arus

*** ishing

mical and what

will prove to be

young leaves of

erous value for

mean greater safety ests you keenly. nd the notation "No Silent Parlor" match es contained in these a chemical solution ave been lighted and glowing matches is



CHEVROLET

ple of wealthmits ownership noderate means

YOUR DOLLAR AND Look For The Gold Medal WHAT IT WILL BUY

on the top of the

SWEEPER - VAC

means quality, effic-

vacuum

F. L. HOWEY,

Automatic

Base Ball Game

Open day and night

Clifford's Old Stand

High Score for Yesterday

Twenty-four

Broadbent

ailor to the well-dressed Man

gent for Jaeger's pure wool

Agent for Ely's Neckwear

Agent for Aertex Underwear

"Borsalino" and other high grade Hats

A Splendid

Assemblage

Women's

and Misses'

Another Shipment

Delightful Models

Just Received

Suits in gabardine, Trico-

ne and English Serges, in

season's latest novel-

are Nigger and Tobacco

rown, Sand, Green, Navy

oats shown in full swingg styles and new shades. ome are belted in and fin-

shed with very large

ointed collar. Others

ore tailored are shown

the darker colors.

W.L.

LIMITED

Distinctive Ladies' Wear Phone 446

127 Colborne St.

nd smart tweeds.

The prevailing shad-

4 Market St.

78 Colborne St.

The Expert Housekeeper Can Still Get a Dollar's Worth of Food for That Sum, if She Knows What to Select, One Do mestic Science Expert D eclares

supply energy. They forget that

(New York Sur) people, no matter what the the person who does not lead the crisis of the catastrophe, always save violent life of firemen or who does the universe by keeping their heads not work at hard labor in the open While all the agitated mob whose air for eight hours a day does not rebellious acts are quite indispenneed as much nourishment. Girls,

rolution. And even though you may hink the social revolution and the and interchangeable, you cannot if ou will listen long enough but adnit that this person has some sense.

home economics for the Institute of and potatoes and bread and butter.

Arts and Sciences of Columbia University. The reporter heard her talk even though they may say they do the other day on "What My Dollar Can Buy," and then later talked "The new tike it. lar Can Buy," and then later talked with her and learned that things af- housewife must ask herself about ter all were perhaps not so bad as the food she gives her family is. they seemed. At least they would not How much of these dishes I am pre-

tion that the supposedly shrunken dollar is really as almighty as ever and that it can buy quite as much food as it could before the present rise in prices. All that is necessary and a little more intelligence in buy-tie endiess discussion that goes on ing, a little more knowledge of the line of the process of the little more knowledge of the little wheel wheel bread as to whether you should parchase the blind for a number of shelping the blind for shelping the shelping the blind for shelping the shelpi ing a little more knowledge of the foods, their values, and the possibilities of substitution. "I am continually being told," said Miss Johnson, "that children need this and that, wheat bread, for there is quite as the whole wheat bread. Do not the formation of a committee in the formation for that day. A few days later as we played together he while the first the formation of a committee in the formation of a that they must have an endless and aried succession of dishes. Now this is very nice, I admit, and I think veryone should eat as many different kinds of food as possible, as long as they are nutritious. But not or one momennt would I admit that uch a diet was necessary to sustain child or an adult in healthy effiiency. Unimaginative moderns who have always had everything they wanted to eat forget that civilization as elaborated the diet as it has verything else, and that their foreathers who founded the nation and laid the first stone walls became the ioneers that they were on a bread and molasses youth. I could show you to-day in the flesh a well-known Philadelphia merchant who is 80 years old and a mountain climber, whose childhood diet was porridge and milk, porridge and gravy and porridge and treackle-three meals day until he grew up. And similarly bread and molasses, corn cereal and milk is a wholesome diet for the

growing child. Either contains all growing child. And with certain eins and the starches he needs-

s 75 per cent water."

petite fails us."

Street. Toronto.

Limited, Manchester, England.

