


## Don't Waste Gas With III-Adjusted Mantles

## $x=-x$

Each incandessent mantle burner bas a and gas.
Air and gas musi be mixed by this means
without any hissing or roaring sound
Uniless this is done you are wasting gas
and failing to get the most from your mantle.
although natural gas is Cheap, do not waste
THE UNITED GAS COMPANIES, Limited.

## You Have No Right To Suffer <br>  and  sive you a Sine valious orsans. Your Chiropractor will the sublis. will locate the place where the subion occurs. and will proced to adiust it The subluxation oceurs and will procaed to at ajaust it Mental mpulse will then flow freely and unimpeded and Mental impulse will then fow your sufferings will be over. <br> Drs. Durham \& Durham <br> Palmer Graduate Chiropractors Phone 1680, Hr's. 9-12, 2-5, 7-9 106 King St. <br> Before War Bread <br> With all the Noupishment, Taste and Flavor oo the Bread you used to know and the bread you mi ssed sf much duriag Government wartime restrictions. Good Bread was never so much appecited Was never so much appreciated as now, that is why we make ours as good as bread can possibly be made ours as good as bread can possibly be made. The wholesome properties of this bread gains nutriment fromt the fole wheat lour and zest from our modern formula of faking Itt Crtapy Crust and Fumy Body is Relished By- All the Family. On Sale By All Firat Class Grocers <br> WRIGHITS SANITARY BAKERY <br> The Royal Bank of Canada = - HEAD OFFICE, MONTREAL <br> It is a Natural Duty Thatà ${ }^{2}$ You Should <br> ISAVE <br> The Manager invites 「you; to lopen la Savings Account. If you canno: bring y your wife, by mail or messenger. <br> Joint An account in the joint names of two mem- bersof a fanily, either of wom (ort the euvivors) maxyoperate it, will be found convenient <br> Accounts $\$ 15,000,000$ $810,000,000$ $420,000.000$ <br> Oapital Pald Up. Hoperves $816,000,000$ $420,000.000$ <br> Catharines Branch St. Paul and Queen Streets

To-day-Not To-morrow Don't put off opening a savings account until
to-morrow, as to-morrow you may spend the to-morrow, as to-morrow
amount you intend to save

## THE DOMINION BANK

Temporary premises, 34 St . Paul Street

## CITY AND DISTRICT




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## PILLS

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W. Garner \& Co., S
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yndicate Ltd
TORONTO

## BLE TMS



Animents






NGMAN

DR. HERRICK

## essful Specialist

Sa. Butfalo, N.



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## What Will You Do With

 The Interest? When you cash in those Victory Bondupons, cxchange them for their par value in War Eaving Stamps.
$\qquad$
War Savinge Statip can be boukht where.
ever this sikn is dis. ever this
played.
$\qquad$

## WAR SAVINGS STAMPS <br> A Saving For Yoú and a Service to Your Country



\section*{| Uno $\begin{array}{l}\text { for RRIEN } \\ \text { Also Sand } \\ \text { Maschinery }\end{array}$ |
| :--- |}

> HUTTON \& KOTTMEIER $=$ =

GIVETHE
Pure Food Bakery
A VISIT 69 GENEYA STREET
and try cur line of firs Antry cur line of first class
and try
goods. Absolute parity guar-
anteed.
Iry My Special Line of Fruit Cake 30 Cents Pound
Made
$\frac{\begin{array}{l}\text { Nade with pure butter and } \\ \text { fresh eggs. }\end{array}}{-1}$ NEW G.T.R. SCHEDULE
EFFECTIVE MAY 4. 1919.

 Paily except Suxday.
estops at Grimbly only.


KRGC Sondy

## Glen Ridge <br> The Ideal Residence Area of St. Catharines

Glen Ridge is by far the most desirable residental sub section in St. Catharines now on the market, and possesses the following enormous advantages:

1. It is close to the heart of the city, all lots being within one
mile radious of the: Post Office'and City Buildings.
2. There are bnilding restric
the most desirable dwellings.
3. Beautifuls surronndings and park areas.
4. Prices moderateland reasonableterms.

We expect a big movement in this property in the rext two manths. So act quickly and own a home in the most beautiful sub-division in the Niagara Peninsula

## For particulars apply

THE ST. CITHARMES I MPROVEWENC COR,

## Properties For Sale

> Wiley Street-One Frame House, 6 Rooms, $\begin{aligned} & \text { bathroom, with kitchen?addition, } 10 \times 20 ; \text { Good cellar, } \\ & \text { newly paimted outside this spring, decorated inside }\end{aligned}$ $\begin{aligned} & \text { new y pamted outside this spring, decorated inside } \\ & \text { las year: Lot about } 35 \times 90 \text {. A snap at } \$ 2,600 \text {; terms }\end{aligned}$
> Nelson Street-One House, $f$ Rooms and bathroom, $\begin{aligned} & \text { with kitchen addition, } 10 \times 20 \text {; good cellar; Lot about } \\ & 32 \times 132 \text {; good value at } \$ 2,500 \text {; terms. }\end{aligned}$
> Woodland Avenue-2 Frame Houses, 6 Rooms and bathroom with kitchen addition; $10 \times 20$, good cellar: terms
> Russell Avenue-One Pebble-dash House; 6 Rooms; $\begin{aligned} & \text { 3-piece bathroom; good cellar; hot air furnace, chest- } \\ & \text { nut barn, lot about } 33878 \text {. A bargain at } \$ 3,200 \text {; terms }\end{aligned}$ Russell Avenue-2 Frame Cottages; 4 Rooms; cheap FOR PARTICULARS AND TERMS APPLY
> 49 St. Paul Street - - Phone 1107


IDEPARTMENT SOLDIERS' CIVIL RE-ESTABLISHMENT It is notified for the information of men discharged
from the) Canadian, Expeditionary Force who sequire
Medical Treatment DR. J. SHEAHAN
 City of St. Catharines


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