MARSHALL'S March Offerings

Housefurnishing Sale!

White Curtain Nets!

Regular Price....10c. yd.
March Price .. .. 9c. yd.
Regular Price....12c. yd.
March Price .. ..10c. yd.
Regular Price....14c. yd.
March Price .. ..12c. yd.
Regular Price....16c. yd.
March Price .. ..13c. yd.
Regular Price....18c. yd.
March Price .. ..15c. yd.
Regular Price....20c. yd.
March Price .. ..16c. yd.

Window Blinds!

50 doz. Spring Blinds, Cream & Green. Plain, 3 ft. by 6 ft. Reg. Price 30c. March Price 27c.
Plain with Fringed Ends. Regular Price 35c. March Price, 30c.
Lace and Insertion Ends. Regular Price 45c. March Price, 40c.

Window Poles!

200 sets in Oak and Mahogany.
Regular Price .. ..35c. per set
March Price .. ..30c. per set

Extension Rods!

March Prices, 7c., 9c., 12c.

Lace Curtains!

WHITE LACE CURTAINS.
Reg. Price, 90c. March Price.. 70c.
Reg. Price, $1.10. March Price.. 80c.
Reg. Price, $1.50. March Price..$1.20
Reg. Price, $1.80. March Price..$1.40

Job Lot of Curtain Ends and Single Curtains—Job Prices!

Scrim!

10 pieces White Scrim, with nice dainty colored borders.
Reg. Price, 20c. March Price....17c.
Reg. Price, 25c. March Price....20c.

Floor Canvas!

in all widths.
Special 2 yards wide,
47c. per yard.

White Twill Sheeting!

Reg. Price, 40c. March Price..30c. yd.
Reg. Price, 50c. March Price..40c. yd.
Reg. Price, 60c. March Price..50c. yd.

Special — Job White Lace Curtains!

3 yards long.
Regular Price,
$1.20 per pair.
MARCH PRICE,
90c.
per pair.

Above Prices Strictly Cash.

Marshall Bros

LONDON GOSSIP.

LONDON, February 23rd, 1915.

ROYALTY AND THE WAR.

Nine members of the Royal Family are now on active service—the prince of Wales, Prince Albert, Prince Arthur of Connaught, Princes Alexander and Maurice of Battenburg (sons of Princess Henry of Battenburg), Princes George and Louis of Battenburg (sons of Prince Louis of Battenburg), and the Duke of Teck and Prince Alexander of Teck, while the Duke of Connaught, who is doing Imperial duty as Governor-General of Canada, has also undertaken the personal supervision of the organization and training of the Canadian troops for the front. This list would have borne another name had it not been that Prince Maurice of Battenburg was killed in action when serving with his regiment, the King's Royal Rifle Corps. Three of those named are serving on the Headquarter Staff at the front in different capacities, these being Prince Arthur of Connaught, the Duke of Teck, and Prince Alexander of Teck.

BELGIAN ARMY'S REBIRTH.

One of the most striking phenomena of the war is the rebirth of the Belgian army. Immediately after Antwerp it was tired, somewhat disheartened, and greatly weakened in numbers. Since then it has grown into an important force, and behind the fighting line in France recruits, arriving by devious ways from Belgium, and more directly from the various colonies of refugees, have assembled in ever increasing numbers. The announcement contained in an article in a Paris newspaper that 80 per cent. of the young men of the 1914 class escaped from the provinces of Belgium bordering on the Dutch frontier, will not surprise those who have been in touch with Belgians in London. At fairly frequent intervals one came across men who had just come from Holland, having risked the penalties attaching to capture in an attempt to cross the frontier of their own country. I talked with two Belgian soldiers some weeks ago who had left Antwerp three days before. It seemed very romantic, this chance meeting with men from the German-ridden city. "And to-morrow," they said, "we are going again to Belgium—through France. It is a long way round from Belgium to Belgium in these days!"

FRENCH RESERVISTS NOW READY.

