

STOP CATARRH/OPEN NOSTRILS/AND HEAD

Best Cream Applied in Nostrils Relieves Head/Cold at Once.

Count fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely.

Get a small bottle of Ely's Cream Balm from your druggist and apply to little of this fragrant antiseptic cream in your nostrils.

WANTED - DRAFTSMAN Familiar with laying out elevating and conveying machinery.

CARPET CLEANING NOW IS THE TIME TO HAVE your carpet cleaned.

M. MALLOY Light and Heavy Trucking. Local and Long Distance Moving.

Wood's Phosphodine. The Great English Remedy. The Great English Remedy.

DR. DEVAN'S FEMALE PILLS. For all Female Complaints. \$5 a box or three for \$10.

PHOSPHONOL FOR MEN. Increases Vitality. For Nerve and Brain.

A SNAP - \$300 will buy my nice building lot, or will exchange for auto in good condition.

Properties For Sale \$6,000 to loan on approved real estate.

\$1300.00 - On Hainer St., one and one-half storey frame dwelling on large lot.

\$1700.00 - On North St., large cottage with barn, all in fair repair.

\$1800.00 - On Sherwood Ave., frame cottage in good repair, two bedrooms.

\$2000.00 - On Leeper St., frame cottage with barn, all in good repair.

\$3600.00 - On Dacotah St., two-storey new brick dwelling, every convenience.

KERNAHAN & GRAVES. Phone 333. 14 Queen St.

"Mazda" The Best Tungsten Electric Lamps. The Kind You Read About.

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 placenta, commonly called "the cleanings," is not uncommon in cows.

Attention of the afterbirth, foetal membranes or placenta, commonly called "the cleanings," is not uncommon in cows.

The symptoms are usually evident by the protrusion through the vulva of a portion of the membranes, but in rare cases this symptom is not present.

When the membranes have been retained for 24 hours or more, weather or for forty-eight hours in cold weather.

Properties For Sale \$6,000 to loan on approved real estate.

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"Mazda" The Best Tungsten Electric Lamps. The Kind You Read About.

SAVED FROM LIFELONG MISERY

And a Dangerous Operation, by Taking "FRUIT-A-TIVES"



MRS. M. J. GORSE, 8928 Union St., Vancouver, B.C.

"I suffered with all the symptoms of Female Trouble, with chronic constipation and constant headaches. I had pains low down in the back and sides of the body.

MRS. M. J. GORSE. 8928 Union St., Vancouver, B.C. At all dealers or sent postpaid by Fruit-a-tives Limited - Ottawa, Ont.

WANT CANADIAN CURRENCY LONDON, Jan. 23 - Dissatisfaction is being shown by Canadian soldiers still here that their payments are being made in English Currency.

WANTED - Telephone operators. Apply Chief Operator Bell Telephone Building.

THOUGH 103, SMOKES HER PIPE EVERY DAY

LAWRENCE, Mass., Jan. 23 - Mrs. Mary Regan, Lawrence's oldest resident has past her one hundred and third birthday.

Mrs. Regan had a doctor but once in her life. She smokes a pipe every morning and night.

Mrs. Regan cites the fact that her greatest pleasure in life was the raising of her family.

MET. WED AND SEPARATE ALL IN SEVEN HOURS SAN FRANCISCO, CAL., Jan. 23 - Let the exponent of love at first sight glance at the record of Mr. and Mrs. Asa M. Rogers.

WILL SEND YACHT FOR TRIAL WITH CUP CHALLENGER NEW YORK, Jan. 23 - Sir Charles Allom, a leading English Yachtsman, who arrived in New York yesterday on the Cedric, said today that Sir Thomas Lipton will send his 23-meter Shamrock to America this spring.

WANTED - Telephone operators. Apply Chief Operator Bell Telephone Building.

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WANTED - Telephone operators. Apply Chief Operator Bell Telephone Building.

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.

