



The following is an interesting letter received from France:—

"You must already know how widely OXO CUBES are used and how sincerely they are appreciated wherever the British Army is to be found fighting for the Empire, but I feel sure it will interest you to learn that both during the 'great push' on the Somme, and now, when we are nightly worrying the Hun with raids, I make it an inviolable rule to make an issue of hot OXO to the men before they 'pop the parapet.' We have, as you know, to face all weathers out here, and learn to take things as they come. This is done the more easily because we are never without a supply of your OXO in its most convenient form—cubes. We find them of the greatest possible benefit to us. OXO CUBES are of enormous value for home consumption, but you may take it from me that their value is multiplied many times over out here in the trenches, and often times when nights are bitterly cold and horribly long, I really do not know how we should get on without the hot OXO."

OXO CUBES aid and increase nutrition and stimulate and build up strength to resist climatic changes; they are invaluable for all who have to undergo exertion either to promote fitness or to

recuperate after fatigue. They take up little space, are easily carried, and can be converted quickly into a hot nourishing drink, which, with bread or biscuits, will sustain for hours.

Be sure to send
OXO CUBES
This of 3, 10, 50 and 100 Cubes

LONDON GOSSIP.

LONDON, March 26th, 1917.

CONTENTS BILLS.

The disappearance of newspaper contents bills has certainly made the streets duller than they were. Newsagents' shops were always an interesting study, even for a journalist. There was curiosity about how the bill artist had expressed himself. Had he given away the secrets of the paper; or had he so framed his bill that everybody was compelled to spend to read? The making of contents' bills had become as clever an art as angling. The author aimed at pennies; and often compressed the greatest ingenuity into his three or four words. The contents bill writer had more readers than the most popular novelist who ever lived. He was unknown to fame; but his work was always in the public eye. That is the case with

much work done in newspaper offices. It is the work, and not the man, that counts. Contents bills have gone just at a moment when there is bigger news than ever there has been. Many people succeeded in picking up their news on the cheap by studying the bills. Now they will have to spend their pennies. Who can be without a daily newspaper when big history is being made as fast as is the case now?

BERNSTORFF'S BLACK BOX.

Count Bernstorff's black box, which was seized by the British authorities at Halifax (Nova Scotia) when the late German Ambassador to Washington was sent home by the United States, and about the contents of which so much mystery has been made, has been lying at the Foreign Office here awaiting an investigation in which Swedish diplomatic representatives are understood to be taking a hand. It is a very unromantic-looking article, but that may be a part of its fascination, though there are doubters who think it will prove as empty of important diplomatic secrets as the notorious Madame Humbert's safe did of the looked-for millions. The more fearful have conjectured that it is a sheer "plant," concealing an infernal machine; but those engaged at the Foreign Office should be trusted not to take any chances in a matter of this kind, and it may be believed that they will be disappointed if, in the end, there is nothing of importance to tell.

THE PLAY-SHOP AND THE FRONT.

One London shop haunted by officers on leave is that of a theatrical publisher. They growl about looking for likely plays, and talk of stage triumphs within sound of the guns. They arrange for piles of plays and of modes scenes to be despatched to rest camps or base towns. Many interesting things are heard in the shop. One amateur company within three miles of the firing line ventured to

approach their colonel—noted for his pre-war interest in amateur theatricals—with a request that he would rehearse them. "Far too busy—working till nearly midnight," he said. "Couldn't he take them, then?" asked their spokesman, and their determination won the day. The rehearsal, which was a great success, finished in the small hours. "I'll take you again in four days," said the Colonel. "You must be well-rehearsed, and they were. The stage manager makes his selection on parade. 'Any paper hanger here? Right—fall out. You'll make the scenes. Any electrician? Right—fall out.' Then if his is a lucky star a third man may volunteer. 'Please, sir, I was at the Lyceum five years—stage carpenter, sir.' There is no limit to the ambition of the players. One company near the front did 'Tribby' the other day, and found in their tiny village the very military coat Tribby wore. Bernard Shaw has been done admirably in army huts, but the most popular play is the farcical one that requires most making up.