CHILD'S SEVERE

STOMACH TROUBLE

Child's Life

but what you can and should eat, failed. that directs the housewife who really wishes to cope in some fashion with the rising prices of commodities. And she will have gone forward several steps if she will think of that power of resistance. which made it possible for her ancestors to survive a plain diet and a still plainer, primitive civilization as in some way of achievement of that diet." As hard as it is for people to live with sugar—in a suburb—at 18 cents a pound, Miss Johnson thinks that the very necessity for a sudden intellectualizing of domestic management is what the housewife needs

Just as the industrial reorganization following a declaration of war, horrible as war might be, could not but "The more benefit this country. "The more housewives have to worry about their diminishing dollar, and the greater amount of brain that they are forced to put into feeding their family, the less unfavorably will the American housewife compare in the future with the European. There are of course two ways of buying for a cery and stock your house in bulk for a week or a month to come, or you can do as the French house-keeper does—fill your basket at the first part in an and find the first part in an and find the first part in an an also taught to take their part in amusements, and fencing, skating, push ball are all the first part in yogue at the 'Phare.'

"Have we succeeded? I think the letter if your like the letter is any other medicine for child-ren like Dr. Cassell's Tablets. Publish this letter is any other medicine for child-ren like Dr. Cassell's Tablets. Publish this letter is any other medicine for child-ren like Dr. Cassell's Tablets. Publish this letter is any other medicine for child-ren like Dr. Cassell's Tablets. lousehold. You can walk into a gronarket with the exact amount of food that you need for that day's nenu. And you will have each person's ration so nicely adjusted that

son's ration so nicely adjusted that waste will be impossible. But the American housewife, who has always "just bought" or telephoned her orders to a solicitious grocer, has far to go to obtain that degree of skill. "For the American housewife in great many cases has still to apply to her purchases and her menus the fundamental tests of foods. First, the chemical test-does it contain the chemical elements necessary to a properly balanced diet? Second, how many calories are you feeding your children—do you give your daughter too many and your son too few? For some housewives, oven those who stare gayly enough on the assumption that 3,000 is the proper number of calories necessary to propel a person through one day's

excitements, forget that calories

"LADY OF THE LIGHTHOUSE

Wonderful Work Done by Miss Winnifred Hunt in France

BLINDED SOLDIERS Are Aided at Her "Lighthouse" in Paris

What is the greatest affliction

over on Spanish onions to be one the North Woods, and the lumber-jack in ed in battle by shot, shell and ven-playful child again. A thorough "ir omous gas. jack leads the most strenuous and the story of what she has done is necessary.

exhausting of all outdoor occupator for hundreds of the thousands of the story of what she has done is necessary.

Beware of the following said the story of what she has done is necessary.

in the course of hostilities, and, with trained ability, energy and intelligence, began her work of salva-tion for the blinded men. Today she stands at the head of a great or-ganization in Paris, and has brought unique measures of relief to the a could to cheer a terribly depressed entitle and try to do what it could to cheer a terribly depressed entitle and try to the countries of the cognition of her work Miss Holt has

It is Miss Johnson's firm conviction much is left over unabsorbed. Why ion that the supposedly shrunken buy or take the trouble to prepare for a brief stay, and gave a caller

wheat bread, for there is quite as much if not more nourishment adjusted to the needs of man in the white bread. But in the coarser food you do get some of the much discussed and supposedly necessary vitamines—the elements that are discussed and supposedly necessary ago have sprung three model "light-vitamines—the elements that are ago have sprung three model "light-his parish, and when I saw him six needed by the system if it is not to houses" in New York and a summer suffer from the continual so coming place for the blind on the river, where many a hopeless soul has

"Food values differ for each in-vidual so that it depends on your At Miss Holt's headquarters in dividual, so that it depends on your Paris, she has under her charge a husband, your skill as a cook and house with more than 40 rooms, the conditions of your life whether large gardens and a court, the whole three times a day and still keep him happy. For that is what a great happy. For that is what a great administrative staff.

