



## NERVES ALL GONE TO PIECES

### "Fruit-a-lives" Conquered Nervous Prostration

R. R. No. 4, GILBERT PLAINS, MAN.  
 "In the year 1910, I had *Nervous Prostration* in its worst form; dropping from 170 to 115 pounds. The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take 'Fruit-a-lives'."

I began to mend almost at once, and never had such good health as I have enjoyed the past eight years. I am never without 'Fruit-a-lives' in the house". JAS. S. DELGATY.  
 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

### THE EVENING JOURNAL

PHONE (Business Office) 59.

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Toronto Special Representative  
 Delivered, per year . . . . . \$5.00  
 R. Snapple, J. P., 32 Church St., Toronto, Ont.

### PUBLIC HAS A RIGHT TO DEMAND ACTION

However the point is that all these resolutions and requests have brought nothing and are not likely to bring anything from the best information that The Journal has been able to secure from fountain sources. In the meantime months drift on and St. Catharines goes without a line down Lake Street, a belt line along Carleton Street, a new station and a short line to Merriton. Months go on and the revenue of \$3,000 a year which the city could get from the vacant grave pit lying west of Ontario Street in the form of a rental from the N. S. & T. is not coming into the treasury. The tax payers with a thirty six mill rate facing them this year have to stand the loss and have had to stand it ever since the right of way for the bridge was bought. Since that date, reckoned from 1915 at the rate of \$3,000 per year, the city would be better off today by the amount.

000 or would be that much ahead in five years to come and yet nothing is accomplished.

Had half a million dollar expenditure been undertaken this spring by the N. S. & T. for the new lines and a station in this city, as mentioned above, the increased assessment that could have been put on adjacent lands, the new houses that would have gone up in the north as a result of rail service, and the revenue derived would have greatly helped to rehabilitate the corporations finances and assist the Council to meet growing expenses without raising the rate of taxation. Still nothing is accomplished, but the passage of resolutions, and the writing of newspaper articles intended to keep the people in the dark.

It is well known by students of municipal affairs that one franchise has already expired two or three months ago and others are expiring and yet the N. S. & T. is allowed to operate without a renewal or without any effort being made to get concessions on the strength of the situation.

Does St. Catharines know its position so well that it ignores what other municipalities would use as a means of securing public improvements?

Is St. Catharines so certain of

### EASTER CANDY

JUST RECEIVED  
 Huyler's  
 Page & Shaw's  
 and Neilson's  
 A delicious Assortment up to  
**\$3.00 a Box**

### Abbs & McNamara

Quality Druggists  
 30 Queen Street Phone 192  
 Agents for Huyler's, Page, Shaw  
 and Neilson's Chocolates; Bitro  
 Phosphate, Vivol, Nuxated Iro,  
 and Tyrrell's Cascades.

where it stands that the Mayor or any member of the Council would say that the Dominion Government or Parliament could not take steps to continue the operation of these lines of our streets whether we as citizens want to grant a franchise or not?

Is it enough to dismiss one of the most important positions that a municipality could occupy with regard to transportation facilities, with the evasive declaration that there is no uncertainty here regarding the future of the N. S. & T.?

We do not like to contradict the Mayor, if he made that statement, but we are forced in candor to say that there is an uncertainty and that neither the City Council nor the Hydro Power Commission nor the editor of Queen Street knows where the municipality stands or what will be done with the N. S. & T., and it is well for public men to be careful of their statements for facts may be published that will show how immature such a declaration is.

More than this The Journal believes it is doing a responsible public service in continuing its agitation for the north end belt line, the line down Lake or some other street and better terminal facilities. It cannot find a reasonable or logical argument against the right of 9,000 people residing north of Welland Avenue to have a street car accommodation. It cannot understand by what route the point can be reached that because letters have been sent to the Hydro Commission asking that the N. S. & T. be taken over that the people of this city have to go without what they can get and are entitled to get from a road operated by the Dominion authorities and owned by the citizens of Canada.

The hopey that if franchises were granted the public might have to buy them back again at high cost has been exploded. The theory that if the Hydro should take the road over these extensions could be got at once is all right if the Hydro did it, but there is nothing done and the trend of events now in Toronto with the Drury Government is that there may be much greater caution in launching into provincial liabilities for hydro radials than there was under the Hearst regime which practically gave the chairman of the Hydro Electric Commission a blank check.