The significance of General Joffre's order placing the French troops hitherto known as reserves on the same footing as the rest of the army may be variously estimated. The announcement bears all the features of an official recignition that troops which have been in training behind the lines have now reached a level of efficiency which makes the term "reserves" inappropriate and perhaps offensive. The order definitely refers to this progress of training. Another inference that may plausibly be drawn is that the disappearance of the distinction between two sections of the army implies the early employment of them together. The training and equipment of large bodies of men which has been going on in France at the same time as the building up of the new British armies was known some time ago to be producing remarkably good results.

DUTCH MILITARY ACTIVITY.

Another item, the significance of which must not be overlooked, is the step which has just been taken by the Netherlands Government. Holland, since the outbreak of the war, has maintained its army at full strength. Many of Queen Wilhelmina's subjects were residing in Belgium when the German invasion took place, and a proportion of these found their way to Great Britain upon the enemy's advance. The Netherlands Consul-General in London has now invited all such Dutchmen domiciled in Belgium, but staying in the country, who were born in the year 1896, together with their parents and guardians, to communicate with him as soon as possible, "in connection with their reporting for service in the Netherlands Army." This would seem to indicate that the Dutch Minister of War contemplates the calling up of a further class, and thus preparing for any immediate emergency.

THE MULE IN THE ARMY.

From the quality of the latest arrivals of mules here, it appears that they are to be used for cavalry purposes. The lot at Epsom (the famous race-course just outside London and the scene of the annual Derby) are declared by experts to be as clean as polo ponies, able to gallop and quite big enough for the purpose—they are about fourteen hands two inches high. They would outrun any of the heavy stamp of horse, of which there are plenty left, whilst horses suitable for cavalry purposes are scarce all over the world. Mules, of course, are used by Spanish and Mexican cavalry, but they have not hitherto been used in the British army except for transport and for mountain batteries. The likelihood is that there will be a revival of the mounted infantry idea, to take light cavalry men who are now working in the trenches from place to place where motor traffic is impossible. Sir Garnet Wolseley in 1872 foretold something of the kind in his "Wellington Essay," where he said that mounted infantry on mules or even in carts, accompanied by a small proportion of real cavalry, would be of signal use in days to come. The mules and ponies that formed the whole of Sir Frederick Robert's transport from Kabul to Kandahar—he had no oxen or camels—carried two "maunds" which is about 150 pounds, but were capable of carrying much more. A mountain battery mule's load runs up to 220 pounds, but he is never as big as fourteen hands.

AN OUTPOST OF EMPIRE.

I have been permitted to see a letter just received from the Governor of a British possession in the Indies. It gives an interesting account of the steps taken in the colony on the news of the outbreak of war, with some idea of the problems which he had to face. He writes: "On the 31st July I telegraphed to Bombay to obtain 200 tons of rice as a reserve, and started planting in all Crown lands with foodstuffs, and removed all restrictions as to fishing, so, as planters followed my lead as to planting maize and potatoes, with an inexhaustible supply of fish there is no question of starvation. I issued a paper currency covered by cash deposited by our local bank in India, and assisted firms to meet their expenses and decrease unemployment. I dumped 2,500 tons of Admiralty fuel in shallow water to deny its use to itinerant cruisers, and since the Emden and Koenigberg have been accounted for have recovered all but about 200 tons. Take it all round my people have behaved well. There has been no panic or trouble. As we are quite open to raid there was considerable excitement, as both the Emden and Koenigsberg were in our close vicinity. For eleven days in August we were entirely cut off from the world by the almost simultaneous breaking of our cables between ——, and ——, and for seven weeks we had no home mails. . . . . Most fortunately we have been spared a hostile visit." The Governor goes on to say what assistance (running to hundreds of pounds) the colony has sent to the Red Cross and the Prince of Wales' Funds.

WINTER DRESS AGAIN.

