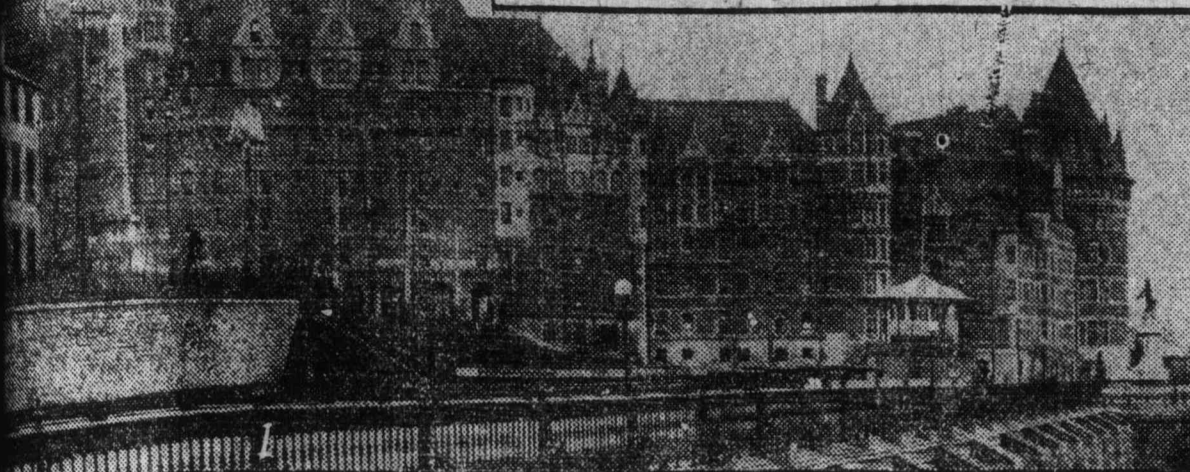


Enjoying the Winter in Old Quebec

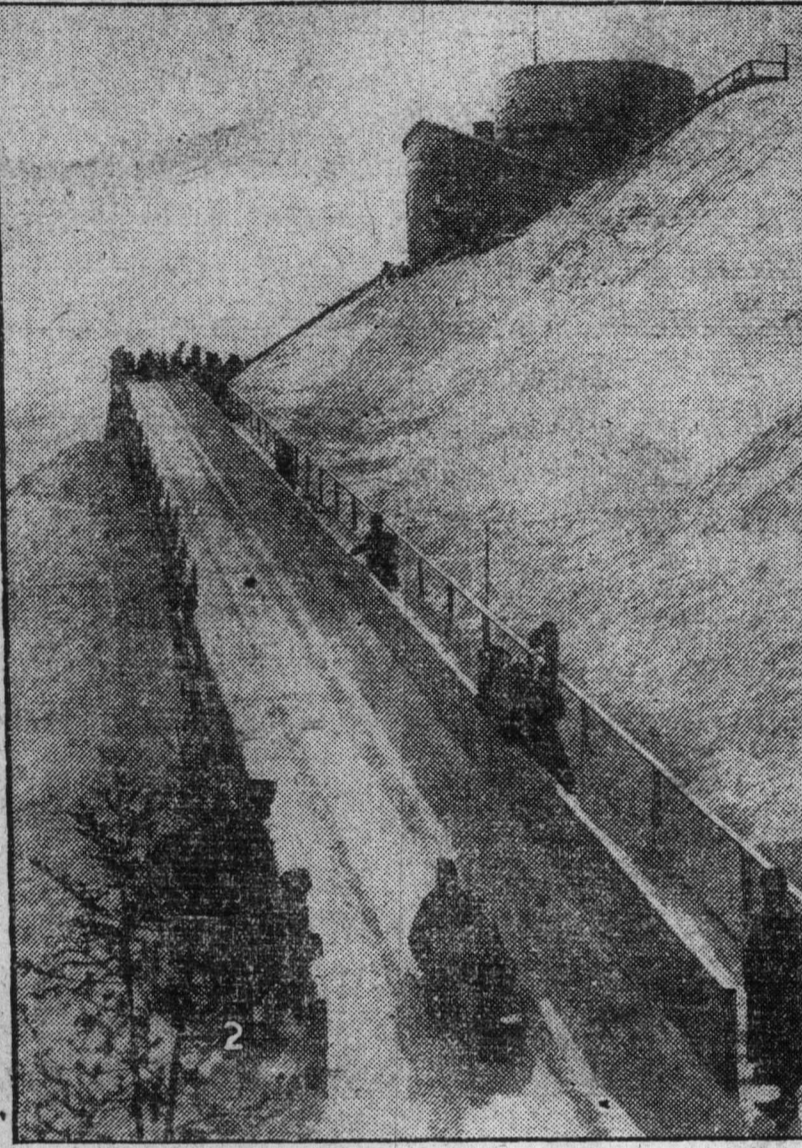


- (1) Chateau Frontenac, Quebec.
- (2) Toboggan Slide, Citadelle Hill, Quebec.