The Journal is perfectly satisfied that the Hydro shall take over the N. S. & T. providing the National Board and Parliament approve of such a transfer. It is with no animus what-

## IF BREATH COMES HARD IF NOSE IS PLUGGED YOU HAVE CATARRH

Perhaps you haven't heard of the new remedy—it's so pleasant to use—fills the nose, throat and lungs with a healing balsamic vapor like the air of the pine woods. It's really a wonderful remedy—utilizes that marvelous antiseptic oil found in the Blue Gum tree of Australia.

The name of this grand specific is Catarrhoxone and you can't find its equal on earth for coughs, colds, catarrh or throat trouble. You see it's no longer necessary to drug the stomach—that spoils digestion—just simply inhale the balsamic essence of Catarrhoxone, which are so rich in healing that they drive out every trace of Catarrh in no time.

For speakers and singers and persons troubled with irritable throat, bronchitis, asthma, catarrh or laryngitis, Catarrhoxone is of estimable value.

The inhaler can be carried in your pocket and may be used at any time or in any place.

Large size guaranteed, and sufficient for two months' use, costs \$1.00 smaller size, 50c.; sample size 25c. Sold by all storekeepers and druggists.

nothing done and the trend of events now in Toronto with the Drury Government is that there may be much greater caution in launching into provincial liabilities for hydro radials than there was under the Hearst regime which practically gave the chairman of the Hydro Electric Commission a blank check.

The Journal is perfectly satisfied that the Hydro shall take over the N. S. & T. providing the National Board and Parliament approve of such a transfer. It is with no animus what-

ever against the Hydro movement that we urge action. It is merely to get somewhere some time and through the legitimate medium of a nationally owned and operated system.

But so long as the present uncertainty prevails and the city is in the unique position of having cars operating on its streets without a franchise and perhaps with governmental power despite the absence of a franchise, we regard it as a duty of a public journal to insist that something be done. If more months are permitted to go by idly with such vacant explanation as given through the columns of our contemporary on Saturday the railway question here will become an issue and a live one. We know the facts too well to be pushed aside with banter and subterfuge.

### COMMISSIONER HIGGINS HERE TO CONFER ON SALVATION ARMY MATTERS

Com. W. J. Richards, head of the Salvation Army in Eastern Canada and Col. John McHillan, Chief Secretary are conferring with Commissioner Higgins, Chief of Staff and Second in Command of the Salvation Army for the work who arrived in Boston from London, England, recently. Com. Higgins came to America to discuss matters pertaining to Salvation Army affairs in Canada and the United States, with Commander Eva Booth, head of the Salvation Army in the United States and with the Canadian officials. He was for many years Chief Secretary of the United States and recently succeeded Com. Howard as Chief of Staff and Second in Command. Many matters having any important bearing upon the future policy of the Salvation Army, and its reconstruction work are to be taken up at this meeting and it is expected that on his return Com. Richards will have something to say in regard to the questions affecting the policies to be followed in Canada.

## HOW MRS. BOYD AVOIDED AN OPERATION

Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well.  
 "My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles."

so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—MRS. MARIE BOYD, 1421 6th St., N. E., Canton, Ohio.

Sometimes there are serious conditions where a hospital operation is the only alternative, but on the other hand so many women have been cured by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after doctors have said that an operation was necessary—every woman who wants to avoid an operation should give it a fair trial before submitting to such a trying ordeal.

If complications exist, write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The result of many years experience is at your service.

### RESISTS EFFORTS TO SAVE HER LIFE

YOUNG WOMAN PUSHERS ASIDE LIFE-LINE THROWN HER  
 HAMILTON, APRIL 5—Resisting to the last every effort that was made to save her after she had jumped into the bay, a young woman believed to be Helen Trombley, whose home is at 453 Wilson street, sank near the reventment wall yesterday morning about 8.30. Though efforts were made but she did not recover, and it was feared she would not be successful. They did however secure her hat, and this was later identified by a sister of the young woman. She had recently suffered a nervous breakdown, and had not been at home since Saturday afternoon.

## THE STERLING BANK OF CANADA

**Save Because--**  
*Prosperity such as you enjoy now may be made permanent by systematic saving.*

### Security Loan & Savings Company

26 JAMES STREET ST. CATHARINES

Capital authorized . . . . .	\$1,000,000.00
Capital paid in . . . . .	532,300.00
Assets 31st December, 1919 . . . . .	1,195,955.00
Reserve Fund . . . . .	160,000.00
Surplus . . . . .	713,970.00

3½ per cent. interest paid on Deposits.  
 Trustee and joint Deposit Accounts received.  
 Debentures issued at higher rates for one to five years.  
 Money to loan on real estate at current rates and on terms of payment.  
 Mortgages purchased.