With the return of the cold weather London women have resumed their winter appearance, rather prematurely discarded in favor of spring fashions. One of the newest modes, however, is one which lends itself to either spring or winter equally well. It is the combination of dark blue serge with black silk or satin, which has come to us via Paris and which bids fair to be very popular here owing to the maximum of usefulness it manages to combine with smartness. The two are seen in the finest serge and satin or in stouter materials for both morning and afternoon wear, and with the latest light colored spats and footwear and the tiny new flower trimmed caplets they form a turnout that can be worn anywhere and everywhere. The furs to go with this latest style of toilette are quite original in shape, and resemble nothing more than the small fur mats one sees on the floors of sporting households that is, the entire skin, head and all, of some animal not much larger than a fox. Long stoles have entirely gone out. Considering the recent weather it is not surprising that umbrellas have come in for considerable attention. Handles are very long and quite directoire in effect, and may be highly ornamental.

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Eggs

Fresh Country Eggs,
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FRESH VEGETABLES.
Fancy Carrots.
Fancy Parsnips.
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New Green Cabbage.
Sound Turnips.

POTATOES.
500 brls. P. E. I. Potatoes.

Soper & Moore.
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THE NEW FRENCH REMEDY.
THERAPION No. 1
CURES DISCHARGES, EITHER SEX, WITHOUT INJECTIONS.
THERAPION No. 2
CURES BLOOD POISON, BAD LEGS, SKIN ERUPTIONS.
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CURES CHRONIC WEAKNESSES, DRAINS, LOST VIGOR, &C.
SOLD BY LEADING CHEMISTS. PRICE IN ENGLAND, 2/9.
SEND STAMP ADDRESS ENVELOPE FOR FREE BOOK TO DR. LE CLERC MED. CO. HAVERSTOCK RD. HAMPSTEAD, LONDON.
A CURE FOR YOU
TRY NEW DRAGEE (TASTELESS) FORM OF THERAPION EASY TO TAKE SAFE AND LASTING CURE.
SEE THAT TRADE MARKED WORD 'THERAPION' IS ON BRIT. GOV'T. STAMP AFFIXED TO ALL GENUINE PACKETS.
INSIST ON HAVING THERAPION. 6

Economical Fuel for the Human Machine.

By RUTH CAMERON.

How we can supply our families with enough of the right kind of food at the lowest possible cost is the most acute problem of the average American housewife.

We took a nibble at this problem yesterday. Let's take another today.

Of the three substances, proteids, fats and carbohydrates which the body requires, protein is the most important because it rebuilds the body.

As the average person gets a large proportion of his protein from meat and eggs that makes it also the most expensive. Now what we should do is to try to substitute for the expensive cuts of meat from which we have been getting the body building proteids some other less expensive food which also contains protein. Now what are these foods?

Substitutes for Expensive Meats.

Well, for one thing, some of the cheaper meats contain just as much protein as the more expensive. The theory that the best is the cheapest is not true of meat buying. The more expensive meat is more palatable but not necessarily more nourishing.

Next a housewife should remember that fish is almost as satisfactory a proteid container as meat and use it accordingly.

Then there are other sources of protein less exensive than fish even. Oatmeal, cheese, milk and the dried legumes (peas and beans) have fairly large percentages of protein. Thus on the morning when you do not serve eggs a large dish of oatmeal will help supply the deficiency in protein. Dried beef is also very rich in protein and thus makes an excellent breakfast or lunch dish. An interesting fact is that skimmed milk is as rich in protein as whole milk (the loss is in the fat) and this makes it a valuable food for the money. For instance as cocoa has a good precentage of both protein and fat, a cup of cccoa made with skim milk is a very valuable inexpensive food.

Macaroni is very rich in carbohydrates, therefore a lunch dish of macaroni and cheese (rich in protein) furnishes the body both fuel and tissue builder.

Peas and Beans are Body Builders.

Peas and beans should not be forgotten by the housewife who wants to cut down her meat bill. These are better served with meat to help out than in a large quantity by themselves. For instance a small cut of meat can be helped out with a side dish of peas or beans.

