## "NUTS AND RATIONS."

These are days when the dreary pessimist does a thriving business. When he sees in the recent retreat nothing but defeat for our arms, and he serves us up some of his morbid vaporings. There were times in the lives of each of us when success in a particular sphere seemed utterly beyond us, and it would have remained for ever beyond us had we lost heart. "Nil desperandum"
When we know and remember the glorious traditions of our Empire, when we know and realize the indomitable spirit and pluck of our men, Defeat is a word unknown.
We have no room for the pessimist. We are today more in need of the man who says "They shall not pass", than the man who says "I told you so"
We would like to call the attention of all in the Depôt to the announcement of our Band Concert on April 4th. They are to give this show entirely off their own bat; we have sampled their talent and can speak from a long experience in musical matters. They can put up a good concert. And the proceeds are for a worthy cause. PAT.

## NO SOLDIER'S KIT COMPLETE WITHOUT IT!

$\qquad$
open dampers half-way. If patient is still cold it may be necessary to prime him. Use primer carefully remembering federal tax.

## SNAKE BITE

If patient has been bitten below the belt remove belt and place below bite. This is important. Remove patient's shirt and look for the snake. When found, mark "Exhibit A" and replace carefully. Blow in both of the patient's ears at the same time.

As many of our men expect shortly to leave for overseas service the following extracts taken from the exhaustive chapter on Equipment will no doubt prove of very great practical value.

While the government furnishes the essentials of military life, experience has taught that the following articles contribute to one's personal comfort:

> One paper hangers outfit
> One case of dominoes
> One four-inch hawser
> Two typewriters
> One nice work bench
> One Chicago directory
> One kitchen range
> One slot machine
> One manicure set
> One morris chair
> Four doz. pair of suspenders
> Four good Persian rugs
> One tooth brush with Evinrude motor attached
> One 24 -foot ladder
> One bass viol
> One vanity box
> One fly-rifle
> One mahogany bar
> One brassiere
> One 1906 Ford
> One chiffonier
> One saw horse
> One chafing dish
> One clothes dryer
> One clothes dryer
Two clothes pins.

On reaching Camp go directly to headquarters and introduce yourself to the Commanding Officer. Be cordial and friendly. Make some
jocular remark like "Well, here I am, old sock! How's tricks?" He may appear embarrassed but do not notice that. Clap him familiarly on the shoulder. Make him see that you are his friend.

Strive constantly to improve on the army manual. Some day when an officer passes, salute him with both hands. This will be a distinct novelty to him and no doubt he will commend you heartily.

Whenever you are given an order for which you can see no reason, in a courteous manner but very firmly ask the officer for further details and explanations. It may develop that there was no reason for the order being given.

Endeavor to relieve the monotony of parades by little witticisims and humorous comments on the various commands. When your Company Commander says "Right face" reply that it is your right face but you can't help it. He will be charmed by your quick wit and probably will mention it to the entire company.

When on sentry duty, if someone approaches your post, rise, thrust your rifle into the ground, muzzle first and say pleasantly "Who is it?" If the visitor has no visiting card and you think that he is endeavouring to deceive you, speak to him sharply. Show him that you are not to be trifled with.

If you are absent without leave and your Company Commander speaks to you about it, tell him that you are taking your next furlough on the installment plan. This business-like reply will greatly please him. In all probability he will give you a permanent vacation.


The fine, rich flavor and lasting qualities of "STAG"
> have made this famous chewing tobacco a prime favorite all over Canada.

## It satisfies because the natural flavor of the tobacco is in it.

OF COURSE YOU'LL WANT WALKING-OUT BOOTS

- Slater's Best usually cost $\$ 8.00, \$ 7.00$

Some class to 'em, too! SHE will think so, also! SURE-CURE - HOSPITAL Soft Shoes and Slippers FOR OLD SHOES. Bring yours in, and we'll To Wear in Barracks fix 'em while you wait. Good Trunks and Valises Fine Shoe Polish and Paste

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144 Richelieu St., Below the bridge Come in and say "Hello". We are good folks, and think you are, too!

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 Cigarettes in the CanteenVirginia Ovals, 15 c Navy Cut, 3 for 20 c
"-not only the flavour, old chap!-tho that is remarkably good!-but, er, they're so dashingly smart, y' know!'

For Personal Use, or for Gifts, I have a splendid assortment of low and medium-priced articles

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## E. MESSIER,

83 Richelieu Street, - ST. JOHNS (Next to Pinsonnault the photographer)