many women ask me. But that Miss Holt's staff of instructors is would not take much ingenuity, and composed of trained workers only. the husband might not reasonably "One would not employ untrained be expected to stand it. But the "One would not employ untrained fourth fundamental test of a wise cathedral of Rheims or the univerdiet is the economic one. Are you sity at Louvain, then why should we paying for value in your food? For do so in constructing the finest work price is no index of the nutritive of God, a human being?" value of a vegetable. Witness the claims, when speaking of her collacabbage, which like the human head borators

The two American members of her Miss Johnson believes that the working staff are Miss Esther Cleve-children would become more efficthe food elements necessary for the ient in the silence back of the kit- Cleveland, who teaches stenography growing child. And with certain other range if they were more famother simple foods added, food that iliar with its symbols—if they were and Miss Bernhard Grant, the grand-daughter of another United States imaginative arithmetic that allowed President, who gives instruction in terms and the state of them to add and multiply calories tain a grown person as well.

"But, cry all the housewives of them to add and multiply calories of food instead of treating them as if they were all destined to spend mainly recruited from the French politic, and they have all taken the the country, they do not like it, and their lives papering walls or selling the husband will not eat it. Perhaps the one necessary thing if we are to believes likewise in a certain amount of the husband will not eat it. Perhaps the interval of their lives papering walls or selling in the duties which the one necessary thing if we are to believes likewise in a certain amount of the country.

the husband will not eat it. Perhaps the one necessary thing if we are to apply the intelligence to the diet is that will power must accompany the intellect in its efforts to eat rationally. It is not what you want to eat, but what you can and should eat, failed.
"Not that I think individualism in the kitchen is necessary for the safety of the home," she said. "For safety of the home," she said. "For the tablecloth is necessary to the safety of the home, the said of the safety of the home of the safety of keep parent and child together, the ed every profession. There are many family might well be separated." Uaited we eat but divided our ap- France, but I believe I am correct in saying ours is the only institution in France today for the higher education of the blind.

"I am happy to be able to say that the number of blinded men in France is not so great as has been generally reported, but it numbers Harrison (Ont.) Father Says Dr. Cassell's Tablets Saved His several thousands. In our light-house we can accommodate, beside the resident patients and pupils. about 200 day pupils. They are being Mr. Corby, Harriston P.O., Ont., writes: "Our little girl was weak from birth, and though we tried writing and all the manual crafts doctor's medicine and other things open to the blind. We have the onshe got no better. She just lay in ly electrically run printing plant for said we could not save her. The doctors said she had stomach trouble, and that her chances were located and an architect, and both are findsmall, yet Dr. Cassell's Tablets ing their way back to their profescured her. They have been worth their weight in gold to us, for we fingers. The men are also taught to

lish this letter if you like; it may help others as the Tablets helped us."

A free sample of Dr. Cassell's Here is some of the work they have done," and she displayed examples Tablets will be sent to you on receipt of 5 cents for mailing and packing. Address: Harold F. Ritchie and Co., Limited, 10 McCaul

"Now here is a photograph of a Dr. Cassell's Tablets are the surman who lost his arms as well as est home remedy for Dyspepsia.
Kidney Trouble, Sleeplessness, Anaemia, Nervous Ailments, Nerve
Paralysis, Palpitation and Weakfirst we could only give him occupa-Paralysis, Palpitation and Weakness in Children. Specially valuable for nursing mothers and during the critical periods of life. Sold
by druggists and storekeepers
throughout Canada. Prices: One
tube, 50 cents; six tubes for the
price of five. Beware of imitations
said to contain hypophosites. The trip compilment of heing invited to said to contain hypophosites. The compliment of being invited to composition of Dr. Cassell's Tablets is known only to the proprietors, and no imitation can ever be the same.

