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3 Teaspoonsful of Red Rose Tea
go as far as
5 Teaspoonsful of ordinary tea



Cheap Tea Not Economical!

Many people complain about the poor flavor of the cheap tea they are using, but are trying to put up with it because they think they are saving money.

In reality, cheap tea is rarely more economical, often less economical, than Red Rose Tea.

While Red Rose Tea may cost a few cents more, or even 10 cents more per pound, than common tea three teaspoonsful of Red Rose Tea are equal to five teaspoonsful of common tea.

Less Red Rose Tea is required in the tea pot, because this master blend of Indian-Ceylon teas consists largely of the famous hill grown teas of Assam, India.

These Assam teas excel in vigor, richness and strength. Their leaves yield more liquor and a fuller flavored liquor. Blended with Ceylons they make the ideal tea for flavor and economy.

Try a sealed package of Red Rose Tea and keep count of the extra number of cups it yields in comparison with cheap teas. You will find that Red Rose is worth every cent asked for it—and that it costs no more to use this delightful tea.

Sold Only
in Sealed
Packages



SIDE TALKS

RUTH B. CAMERON

THE ENDLESS CIRCLE.

Live a life, do not only get a living. On the quotation calendar for 1917 which is a kind letter friend has sent me, that is the second quotation.

It hangs over my desk and more than that it is written in my heart. I don't believe there is any reminder that is more generally needed, especially in this twentieth century of ours.

Of course it's Very Important To get a Living. Getting a living is such an important and compelling business. It fills your life up with busyness, it keeps your ambitions occupied; it gives you a sense of accomplishment from day to day; it seems to supply a reason for living.

It is only now and then that one gets a glimpse of the fact that to devote all your energies to getting the paraphernalia of living, so that you can keep on living and keep on devoting your energies to getting that paraphernalia, comes pretty close to being an endless circle.

But Such A Life Leaves You "Empty and Craving." "Life leaves you empty and craving, leaves you nothing to do but little immediate things that turn to dust as you do them," says a character in one of Mr. Wells' books, who has reached his goal of material success and discovered suddenly that he has failed to "live a life instead of only getting a living."

"What do I mean by 'Live a life'?" "How Can We Live A Life?" There you have me. I don't wholly know. To find that out you have to open your soul to life and let it come

in and teach you. I think it means living day by day towards a greater appreciation of beauty, a better understanding of truth, cultivating worthwhile friendships instead of just neighborhood or society acquaintances, trying as definitely to build up your character as your bank account, thinking more instead of just dreaming, broadening and deepening your sympathies, trying to do your bit for human betterment not only in a patronizingly good-goody way, but as a natural right thing to do, finding out what really gives you happiness and not constantly chasing that will-o'-the-wisp, Pleasure.

That's some of what it means to me; to you it may mean something entirely different. As I said, you can only open your soul and make up your mind to let life come in and teach you. But know this one thing surely,—it means more than only getting a living.

Cataract Cannot be Cured with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Cataract remedies. Hall's Cataract Cure is taken internally, and acts directly upon the blood and mucous surfaces. Hall's Cataract Cure is not a quick medicine. It was prescribed by one of the best physicians in the country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients in what produces such wonderful results in curing cataracts. Send for testimonials free. Take Hall's Family Pills for constipation. Sold by Druggists, price 15c. W. H. HENRY & CO. Propos. Toledo, O.

BRITISH ADVANCE DURING THE PAST WEEK



The shaded portion parts indicate the extent of the gain

LENTEN RECIPES FOR HOUSEWIFE

Broiled Halibut with Brown Sauce.
One slice halibut about 1 inch thick; broil first on one side, then on the other, about 10 minutes; when done place on hot platter with brown sauce, made as follows; Butter size of egg in sauce pan; when melted add 1 tablespoonful flour; stir until smooth; then add 1 cup milk, a little at a time, stirring constantly; when smooth add three tablespoonsful kitchen bouquet and pour over fish.

Boiled Halibut
Set your pot on with hot water and a large spoonful salt; wash your halibut, clean and sew a piece of cheesecloth around it, and before the fish boils skim the water; boil for thirty minutes; for the sauce take 2 cups milk and 1 of hot water, 2 large cooking spoons flour, and mix the flour with cold milk; pour through a strainer into the milk, stirring it up thoroughly; boil 3 eggs hard and when done chop finely into your sauce, as well as a large piece of butter.

Salmon Souffle
Two tablespoonsful flour and butter, 1 teaspoonful salt, a dash of white pepper and 1 pint of milk; add 1 cup bread crumbs graded, a few drops onion juice, a teaspoonful chopped parsley and the salmon from a single can, freed from skin and bones; rub fine with a silver fork; beat all ingredients together; then beat in the yolks of 3 eggs and lastly fold in the whites; bake in a buttered dish in a moderate oven, the dish standing in another containing hot water, for 30 minutes. The finest way to serve salmon.

