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NEW YORK

Black, Green

Sealed Packets only.

Used in Millions of Tea Pots

Every infusion is alike delicious

Daily-Every Leaf is Pure

"Perfect

or Mixed

Seal" Jars the very finest preserving Jars, and hold 3

Save

These

pounds of CROWN BRAND CORN SYRUP

In these 3 pound glass jars, and 2, 5, 10 and 20 pound tins—at all grocers. Write Montreal Office for our new recipe book "Desserts and Candies." THE CANADA STARCH CO. LIMITED, 230

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Come Out of

Aggravating, Isn't It?

It is hard to get good tooth brushes these days, owing largely to war conditions.

The French brushes are the best, but are only being received in this country in small quantities.

We have just received a consignment of Best Quality

French

Are no higher in Price just 25c each And Everyone Guaranteed

Corner of Market and Dalhousie Streets

Phone 430

WHEN YOU WAKE UP DRINK GLASS

OF HOT WATER

Wash the poisons and toxins from system before putting more food into stomach.

Says inside-bathing makes anyone look and feel clean, sweet and refreshed.

Wash yourself on the inside before reakfast like you do on the outside This is vastly more important be cause the skin pores do not absort impourities into the blood, causing illness, while the bowel pores For every ounce of food and drink aken into the stomach, nearly an ince of waste material must be car ried out of the body. f this waste material is not eliminated day by day it quickly ferments and generates poisons, gases and toxins which re absorbed or sucked into the blood stream, through lymph ducts which should suck only nourishment to sustain the body.

A splendid health measure is to drink, before breakfast each day, a glass of real hot water with a teaspeonful of limesters. spoonful of limestone phosphate in t, which is a harmless way to wash these poisons, gases and toxins from the stomach, liver, kidneys and howels; thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

A quarter pound of limestone phos phate costs but very little at the drug store but is sufficient to maake anyone an enthusiast on insidebathing. Men and women who are accustomed to wake up with a dull, aching head or have furred tongue, bad taste, nasty breath, sallow complexion, others who have bilious attacks, acid stomach or constipation are assured of pronounced improve-ment in both health and appearance

LENTEN RECIPES

FOR HOUSEWIFE

Salmon Loaf

cup of fine bread crumbs , 1-8 tea-

poon pepper. Stir all well together

nd put in a buttered mould; steam

Drain a 1 lb. can of salmon and

tiful flowers.'

Bettie opened her eves suddenly and, sure enough, the sun was shin-

beaten egg. Unmould the loaf and save the liquor. Chop the fish fine and pick out the bones, add 1 tablespoon of soft butter, 2 well beaten eggs. 1-2 level teaspoonful salt, 1-2

Fried Haddock Cut the fish in squares, wash and wipe dry; take 1-2 cup of flour, 1-2 cup of Indian meal and 1 tablespoon-

Our Daily :: Pattern Service State Size

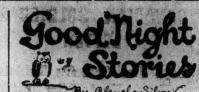
LADY'S DRESS. By Anabel Worthington.

Any one can trace the newest style featares in this model-one with especial interest because it may be developed in material that will proclaim it for wear in going the round of household duties or in a weave that will stamp it as belonging to the class of dresses for street wear.

The plain waist in surplice style has its fulness slightly gathered at the lower edge and the fronts faced with contrasting goods. A set-in sleeve may be short, with a roll cuff, or long, trimmed with bands or strips of contrasting goods to mark a cuff. At regulation waistline a three gore gathered skirt is joined to the waist under a straight belt of the goods. The pocket stitched to each front gore is a welcome addition and attractive with an overlap in

For a street dress serge, gabardine, taffeta, satin and similar weaves may be considered, with trimming in opposing color or with braid or embroidery as decoration. chambray, striped galatea and kindred weaves are excellent, with piping and trimming in contrasting note. You will be agreeably surprised at the simplicity of the pattern and the little time it takes to make

The dress pattern No. 8,183 cuts in sizes 36 to 44 bust. To make in size 36 requires 51/4 yards of 36 inch material and 3/8 yard of contrasting goods.



The Errand of the Raindrop. Mother thought it best that Bet-remain indoors while it was rainng, so Betty crawled into the big armchair in front of the window, where she could watch the peop'e "Oh, dear, I hate a rainy day!"

ried Bettie Suddenly a raindrop much larger than the rest splashed on the win-tow-sill. Bettie saw it lengthen until it formed a finy airplane, and out stepped a little Fairy, who nod-ded and smiled at Bettie and Betnodded back.
"How would you like a sail with

me?" asked the Rain Fairv.
"That would be glorious, but I



"Oh, I'll fix that," said the Rain Fairy as she touched the window with her wand. It opened wide and Bettie stepped out on the sill no larger than the Rain Fairy at he"

The Rain Fairy tucked Bettie in o the airplane and away they sailed. The houses and churches grew smaller and smaller, they went so high. All through the air sailed raindrop airplanes, and the little Rain Fairies that steered them were laughing and chatting, all happy. Bettie had always thought of a rainy day as a most unhappy day, but the Fairies seemed to enjoy their sail.
"Do Rain Fairies know where they are going when they leave Cloudland?" asked Bettie.

"Oh, yes, indeed!" replied the Rain Fairy. "That queer looking cloud ahead of us is where we keep The South Wind our airplanes. The South Wind lives there and gives us our errands each day. Some are sent to refresh Mother Earth. Others fall into the streams and cause them to laugh with joy and they rush on to supply water for you to drink. The great-est errand of all is finding some little girl who is discontented on rainy days, because she has never been told that without the Rain Fairies old Mother Earth would dry up, and there'd be no fruit or beau-

"Bettie, the sun is shining," said her mother, "and you may go out

ing. She almost wished it had not stopped raining. For the first time she had really enjoyed a rainy day.

serve with the sauce. Garnish with parsley. This makes a handsome luncheon dish.

it has cooked smooth, stir in a ture and fry a nice brown.