Sole Proprietors: Dr. Cassell's Co., went on Miss Holt. "One day the Limited. Manchester. England.

doctor came to me and asked me if

CHILD GETS SICK CROSS, FEVERISH IF CONSTIPATED

A laxative to-day saves a sick sed suriol pur sinos pur sineuties child to-morrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish

What is the greatest affliction which may be put upon a man by the coated, or your child is listless, cross, sable if this world is to move are raving away in the market place raving away in the market p raving away in the market place some more conservative and even a little more conservative and even a little more constructive person alboy can make away with. It has been stated that a small boy at a been stated that a small boy at a boarding school has to be gived things may be terrible, but there are ways humanely possible out of the difficulty without all this social relations and although I do not difficulty without all this social relations and the colories and a growing calamity which a soldier may suffer in the cause of patriotism.

It was because she believed this to be the case that Miss Winnifred Holt left home, work and friends in New York to go to Europe as soon posting waste will continue to be stricken blind is the greatest. To be at nearthy, fun of cold, or has some throat or any other children's sore throat or any other children's allmint, give a teaspoonful of "California Syrup of Figs." then don't to be the case that Miss Winnifred Holt left home, work and friends in New York to go to Europe as soon menting waste will contain the cause of patriotism.

It was because she believed this to be the case that Miss Winnifred Holt left home, work and friends in New York to go to Europe as soon menting waste will contain the cause of patriotism.

It was because she believed this to be the case that Miss Winnifred Holt left home, work and friends in New York to go to Europe as soon menting waste will contain the calmity which a soldier may suffer in the cause of patriotism.

It was because the believed this to be the case that Miss Winnifred Holt left home, work and friends in the cause of patriotism.

It was because the believed this to be the case that Miss Winnifred Holt left home, work and friends in the cause of patriotism.

New York to go to Europe as soon menting waste will contain the calamity which a soldier may suffer in the cause of patriotism.

It was because the believed this to be the case that Miss Winnifred the calmity which a soldier may suffer in the cause of patriotism. It has calamity which a soldier may suffer sore throat or any other childrea's ailment, give a teaspoonful of "California Syrup of Figs." then don't know how wise such repletion may New York to go to Europe as soon be, I do know that is as much as reason as she learned of the soldiers blind- of the bowels, and you have a we! side cleansing" is oftentimes all the

Beware of counterfeit fig sy ups mit that this person has some sense.

The person in this food crisis who has a very keen sense of the gravity of the situation and yet has positively not attacked any pushcart in Greater New York is Miss Helen Louise Johnson, who lectures on them, but do they need it? My adhome economics for the Institute of the situation and yet has positive them, but do they need it? My adhome economics for the Institute of the Moutdoor occupations. I have my doubts about small boys. Of course they will eat find the world's greatest war can never be told, but the story will live for generations, and her work, begun in compassion, opens a new era for the blind in France.

Miss Holt went to France early in the course of hostilities, and, home economics for the Institute of the moutdoor occupations. I have my doubts about war can never be told, but the story will live for generations, and her work, begun in compassion, opens a new era for the blind in France.

Miss Holt went to France early in the course of hostilities, and, with trained ability energy and in the course of hostilities and with trained ability energy and in the course of hostilities. made by the "Californ'a Fig Syrup Company.'

priest who had been blinded as well hey seemed. At least they would not be if the feminine intellect— that laways seems to be failing where it is needed most—were to be more consistently and directly applied.

How much of these disnes I am previous the feminine intellect—that laways seems to be failing where it is needed most—were to be linto, the system into the form of proplied.

How much of these disnes I am previous the paring is absorbed in the system and how much of it is wasted? For a and is one of the very few whose infingers of his right hand, and his disner to carry her efforts of mercy to the very trenches.

Why was Holt is at present in America (I) while and with him a while and

"I talked with him a while, and before I left I asked, 'You play checkers?' He nodded. 'Tomorrow we will play checkers,' I said 'Is it possible?' he breathed. We played the months later he said to me, I had eves I was blind: now that

"I want a million dollars for thi great work of rehabilitation of the most delicate of all God's works, the human being," said Miss Holt. "If work for my 'comrades in light there, but if it be our lot to enter the conflict. I shall feel it my duty to stay at home and give what help may to the soldiers of my own land

Children Cry FOR FLETCHER'S CASTORIA

There is a Difference-

There is a decided difference in Cold Drinks. Two persons may use exactly the same materials and get a vastly different result.