NERVE EXHAUSTION A CONDITION AFFECTING MANY MEN - THE GREAT AMERICAN DISEASE - IT IS BROUGHT ON BY OUR MAN-NEER-OF BEING - OUR WORRY AND HURRY - AMERICANS EXHAUST MORE NERVOUS ENERGY THAN ANY OTHER RACE OF PEOPLE.

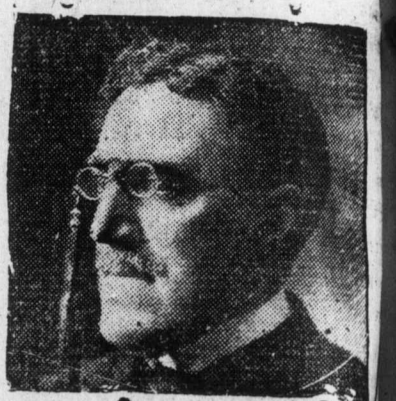
There are a great many men who need treatment for their nervous system. These men do not know what is the reason they don't feel right.

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.

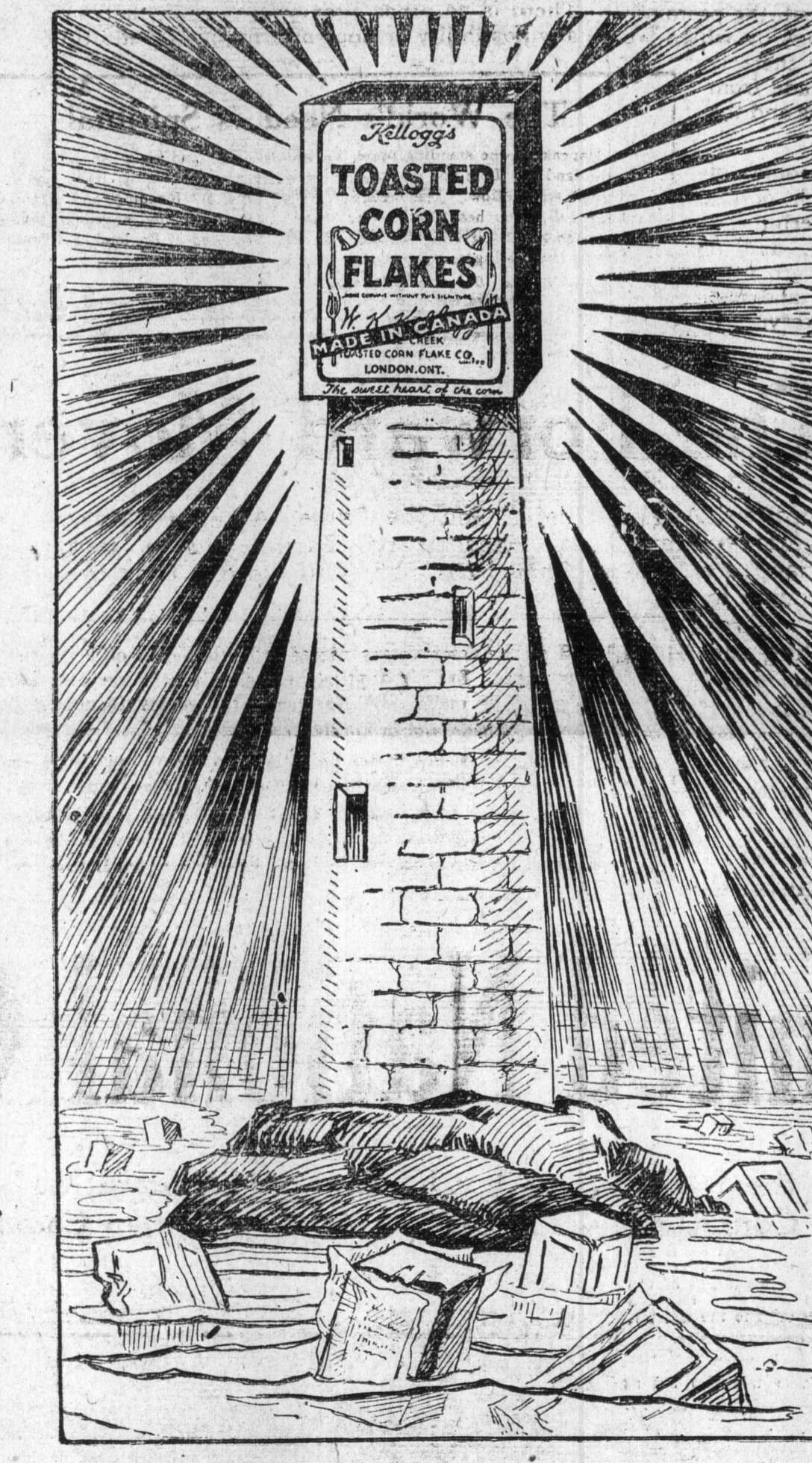
Hundreds of men are suffering with some form of Rheumatism. Many of these men go from day to day suffering untold agonies.