### SAVING MOULDS CHARACTER

A prominent employer recently said: "The best men working in our shops today are the men who save money regularly. The steadiness of purpose and ambition thus displayed is apparent in their work. They are the men to whom advancement and promotion most frequently come and they will be the last to be laid off when dull times come." Open a Savings Account with.

## THE DOMINION BANK

Draughts on Foreign Countries sold on favourable terms  
 B. B. MANNING, Manager,  
 CORNER KING & QUEEN STS. OPPOSITE POST OFFICE

## THE CANADIAN BANK OF COMMERCE

Announce that a branch of their bank has been opened at Niagara-on-the-Lake, Ontario. This bank has now 433 branches in Canada and foreign countries, and is in a position to offer the public unexcelled service.

St. Catharines Branch—R. G. W. Conolly, Manager  
 Thorold Branch—S. H. Falkner, Manager  
 Niagara-on-the-Lake Branch—F. W. Wilson, Manager

### ST. CATHARINES BRANCH: E. A. Fox, Manager.

PAID UP CAPITAL \$15,000,000  
 RESERVE FUND \$15,000,000

## THE CANADIAN BANK OF COMMERCE

### BUSINESS LARGE AND SMALL

This Bank is equipped to render complete banking facilities to individuals, partnerships and companies, both large and small. With branches throughout every province of Canada, and correspondents in all parts of the world, your banking business will be handled with promptitude and at the minimum of expense.  
 Our facilities are at your disposal.

**600 BRANCHES**

## The Royal Bank of Canada

**Farmers Sons and Daughters Have Opportunities To-day**

They never had better chances to make and save money.  
 Now is the time to lay the foundation of future prosperity by cultivating the habit of thrift.  
 There is a Savings Department at every branch of this Bank. The staff will be glad to show you how to make the first deposit.

Capital and Reserve . . . . . \$1 35,000,000  
 Total Resources . . . . . \$500,000,000

**900 D**

## CAST

The Proprietary or the  
 A Vegetable Preparation  
 simulating the Food  
 of the Stomach.  
 INFANTS &  
 Thereby Promotes  
 Cheerfulness and  
 neither Opium,  
 Mineral, NOR  
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 Acid  
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 Stomach  
 and  
 Intestines.  
 35 Doses

### C&B DAILY

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The Great Ship "SEE"  
 Leave BUFFALO - 9:00  
 Arrive CLEVELAND - 5:00  
 Connections at Cleveland for  
 tickets reading between the  
 your ticket agent. Also  
 monthly rate—\$10.00 Round  
 trippage. Beautifully colored  
 seats five cents. Also ask for  
 The Cleveland & Buffalo  
 Transit Company  
 Cleveland, Ohio  
 The Great Ship  
 SEERANDSEE  
 —the largest and most comfortable  
 passenger Steamer on inland  
 waters of the world. Sleep  
 capacity, 1500 passengers

Do not  
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Dominion  
Department

### Forms

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# Ford

**WE ARE Ford Dealers in this district and have formed an estimate of the number of cars we will require to meet the needs of this territory. We cannot get enough cars to fill that estimate because there are not enough cars being made to fill all dealers' estimates throughout Canada.**

**The number of cars we can get depends upon the number of orders we send in and the early date at which we send them in, as the Ford Shipping Department follows the principle, "First Come, First Served."**

**Cars ordered now will not be delivered until March, and deliveries will be uncertain throughout the year. If you do not want to wait for summer or autumn delivery, come in and reserve your car by signing an order today.**

**LINCOLN MOTORS DEALERS ST. CATHARINES**





**THE Triplex Springs of new Overland 4 make possible the first light car with the steadiness of a heavy, long car.**

Public appreciation of the new features of Overland 4 is shown in ever-increasing demand for this car. Upkeep cost is low because the Triplex Springs protect the mechanism from the usual road shocks. Light weight creates great economy of fuel and tires.