Valuable Suggestions for the Handy Homemaker_Order any Pattern Through The Courier. Be sure to



For a house dress linen, percale, gingham,

To obtain the pattern send 10 cents to the office of this publication.





This Palm Beach girl is wearing the latest outfit in the line of "simple" summer clothes. Note the peculiar shape of the hat and the huge size of the bag which is flowered to match the large pattern on dress.



WHY I DON 'T ANSWER. \ Gladly, but alas, there are the nine

Truly I do not mean to be rude or; hundred and ninety-five to consider nappreciative or unsympathetic. That explanation is meant for a as well as the five who might be inertain class among my readers, the terested. eople who write me annonymous

letters, expecting an answer in the who write me wonderful little notes column, and do not receive it. These letters are of various types. you will ever receive this and how One is the letter which asks me to (shall know. vrite on some subject dear to the reader's heart but not of general in-collectively please know that I thank

For instance, one woman wants and that I hope someone else will ne to give advice in regard to how be as good to you as you have been tenants and landlords should treat to me each other's children, "whether you think it best to mix with them if you have none of your own. I will

look for your answer in my paper.'

But That Wouldn't Interest One Hal of One Per Cent. of my readers five per cent live near their landlords, and one in ten of these has had trouble on the state assay of these has had trouble on the state assay of mounced to-day. This said was an-3-4 of an hour.

Make a sauce as follows; melt 2 ful salt. Mix well. Dip the fish into their landlords, and one in ten of the mixture. Have ready a frying pan the grains of pepper, 1 cup of hot mikk and the salmon liquor. When 1-4 of lard. Drop in the boiling mix- an article would find a response in ren question. That means that such of \$220,700,000, and since January an article would find a response in 1, 1915, to \$1,358,200,000. the lives of one half of one per cent of my readers. Surely I ought to do

than that. Again, I am asked to give advice in situations where advice is useless. For instance, what to do to put things right between a girl friend who is generally regarded as engaged to a young man and the young man who has recently started going about also with another young lady. The girl knows about her rival. "If you knew how I feel," urges the let-The girl knows about her rival. "If you knew how I feel," urges the letter friend, "you would do what I ask

out of sheer sympathy."
The Man Must Know He Is Being A Cad Bless your heart, so I would, but it doesn't seem to me to be a situa tion where advice would do the

Again there is the letter friend who asks me to write on some subwho asks me to write on some star-ject I have already written on, or that has been done to death by other people. Will I write on what would happen if everyone told the truth, or will I have the article on truth, or will I have the article on truth, or will I write on what truth, or will I have the article on

Dandruff causes a feverish irrita-tion of the scalp, the hair roots shrink, loosen and then the hair comes out fast. To stop falling hair at once and rid the scalp of every particle of dandruff, get a 25-cent bottle of Danderine at any drug store "Calm" repeated
Of Course I Should Love To But-- and the hair stops coming out.

And lastly there are the people

You won't know individually, but

GOLD SHIPMENT

200,000 has been received from Car

nounced to-day. This raises the gold receipts since January 1, to a total

Fourteen persons were injured

three of them seriously, when in a fog an extra westbound C.P.R. freight crashed into the rear end of

standing freight at Chaplin, Sask

On the Prince Edward Island Rail-

Why HairF alls Out

New York, March 14.—Another

of appreciation and then wonder "it



If you believe I'm sawing wood as him sawing, year by year, and alwell as any fellow could, hand me a ways meant to grab his ear, and whisper something nice, but ere I could my message say, they bore his word of praise; without encouragement I feel I vainly ply the rusty steel, and waste my toilsome days. But if you say, "You are a peach! The way you saw your elm and beech is simply out of sight," my heart with gratitude is warm, new energy is in my form, I know the world's all right. When I have put my saw laway, to rest forever and a day, no doubt you will come along, and view my pile of ash and oak, and sigh. "Alas, that he should croak, so patient, because we breath unite to make his character seem white, without the slightest flaws; we give his virtue quite a boom—the can't sit up in the tomb, with laughter and applause.

oo DROPS Mothers Know, That **Genuine Castoria** Always Bears the Signature NOT NARCOTIC. For

SUTHERLAND'S THE NEW Wall Decorations

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Notwithstanding the great increase in the price of

NEW WALL PAPERS

are marvels for the money, both in design, colorings and value. Our 10c., 15c., 20c., and 25c. Papers are good enough for any rooms. Come in and look them over. Wall Papers from 5c to

Then shall the King say unto them on his right hand.....

"I was an hungered, and ye gave me meat; I was thirsty, and ye gave me drink...... naked, and ye clothed me....."

Then shall they answer him, saying-"Lord, when saw we thee an hungered, and fed thee? or thirsty, and gave thee drink?or naked, and clothed thee?"

And the King shall answer..... "Inasmuch as ye have done it unto one of the least of these my brethren, ye have

done it unto me". Overseas, in ravaged Belgium, more than 3,000,000 of "the least of these" are hungry, thirsty, thinly clad-looking to us! Have you done what you could for any

of them? Whatever you can give, send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees or

SEND CHEQUES PAYABLE TO TREASURER Belgian Relief Fund

The Greatest Relief Work in History.

Subscriptions may be sent to the Brentford Belgian Relief Committee President -C. Cooke; Secretary, Geo. Hartley Brantford