Quick and Lasting Results Assured the Ailing Man BLOOD YOUR WHOLE HEALTH OF BODY AND MIND DEPENDS ON YOUR BLOOD.

DR. WARD Buffalo's Leading and Most Successful Specialist 79 Niagara Sq., Buffalo, N.Y.



OFFICE HOURS: Mondays, Wednesdays and Saturdays - 9 a. m. to 9 p. m. Tuesdays, Thursdays and Fridays - 9 a. m. to 6 p. m. Sunday Hours - 10 a. m. to 1 p. m. CONSULTATION EXAMINATION FREE 79 Niagara Square COR. NIAGARA STREET Opposite McKinley Monument BUFFALO, N. Y.



LONDON KELLOGG'S Outshine All Imitations THE package may be imitated but the flakes inside cannot be equalled. That is why The Genuine Original "MADE IN LONDON" Kellogg's TOASTED CORN FLAKES Outshine All Imitations BE sure the words "Made in Canada" and "London, Ont." are printed in red on the face of every red, white and green package. This is your guarantee of quality unequalled and unvarying. The Big Package Only Made in Canada by The Battle Creek Toasted Corn Flake Company, Limited HEAD OFFICE AND PLANT LONDON, ONT.

Tonic For the Nerves

Only Real Nerve Tonic with a Good Supply of Rich Red Blood.

people would only attend to blood, instead of worrying themselves ill," said an eminent specialist, we doctors would see our consulting rooms crowded with nervous wrecks.

the sort of thing which the speaker spoke of is the nervous run-down condition caused by overwork and the many anxieties of today.

Dr. Williams' Pink Pills. You can get these pills through your dealer in medicine, or by mail a box or six boxes for \$2.50.

ASSUME CONTROL OF IMPERIAL PENSIONS Ottawa, Jan. 22 - The administration of the pensions of ex-members of the Imperial Forces resident in Canada has been transferred to the jurisdiction of the Board of Pensions Commissioners for Canada.

AT THE TOP IN PIANO BUILDING The Olde Firm of Heintzman & Co. Limited, 68 St. Paul street, St. Catharines, are within very few steps of a day of having been in business as piano manufacturers for three-quarters of a century.

Incubator FOR SALE (Manson - Campbell) Chatham make; 160 egg capacity Price \$12. Can be seen at 198 Lake Avenue

Skates Ground and Concaved at 15c Pair By latest improved skate grinder. Call and see. Also furniture repaired at Novelty Woodturning Works 30 Centre Street

Farmers, Notice If you want To Sell Hogs either alive or dressed, call or write or telephone for our prices before selling elsewhere Moyer Bros., Ltd. 8 Frank St. - Phone 14 ST. CATHARINES

LUMBER James M. McBride & Sons George-st, near Welland av TELEPHONE 41 W

Tonic For the Nerves

The Only Real Nerve Tonic is a Good Supply of Rich, Red Blood.