Right now we are making a specialty of our Fountain Drinks and the man in charge is an experienced dispenser who thoroughly understands the serving of mixed drinks and who keeps tab on the new things as they are introduced.

You will Enjoy our Service

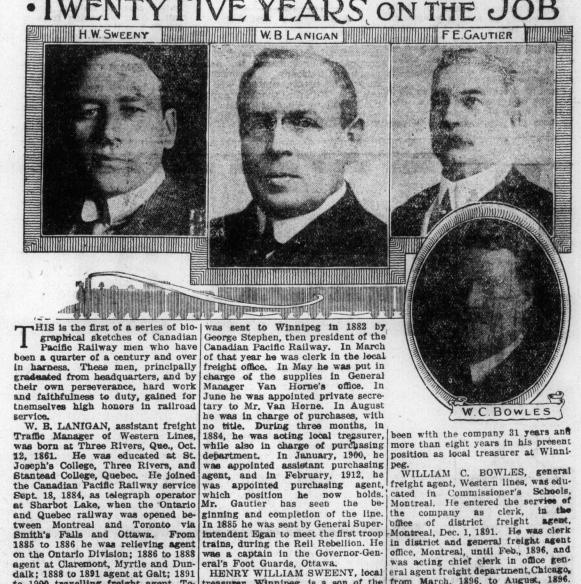
rtemis

148 COLBORNE STREET

"If advertising space in newspapers could be sold at standardized ratesbased upon a fixed price per line for each thousand of circulation-space buyers would rejoice. At least, some of them seem to think that they would. But advertising space does not have a standardized VALUE, therefore cannot be sold at a standardized rate. IN THE CASE OF NO OTHER COMMODITY DOES QUALITY PLAY A STRONGER PART."-Editor and Publisher.

The Courier rightly claims "Quality" circulation in Brant County. Its subscribers are people of real purchasing power.

·TWENTY FIVE YEARS ON THE JOB



on the Ontario Division; 1886 to 1888 agent at Claremont, Myrtle and Dundalk; 1888 to 1891 agent at Galt; 1891 to 1900 travelling freight agent, Toronto; 1901 assistant general freight agent, Winnipeg, In March, 1908, he was appointed general freight agent, Winnipeg. In March, 1908, he was promoted to assistant freight traffic manager of western lines, which position he now holds. He is using the first desk occupied by a freight traffic manager on the C. P. R. lines, and says he would not exchange it for the best manbogany desk made.

FRED, E. GAUTLER, purchasing agent, western lines, was born at pointed paymaster on all lines east of Fort William and promoted to agent, western lines, was born at local treasurer at Winnipeg in 1908. His work embraces territory covered by the provinces of Manitoba, Saskarble, In 1874. He was educated at Montreal High School. His work embraces territory covered to local treasurer at Winnipeg in 1908. His work embraces territory covered by the provinces of Manitoba, Saskarble, In 1854. He was educated at Montreal High School. His work embraces territory covered by the provinces of Manitoba, Saskarble, In 1854. He was educated at Montreal High School. His work embraces territory covered by the provinces of Manitoba, Saskarble, In 1854. He was educated at Montreal High School. His work embraces territory covered by the provinces of Manitoba, Saskarble, In 1854. He was educated at Montreal High School. He was appointed general freight agent and assistant freight traffic manager, Winnipeg, 1909, to February, 1903, and was assistant general freight agent at Montreal, Jan. 1906, During 1906 and 1907 he was general freight agent Calgary and Vancouver, 1903 to 1906. During 1906 and 1907 he was general freight agent, Kootenator and provinces of Manitoba, Saskarble, In 1854. He was educated at Montreal High School. He was appointed cashier in the Governor-General freight agent at Montreal, Jan. 1896, to August, 1896, to Aug