**GILMORE & CO. - 250-4 ST. PAUL STREET St. Catharines. Telephone 826**

Head Office and Factories: Willys-Overland Limited, Toronto, Canada  
Branches: Toronto, Montreal, Winnipeg and Regina



"Gosh! How my back aches!"  
After Grip, "flu" or colds, the kidneys and bladder are often affected—called nephritis, or inflammation of kidneys.  
This is the red flag of danger—better be wise and check the further inroads of kidney disease by obtaining that wonderful discovery of Dr. Pierce's, known as Anuric (anti-uric-acid), because it expels the uric acid poison from the body and removes those pains, such as backache, rheumatism in muscles and joints.  
Naturally when the kidneys are deranged the blood is filled with poisonous waste matter, which settles in the feet, ankles and wrists; or under the eyes in bag-like formations.  
Send 10c for trial pkg. of Anuric to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., or branch Laboratory, Bridgeburg, Ont.  
PATERSON, Ont.—"I was troubled with rheumatism in the right limb and hand for several years, and lately in the left shoulder. The only way I could lie was on my back, but I could not get up. I had a very severe pain in my back. I have taken Dr. Pierce's Golden Medical Discovery several times with the most satisfactory results, so I concluded to give his Anuric Tablets a trial. The pain in limb and shoulder has stopped entirely, and in right hand it is very slight and getting less all the time. I can now sit or lie in any position I wish without discomfort or pain. I certainly will recommend Anuric; there is nothing nearly so good; I have tried them all."—GEO. BOOS, cor. Duke and Waterloo.

**Growth Shows Desire To Extend Army Work**

Commissioner W. J. Richards, chief of the Salvation Army in Eastern Canada, has completed his fifth year in that capacity. During that time the Army has seen one of its greatest periods of usefulness. This period takes in the "war years." The great war had been under way since Aug and new problems presented themselves to the organization when he assumed command. These problems required a large measure of initiative to overcome. The task of rendering the highest and most efficient service was shouldered and Canada paid tribute to the success which attended those efforts by over subscribing the amount asked for during the Red

Shield Drive.  
Commissioner Richards is a forceful man. He is a man of few words. He believes in doing things. During the five years, more than 11,000 persons are recorded as having sought salvation. Notwithstanding the losses due to war, there are today nearly 2,000 more names on the Membership Roll than there were in this territory five years ago.  
In July, 1915, Canada East was separated from Canada West, the dividing line being Port Arthur. Even in view of this, there are now only forty one fewer officers in active service in the Eastern territory alone than there were in the combined territories five years ago.  
In the Field Report two very striking indications of financial growth are given. In 1914, the Self-Denial total for the combined territories was \$43,726. In 1919, for Canada East alone, it was \$75,591. Harvest Festival returns have been doubled.  
Shows Solid Growth.  
In all the various departments the records. This shows that as often as humanly possible every opportunity has been seized for the advancement of every branch of the organization inasmuch as every act of service means the welfare of somebody, the same rate of growth has been reposition which the Salvation Army occupies today indicates tremendously increased service to the community.  
This service has been rendered under the leadership of Commissioner W. J. Richards. His five years in Canada have been five big years for the Salvation Army in Canada, and give great promise for the future.

**CONVALESCING FROM INFLUENZA**

The bracing atmosphere found in Algonquin Park is just what is needed for those convalescing from influenza or those who are in need of a rest and recuperation. The Highland Inn offers comfortable accommodation at reasonable rates. Apply any Grand Trunk Agent for descriptive booklet, or write Mr. N. T. Clarke, Manager, Highland Inn, Algonquin Park Station, Ont. A-3-516.

**YE OLDE FIRME**

—Established 1850—70 Years—  
—The Name is Your Guarantee—

A complete and beautiful uniformity of tone is an outstanding feature—pronounced such by the world's greatest artists—of the

**Heintzman & Co. Art Piano**

Let it be a Grand or Art Upright, this instrument is capable of the minutest and highest expectations of the most critical artist—equal to the production of the finest shadings and interpretations that may be demanded by a Tetrastini or other great artist.

"The world's greatest piano"—to-day the choice of people of culture all over the Dominion, in Great Britain, Australia, New Zealand, South Africa, Paris, France, and South America.

It is not surprising that Canadians speak with pride of this piano.