"If people would only attend to their blood, instead of worrying themselves ill," said an eminent medical expert, "we doctors would see our consulting rooms crowded with nervous wrecks. More people suffer from worry than anything else."

The sort of thing which the specialist speaks of is the nervous run-down condition caused by overwork and the many anxieties of today. Sufferers find themselves tired, morose, discouraged and unable to keep their minds to anything. Any sudden shock or strain is a blow. They are unable to sleep at night. Headaches, neuritis and other nerve pains are part of the picture, and it all comes from a depleted nerve.

Deplete the nerves with poisonous stimulants is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. Therefore to cure nervousness and ruddy cheeks, Dr. Williams' Pink Pills should be taken. These pills actually make new, rich blood, which strengthens the nerves, improves the appetite, gives new strength and spirits, and makes hitherto despondent people bright and cheerful. If you are at all out of sorts, you should begin getting yourself today by taking Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at \$1.00 a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

WEDNESDAYS AND THURSDAYS
9 a. m. to 9 p. m.
10 a. m. to 6 p. m.

ULTIMATE SOLUTION
FREE
Gara Square
GARA STREET
McKinley Monument
ALBANY, N. Y.

Man
YOUR BLOOD. Any deficiency of the various vital elements.

Dr. Ward
Leading and Most Successful Specialist
100 E. Buffalo, N. Y.

AT THE TOP IN PIANO BUILDING

The Olde Firm of Heintzman & Co., Limited, 68 St. Paul street, St. Catharines, are within very few steps today of having been in business as piano manufacturers for three-quarters of a century. Their start in business was in 1850. During all these years they have kept in the leadership, because determined to build only a piano that would appeal to the most artistic musical taste—and a piano that was made to last. Among their series of Art Uprights is the Ionic, which is a very beautiful piano, and suited for the moderate sized parlor or apartment house.

Incubator FOR SALE
(Manson - Campbell) Chatham make; 160 egg capacity. Price \$12. Can be seen at
198 Lake Avenue

Skates Ground and Concaved at 15c Pair
By latest improved skate grinder. Call and see. Also furniture repaired at
Novelty Woodturning Works
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Farmers, Notice!
If you want **To Sell Hogs** either alive or dressed call write or telephone for our prices before selling elsewhere.
Moyer Bros., Ltd.
8 Frank St. Phone 197
ST. CATHARINES

LUMBER
James M. McBride & Sons,
George-st. near Welland ave
TELEPHONE 41 W

Religion Is Patriotism

It is the Root of Personal Righteousness, the Mainstay of Social Order, the Bulwark of International Peace

The Makers of Canada
The earliest settlers in Canada were roused by the Call of the Church to develop a noble and useful citizenship. Young and old were invited to turn their eyes from material things, and to regard the splendor of unseen realities. Knowing that Religion is the only true safeguard of stability in the State, they built Churches, Schools and Colleges, to train men for the Christian Ministry, and to spread abroad in the land the benefits of education. This they did in their poverty, and thus directed the course of history in Canada to this day.

The Testing of Canada
Because of such sacrifices, there arose in Canada a public spirit hostile towards all injustice, dishonesty and cruelty. The War tested the moral fibre of the Canadians of a later day. Would they choose material ease and wealth, or would they risk all in defence of freedom and the rights of the weak?

Over 400,000 men voluntarily offered their lives, and endured hardship as good soldiers for the defence of equity and fair dealing in all human relationships, and for the vindication of public right. Nor were the people at home less steadfast. Besides bearing the national cost of the War, they gave voluntarily for the help of the soldiers more than \$90,000,000. Canada nobly stood the great trial.

The Menace of To-day
That conflict is ended. Now comes another test. Not only in Canada, but all over the world, sectional and class struggles for material rewards and for mastery threaten the present basis of Society. The vision of spiritual values gained in the War is in peril of being forgotten. The supremacy of sacrifice, the nobility of service, the reality and glory of the Unseen and Eternal, the promises of Christ; these were the things by which we lived during the War. Now there is great danger that they may fade from view, giving place to selfishness and the love of ease.

