

MISERABLE FROM STOMACH TROUBLE

Felt Wretched Until He Started To Take "Fruit-a-tives"

591 CHAMPLAIN ST., MONTREAL.

"For two years, I was a miserable sufferer from Rheumatism and Stomach Trouble. I had frequent *Disy Spells*, and when I took food, felt wretched and sleepy. I suffered from Rheumatism dreadfully, with pains in my back and joints, and my hands swollen. A friend advised "Fruit-a-tives" and from the outset, they did me good. After the first box, I felt I was getting well and I can truthfully say that "Fruit-a-tives" is the only medicine that helped me". **LOUIS LARRIE.**

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

LENTEN RECIPES FOR HOUSEWIFE

Creamed
Two pounds boiled lobster meat. 1 pint of sweet milk, or 1-2 pint of cream. 1 tablespoonful of butter, salt and pepper.

Remove the meat from tail, large claws, chop fine; place milk in a pan with butter; heat until butter melts turn in lobster meat; salt and pepper to taste and heat very hot; if cream is used add 1-2 cup of water before putting on the fire.

Stuffed Codfish
Clean a 3 pound fish, sprinkle with a little salt inside and outside, cut gashes one each side of the back bone and stuff with slices of fat pork cut in strips, place in a pan on strips of white cloth, sprinkle with a little pepper, brush over with melted butter; sprinkle over with a little flour; place around the fish small pieces of pork; bake one hour in hot oven; baste every 10 minutes after the fat begins to come out. Stuffing: One cup of bread crumbs, 1-4 cup of melted butter; 1-2 cup of cracker crumbs; 1 teaspoonful of onion juice; 1 cup of hot water; 1-2 teaspoonful salt; 1-2 teaspoonful of pepper; put a little water in the pan.

Boiled Mackerel and Parsley Sauce
Take nice, plump mackerel, wash well and scrape; tie up in a clean white cloth that has not been ironed; put in boiling water with a teaspoonful of salt; let boil 20 minutes; when taken up the skin and all large bones should be removed; serve with sauce made as follows: Put 1 pint of milk on to boil; when it comes to a boil stir in 1 tablespoonful flour creamed with a tablespoonful butter and a little salt; stir until it thickens; add 2 tablespoonfuls finely chopped parsley and stir until well mixed.

Creamed Codfish
At 9 o'clock a.m. put salt codfish on back of stove in cold water; half an hour before dinner prepare potatoes, and take some of the water from fish to boil them in; pick the fish (nearly 1 pound) in strips before soaking; have 1 pint of milk heating; when near boiling have 2 tablespoonfuls flour creamed with 1-2 cup of cold water, and add a tumbler full of water from fish, and add cup hot water, then the thickened milk; cook with fish and lump of butter until thick cream; turn over cooked potatoes and take to the table; nice if fish is freshened day before for breakfast.

GIRLS! ACT NOW! HAIR COMING OUT MEANS DANDRUFF

Save your hair! Beautiful! It is only a matter of using a little Danderine occasionally to have a head of heavy, beautiful hair; soft, lustrous, wavy and free from dandruff. It is easy and inexpensive to have pretty, charming hair and lots of it. Just get a 25 cent bottle of Knowlton's Danderine now—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance; freshness, fluffiness and an incomparable gloss and lustre, and try as you will you cannot find a trace of dandruff or falling hair; but your scalp will be better after about two week's use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower; destroyer of dandruff and cure for itchy scalp and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine, and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.

portion of the Aldershot camp which is now credited with being the germ of the Royal Flying Corps.

Many Army Rumors
Court records, yellow with over two decades of life, show today that someone was selling certainty and army supplies. It meant that Greener dropped out of the army world and until he "gave up" in Manchester a few weeks ago nobody knew whether he was alive or dead. Many army rumors, as the years dragged on, credited him with fighting with the Boers of Magersfontein, located him in China, India, Canada, the United States and elsewhere. Greener's own story shows that he was nowhere during all the years, but living down the past as a mining prospector in the mountains of Quebec, Canada. It was in this isolated rendezvous that the tales of European battlefields reached the deserter and the call of the army was overpowering. It drew him back to England and to face what might mean dishonorable death.

He is in the 60's but still erect and soldierly. His temples are whitened and there are lines in his face. He wears the simple uniform of a Sappers and is soon destined for his further "come back" in northern France.



Rippling Rhymes
Walt Mason

CHANGED TIMES
In other times, when spring was near, the fans would talk, antrins, about the team we'd have this year, to pennant fame aspiring. Down at the Blue Front sauerkraut store we'd gather, in the gloaming, and thrash the prospects o'er and o'er, our long sedan hear a spiel about the south-paw pitcher; the talk is of the steering wheel, and mixtures lean or richer. We labor at our punk cigars, and talk, like men and brothers, in-dounging, sundry others. We bask our stiff and ancient limbs, and lay aside our crutches, and talk of rubber tires and rims, of windshields, brakes and clutches. We talk of trips we mean to make, when winter hits the gravel; for all things mundane are a fake excepting motor travel. To talk baseball I sometimes try, but find the going rocky; the talk's of climbing hills on high, me much the grand old game has lost: its lotty station, in this—our town—perhaps the same throughout the carstruck nation!



THE ROBIN'S RAIN SONG
The sun called to the West Wind, and the West Wind rolled a Cloud before the Sun and they gave him the water.