THE SHORTAGE OF DENTISTS.

It is remarkable that in this country, with its population of over 40,000,000, there are only 5,000 fully qualified and registered dentists. Even among this small number—although the recent report of the Committee does not mention the fact—a considerable proportion of the dentists were registered without examination, on the ground that they were in practice before the Dentists' Act was passed. On the other hand, there are in this country 8,000 engaged in the practice of dentistry who are not qualified, but as any person is legally entitled to practise dentistry provided he does not call himself a "dentist," or a "dental practitioner," there is at present no means of testing the capabilities of unregistered persons. The committee contents itself with recording the facts with regard to the dearth of registered dentists and makes no recommendations, for the simple reason that it was not within its province to do so, the committee's sole duty being to consider the question of the use of cocaine in dentistry. Sooner or later, however, the problem of the insufficient supply of dentists will have to be considered, for it is a problem that is likely to become more acute in the next few years. Dental students and potential dental students have gone to the war, so that for some time to come no satisfactory increase in the dental register can be looked for.

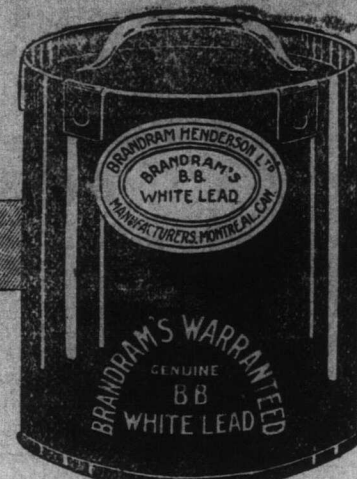
M.P.'S MEATLESS DAY.

It may have been only a coincidence, yet it is nevertheless the fact, that on the first meatless day at Westminster the House rose at 8.15 which is unofficially but universally recognised as the beginning of the legislative dinner hour. As Mr. Hensley would say, members "skedaddled" off the premises. The Kitchen Committee may well feel offended at the boycott of the tempting fare provided in the true spirit of war economy, though the humorous aspect of the "Parliamentary retreat" will appeal with irresistible effect to its genial chairman, Colonel Lockwood. The menu contained such attractive courses as Italian hot pot, curried eggs, and rice, spinach and eggs, with two varieties of fish, at prices which com-

pared favorably with those ruling at public restaurants. A wit suggested that as Colonel Lockwood and his colleagues had evidently succeeded in, by a meatless day, securing the adjournment of the House three hours before the usual time, they should try the effect of a foodless day upon members.

A CHANCE FOR RUSSIAN SAILORS.

One result of the change in Russia may be a revival of naval activity in the Baltic. For the last twelve months or so the Germans have had matters pretty much their own way in those waters, and this has enabled them to concentrate most of their ships in the North Sea. Meanwhile hundreds of ships have been bringing to German ports in the Baltic precious iron ore which goes to feed the furnaces of Essen. During the summer and autumn of 1915 this traffic was checked by British submarines acting in the Baltic, but since then



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Food Controller's Department is credited with the statement that personally he has circumvented the sugar difficulty by carrying tabloids of some sugar substitutes in his waistcoat pocket. This, if the practice is general at Grosvenor House, may conceivably account for the complacency with which the Department has hitherto regarded the sugar difficulties of others. The alternative has, however, at least two drawbacks of its own from the popular point of view—the first that it gives savor without sustenance, and the second that the price of sugar substitutes, since the war began, has gone up considerably. There seems no reason why they should not be produced at a much lower price if there should develop any general disposition to use them. The price, I believe, went up originally with the cutting off of the German supply, but we should be now quite equal to the task of producing our own at reasonable prices to the full extent of the demand for them. In one or two households within my knowledge they have for some time been used by adult members of the family in order to save for the children the little sugar that could be obtained even by the purchase of unnecessary articles.

Naval and Military Convalescent Hospital Waterford Hall

GIFTS IN KIND.