**HEINTZMAN & CO., Ltd.,**  
68 St. Paul Street  
ST. CATHARINES



**JOURNAL WANT ADVS. PAY**

**BELGIAN STREET CAR WORKERS GO OUT ON STRIKE**  
BRUSSELS, Apr. 5—The street car workers of Brussels, Louvain, Liege, and the whole province of Brabant struck yesterday morning. As a re-

sult, motor busses are the only means of transport. The Government intends to repurchase the street cars tomorrow.

CHICAGO, April 5—Easter Sunday of 1920 will go down in history as having witnessed the greatest fall of snow in one day in the history of Chicago. It exceeds two inches, but in places is drifted two and three feet deep.

**Mountain Grown Orange Pekoes are Best**

Orange Pekoe Teas are plucked from every tea bush.

So there are poor Orange Pekoes and those of fine quality. Low price and high price.

The best Orange Pekoes are plucked from tea bushes grown from selected seed in the carefully cultivated soil of mountain side gardens, and gathered at a certain time of the year when the flavor is most fully developed in the leaves.

Naturally these command the highest price.

They are worth it, as you will agree when you taste their exquisite flavor in our Red Rose Orange Pekoe Tea—the new and higher priced tea for those who are willing to pay a little extra price for a tea of extra quality.

There are numerous packages of Orange Pekoe teas on the market. See that the one you buy has the name—Red Rose Orange Pekoe Tea—on our waxed board carton.



Mountain grown Orange Pekoes from the best plantations. A tea of extra quality at a little extra price.



Our well-known Red Rose package, the sale of which is increasing faster than ever before. Red Rose consists chiefly of Assam teas, the richest and strongest in the world and therefore very economical. (The Red Rose Orange Pekoe package is a little different in design.)

**T. H. Estabrooks Company, Limited**

St. John Montreal Toronto Winnipeg Calgary  
Edmonton St. John's, Nfld. Portland, Maine

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70 Years—  
Guarantee—

ful uniform—  
outstanding  
such by the  
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Art Upright,  
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Canadians  
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VS. PAY

# For the Lady who drives Her Own Car



**P**ROTECT yourself against the annoyance of punctures and blow-outs by having your car equipped with the tires that are practically puncture and blow-out proof.

## Dominion Royal Cords

are as handsome in performance as they are in appearance. They protect you against ordinary tire troubles. They ensure luxuriously easy riding. And their long mileage is one of the happy facts of motordom.

As one Motorist stated: "Dominion Royal Cord Tires eliminate 60% of the car manufacturers' defects, by their greater flexibility and resiliency."

There are six Dominion Tires for every car and every purpose---distributed through Dominion Rubber System Branches and sold by the Best Dealers, who carry Dominion Inner Tubes and a complete line of Dominion Tire Accessories.

# DOMINION TIRES

are **GOOD** tires





MY LADY NICOTINE IN CANADA



Tobacco culture in Canada is an industry of comparatively recent date. Extensive development has taken place in the past twenty-five or thirty years, and recent seasons have proved the adaptability of widely separated sections of the Dominion to this very profitable line of agriculture. Since the protective duty of 28 cents per pound has been imposed on all foreign leaf tobacco...

The two principal provinces where tobacco has been successfully grown for many years are Ontario and Quebec. Very successful results have been obtained also at Kelowna, in the Okanagan district of British Columbia, and the growing of tobacco may be said to be firmly established as an industry there. Recent experiments in the Lethbridge irrigation district in Southern Alberta, would indicate great possibilities for the growth in the prairie provinces. Tobacco, in Ontario, is grown in the counties of Essex, Peel, Kent, Prince Edward, Elgin, and Lincoln. A total of 3,225 acres among these counties was devoted to the cultivation of the tobacco plant in 1919, producing a yield of 10,709,400 pounds, or an average of 1,150 pounds per acre. The Burley variety, suitable for chewing, is grown in five counties: seed leaf in Essex; snuff in Kent; and Havana in Lincoln. Maryland tobacco has been introduced into Prince Edward County with success. During the past few years the growing of bright tobacco (fine cured) has extended rapidly on the light sandy loams near the shores of Lake Ontario, and some gravelly hills with good drainage. The annual production of this variety is nearly 2,000,000 pounds, with the yearly demand increasing. A limited amount of Seed Leaf and Fine cured leaf of the heavier type is grown in certain sections. The cost of cultivation in the province, including the labor of the grower, has been estimated at from \$50 to \$75 per acre, and the average yield about 1,300 pounds per acre. The increased demand, and higher...

