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American Life!

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Delicious.
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ETTES," the ideal coal
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Canada's Materialism

Toronto News

One reason why the nationalisation of the Quebec battlefields should be undertaken is to provide the country with a place of national remembrance. Canada can scarcely exist as a country without national monuments. A period of transportation, agriculture, and commercial development does not give much time to the discussion of art and national ideals. As a consequence Canadians are sometimes described as money-mad, as caring neither for the past nor the future if only the present will give them a place in business near the top and the finest house in the neighborhood.

It is, possibly, comparatively unimportant to be credited with having no ideas of greatness beyond the war and the market place, a description recently applied to Canadians by a visiting journalist. But while material things must bulk very largely in Canada for many years to come if the foundations of the country are to be well laid, it is just as certain that no loyal Canadian is willing to see Canada other than a country animated by the highest national spirit. A people may be rich in material things and yet be poor in everything worth having. The greatest possessions which Canada has are her history and the traditions inherited from two of the foremost countries of the world. To consecrate the plains of Abraham and the battlefields of St. Foye as a national memorial is an act which will fittingly symbolize the value placed by Canadians on heroism, the genius of colonization, and on national life. The ideal needs space and opportunity to grow in Canada.

Quebec was framed by nature to be the gateway of a continent. Nothing remains for us to do but to set apart the memorial field. The history has been made by our predecessors, and nature has made the monument. The loveliness and the grandeur of this citadel of Canada cannot be surpassed. From the terrace there is an outlook which it is an experience of a lifetime to contemplate. There are, perhaps, four or five other places in the world which can be compared with it. The ideals of national life could not find a more sublime outward form than in an association with Quebec.

It has been objected that no memorial should be set up to war. No ardent peace advocate has been heard yet advocating the restoration of the advantages which have been gained by war. But the consecration of the battlefields is meant for a memorial to the founding of Canada. Yet it would be a singular spirit which would refuse to commemorate either the battle of Plains of Abraham or the conflict of St. Foye. There does not seem to be much doubt that it is peace which has been sent to Canada as her most precious ideal in the centuries which are to come. It is because peace with justice is the finest ideal known to the world that Earl Grey has suggested erecting on Quebec battlefields a figure representing the Angel of Peace, the angel of that final peace which is foreshadowed in Mr. Stephen Phillips' recently published poem:

"In the years that shall be I will bind me nation to nation
And shore unto shore," saith our God.
"For this cause I will make of your warfare a terrible thing,
A thing impossible, vain,
And the Teuton Emperor, then, and the Gaul and the Briton
"Shall cease from impossible war,
Discarding their glittering legions,
armadas of iron,
As children toys that are old."

While this generation of Canadians have been busy about material things building railways and seeding land, we can depend on the story of Wolfe and Montcalm, and on the plateau above the St. Lawrence, to soften our reputation as a nation of materialists. Therefore let Canada consecrate the Quebec battlefields in the name of Peace.

New Commandments

1. Thou shalt not go away from home to do the shopping, nor thy wife, nor thy son, nor thy daughter.
2. Thou shalt patronize thine own merchants; hat they shall not be

Weak Women

To weak and ailing women, there is at least one way to help. But with that said, two treatments must be combined. One is local, one is constitutional, but both are important, both essential. Dr. Shoop's Night Cure is the local. Dr. Shoop's Restorative, the constitutional. The former—Dr. Shoop's Night Cure—is a topical mucous membrane suppository remedy, while Dr. Shoop's Restorative is wholly an internal treatment. The Restorative reaches throughout the entire system, seeking the repair of all nerve, all tissue, and all blood ailments. The "Night Cure," as its name implies, does its work while you sleep. It soothes sore and inflamed mucous surfaces, heals local weaknesses and discharges, while the Restorative, easing nervous excitement, gives renewed vigor and animation, builds up wasted tissues, bringing about renewed strength, vigor, and energy. Take Dr. Shoop's Restorative—Tablets or Liquid—as a general tonic to the system. For positive local help, use as well

Dr. Shoop's Night Cure

The Regina Pharmacy Stores.

driven from their home to find food for their children.

3. Thou shalt patronize thine own merchants; that they shall not be they shall patronize thee.

4. Thou shalt pay thy bills promptly, that thy credit may be good in the land where thou dwellest, and thy neighbors greet thee gladly, then deposit thy surplus in home banks.

5. Thou shalt not knock the props from under thine own town in order to be revenged on thine enemy lest thou perish with them.

6. Thou shalt not incline thine ear to the voice of pride, nor vanity to overcome thy heart.

7. Thou shalt spend thy earnings at home, that they may return whence they came and give nourishment to give them as come after thee.

8. Thou shalt not bear false witness against the town wherein thou dwellest, but speak well of it in the ears of all men.

9. Thou shalt not covet thy neighbor's seed wheat, nor his meat hog, nor the cow, nor the corn which is in his crib, but whatsoever thou desirest thou shalt buy of him and thou shalt pay the price thereof in the coin of the realm.

10. Thou shalt keep these commandments and teach them to thy children unto the third and fourth generation, that they may be made to flourish and wax rich while thou art laid to rest with thy fathers.—Lan Diego (Cal.) News.