In making such substitutions one fact must be taken into account and that is that the proteids in cheese, cereals and the legumes do not digest as thoroughly as those in meat, fish or eggs. Since it is not what we eat but what we digest that nourishes us we can't get quite as much protein from these sources as we would at first expect.

I have given these few suggestions partly to please the letter-friends who asked for them and partly in the hope that I may arouse more general interest in a vital and fascinating subject.

An Investment that Will Pay at Least 1000 Per Cent.

If you think you'd like to know more; if you'd like to have a simple comprehensive explanation of the whole subject; if you'd like to have at hand an excellent table by referring to which you can tell the food value of any food and thus find out if you are planning well balanced meals, or see how you can cut down expenses without endangering your family's health; let me suggest as I have once before in these columns that you invest a postcard and two minutes of time in sending to the U. S. Bureau of Agriculture for Farmer's Bulletin 142 on Principles of Nutrition. I assure you it will pay more interest than any investment you ever made.

Ruth Cameron

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Whenever you feel a cold coming on, think of the full name, LAXATIVE BROMO QUININE. Look for signature of E. W. Grove on box. 25c. dec2,w,tf

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A Kalem 2 Reel Special,
A Diamond in the Rough,
Caught fast in a bear trap, Jack faces slow death. How he is saved in the nick of time by the wife he has wronged will go straight to the heart.
Romantic Josie,
Two-part Vita-Laugh. Even the house afire and the presence of the firemen cannot destroy her love of romance. Drenched to the skin and surrounded by flames, Josie continues to read her book.
MUTUAL WEEKLY—Glimpses of the latest French military manoeuvres and other interesting events.
AND THE EVER-POPULAR KEYSTONE COMEDY.
YOU CAN HELP! ALSO SEE A GREAT SHOW! THE PRICE IS SMALL, THE VALUE BIG, AT THE NICKEL!

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J. J. St. John.
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PURE IRISH BUTTER is another leader; in fact we can't keep enough stocked, as ours is the only real Irish in the market. Price now 45c. per lb.
BEANS, 5c. lb. PEARL BARLEY, 7c. lb.
Make your purchases from us, get your free Coupons and see how pleased you will be at Xmas.
J. J. ST. JOHN,
DUCKWORTH ST. & LEMARCHANT ROAD.

The Chil

(Continued from 3rd page

to get his hand to his mouth, h
wait till some chance activity
spinal centres should bring it
Should he wish to turn his hea
given direction, he would find h
without the means of doing so.
as some one has said, a spina
creature.

A child cannot begin to contr
movements till the fibres that
the necessary orders begin to d
work. So we find him endowe
a marvellously fine and compl
of tools for delicate tasks, but
make no use of them. He has i
but they might as well all be th
a tongue, but he cannot frame
tence; feet and legs, but they
carry him anywhere.

And the way is long and a
wherein he grows from this h
condition to the self-control of
ity. Inhibition means more tha
persons suppose. It is the
lesson man has to learn. Obs
child of three or four. How
power of self control he has.
not inhibit or control his impu
action. Stand him before y
tell him to keep perfectly still
might as well talk to the wi
cannot keep still. The conscio
fort hurts him. His muscles
his body sways, tensions appea
his eyes and mouth. His activit
only be controlled by somethi
ternal upon which his interest
trd. If he tries to control it-
A normal child is never still
strict sense of the term.

A certain manufacturer of ch
rubbers has recognized this
control in his youthful custome
puts a cushion or buffer on th
of his product just where the
the restless little sitter strikes
backward swing. It is to be
that the child's Sunday School
er, to say nothing of his parent
wise as the maker of his rubb
making allowances for his und
ed state.

When your little boy spills h
of milk over the clean table cl
member, before you take the
in hand, that, whereas your ow
issues its orders to well-traine
vants in eye and hand and
well-trained messengers in ner
fibre, those little hands are only
ing the rudiments of accurate
and that behind those startled e
forts were initiated and order
that were never fulfilled.

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Fresh New York Turkeys
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Parsnips, Carrots.
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