Perfect Fish Balls
One pint codfish picked fine, one quart potatoes; boil together until potatoes are soft; drain and mash well; add butter, size of an egg while still hot and a dash of pepper; put aside to cool; when cold add 2 well beaten eggs; fry brown in boiling lard; have fat very hot, so they will brown quickly; fry in kettle like doughnuts, dipping the spoon in the hot fat first, then take a spoonful of the mixture and drop in the boiling fat.

Salmon Croquettes
One half can salmon cleaned from skin and bones; mix with three medium sized mashed potatoes; season with salt, pepper and bit of onion; form into balls; roll in bread crumbs, then in cracker crumbs, and fry in hot fat.

CANADIAN HONOR ROLL

KILLED.
Melbourne.
Sergt. Harry Carruthers.
Motherwell.
Pte. G. A. Dymally.
London.
Com. Sergt.-Major C. W. O'Connell.
Trooper P. R. Lismore.

DIED OF WOUNDS.
Stratford.
Pte. John Wareham.
DIED.
Galt.
Pte. J. Nicholls.

WOUNDED.
Union.
Sapper Ross Mills.
Aylmer.
Pte. Wallace Bashill.
Pte. G. Chutek.
Goderich.
Pte. N. MacPhail.
Moseley.
Pte. L. H. Sadler.
Thilsonburg.
Pte. W. G. R. Whittcroft.
Harriston.
Pte. M. Hughes.

WOUNDED AND MISSING.
St. Marys.
Pte. J. M. Atkinson.
DANGEROUSLY ILL.
Kitchener.
Pte. J. H. Bendig.
Speiser.
Pte. Henry Morel.

LT.-COL. BECKETT KILLED IN ACTION

Toronto Officer Was Commander of 75th Battalion

Lieut.-Col. Samuel G. Beckett, who left Toronto in command of the 75th Battalion, has been killed in action. A private cable to this effect was received in Toronto yesterday by Major Bull from his brother, Mr. Pedkins Bull, K.C., of London, England. Major Bull, who is a company commander of the 75th Battalion, was home on furlough, but left yesterday for Halifax. He will rejoin his unit as soon as circumstances permit.

No information beyond the meagre message, "Beckett killed in action," has so far reached Toronto, and it is therefore not known whether any other names will accompany that of Lieut.-Col. Beckett when the official lists are filed at Ottawa. Col. Beckett was a partner in the firm of Chadwick and Beckett, architects, which sent every eligible employee overseas with the Canadian Expeditionary Force. Col. Chadwick was the first to enlist, organizing the 4th Canadian Mounted Rifles. He was later transferred and given the order to raise the 124th, Mississippi Infantry Battalion. Col. Beckett enlisted at the outbreak of war, but the authorities held him in reserve for a command. In the early fall of 1915 he was re-

BATHING SUITS AS GORGEOUS AS GOWNS AT PALM BEACH



Mrs. John E. Liggett, of New York City, sauntering over the sands in her newly introduced Hawaiian parasol shading her from the sun. Mrs. Liggett's bathing costume has caused much favorable criticism amongst bathers at this famous resort.



THE FRIGATE BIRD

How that frigate-bird got it into his head that he wanted to be a boat, I don't know. I suppose it was because he lived by the sea, flying far out when the mood was on him, but he thought so much about it that one day he set sail from the island where he lived, and told all the feathers that he was a boat. "I'm tired of being a bird," he said. "I'm tired of living in a coconut tree. Besides, men call me the frigate bird and a frigate's a boat. I must be like one."

And he swam on, ruffling his feathers, as if they were sails and acting in a very proud and haughty way. Now the wind was not very fond of the frigate bird. For one thing he was lazy, and for another he was a dreadful robber. When he flew far out to sea he never bothered to fish. He robbed the other birds, terns and gannets and the little sea swallows, who were far more industrious than he. Many a time the Wind had seen him hide in a cocoon palm until nightfall and then fly out to meet the homcoming birds and rob them. The Wind had even seen that lazy robber shake another bird by the tail when he refused to give up the fish he'd caught.

And so the Wind let the bird who had made up his mind to be a boat to get pretty well out to sea, when—poof!—he blew up a dreadful wind and made the sea run high. The bird boat grumbled, but the Wind said: "Ho, ho, my friend, you're a boat, aren't you?" "To be sure," said the bird. "Then don't grumble," scoffed the Wind. "A boat doesn't mind a high sea or a bit of wind." "Sp the frigate bird stuck to the water to prove he was a boat, but the sea grew worse and worse. "What are you doing?" he growled to the Wind at last. "Why," said the Wind, "I'm going to wreck you like any other boat and cast you on yonder coral reef. You won't mind going to pieces a bit, will you? Lots of boats do."