MAKE IT YOURSELF

Tells Our Readers How to Mix Best Rheumatism Cure.

A well known authority on rheumatism gives the readers of the New York daily paper the following valuable, yet simple and harmless, prescription, which anyone can easily prepare at home:

"Fluid Extract Dandelion, one-half ounce, Compound Kargon, one ounce, Compound Syrup Sarsaparilla, three ounces.

Mix by shaking well in a bottle, and take a teaspoonful after each meal and at bedtime.

He states that the ingredients can be obtained from any good prescription pharmacy at small cost, and, being of vegetable extraction, are harmless to take.

This pleasant mixture, if taken regularly for a few days, is said to overcome almost any case of rheumatism. The pain and swelling, if any, diminishes with each dose, until permanent results are obtained, and without injuring the stomach. While there are many so-called rheumatism remedies, patent medicines, etc., some of which do give relief, few really give permanent results, and the above will, no doubt, be greatly appreciated by many sufferers here at this time.

Inquiry at the drug stores of this neighborhood elicits the information that these drugs are harmless and can be bought separately, or the druggists here will mix the prescription for our readers, if asked to.

Minard's Liniment cures Garget in Cows.

Death of B. J. Hampson

The death occurred at the Victoria hospital on Sunday afternoon of Robert J. Hampson, a young dentist in the offices of Dr. W. D. Cowan. Deceased went into the hospital last Wednesday and on Thursday successfully underwent a serious operation at the hands of Dr. Black. He got along very favorably until Sunday when he was seized with a fit of coughing which disturbed the affected parts. However, the doctor had him pulled through that all right and he was doing nicely until the afternoon when a clot on the brain brought on the end. Deceased had been in Regina for four or five years and was highly respected by those with whom he came in contact. He served in the South African war with the Imperial Yeomanry but as the result of an accident he was invalided home. He was a prominent member of the A.O.U.W. and the Irishmen's association of Regina.

The funeral was held yesterday afternoon at two o'clock from the home of the members of the Regina Club, Rose street, and was largely attended. Wreaths were sent by Dr. Cowan, the A.O.U.W., members of the Regina Club and the Irishmen's association of Regina. The services were conducted by Rev. E. A. Henry.

I wish that I might talk with all sick ones about the actual cause of Stomach, Heart and Kidney ailments. To explain in person, how weak stomach nerves leads to stomach weakness, I am sure would interest all. And it is the same with weak heart or kidneys. This is why my prescription—Dr. Shoop's Restorative—so promptly reaches ailments of the stomach, heart and kidneys. It is wrong to drug the stomach or stimulate the Heart or Kidneys. These weak inside nerves simply need more strength. My restorative is the only prescription made expressly for these nerves. Next to seeing you personally, will be to mail you free, my new book entitled, "What To Do." I will also send samples of my Restorative as well. Write for the book today. It will surely interest you. Address Dr. Shoop, Box 8, Racine, Wis. Regina Pharmacy Stores.

Baking Powder, being indispensable in the preparation of our daily food, must be free from noxious ingredients. Complete purity and wholesomeness are the unquestioned characteristics of

DR. PRICE'S CREAM BAKING POWDER

Its active principle, cream of tartar, a pure, health-giving fruit acid, is derived solely from grapes. Poisonous ingredients are found in the low-priced baking powders. Their active principle is a mineral acid derived from sulphuric acid, oil of vitriol.

Study the label and buy only baking powder made from cream of tartar.

Gazette Appointments

Justice of the Peace:—James Williams, of Rody. Police Magistrates:—Henry S. Lemon, Moose Jaw. John McMillan, Prince Albert.

Notary Public:—Geo. W. Bewell, of Abernethy. Commissioners for Oaths:—Thomas A. Hill, Milestone. Andrew Allan, of Esterline. William H. Burritt, Stoughton. James Dick, Riverside.

Henry Peterson, Milestone. Albert H. Abbott, Foam Lake. Ernest W. Walker, Regina. Jos. D. Shepley, North Battleford. A. R. Robinson, Moose Jaw.

Wm. E. Mason, Regina. Guy A. Fisher, Carlyle. Ernest Dicken, Saskatoon. Jart Lyder Sundahl, Hitchcock. Walter Hamman, Milestone. G. H. L. Bigelow, of Yorda.

Issuers of Marriage Licenses:—Wm. H. Duff, of Drinkwater. Chas. C. McKee, Milestone. Coroner:—Wallace B. Large, of Prairie Rose.

Official Auditors:—Ninian G. Boggs, of Lanigan. Charles Woodhead, Fountain. Victor R. Ogier, Montmartre. W. G. Kitchen, Jr., of Fillmore.

Israel Cressman, of Cressman. License Inspector:—C. F. MacGregor, Prince Albert. Health Officer:—C. W. Hunt, M.D., Indian Head.

Inspectors of Wolf Pelts:—B. E. Rose, of East End. Wm. J. Green, Maple Creek. Resignations and Retirements:—A. E. Matheson, Prince Albert, license inspector.

W. A. Rife, Shebo, notary public. E. E. Mack, Bresaylor, inspector of wolf pelts. R. J. Wilson, Willowbrook, inspector of wolf pelts.

W. S. Ball, Box 266, Regina, Secretary.

God Save the King

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