

HIS HEART BADLY AFFECTED

"Fruit-a-tives" Soon Relieved This Dangerous Condition

632 GERRARD ST. EAST, TORONTO.

"For two years, I was a victim of Acute Indigestion and Gas In The Stomach. It afterwards attacked my Heart and I had pains all over my body, so that I could hardly move around. I tried all kinds of Medicine but none of them did me any good. At last, I decided to try "Fruit-a-tives". I bought the first box last June, and now I am well, after using only three boxes. I recommend "Fruit-a-tives" to anyone suffering from Indigestion".

FRED J. CAVEEN.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.



Thorough mixing is what makes cake delicate and tender

Lantic Sugar

makes the best cake because it creams quickly and thoroughly with the butter which is the hardest part of the mixing. Its purity and extra "fine" granulation make it dissolve at once.

2 and 5-lb. Cartons
10 and 20-lb. Bags

"The All-Purpose Sugar"



Do you mean to say you have never tried N.P. Soap? It has been on the market since the days of Confederation, pretty near—and it has been the best soap for laundry and household purposes all that time! Better try it—a great big bar for 15 cents

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SIDE TALKS

By RUTH SEARCE CAMERON

CROSS-PURPOSES

Is there anything more exasperating than to do something you don't want to do, because you think someone else wants to do it, and then to find out afterwards that someone else did not want to do it and only did it because he or she thought you wanted to?

The other afternoon when a group of five of us had planned to go for a walk, a friend called us up and asked if we didn't want to go out in the machine. He had to make a brief trip and he had room for four people.

As there were five of us each one immediately insisted on being the fifth who was not to go.

Then someone suggested we decline the invitation and all go on our projected walk.

But We Thought He Would Be Disappointed

"But wouldn't that hurt Mr. M's feelings and it was so good of him to ask us?" suggested someone.

"And perhaps he would have to go all alone. He said his wife had another engagement," contributed someone else.

"And we could go to walk any day."

"And T (the town to which he was going) is such a pretty place."

And so we finally yielded to L's particularly pressing protestations that she be the one to stay home, and accepted Mr. M's kind invitation.

Then, as the walk was to have included a call on a friend, we had to make our postponement by telephone. Much to our surprise she took it ill, having had particular reasons (of which we had no hint) for wanting us to come that day. And as it was then too late to retract, that injected a decided flavor of discomfort into the situation.

Anyhow we went, and it was a cold drive, and we didn't get home until after dark.

All of this took place a week ago.

THEFTS IN MONTREAL

By Courier Leased Wire.

Montreal, March 12—Montreal is experiencing an epidemic of potato, butter and egg thefts caused by the high price of these commodities. The largest theft was last week when one hundred bags of potatoes were stolen from a wholesale warehouse on the Bonsecours market. This morning a gang pillaged a St. Dennis street store of twelve bags of potatoes as well as a thousand pounds of butter and several cases of eggs. The thieves peddle their hauls from house to house in the city. The police believe the thefts have been committed by the same gang.

PROTEST SUSPENSION

By Courier Leased Wire.

Toronto, March 12—The Toronto hockey club has entered action in the high court for a declaration that the action of the N. H. A. on February 11th suspending the Toronto club was invalid. An injunction is asked restraining other clubs from employing players under contract with it. Unstated damages are asked.



A REJECTED PATRIOT

When first arose the talk of war, I plied my enlist, but there's no chance for me; and I could take him by the wrist, and throw him o'er a tree. My breast is filled with martial ire, I court the scrap and fuss, and I would gladly trade my lyre for sword or blunderbuss. But not I hear my country cry "You can't enlist, I bleed and die, because you are too must not flash my trusty blade, or don my suit of mail, because, they say, if I were weighed I'd break the village scale. The beardless strip-

Our Daily Pattern Service

Valuable Suggestions for the Handy Home-maker—Order any Pattern Through The Courier. Be sure to State Size

LADY'S HOUSE DRESS.

By Anabel Worthington.



It is during the busy hours that the supreme test of a woman's charm occurs, so if you want to come out with flying colors see to it that your house dress does you full justice. Of course, you will make it yourself, for you will then have the color that is becoming and the attractive touches that express you.

For appearance and service it is our opinion that the design illustrated under No. 8173 stands out as one of merit and you will no doubt agree with us. The waist is on the style of the plain shirt waist and slightly gathered where it joins a three gore skirt, the fullness of which is gathered under a belt of contrasting goods that is stitched on at the joining. A sash collar finishing the V-neck may be of the dress material or in contrasting note and long or short sleeves may be chosen. Some women prefer to have detachable collars for such dresses. The pocket stitched to either side of the skirt is a convenience and an added attraction, especially if in contrasting color.