The great non-Christian peoples of the world comprise two-thirds of the human race. They are mastering our modern scientific knowledge, and if they remain Pagan may yet turn it to our destruction. Paganism stands for the supremacy of Might, the very ideal



Right the Good Fight

we fought and conquered in more than four years of war.

Victory only through Christ
How can we retain the heavenly vision? How can the world be guarded against another attempt to establish the Pagan ideal? Only through the Church of Jesus Christ. There is no other agency or society that has any possibility or hope of bringing about a full realization of the brotherhood of all mankind, and the reign of the Prince of Peace.

The World's Need is Spiritual
I speak as one standing upon the watch-tower, and know what the need of the land is. It is not material, it is spiritual. Get the spiritual, and the material will follow. The wounds of the world are bleeding, and material things will never heal them. And that is why I hail any movement which brings the great spirit of brotherhood. The one need of England and France today is the healing and the brotherhood of the Cross of Christ.
—Rt. Hon. David Lloyd-George, Before the Brotherhood Convention, London, September, 1919.

What the Church Has Done
All the progress of humanity in Civilization for the last 2000 years has been inspired, directly or indirectly, by the Gospel of Jesus Christ. It has ended slavery, protected life, ennobled women, educated the children and safeguarded their lives, sanctified the home, established schools, missions and charities.

The Coming Era
Victory places upon the shoulders of the Allied Nations the responsibility, for directing new conditions to right ends. Canada must do her share. The Church must prepare to meet the needs of the new day. Old standards of life with old habits of thinking and of giving will be wholly inadequate. We must do in our day what our fathers did in theirs. The hope of the world is bound up with the strengthening and extension of the Church of Jesus Christ.

The Forward Movements

FIVE Christian Communions, Anglican, Baptist, Congregational, Methodist, and Presbyterian, are convinced that the time has come to rouse all Christians to a clearer understanding of their calling and stewardship in Christ, their King. They believe that the Church should be equipped adequately with men and money to enable it to meet the needs and opportunities of the New Day.

These five separate Communions are of one mind as to their belief in God, the Father Almighty, Maker of Heaven and Earth, and in Jesus Christ, His Son, Our Lord. They now declare to their respective constituencies, and also unitedly, to the Canadian people, that the only effective method of making good citizens is by urging men to a more faithful practice of Christianity, by inculcating personal faith in Jesus Christ. They insist that there is no other dependable way of correcting evil tendencies in individual and national life. They call the people to repentance. To all Christians their message is, "Awake, Arise. Fight the Good Fight, For Canada and For the World."

EACH of the Communions named is in the midst of a Forward Movement. Each is seeking by prayer and by earnest effort to accept all its responsibilities. Each is striving to extend its activities in Canada and in Foreign Lands.

Your Church needs your help, but, far more, you need the help of your Church to learn the difficult art of living wisely and well. Consult your Clergyman. He serves you and your children. Ask him how and when you can serve in this day of national emergency. Give yourself to the task. Say: "Here am I, send me."

The United National Campaign

Representing the Simultaneous but Independent Forward Movements of the Anglican, Baptist, Congregational, Methodist and Presbyterian Communions in Canada

MR. BUSINESS MAN!

If You Are in Need of
**Billheads, Letterheads,
Envelopes, Etc.**

Try The Journal Job Department
With Your Next Order

Carniv

Banff is to have an elaborate winter carnival this year, and will be an event from February 2nd to the fourteenth inclusive. Situated as it is in the Canadian Pacific Railway and surrounded by the grandeur of Tunnel Mountain, Rundle Mountain and Sulphur Mountain, Banff, a national resort, is fast becoming a centre of winter sport in Canada as Christiania in Norway. It is a perfect winter playground with natural mountain slides and ice skating. The preparations for the carnival this year are on a larger and broader scale than previous years; the aim being to make Banff as attractive in winter as it is in summer. In one aspect the visitor will find combined summer and winter amusement in the hot sulphur springs, which give one the privilege of swimming out in the open with the thermometer at or even below zero, in not tepid warm water.