Mayor Lavigne of Quebec has announced that the official opening of the Winter Sport Season in that city will open on Tuesday, January 19th, with a grand parade of the snowshoes and kindred clubs. The season will last a month, and an attractive programme of week-end races and sports has been arranged, beginning with a grand carnival from February 14th to 17th.

State Winter Sports have become so popular as those of Summer, that there is no need for anyone to dread the dreariness of December, January and February. To skate rhythmically upon an open-air rink; to tramp in one's snowshoes over fields which are impassable for the ordinary pedestrian; to jump from an immense height and yet to land, upright and graceful, on one's skis; to toboggan at the rate of an express train and, most fascinating of all, perhaps, to slide on the Swiss toboggans which are still a novelty on this side of the Atlantic—all this and more does Winter offer to her devotees.

Skating and skiing require some practice before one is an adept, but sliding and snowshoeing are perfectly simple; all one needs is "the will to do, the soul to dare." Where winter's icy mantle covers the waters and spreads a blanket of snow over the land—there winter sports are at their best. In Canada, "Our Lady of the Snows," every type of winter pastime flourishes; and in Quebec, Canada's oldest City, the outdoor life takes on a new character. Situated on the St. Lawrence River, easily accessible by train, Quebec offers to her guests an unlimited welcome. At the Chateau Frontenac, the huge hotel which the C.P.R. has built on Dufferin Terrace, the winter guest will find that his indoor comfort and outdoor sport are alike being considered. Two halls, one in the courtyard for the skaters, the other in the summer garden for the tobogganers, a toboggan slide built on Dufferin Terrace, and perhaps, greatest attraction of all, the Swiss toboggans—these are but a few of the inducements offered to those who love an outdoor life. The hills which surround the city make it ideal for skiing, and the broad snow-covered fields are easy to traverse on



snowshoes today, as when the Indians swept over it three hundred long winters ago. After a day out of doors, one is ready to return to the hotel for an evening of dancing and other allied amusements. The Chateau Frontenac is the centre of Quebec's social life, the magnet which draws to it all that is vivacious and charming of her society. No one who has been present at her New Year's Dance in the Chateau Frontenac can ever forget it; and this season the social life

in the Ancient Capital bids fair to eclipse even its own brilliant past. To the guest, the "Chambres Canadiennes" are sure to make a strong appeal. They form one of the several Period Suites in the hotel, and, as the name implies, are typically French-Canadian. In naming them after Jacques Cartier, Champlain, and Montcalm, houses all, the Company has spared no effort to make them represent rooms in the manor of a French-Canadian seigneur. J. J. Mathews.

"I SUFFERED SEVEN YEARS"

Was Eventually Cured by Lydia E. Pinkham's Vegetable Compound.

Philadelphia, Pa.—"I suffered for seven long years with a lame back, irregularities and pain. I had one physician after another but they did me no good. I read about Lydia E. Pinkham's Vegetable Compound and gave it a trial and in a short time I felt benefited and am now feeling fine, and without weakness or pain. Many of my friends have also taken Lydia E. Pinkham's Vegetable Compound and been helped by it."—Mrs. MARGARET NESS, 1846 E. Hazzard St., Philadelphia, Pa.

Women who suffer from displacements, irregularities, inflammation, ulceration, backache, headache, dizziness or "the blues" should not rest until they have given this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for special suggestions. The result of its long experience is at your service.

OLD QUEBEC IS GAY WITH SPORTS

Many Notables Go to Ancient City to Participate in Winter Pastimes.

QUEBEC, Que., Jan. 19.—Ski racing on the esplanade, curling in Quebec and Victoria rinks and hockey matches at the Arena opened winter sports carnival Saturday. Snow and wind interfered somewhat with tobogganing but the big slide was in excellent condition and very fast.