But the frigate bird waited no longer. He rose up on his wings and became a bird. Back he flew, seeking his island home, but he was so far out to sea that he grew out and weary. And by and by the Wind blew by him. "Now," said the Wind, "I can either blow with you and help you or blow against you and drive you back. Which shall it be?" "Help me," cried the bird faintly. "And you'll stop robbing weaker birds?" "Yes," said the bird. And so the frigate bird reformed, and the Wind helped him back to his island, and never again after that. I guess, did he want to be a boat, for fear he'd be shipwrecked on a coral reef and be dashed to bits.

Rippling Rhymes

Walt Mason

Peace is the noblest, greatest cause, a peace that's firm and stable; with shock absorbers on my jaws, I boost it all I'm able. Year after year, without surcease, there's a time to talk of peace, a time to talk of scrapping. When Uncle Sam is threatened sore with some great dire disaster, I don't admire the peace graft bore whose tongue goes ever faster. I don't admire the bloodless fighter who thinks the land's a goner, if we would rather up and fight than wallow in dishonor. I didn't raise

my maiden aunt to be a noisy brawler, but when the battle chargers pant, she'll step out doors and holler. I didn't raise my lovely niece to fool with swords and lances, but she I know, will pass up peace whenever a foe advances. I am too old and fat to fight, out where the weapons rattle, but warlike odes I'll gladly write, to cheer you in the battle. Go forth, brave hearts, bold, unafraid, if there should be a riot! I'll bring you pails of lemonade whenever things are quiet.

Hamilton council decided on a tax rate of 23 mills.

Don't Suffer From Piles
You can get rid of that terrible dragging pain that is robbing you of all the happiness and pleasures of life. Go to your druggist and get a 50c box of LA TEKA OINTMENT today or test it at our expense by mailing the coupon below.

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The La Tekta Specialty Co., 7 McNaughton St., Galt, Ont.
Kindly send me a free sample of LA TEKA OINTMENT, in plain wrapper.
Name.....
Address.....

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Not Tea Leaves Intermixed with Dust, Dirt and Stems but all Virgin Leaves.

"SALADA"
has the reputation of being the cleanest, and most perfect tea sold.
BLACK, GREEN OR MIXED. SEALED PACKETS ONLY.



To Keep Well—free of Anaemia and nerve exhaustion—to be able to do a good day's work, and enjoy a good night's sleep—take three times a day.
Wilson's INVALIDS' PORT
(à la Quinine du Pérou)
It builds and re-builds physical strength and nervous energy—and stands today, as it has stood for more than 25 years, Canada's premier tonic.
REFUSE SUBSTITUTES
None genuine without this facsimile signature bottle.
BIG BOTTLE ASK YOUR DOCTOR ALL DRUGGISTS

Men Wanted for the Navy

The Royal Naval Canadian Volunteer Reserve, wants men for immediate service Overseas, in the Imperial Navy
Candidates must be from 18 to 38 years of age and sons of a natural-born British subject.
PAY \$1.10 per day and upwards. Free Kit. Separation allowance, \$20.00 monthly.
Experienced men from 38 to 45, and boys from 15 to 18 are wanted for the CANADIAN NAVAL PATROLS.
Apply to
COMMODORE JEMILLUS JARVIS, Naval Recruiting Officer, Ontario Area, 103 BAY STREET, TORONTO, or to the Department of Naval Service, OTTAWA.

OUR DAILY PATTERN SERVICE

Valuable Suggestions or the Handy Homemaker—Order Any Pattern Through the Courier. Be Sure to State Size.

LADY'S BUNGALOW APRON.

By Anabel Worthington.
The tidy housekeeper of moderate means is always interested in herself and in her home to such degree that she aims to look her best, even when working, and she does not consider an apron a thing apart, but something necessary to the complete furnishing of her wardrobe. The favorite style is the bungalow apron and the one pictured is sure to interest all who see it.
The garment hangs straight from the shoulder—just like the one piece dress of fashion's acceptance. The upper part fits to the figure with neatness and the fullness below is drawn to the back and held there with the strings. The pocket in each front is a convenience made attractive with banding in opposing color; the square neck is finished with banding also and the kimono sleeve has a cuff facing to correspond.
Among the pretty wash materials for developing the design are plain or striped percale, lawn, chambray, gingham, etc.; for studio work, linen, saten and the like may be considered appropriate. You could not be better occupied for one hour than you will be in making this garment.
The apron pattern No. 8161 cuts in size 36, 40 and 44. To make in size 36 requires 5 yards 36 inch material and 3/4 yard 23 inch contrasting goods to trim.
To obtain the pattern send 10 cents to the office of this publication.

