deep, but no boat, however large, dare venture on these waters when they are falling. Small boats deal to interest the traveller in the City of St. John, the commercial capital of New Brunswick. St. John has a population of 11,000. The city takes its name from the St. John river which was discovered by Champlain and de Monts on June 24th, 1604, the first day of St. John's Palmox. No permanent settlement was made until 1783, when 3,000 United Empire Loyalists, who had refused to take the oath of allegiance to the United States after the War of Independence, made their homes at the mouth of the St. John river and founded the city.

ARRIVE ON S. S. LAPLAND
The following St. Catharines men have arrived per S. S. Lapland:
Pte. T. P. Cook, 204 St. Paul St.
Pte. A. McBain, 8 Macdonald St.
Gnr. M. P. Gordon, 29 Chestnut St.
Gnr. H. Wilson, 1 Vine St.
Pte. R. J. Fleming, 85 Sherbourne St.
Gnr. W. J. Morton, 35 Cherry St.
Pte. W. Clements.

DAYLIGHT ROBBERY

TORONTO, June 11.—A daylight robbery was committed yesterday afternoon, between the hours of 3 and 5, at the residence of Mr. James Pape 10 St. James avenue during the absence of the family. Evidently the thieves got into the yard by the side entrance and then by removing a wire screen in a rear window gained entrance to the house which was completely ransacked from top to bottom fortunately Mrs. Pape had taken her jewelry with her. Several valuable articles were carried away including a club bag, gold watch and chain, gold and silver ornaments and heirlooms, also some clothing belonging to the family. There have been several robberies in this locality the past few weeks.

NURSES' ULTIMATUM

TORONTO, June 11.—Toronto Hospital Boards are considering an ultimatum from nurses to the effect that graduate nurses will "down tools" for an eight-hour shift, beginning January 1, 1920. The hospital authorities have frowned the ultimatum out of countenance, some say. Nurses declare that on private cases they will work twelve hours a day, but in hospitals eight hours. A month ago hospital nurses asked a ten-hour day.

CUPID HARD AT WORK DURING BIG STRIKE

WINNIPEG, June 11.—Cupid has had the busiest-time of the year in Winnipeg so far this month, according to City Hall statistics. Up to Monday 163 marriages had been registered since June 1.

PLANS TO FIND WORK FOR DISCHARGED MEN

LONDON, June 11.—Robert Horne, British Minister of Labor, has written to the annual conference of the Federation of Discharged Soldiers at Manchester, announcing the steps to be taken by the Government regarding unemployment of ex-service men. A scrutiny is to be made of the Government offices to find suitable places for demobilized men. There is also a project for a certain number of partially disabled men to be provided with work in each trade. This to be enforced by Act of Parliament, if necessary. Preference at employment exchanges to applications of discharged men is also provided for.

VEALE BROS.

41 Ontario Street Telephone 1438

PHONOGRAPHS

Everybody to-day is talking about their summer holiday and naturally your holiday is so planned whereby you may have the most pleasant outing possible. To add to your enjoyment let us help you with a suggestion: A "McLagan Phonograph" will give you all the music you require.



A phonograph of rare qualities which plays all makes of disc records perfectly. We have them from \$25.00 to **75.00**

Verandah Chairs and Rockers—In old hickory, from each \$4.50 to **6.50**
Verandah Chairs and Rockers—In Willow and rush, from each \$5.00 to **7.00**
Reed Chairs—In natural and green, from each \$2 to **6.50**

Sim Fein hopes have been stimulated, The London Daily Mail says, by President Wilson's intention to receive the Irish-American delegates.



The Pirates' Hoard

Thick, Tender Savory Meat
of chops—the kind you know, that make your guests praise your hospitality, your cooking, your entertainment. Why not this kind of meat, instead of the doubtful cuts and inferior meats? We want you to know our meat. A sirloin or porterhouse steak, a roast, chops from the loin, etc., will enable you to judge our quality.

C. H. SHELLY

Meats and Provisions
Lake Street and Chaplin Avenue.
Phone 1853

Wood's Phosphorin
The Great English Remedy
Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Anæmia and Eczema. Strengthens, Loss of Energy, Palpitation of the Heart, Fasting Memory. Price 21 per box, 4 for \$1. One will please, six will cure. Solely by druggists or mailed in plain package on receipt of price. No return of medicine. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Weston)

WHEN IN NIAGARA FALLS, N.Y. stop at **THE PARK HOUSE**
Hot and Cold Water in Every Room. All Conveniences.
224 1ST STREET

SPOT CASH PAID FOR VICTORY BONDS OR RIORDON COMMON

Open Saturday Till 9 p.m.

John W. Gordon

Room 1 Phone 49
5 James Street

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

EAT SIMMONDS' BREAD

Simmonds' Bakery
Phone 1190
279 St. Paul St.

Farm Sold

Powers are approaching so dier Settlement lands to be re diers settling o veloped lands ers of forced determined.

To enable s in Ontario that for the Provin filed with their cash prices on in each distric purchase.

The public land is for ret to sell are req quality and making possibl a farmer. The be fixed by the inspected and

The informa confidential, or paid. No the person of and no oblig accept any off

If applicati received for a valuation for by the Board may be enter thereof. An district of On

The Sold

32 Adelaide St. E.B.—Advertisement

AGENTS WANT
MAN to work this city chandeliers, brass bed, by new method, \$10 ad capital or experience. metal Co., 215 Elm, Dec

YOUNG, well dressed, man and sell goods. Permanent and good chance for a Must be able to start at evenings, International H week. C. D. Murphy.

SALESMEN WANT
Sell stock in Oil Company one thousand dollars weed dollars invested Trapsh Sixty Thousand Supplies Big Southern Company, F Tex.

FOR SALE—McLaughlin Wagon, two seats, good. Allen Oil, Fonthill, Ph Ridgeville.

FOR SALE—Gilbert Upr Special terms if sold this Mason & Risch, Limited Street.

FOR SALE—Ford Tourin first class condition, a owner is leaving city. Ave.

FOR SALE—200 shares & Refining Corporation shares Buffalo Oil \$1.25; 100 shares Hart \$3.25. J. M. Townes, Ark.

FOR RENT—Five room close to Lake shore, at house. Pleasant surround. Mrs. J. M. Elson, Street; telephone 2084.

FOR SALE—Edison Talk regular price of machine eighteen double-sided re attachment, complete w \$225.00. Reasonable term sible party. Apply Mas Limited, 91 St. Paul St

TEETH—TEET
DRS. MOYER AND M Main street, Moyer B Falls, N.Y. Guarante dentistry. Good net of heavy gold crown \$5. free dental price list. car fare. Business est 25 years. Work guar