"Welcome to Quebec," said Mayor Lavigne, in opening the carnival. "Our sports programme for the coming month is the best we've ever had." "Tomorrow snow shoe clubs will make long tramps across the country and hockey and skiing will be featured. Lord and Lady Shaughnessy and other notable are at the Chateau Frontenac for the carnival opening.

CITIZENS ARE URGED TO CLOSE UP ROOMS

And Use Wood and Coal Where Possible to Conserve Gas Supply

PETROLEA, Jan. 19.—The local fuel controller, J. J. Mathews, has issued a request jointly with the Mayor to all gas users to economize the limited gas supply, so that all may have some. The use of wood and coal, where possible, and the closing up of unnecessary rooms, is urged on citizens. The gas shortage is acute. Petrolea's gas supply comes from the Tilbury field.

OUR NATIONAL ECONOMIC PROBLEM

The following interesting extract from an article by Mr. E. W. Beatty, president of the C. P. R., appeared recently in the Montreal Gazette:—"So much for the manner in which the transportation machinery of the country is carrying out its obligations to the Canadian producer. Other aspects of the transportation problem are less satisfactory. There are many people who look upon Canada as a land of abundance of cheap raw materials which cannot be exhausted. That bookkeeping should be as simple and inexorable in its tale of losses and diminished profits to a railway as it may be to a corner grocery, is to these people unthinkable. It apparently does not occur to them that to no public is it more important than to the Canadian public that the good reputation of its railway securities in the world of thrift and investment should be carefully guarded. To those, however, who understand these things clearly and who view the matter from the standpoint of broad public interest, it is at once apparent that the Canadian public pays a very low rate for the quality of service rendered, and that a time is rapidly approaching when, if Canadian railway securities are not to be made less desirable to investors than almost any other kind of industrial security, railway rates will either have to go up or railway operating costs go down. Such persons recognize that it is not because the situation of the railways is an easy one that certain companies have been able to show net earnings—very low net earnings compared to the actual cash invested in the industry—but because in the past the shareholders of such companies have been, as they are to-day, courageous persons willing to supply the means for constructive enterprises in which no one but themselves had faith, and because, too, their officers have been skilled, resourceful and loyal business men, assisted by staff filled with the spirit of pride and devotion to their work. This, indeed, is the thing which has made it possible for Canada's railroads to function successfully during the war without making anything like the demands that foreign roads—less efficient in serving their community, yet earning the same rates and paying the same wages—have made upon their public exchequers. I do not believe that this spirit upon the railways and this tendency to weaken the general reputation of Canadian Railway securities should continue. The servant, after all, is worthy of his hire, and railway capital is not less worthy a servant than other forms of capital whose earnings have not been so consistently depressed. "The net earnings during the war years, of those companies which showed net earnings, would have been much lower had the Canadian railroads been making expenditures for maintenance which circumstances would have justified, but which conditions prevented during that period. These arrears have now to be made up. During 1913 the Canadian Pacific laid 70,000 tons of steel rail. In place of, say, 2,000,000 ties, worth 44¢ in 1914, the Canadian Pacific laid 4,434,000 ties at 85¢ per tie. The sensational advance in the rate of railway wages is well known. Further advance may be necessary within the very near future, as indicated by discussions in the United States. The price of coal for locomotives was \$3.09 in 1913. Now it is \$4.77. The cost of hauling an average train (freight or passenger) one mile has risen from \$1.604 in 1913, to \$2.494 in 1915. It is higher to-day. The operating expenses of one mile of line in 1915 were \$4.152; in 1913, \$7.046, and to-day they are even greater. On the other hand, railway rates, taking all classes of revenue together, have advanced scarcely 25 per cent. I venture to say no other industry in the Dominion can show such moderation."

WELCOME RELIEF FROM ECZEMA

Complete Treatment That Gives Gratifying Results

WASING, Ont. "I had an attack of Weeping Eczema so bad that my clothes would be wet through at times.

For four months, I suffered terribly. I could get no relief until I tried "Fruit-a-tives" and "Sootha-Salva". Altogether, I have used three boxes of "Sootha-Salva" and two of "Fruit-a-tives", and am entirely well."

G. W. HALL. Both these favorite remedies are sold by dealers at 50¢ a box, 6 for \$2.50, or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

"Fruit-a-tives" is also put up in a trial size which sells for 25¢.

"Flu" Aboard A Big Liner

Husband and Wife Die on Voyage From Japan, Where Epidemic Rages.