Mrs. W. J. Herder, leather armchair; Mrs. C. Conroy, couch, table, vacuum cleaner; Mrs. J. McNeill, leather armchair; Mrs. G. Turner, kitchen and cup towels; Mrs. McCoubrey, White breakfast set; Mr. N. N. Bradley, 2 tables and chair; Mrs. J. Monroe, table and serviettes; Mrs. R. B. Job, fire irons and papers; Mrs. Rogerson, bag of potatoes and bag of turnips; Mrs. Brehm, Morris chair and 2 silence cloths; Mrs. Dove, kitchen towels; Mrs. John Ayre, 4 chairs, 2 tables, and 5 mats; Miss Southcott, one month's services free; The Misses Browning, feather pillow, chair; Mrs. Archibald Macpherson, table; Mrs. James Ryan, rug for sitting room.

Donors of Fully Equipped Beds—Cost \$55.00 Each.

One Bed Each—Messrs. J. & R. Moore, Hon. Robert Watson, Mr. Geo. Carter, Mr. George Neal, Misses Diana and Daphne Davidson, Marine and Fisheries Staff, Mr. and Mrs. Wentzell, Misses Mary, Alice and Marjory Harris, Mr. Charles Conroy.

One Bed—Misses Jean Knowling, Cynthia Marshall, Douglas Bruce, Margaret McNeil, Katherine Urquhart, Libbina Knowling, Gertrude McNeil, Mary Glennie, Hazel Garcin, Gertrude Milley; Master Jimmie Bradshaw.

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Mrs. Gillard . . . 40 00
Miss Rosie Berrigan . . . 5 00
"Anon" . . . 10 00
Mrs. A. W. Harvey . . . 15 00
Proceeds tea and dance, per Miss Elsie Snelgrove and Miss Bertha Love, assisted by Miss B. Squires . . . 46 00
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Capt. Job Kean and crew Diana, per Mr. A. H. Salter . . . 42 65
Capt. John Parsons and crew Erik, per Mr. A. H. Salter . . . 193 00
Capt. E. Bishop and crew Eagle, per Mr. A. H. Salter . . . 175 30
Capt. S. R. Winsor and crew Ranger, per Mr. A. H. Salter . . . 60 14
Captain and crew Bloodhound, per Messrs. Baine Johnston & Co. . . . 55 94
Capt. Wm. Winsor and crew Thetis, per Mr. A. H. Salter . . . 319 50
Capt. A. Kean and crew Freya Nova, per Mr. A. H. Salter . . . 210 20
\$1,885.51



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In every walk in life—in every civilized country in the world—there you will find 'Wincarnis' giving new strength to the Weak—new rich blood to the Anæmic—new nerve force to the "Nervy"—and new vitality to the "Run-down." And this is the reason:—"Wincarnis" possesses a four-fold power in creating new health. Because 'Wincarnis' is a Tonic, a Restorative, a Blood-maker, and a Nerve Food—all combined in one rich, delicious, life-giving beverage. As a Tonic, it "tones up" the system when you are "Run-down." As a Restorative, it restores the vitality and creates new vigour. As a Blood-maker, it surcharges the veins with new rich red blood. And as a Nerve Food, it invigorates the whole nervous system, and creates new nerve force. This four-fold power, acting upon the system at one time, produces a delicious feeling of new life throughout the whole body. That is why over 1,000 Doctors recommend 'Wincarnis'.



"Wincarnis" is not a new untried preparation. Remember that 'Wincarnis' has an unrivalled reputation of 30 years' standing. 'Wincarnis' is not a luxury, but a positive necessity to all who are Weak, Anæmic, "Nervy," "Run-down"—to all enfeebled by old age—to martyrs to indigestion—to all invalids—and to all who are depressed and "out-of-sorts." Don't suffer needlessly. Take advantage of the new health 'Wincarnis' offers you. But be sure you get 'Wincarnis'—don't trust substitutes.

Begin to get well FREE.