Lines, gingham, percale in striped or figured effect and lawn are among the favored fabrics for developing. One need not be clever with the needle to reproduce this design, for its lines are the simplest.

The dress pattern No. 8173 cuts in sizes 36 to 44 bust.

To make in size 36 requires 4 1/2 yards 36 inch material, with 3/4 yard 36 inch contrasting.

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

Hemstitching, Scalloping, Pleating, Buttons, Picot Edging

The RITCHIE BUTTON Co.
53 Colborne St. Phone 2055

BAD COLD? TAKE "CASCARETS" FOR BOWELS TONIGHT

Get a 10 cent box. Colds—whether in the head or part of the body—are quickly overcome by urging the liver to action and keeping the bowels free of poison. Take Cascarets to-night and you will wake up with a clear head and your cold will be gone. Cascarets work while you sleep; they cleanse and regulate the stomach, remove the sour, undigested food and foul waste matter and poison from the bowels.

Remember the quickest way to get rid of colds is one or two Cascarets at night to cleanse the system. Get a 10-cent box at any drug store. Don't forget the children. They resist this Candy Cathartic and it is often all that is needed to drive a cold from their little systems.

LENTEN RECIPES FOR HOUSEWIFE

Filets of Mackerel

Two large mackerel, 1 ounce butter, 1 small bunch of chopped herbs, 2 tablespoonfuls of good fish stock, same of French white sauce, salt, cayenne and lemon juice to taste.

Clean the fish and fillet; scald the herbs, chop them fine and put them with the butter and stock into a stew pan. Lay in the mackerel and simmer gently for 10 minutes; take them out and put them on a hot dish. Dress in a little flour, and the other ingredients, give one boil, pour over mackerel.

Lobster Sponges

Cut the meat of two small lobsters up fine and put in a chafing dish with one glass of sherry wine; boil for five minutes, beat the yolks of eight eggs into one half pint of cream; add a small piece of butter, mix all together, add salt to taste; cook until thick, stirring all the time.

Creamed Fish on Toast

Pick and soak one cup full cod-fish, add one quart milk, piece of butter, let boil, add one egg, beat it in while hot then thicken with flour, add pepper and salt to taste, eat while hot. This is delicious for a quick breakfast.

Baked Fish

To bake fish prepare by cleaning good and taking all scales off, then let it remain in salt water for a short time, make a stuffing of the crumbs of light bread and add to it a little salt, pepper, butter and stir with a spoon and then fill the fish with the stuffing and sew up, put on top butter, salt, pepper and flour, have enough of water in dish to keep from burning and baste often. A four pound fish will bake in 50 or 60 minutes.

Clam Cakes

One pint of clams, 1 pint of flour, 1 tablespoonful of sugar, 1 egg, pinch of salt, milk to make them stiff. Dry the clams before using, fry in butter or lard.

CHRIST IS COMING

Christ is coming; who will harken To the rumble of his wheels? He that shall come, will come quickly— The judgment neath the seals.

Now, there sounds the cry of nations And men's hearts rend the air, And men's hearts are filled with terror As the bomb spells out despair.

Then the hearts deep, silent weeping As the brave and noble fall, Then the heart that has grown callous, Neath the muster roll and call.

Then the wounded and the dying, Then the doctor with his skill, Probing for the wandering bullet, Makes the bravest heart to thrill.

Though Death's pall doth constant hover O'er the trench and battlefield, Yet, it must not, cannot settle, On the one that God would shield.

Angels look and gaze in wonder, At the demon glut of war, And the patient tolling nurses Whom we hope will wear a star.

God is just and God is gracious But the nations grieve Him sore With their greed of gain and pleasure, But now His day of grace seems o'er.

If they now would call a fasting As did Ninveh of old, Christ might then delay His coming God His worst judgments then withhold.

God has called and called for ages, To the world of stumblers all, Those who have His call rejected On them his righteous judgments fall.

Christ the sacrifice once offered Shows in Heaven His wounded side, Sinner come! accept his offer While there's time in it to hide.

Christ still longs to save the sinner, It will glorify His name, Do not tarry till you're better 'Tis your sins that give you claim.

Mar. 12. 17. Brantford.