(1) White Burley Nearly Ripe, in Ontario. (2) A Good Type of Curing Barn. (3) Fermented Cigar Leaf from Quebec.

FIGHT SMUT AND SCAB Treat Wheat, Oat and Potato Seed Before Planting.

A Dilution of Formalin or Formaldehyde Recommended, by Immersion or Sprinkling - Corrosive. Sublimate Also Used for Potato Scab.

GRAIN losses frequently occur through the prevalence of smuts in the grain crops. Numerous experiments have been conducted in the Field Husbandry Department at the College In years past in making a practical application of the treatments recommended for killing the smut in grain. As the result of five years' experiments with five treatments with wheat and seven treatments with oats it was found that very complete work was obtained by immersing the grain for twenty minutes in a solution made by mixing one pint of formalin or forty per cent formaldehyde in forty-two gallons of water.

In preparing wheat for treatment care should be taken to separate the broken smut balls from the wheat, either by cleaning the grain or by placing the seed in water and removing the smut balls as they float on the surface. Not only is it necessary to treat the grain but the formalin solution should be used to fill the smut spores which are lodged in the bins, on the barn floors, on the bags, in the grain drills or wherever the living spores have an opportunity of again coming in contact with the seed.

The immersion process is so complete in its results that it does not need to be repeated every year, providing care is exercised to prevent a further introduction of the smut spores. The sprinkling process was also used in the test, and this method is followed by some farmers. It needs to be conducted with great care, however, or the smut will not all be destroyed, and as a result it is frequently necessary to treat the grain every year. One of the best sprinkling methods is to carefully measure twenty-five bushels of wheat or of oats and by shovelling the grain over on a barn floor when it is being sprinkled with a mixture of one pint of formalin and from fifteen to twenty-one gallons of water. When the grain is uniformly moistened it should be covered with bags or blankets for three or four hours and then spread out to dry. This procedure should be repeated proportionately. Dr. C. A. Zavitz, O. A. College, Guelph.

Control the Potato Scab. For seed select smooth, sound potatoes, as free as possible from scab, and wash them with water before they are put in a solution made by adding half a pint of commercial formalin to 45 gallons of water. A couple of hours with plugs in the sides near the bottom can be used to advantage in treating the seed. The potatoes can be placed directly in the solution or first put in crates or coarse sacks and then immersed. After treatment spread the potatoes out on a clean floor or on the grass to dry. Wash all crates, bags, etc., which are used in handling the potatoes with the formalin solution. The same formalin solution can be used to treat successive lots of potatoes. Fifteen gallons is sufficient to treat from 25 to 35 bushels if ordinary precautions are taken not to waste too much of the fluid as each lot of tubers is dipped. If the potatoes are not all treated the same day it is advisable to make up fresh formalin for each day's work. Corrosive sublimate (mercuric chloride) can be used also to treat potatoes to prevent scab. Soak the uncut tubers for three hours in a solution of two ounces of corrosive sublimate to 25 gallons of water. Corrosive sublimate is a deadly poison, and potatoes treated with it are rendered unfit for food for man or beast. Formalin is a clear liquid disinfectant. It is a 40% solution of formaldehyde gas and water. It can be purchased from almost any druggist. It is sold under the name of formalin and formaldehyde. It is important that the purchaser, whatever name he buys it under, secured a "guaranteed solution of 40% formaldehyde. The stock solution should always be kept in a well-corked bottle, and should not be allowed to freeze. If possible plant the treated seed potatoes on clean soil, that is soil that has not produced a crop of scabby potatoes. Practice a rotation of crops. If scab is very bad it is not advisable to plant potatoes on the same land oftener than once in five years. Heavy applications of barnyard manure should not be made to the potato crop, but if necessary given at some other point in the rotation. Plant potatoes after clover sod if possible. Avoid all fertilizers such as lime and wood ashes. Prof. J. E. Howitt, O. A. College, Guelph.

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

To see the healthy bloom in your face, to see your skin feel clearer and clearer, to wake up without a headache, backache, weak tongue, or a ranky breath, in fact, to feel your best, day in and day out, just try inside bathing every morning for a week.

Before breakfast each day, drink a glass of real hot water with a teaspoonful of limestone phosphate in it as a harmless means of washing from the stomach, liver, kidneys, and bowels the previous day's indigestible waste, sour bile and toxins, thus cleansing, sweetening, purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases and acidity and gives one a fine appetite for breakfast.

