


You Can Cook Better With Low Pressure Gas

## 

Better results can be obtained with a
pressure of one ounce than with a pres． pressure of one ounce than with a pres．
sure of four ounces，if your cooking ves． el is properly plaeed over the burner， Yet many people cook with the gas on at
full pressure，，which means hat twice as weck gas is used to get poorer resulc
Remember this when you are cooking and
de not waste gas．
aLthough natural gas is cheap，do not wastr it，the supply is not everlasting．

THE UNITED CAS COMPANIES，Limited．

You Have No Right To Suffer nand，ready and willing to hee Dyou，you are ecting
very foolishly if you do not consult your Chirooractor
at once．Upon the conditi on of your Spine depends the state of your health and your suirering is is without
doubt due to a Mpon the nerves causing the stop or mental impulse from
the brain to the various organs．Your Chiropractor will sive you a Spinal Analy sis，will locate the place wher
the subuxaxation occurs and will proceed to adjust 1 ． Mentat（mpulise wilt then fow freely and
your sufferings．will be bover．
Drs．Durham \＆Durham
Palmer Graduate Chiropractors Phone 168。

## Before War Bread <br> With all the Nouriohment，Taste and Flavor oo the Bread you used to know and the bread you missed sf the Broad you used to know and the bread you missed sf Was nerer so much appreciated as now，that is why we make ours as goo as bread can possibly be made．The wholesome ours as good as bread can possibly be made．The properties of this bread gains mutriment from the four nad zest from gur modern formula of baking．  <br> WRIGHT＇S SANITARY BAKERY

The Royal Bank of Canada GEAD OFFICE，MONTREAL
SAVINGS DEPARTMENT It is a Natural Duty That You Should SAVE Account．If you cannot bring your deposit，send it by your wife，by mail or messenger
Joint An ccoount in the joint namesof two mem．


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\begin{aligned}
& \text { Capital Paia Up } . .
\end{aligned}
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AEErogate Assets． | $\$ 15,000,000$ |
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| 420.000000000 |

t．Catharines Braach St．Paul and Queen Streets
SALE NOTES

 Consult the Manager．

## THE DOMINION BANK <br> Dratts on China sold at favourable rates． Temporary premises， 34 St

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## M ${ }^{\text {c Clary＇s }}$ Sunshine

 FURNACE easy to manage；a furnace that iseconomical of fuel；a furnace that will heat A＝＝
 McClary＇s heating experts will ptan a heating sys－
tem for you without charge a heating system that，
they guarantee will heat your home comfortably． If you want to be sure of COMFORT；
if you want a durable，honestly built Ask about the LITTLE DRAFT． AsAN that teursen on Dreprart．
and reeulates them automatically


## VEALE BROS

 41 Ontario Stre Telephone I4 FibreMats and RugsReduced to Sell Quickly： As Follows：

Hit and Miss Rag Ru

 | $.1,49$ each |
| :--- |
| .250 each |






## Properties For Sale

Wiley Street-One Frame Horlse, 6 Rooms, bathroom, with Ukitchen Daddition, $10 \times 20$; Good cellar mewly painted outside this spring, decorated inside
last year; Lot 2 bout $35 \times 90$. A snap at $\$ 2,600$; terms Nelson Street -One House, 6/ Rooms and bathroom with kitchen addition, $10 \leq 20 ;$ good cellar; Lot about 32×132: good value at $\$ 2,500$; terms.
Woodland Avenue-2 2 IF rame Honses, 6 Rooms and bathroom with kitchen addition; $10 \times 20$, good cellar Russell Avenue-One Pebble-dash House; 6 Rooms 3.piece bathroom; good cellar; hot air furmace. chest-
uutbarn, llot about $33 \times 78$. A bargain at $\$ 3,200$; terms Russell Avenue-2 Frame Cottages; 4 Rooms; cheap at $\$ 1,500$ each; terms to suit
alFORPPARTICULARS AND TERMSIAPPLY
The St. Catharines Improvement Corporation, Limited 49, St. Paul Street


## DEPARTMENT SOLDIERS' 'CIVIL

 RE-ESTABLISHMENTrom the Canadian Expeditionary Force who requir Medical Treatmentsthat

DR. J.ISHEAHAN

City of St. Catharines

English Health Salts Larie Cans 35 C
Camphor Flakes Pound Packages 25c
Moth Balls
Por Pound 30 .
Water Glass
Por Pound Can 18c, 2 Lbe. 35
WALKER'S

##  bring back health, appet



## DR. ARTHUR B. COBB

## Anything that lacks merit cat oot survive the test of passi

 ed and our fame
bistry has spread.
Pationts of twenty years ago are
still urt patientstand they have re
nained loyal to mained oval to $\mathrm{u}_{\text {on }}^{\text {only becau }}$ we have served them faithtuly.
If your teeth receuire Dental entrion and you reconnize
gratit importance of having a skil.
cd Dentist
 receive the kest of thate you
and at the towest cost.
Offices $368-378$. Main Street,

 | $\substack{\text { Known forn } \\ \text { Office. }}$ |
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KIMG GEOBCE THGTP TO:DAY ALICE JOYCE
In the Six-Act Super Feature
"The Lion and The Mouse screen Adaptation of the tamou
tage urcerss the tate Cans Klein
GIRUES AND GRUBBERS Special Vitagraph Two the strand comedies British-Canadian News
Mat. 100.; Evo. 150 and 100 CRANDTRDPK GIITMAM DoubleTrack Route

| Montreal, Toronto, Detroit and Chicago Unexcellid Dining Car service Sleeping Caris on night trai trains. Full information from Gra |
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## Rates for Telephone Service

HE new rates for Long Distance Service, effective May
25th and based upon'air-line mileage, correct inequalities in the old schedule and embody both increased and decharges.
$\qquad$ 3 -minute talk to points most frequently called by local subscribers:


Electric Water Systems for Rural Homes GIVES-A moder, bathro

An indoor closet, properly flushed by an
abundance of cleaw water. Hot and oold water in the kitchen
saver of time and labor. saver of fime and labor

See the Paul Syatem, (it is not an experiment) at
J. H. SANDHAM COMPANY electrical dealers Telephone No. 112

Tires! Tires! Tires!
Single!Tires at Wholesale IPrices. Th
Cheapest Tires Ever Sold in the City.

| We buy: ani sell | 30-31 $\frac{1}{3}$ Plain 814.50 ; Non-Skid; $\$ 17.00$ 32-31 $\frac{1}{2}$ Plain 18.50; Non-Skid 20.00 "ゅ-4 Plain, 24,50 , Non-Skid 26.00 $3^{2}-4$ Plain 25.50 ; Non-Skid 27.50 |
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| Second- | 33-4 Plain 26.50; Non-Skld 29.00 |
| ha | 34-42 Plain 34.00: Non-Skid 37.00 |
| Cars. | Sizes toj37 x:5.5at Cut Rate Prices Every Tipe Bears the Manutacsurars' Name and Serial Number |

.Catharines Tire Co.
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The Wide Outdoors
tired business men to realize what an
Tndispensable blessing music is to
them.


Of course, yon want the tires kerz up in good
don't want to entrust them to bungliag amateurs. That's why yoli'I be interested when you meet with a puncture,
tcu or other tire troubles in our work in Vulcanizinǵ

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 years' experience in the tire industry, place us in a positionogive you the very best results.

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