Good Night Stories

By Claude Sibley

The Butterfly's Awakening

Slyly peeping from among the green grasses was the happy face of a Crocus. Dora danced in glee and exclaimed:

"Oh, your beautiful cup of gold? Why did you wake so soon?"

"The Blue Bird whispered to me last evening that he had seen Miss Spring on the mountain side," answered the Crocus. "She expects to be down in the valley today and I want to be the first to greet her."

"Where did you get your wonderful golden gown?" last night you were green when I covered you with grass," said Dora.

"I was ashamed of that faded dress, so when the Sun heard me complaining he sent one of his sunbeams down with this beautiful gown," replied the Crocus.

From the boughs above burst forth the song of a bird.

"What a pretty song, Mr. Blue Bird. Pray, why are you so happy this morning? Your suit is so blue?" said Dora.

Prince Charming Touches the Cocoon

"Haven't you heard the news; Spring is on her way and Prince Charming is coming with her. He is the only one who can waken the Butterfly. I brushed out my coat so



as to look nice. I am tuning up my voice, for it must be mellow and sweet," replied the Blue Bird.

"That will be a pretty sight. May I go with you?" asked Dora.

"Surely; hop upon my wings and we will soon be there," said the Blue Bird. Dora climbed upon his wings and away they flew.

All the fairies of the forest were there. Dora had never seen so many and Prince Charming was the handsomest of them all. On the topmost branch of the old apple tree swung a little brown Cocoon. Dora was told that in the fall of the year the fuzzy Caterpillar had crawled into a leaf and her friend had woven a blanket around her to keep her warm until the coming of Prince Charming.

The Blue Bird lifted his pretty head and burst into melody. The others joined in and Prince Charming hovered over the Cocoon, touching it with his tiny wand. The cover slowly raised and a gorgeous Butterfly unfolded her wings and fell at Prince Charming's feet.

"I thank you, most gracious Prince, for having been asleep a long time," said the Butterfly.

"Go forth into the world and tell the flowers that Spring is on her way," softly commanded Prince Charming, and the Butterfly spread her beautiful wings and flew away.

"That was the most wonderful awakening! Such a glorious creature coming from that ugly brown bed!" Dora told the Crocus when the Blue Bird put her down in the garden once more.

"There's no place like home" when

PURITY FLOUR

makes the pies, cakes and bread. More Bread and Better Bread

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are prepared to accept and execute immediately orders for Galvanized or Blank Sheet Metal Work, Furnace and Eave-troughing Work, Etc.

Only skilled men employed.

Howies

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When Women are Weak

Women who feel weak, languid and depressed—who look pale and dull-eyed, and have lost appetite and fresh looks—need a tonic that will purify the blood, help the organs of digestion, regulate the liver and bowels, and strengthen the system. It long has been known that

Beecham's Pills

are a blessing to weak women, for they quickly correct womanly ailments, improve the appetite, purify the blood and re-establish healthy conditions. They are safe to take as they are purely vegetable and without any harmful drug. A few doses will bring better spirits, improved health and a feeling of fitness.

Worth a Guinea a Box

Prepared only by Thomas Beecham, St. Helena, Lancashire, England. Sold every where in Canada and U. S. America. In boxes, 25 cents.

CARTER'S TESTED SEEDS

We have received our stock of these seeds for this season. Come and make your selection early

DOUGLAS & ROY

SEED MERCHANTS

7 George St. Both Phones 882

A DINING ROOM "UP-TO-DATE"

Determined to meet the demands of the people of Brantford, we have re-decorated and equipped our banquet hall for a dining room, which will be opened on Saturday, March 10th. You will now find a large, airy, pleasant dining room, with tables in the open, where ladies and their escorts may dine. We are doing this with the intention of giving our customers the style that is found to be best in the large cities of Canada and the States. Patrons will be assured of the same high service and quality at every meal.

To those who prefer, our service downstairs is the same as that upstairs.

THE ROYAL CAFE

151 COLBORNE STREET

151 Colborne St. WONG BROS. Telephone 1858

The Esquimaux council are petitioning for aid from the Provincial Government to make an immediate commencement on the work at the docks.

Passenger traffic on the British Columbia electric city and suburban lines in January numbered 2,514,846 over January, 1916.

The canneries located along the Fraser River are reported to be making active preparations for the coming salmon season. This is the "big-run" year.

Lieut. J. O. Misquith, of the Royal Artillery is reported dead of wounds. He served for some time in the Royal North-West Mounted Police in Canada.