A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to demonstrate that those who are subject to constipation, bilious attacks, acid stomach, rheumatic twinges or whose skin is sallow or pallid, that one week of inside bathing will have them looking and feeling better every way.

PROTECTING HUMAN LIVES

The Ontario Safety League continues to place a large amount of literature in the hands of motorists, school children, industrial workers, and others throughout the Province. In the first three months of 1920 the League has distributed an enormous amount of safety material, including 35,000 industrial safety bulletins; 32,400 school safety bulletins; 8,500 special bulletins; 8,500 traffic bulletins; 2,700 electric railway bulletins; 150,000 motorists' safety book-marks; 10,200 health bulletins; 6,500 news letters; 3,000 safety calendars; 12,000 leaflets to the "new man"; 125,000 gummed seals; 3,000 safety cards and posters.

The League will hold an annual meeting in Toronto, beginning Tuesday, April 13th at the King Edward Hotel.

DR. DAVAN'S FEMALE PILLS

Scientific medicine for all Female Complaints. 25¢ a box, or three for \$1.00 at drug stores. Mailed to any address on receipt of price.

PHOSPHONOL FOR MEN

Restores vim and vitality for men. Increases energy, builds up. 25¢ a box, or two for \$1.00 at drug stores, or by mail on receipt of price.



These Are The Distinctive Marks Printed in Red Ink on Every Package of Genuine Original

Kellogg's TOASTED CORN FLAKES

DEMAND the big package from the original makers in Canada. The Genuine Original Kellogg's Toasted Corn Flakes for twelve years have been the choice of Canadians, the maintained quality winning unbroken favor and increasing appreciation.

Battle Creek Toasted Corn Flake Company, Ltd. LONDON, ONT.

The Telephone Situation

What We Get For the Money!

On January 1st this year our total investment in telephone property—buildings, equipment, tools and supplies, plus what it has cost in actual cash to put this working equipment into service—was \$51,458,306. On the same date we had in operation 337,476 telephone instruments.

This means an investment of \$152 for each telephone instrument in service.

What has been provided for this investment of \$152 per telephone?

Here are some of the things: An exchange telephone system in thousands of cities, towns and villages in Ontario and Quebec with substantial fire-proof buildings the last word in sanitation and convenience; 26,750 miles of Long Distance wire on 3,500 miles of poles; 587,000 miles of wire in underground cables; many hundreds of miles of wire providing party service to rural communities besides exchange and pole line facilities to give exchange connection to 720 local telephone organizations serving over 103,000 subscribers, mostly farmers.

It takes some 11,600 telephone workers to operate the system and their wages in 1919 totaled \$9,400,600.

This goodly band of faithful workers, with those dependent on them, are a substantial element in the community. They are intimately concerned in its welfare—concerned most of all that the telephone service shall be adequate to its needs. They appreciate, just like the rest of humanity, the kindly co-operation of the public.



The Bell Telephone Company OF CANADA

Canada's National Biscuit

THE soda biscuit is a Canadian institution—it is found on the big majority of Canadian dinner tables.

And of soda biscuits, McCormick's Jersey Cream Sodas are the leaders in Canada.

They have a reputation of sixty-one years standing. What a test of the value of a food product!

Every one of the hundreds of thousands of Canadians who eat them know that the high quality is consistently maintained.

McCormick's Jersey Cream Sodas

Sold fresh everywhere. In sealed packages. Factory at LONDON, Canada. Branches at Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Port Arthur, St. John, N.B.

SALADA TEA

DA

from within three feet... was death by bullet... inflicted. It is believed... a Sim Fei informer. Carroll was returned... the murder of Sergeant... wounding Constable... Tipperry, in September... John Gilligan, a nephew... swore his uncle, Mich... and John Madden went... of the murder. Carroll... rifles. They waited till... Foley came opposite the... which they were cons... Hogan and Madden fired... in-fell and one ran aw... who did not shoot, w... Birr and enlisted. Mrs. Br... was awarded two thous... compensation for the loss... ordered husband. Yester... of two thousand three h... unds compensation for

GEORGE THEATRE

AY and TUESDAY... Selznick Pictures... Present... LSLIE JANIS... Thrilling and Humorous Story... THE IMP... by Elsie Janis and Edmund... Goulding... Two-reel Christie Comedy... ish-Canadian News... STRAND COMEDIES... 10c.; Eve. 10c and 15c

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