The spirit of the carnival will again have full sway throughout town, and those who arrive at night will find themselves in a veritable fairyland. Colored lights are strung across the streets, down famous toboggan slides, and on the trunks in thousands giving a gala effect.

The list of amusements is a long one. There are hockey and curling matches, toboggan races, snowshoe and ski races. The ski jumping year promises to be one of the events, for a new jump has been built costing several hundred dollars, and some of the best skiers in Canada will take part in the competition. The Pony ski races on the programme, and will do less create much excitement. Snow shoe tramps have been planned. Lunch will be served at the guard's cabin. Those exhilarating tramps are conducted by men.



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Carnival Spirit at Banff



Banff is to have an elaborate winter carnival this year, and will be in fact from February 2nd to the fourteenth inclusive. Situated as it is in the Canadian Pacific Rockies and surrounded by the grandeur of Tunnel Mountain, Rundle Mountain, and Sulphur Mountain, Banff, the national resort, is fast becoming the centre of winter sport in Canada, as Christiania in Norway. It is a perfect winter playground with its natural mountain slides and ideal skiing. The preparations for the carnival this year are on a larger and broader scale than previous years; the aim being to make Banff attractive in winter as it is in the summer. In one aspect the visitor will find combined summer and winter amusement in the hot sulphur springs, which give one the privilege of swimming out in the open with the thermometer above or even below zero, in not tepid but warm water.

The spirit of the carnival will again have full sway throughout the town, and those who arrive at night will find themselves in a veritable fairyland. Colored lights are to be strung across the streets, down the famous toboggan slide, and on the rinks in thousands giving a great gala effect.

The list of amusements is a long one. There are hockey and curling matches, toboggan races, snowshoe and ski races. The ski jumping this year promises to be one of the big events, for a new jump has been built costing several hundred dollars, and some of the best skiers in Canada will take part in the competitions. The pony ski races are on the programme, and will doubtless create much excitement. Snow shoe tramps have been planned and lunch will be served at the game warden's cabin. Those exhilarating tramps are conducted by men who

know every inch of the country. The carnival will be just one continued round of gaiety and anyone who imagines the world in the mountains to be dead in the winter will have a pleasant surprise. Rivers, brooks, cataracts and falls are all pursuing their merry course, as in the summer except in a few occasional spots. The animals are not huddled up inside their burrows or seeking shelter away from the world, but roam around as in summer.

The carnival will be opened by the Superintendent of the National Park, and a special programme has been arranged for each day and will conclude with a farewell ball and distribution of prizes. There are three comfortable hotels which remain open throughout the winter.

The carnival and bonspiel at Banff are becoming amongst the most important and widely known events of the Canadian Winter, and will attract thousands to see "Top of the World" in the winter. Nature in all the beauty of her winter garb is at her best at this time of the year. Instead of being dead Banff will be very much alive.



"Come One! Come All!"

THE housewife who has her pantry stocked with Swift's Premium Ham and Bacon has no fear of the ravenous appetites that come with holiday life. She is never taken unawares by the unexpected guest.

Swift's Premium Hams and Bacon

—good all the year round—are specially desirable in the days when light meals are most attractive, and heavy cooking most disagreeable.



Think how handy! For breakfast—Swift's Premium Bacon, fried in a jiffy. For luncheons, teas, late suppers—Swift's Premium Ham, quickly fried or ready-baked, sliced and served cold, garnished as you see fit, but appetizing in any form.

Both are particularly adapted to summer use because they keep so well, under conditions when fresh meat is impracticable.

Insist on the Brand—Your Dealer has "Swift's Premium," or can easily get it for you.

Swift Canadian Co.

Limited
Toronto, Winnipeg, Edmonton
(Columbia Food Distributors Nos. 13-170, 171, 172)



"DANDERINE" FOR FALLING HAIR

Stop dandruff and double beauty of your hair for few cents.