'Wincarnis' is made in England and you can obtain a liberal free trial bottle—not a mere taste, but enough to do you good by sending the Coupon below to COLEMAN & CO., Ltd., Wincarnis Works, Norwich, England. Regular supplies can be obtained from all Druggists, Stores, &c.

Send this Coupon
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Coleman & Co., Ltd., W344, Wincarnis Works, Norwich.
Please send me a Free Trial Bottle of 'Wincarnis' enclosed 6 stamps to pay postage.

STARTLING STOCKINGS THAT WEAR WELL.

Women are wearing—and showing—outraged hosiery patterned with checks, spots, and stripes in contrasting shades this spring. These new productions, which are all British, have almost entirely taken the place of the flimsy gauze stockings which have been worn for some years past, and which came before the war from Germany, and more recently from America and Japan. Now the demand is for more hard-wearing hosiery, and a big trade is being built up in what are known as sports hose. Rose du Barri, bottle green, covert coating, and egg blue stockings are amongst the latest things in this department of footwear. But although there is plenty of latitude in the colouring, the stockings themselves are being bought for their durable qualities. Navy blue hosiery is much in request for wear with navy blue boots and shoes, which are in fashion just now.

SUGAR SUBSTITUTES.

The Parliamentary Secretary of the

GROW ONIONS FROM HIGH GRADE SEEDS

Selected Yellow Globe Danvers Onion (black seed) .oz. 25c, 1/4 lb. 65c, lb. \$2.10, 5 lbs. \$9.25.
Selected Red Wonder Onion (black seed) .oz. 25c, 1/4 lb. 65c, lb. \$2.10, 5 lbs. \$9.25.
Early Yellow Danvers Onion (black seed) .oz. 20c, 1/4 lb. 60c, lb. \$1.90, 5 lbs. \$8.25.
Yellow Dutch Onion Sets (choice) . . . lb. 35c, 5 lbs. \$1.70
Shallot Multiplier Onions (for green onions) lb. 30c, 5 lbs. \$1.40
Chantenay Red Table Carrot .Pkg. 5c, oz. 25c, 4 oz. 65c, lb. \$2.00
XXX Cardinal Globe Beet . . . Pkg. 10c, oz. 20c, 4 oz. 50c, lb. \$1.50
Prize Hard Head Cabbage (12 lbs.) . . . Pkg. 5c, oz. 30c, 4 oz. 90c
Perfection Cucumber (for table or pickles) .Pkg. 5c, oz. 20c, 4 oz. 50c
XXX Pink Skin Tomato (continuous cropper) .Pkg. 15c, oz. 60c
Rennie's Mammoth Squash (biggest that grows) .Pkg. 25c
English High Grade Mushroom Spawn .Brick 50c, 5 bricks \$1.65
XXX Solid Head Lettuce . . . Pkg. 10c, oz. 25c, 4 oz. 75c
Kangaroo Swede Turnip (high quality) 4 oz. 20c, 1/2 lb. 35c, lb. 65c
Irish King Swede Turnip (table or cattle) . . . 4 oz. 20c, 1/2 lb. 35c, lb. 70c, 5 lbs. \$3.40
Jumbo Sugar Beet (best for stock) 4 oz. 15c, 1/2 lb. 25c, lb. 45c
Culture leaflets for any of the above Free with orders.
Sweet Scented Nicotina (Tobacco Plant), mixed colors .Pkg. 5c
Early Cosmopolitan, Crimson, Pink, White or Mixed Shades .Pkg. 10c
XXX Spencer Giant Sweet Peas . . . Pkg. 15c, oz. 35c, 4 oz. \$1.00
Summer Cypress, lovely summer hedge . . . Pkg. 5c, 1/2 oz. 25c
XXX Climbing Nasturtium, all colors . . . Pkg. 10c, oz. 20c
Branching Giant Asters, Pink, White, Crimson or Mixed .Pkg. 10c
Giant XXX Comet Asters, mixed, all colors . . . Pkg. 10c
XXX Deftance Sweet Mignonette . . . Pkg. 10c, 1/2 oz. 60c

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