Vancouver, B. C., Jan. 17.—The liner Empress of Russia of the Canadian Pacific Ocean service, from Oriental ports, docked here last evening. When the liner was several days out from Yokohama, Mr. and Mrs. A. De Lemos of Panama died from an attack of influenza. Their bodies were brought to port. Word was brought by the steamer that an influenza wave is sweeping Japan 2 to 4 p.m. or by appointment. Office and residence 35 Church street. Telephone 624.

S. KILLMER, D.D.S., L.D.S., Dentist Office—65 St Paul Street, St Catharines. Phone 16. Residence 22 Welland Avenue.

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 write or telephone for our prices before selling elsewhere.

Moyer Bros., Ltd. 8 Frank St. - Phone 197 ST. CATHARINES

BIG GAINS FOR SINN FEIN

75 Per Cent. of Candidates Are Now Elected.

DUBLIN, Jan. 19.—Returns from the municipal elections held on Thursday show that generally in eastern, western and southern Ireland approximately 75 per cent. of the candidates supported by the Sinn Fein and Labor elements were successful. The remainder of the candidates elected represent various minorities. A feature of the election was the unusually large number of women who participated.

GRAND To-night Only

A PLAY FOR THE PEOPLE

A. H. Woods Presents the International Comedy Success

FRIENDLY ENEMIES

The Success of TWO CONTINENTS

By Samuel Shipman and Aaron Hoffman

Played Fifty-six Weeks Hudson Theatre, N. Y. Forty-one Weeks Wood's Theatre, Chicago. Now in its Seventh Month, London, England

Unanimously Appraised By the Press

Approved By H. M. King George V. ENDORSED BY PRESIDENT WILSON

You Cannot Afford to Miss It! It Has the Laughs of "Perimutter and Potash," the Tears of "The Music Master"

Price 50c to \$2.00 Seats Now on Sale

CARRIAGES AT 10.45

BOYLE & DARBY

Will Open a Modern Grocery Store Fitted With Sanitary Equipment on Thursday, January 22nd AT 157 ST. PAUL STREET

in the store formerly occupied by Sherwood & Co., with a complete new stock of Groceries and Provisions. We solicit your patronage, and feel that by giving the best possible at the lowest prices we will be permitted to supply your Grocery needs.

We Select a Few Special Prices For Our Opening

Shredded Wheat..... 14c	Tomatoes..... 17c	Perfection Flour..... 1.63
Cornflakes, two for..... 25c	Eggs..... 68c	Dominion Matches, 3 for..... 25c
Corn, per tin..... 17c	Extracts, any flavor..... 9c	Cornstarch, two for..... 25c
Standard Peas..... 18c	McLaren's Powders, lb..... 12c	Top-notch Hand Cleaner..... 12c
Early June Peas..... 20c	Herald Flour..... 1.63	Charcoal, per bag..... 18c

BOYLE & DARBY

157 St. Paul Street] Our Motto: QUALITY AND SERVICE [Telephone No. 591

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This great hand-written Bible is the largest volume in the world. It is being compiled of written testimonials from 12,000 contributors, from the highest to the lowest rank. The King and Queen of England are to contribute. The purpose is to concentrate attention afresh upon the Bible. It will be exhibited in Canada, America and Australia. The size of the Bible is 5 feet 2 inches by 8 feet 6 inches.

MUSIC AND DRAMA

WOMEN WHO HARMED FRIEND
 Bessie Barriscale Ends The Wall Street Career of Swindler Who Killed Her Guardian.

Bessie Barriscale, who will be seen on the screen of the Grand Thursday, Friday and Saturday in "Beckoning Roads," in this film has the part of a woman who forces her own happiness from the fingers of an unwilling fate. The locales of this Robertson-Cole picture are the Canadian Northwest, the City of St. Louis and New York City.

"Beckoning Roads," which is a Barriscale production, opens with Marquita Shay (Miss Barriscale) as a child, showing how she lived during her entire early life amid the loneliness of a vast Canadian ranch, the ward of her kind guardian, John Grayson. Grayson is busy, and has little time to give to the girl, and she gets most of her education from Cecil Barrington, a young Englishman.

Takes Her Revenge.

After a time Grayson sells his ranch, desiring to take Marquita to the United States and place her in school. Unfortunately he sells to a swindler who induces him, after he and Marquita have moved to St. Louis, to invest in worthless stocks. Grayson kills himself, a broken man. Marquita, who has wedded the "son of the swindler," leaves him and goes to New York.