TIP TO IMPERIAL VETERANS

On Passage Refunds—British Govt. Makes New Regulations.

There are a host of enquiries, being made about the refund of passage money to imperial soldiers and their dependents. The latest and most accurate information to hand states that the British Government has decided to refund all such passage money to imperial soldiers and their dependents who sailed for Canada

prior to April 1st, 1919. The conditions emphasize that no applications will be considered if the soldier or his dependents returned subsequent to April 1st, 1919. The amount allowed will be approximately the cost to army funds if repatriation had been made through the usual channels. Applications should be addressed to Office L.C. Repatriation Records, 100th Hill Camp, Winchester, England, accompanied by a statement showing the circumstances in which the application proceeded, instead of waiting for a passage in the usual way; name of ship; date of embarkation; date of disembarkation; proof of payment of passage, and whether or not application for passage was made to the repatriation record office, Winchester, or to any other army authority, and if so with what result. Local and Dominion Secretaries of the C.W.V.A. are also handling these claims.

Digests Meal When Stomach Won't

Get relief from pain of indigestion, gas or acidity. No dyspepsia or any stomach distress.



Millions know the magic of Pape's Diapepsin for dyspepsia, indigestion and stomach trouble.

When your meal don't digest, but turns into gases and acids or lays like a lump of lead, you can have instant relief.

Don't stay a dyspeptic!

Upset stomachs feel fine!

Costs so little at drug stores.

UPSET? Pape's Diapepsin



WILL PUT YOU ON YOUR FEET

Dr. E. W. Gustin of St. Thomas, Western Ontario, died at his home in one of the oldest practitioners in his eighty-sixth year.

The Forward Movement Campaign A Four Weeks' Programme

January 18—Day of Intercession.
The World Situation.

January 25—National Aspects of the Appeal.

February 1—Foreign Aspects of the Appeal.

February 8—Summary, and Call for Workers.

RECONSTRUCTION
REORGANIZATION
REHABILITATION

The Globe

TAKE THE DUTY OFF BACK?
14,000 Hopes of On The Pledge
WILL MILITARY AGAINST UNITY
LIBERALISM OF LABOR OR PARLIAMENTS
AN URGENT SETTLEMENT
TREATY METHOD
MUST APPROVE THE TREATY IS HUMBLE, SAYS FIELDING
TIMES CLOSING SHORT CAREER

Coming Events Cast Their Shadows Before

Not since the pre-Confederation days has the political life of Canada been surcharged with so much uncertainty.

Great events in Canadian politics are about to take place. The reorganizing and rehabilitating of great political parties is in progress. New leaders are appearing.

The order is changing. All things are becoming new.

THE next two years will be a momentous period in the political life of the country. Reconstruction is a greater task than Confederation.

How will you take your place in the affairs of the nation? What opinions will you form? How will you cast your ballot intelligently, if you do not keep in touch and inform yourself on the great questions of the day by reading a daily newspaper national in viewpoint and international in scope?

This is the task and responsibility of The Globe—to give all the news, progressive views, and space for opposing opinions. Such was the threefold purpose of George Brown. His ideal was a Great Family Newspaper with a place in every home. That is The Globe's ideal to-day.

It is not a party organ, but a medium for the development of

public opinion and an advocate of reform. It is the servant of the people from whose needs it draws its inspiration.

To be informed of the progress of events, you should avail yourself of The Globe's great news gathering organization. For an analysis of these developments, and clear, sober thought upon them, read its editorial discussions from day to day. They are written by close students of economics, politics, industry, commerce, social reform and religion.

And further, what The Globe has been in the past is a sure guarantee of what it will be in the future. The personality and ambitions of its founder ever dominate the activities of its publishers.

Therefore, nothing will be left undone to make The Globe the newspaper that George Brown would have it be and to earn a place for it in every Canadian home.

The Globe

TORONTO

Canada's National Newspaper

ORDER FROM YOUR NEWSDEALER OR DIRECT FROM THE PUBLISHERS