There she meets the very man who was responsible for the financial ruin and death of her guardian. She sets a trap for him. Becoming his confidential clerk she engineers a stock manipulation which ruins the criminal who had ruined her former guardian. Then she is reunited with her husband, who is a worthy young man who had never entered into the "crooked" work of his father.

Keep Uric Acid Out of Joints

Tells Rheumatism Sufferers to Eat Less Meat and Take Salts.

Rheumatism is easier to avoid than to cure, states a well known authority. We are advised to dress warmly; keep the feet dry; avoid exposure; eat less meat; but drink plenty of good water.

Rheumatism is a direct result of eating too much meat and other rich foods that produce uric acid which is absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine; the pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly cold weather the skin pores are closed thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate the uric acid which keeps accumulating and circulating through the system, eventually settling in the joints and muscles causing stiffness, soreness and pain called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent lithia water drink which helps overcome uric acid and is beneficial to your kidneys as well.

FEARFUL OF UNDERTAKING.

U. S. Gives Such Reasons For Withdrawal From Siberia.

WASHINGTON, Jan. 19.—The U. S. is deciding to withdraw its troops from Siberia, where it has participated in guarding the districts under allied control, did so because of present conditions there, which make it impracticable to send reinforcements and for the added reason that the purpose for which the troops were sent into Russia has been accomplished, the State Department has informed the Japanese Government. A note replying to a recent communication on the subject from Tokio was made public last night.

After setting forth its reasons for adopting the course announced the American reply expressed the belief that to maintain the status quo might involve the Government of the U. S. in an undertaking of such indefinite character as to be inadvisable.

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

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.

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, enabled women, educated the children and safeguarded their lives, sanctified the home, established schools, missions and charities.

The World's Need is Spiritual

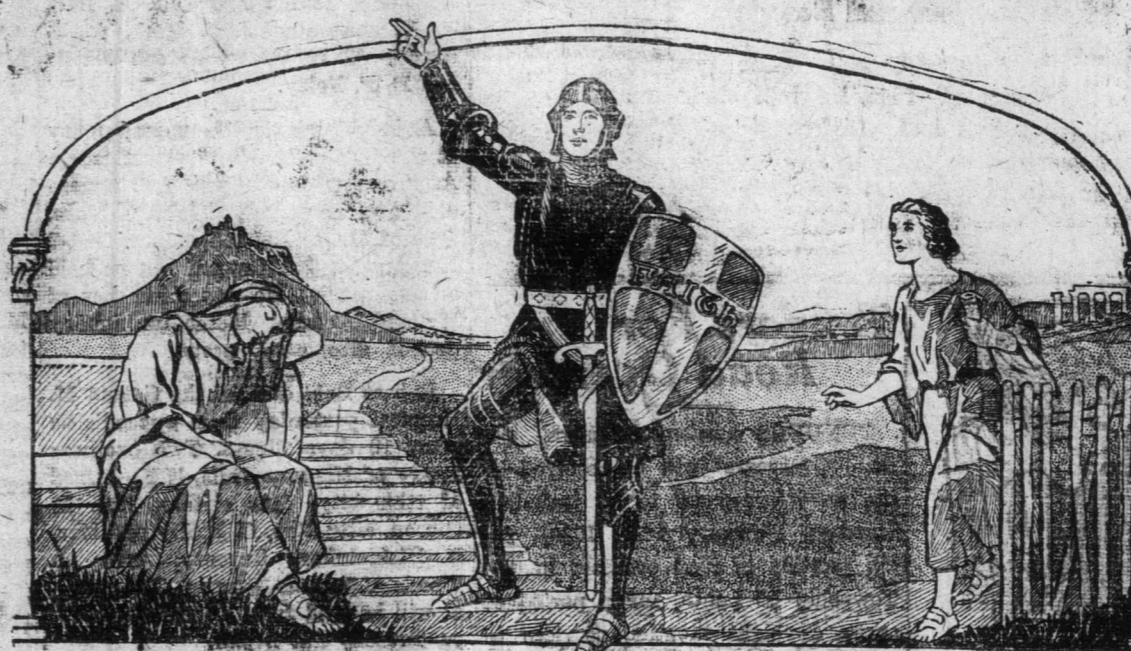
I speak as one standing upon the watch-tower, and know what the need of the land is. It is not material, it is spiritual. Get the spiritual, and the material will follow. The wounds of the world are bleeding, and material things will never heal them. And that is why I hail any movement which brings the 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.

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.



Fight the Good Fight

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 be-

lief 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

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."

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."

The United National Campaign

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

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