That evening tiny rain drops pattered gently upon the earth. The heads and the flowers raised their heads and drank of the rain and were refreshed. The streams bounded down harder and harder. The fields waved in the wind and drank of the cooling waters.

"Enough!" cried the Sun as he peeped from behind the Cloud. All nature sent up a cry of thanksgiving to the glorious Sun. The Blue Bird and the Robin lifted their heads in song.

So, when you hear that plaintiff song of "Cheer up, Cheer Ye," you may know it is the Robin's rain song.

Often you can see the long Sunbeam path that reaches from the Sun to the earth. Perhaps you have wondered what it was. I did—until the old Chief of the Indians told me this story.

HELD FOR BAIL
By Courier Leased Wire.
Hoboken, N. J., March 7.—Fritz Kolb and Hans Schwartz arrested in connection with an alleged plot to destroy munitions for the Entente Allies, today were held for grand jury without bail. Two bombs found in Kolb's room were identified by the prisoners in court.

Clarence Ficke, who lives in a hotel here where Schwartz had been employed as a cook, told the police that early last Monday he met Schwartz and observing his fatigued condition, asked him where he had been. Schwartz replied, Ficke alleges, that he had been "out all night in a motor boat." The police say trips to Black Tom, N. J., in a motor boat figure in the alleged scheme to blow up munitions.

Amos Tipling, of Wingham, was elected president of the Canadian Plaxmen's Association.

Maydole Ball Pem Hammers

A high grade machinists' hammer, made of finest, crucible steel, beautifully finished, with selected second growth hickory handle. Head and handle are put together in a manner which gives perfect balance. Sizes from 10 ounce to 1 1-2 lb. carried in stock. Come in and see the Maydole line—

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MYSTERY MAN OF ARMY BACK

Lure of Great War Calls Deserter From Remote Part of Chili

London, March 7.—Disappearance from the army under a cloud, 21 years a "mystery man" in South America and now ancient British court records are skeins revealed to-day in the story of the man who came back.

Friends of Sergeant-Major Greener, Royal Engineers, have just learned the whole truth in connection with Green's sudden leave from his battalion headquarters at Aldershot in 1895.

The irresistible lure of the great war which called the deserter from a remote part of Chile caused him to appear before a court martial, again at Aldershot, just 21 years and three days after he was officially reported missing on the barracks room bulletin board. Desertion usually means death, but this court martial had only the heart to reduce its victim to the rank of private.

It was back in the days when the Duke of Connaught was commander-in-chief of the Engineers. Greener had charge of a little yard and shed—the balloon works—a particular

FIRE IN QUEBEC

By Courier Leased Wire.
Quebec, March 7.—Fire starting between the floors of the casting machines, caused a threatening blaze about 11 o'clock last night in the plant of the newspaper Le Soleil. A double alarm was sounded and the fire confined to the casting room, though all other departments were flooded by water. Energetic work enabled the papers to publish today on scheduled time.

Catarrah Cannot be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Hall's Catarrh Cure is a medicine which acts directly upon the mucous membrane of the eye, and in order to cure it you must take the blood and mucous membranes. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in the world for what you may call a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, and directly on the mucous surfaces. The perfect combination of these ingredients results in curing catarrah. Send for testimonials, free. **HALL'S CATARRH CURE FOR CATAARRH.** Sold by Druggists, price 50c. **DR. J. C. HENRY & CO. Proprs. Toledo, O.**

Our Daily Pattern Service

MISSES' AND SMALL WOMEN'S DRESS.

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

The simple little frock in this illustration is made indecible by the addition of a separate yoke belt of contrasting goods and a collar of unusual cut developed in material to match. The trimming fold on the cuff is a detail that adds to the originality expressed by the design.

The waist is cut very full and bloused at regulation waist line, where a three gore gathered skirt with the popular panel front is joined. A full length sleeve, with quite some fitted effect, is set in without fulness. It adds to the youthful lines of the dress to have the closing at the back, and a back closing is always decorative. The small buttons trimming the collar and yoke belt have decided style value.

Serge, gabardine, novelty checked material—also satin, pongee, taffeta and linen—are excellent weaves on the fashionable list for daytime frocks. This design is particularly suited to misses and small women. The simple suggestions on the pattern envelope are the only guide necessary to copy the model.

The dress pattern No. 8175 cuts in sizes 16, 18 and 20 years. To make in size 16 requires 3 1/2 yards of 36 inch material; 3/4 of a yard 36 inch contrasting goods.

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



The "BETTER" Shoe Store



THE FAIREST FLOWERS

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122 COLBORNE ST.
Bell Phone 474.

SIDE TALKS BY RUTH CAMERON

IS HE MEAN?
A young married woman in our town was telling me about her brother-in-law one day.

"He's terribly mean," she said; "he won't let Gertrude go anywhere or do anything. We're always trying to get them to go to the theatre or go off for the week end or things like that with us, but he says they can't afford it. It's all nonsense. He gets a good salary."

"Does Gertrude mind?" I asked.

"Well, she won't admit she does. Everything John does is all right. But I know she must. She always loved a good time as much as I do. And I tell Harry if he treated me like that I'd get a divorce. If there's anything I hate it's a mean man. It's really no fun to go out with them either because they're always counting off their pennies. I'd be so ashamed if I were Gertrude."

Now meanness is unquestionably a vice, and more than that, like some other small minded vices such as covardice, a vice that is particularly hard to forgive.

But I have grave doubts if the brother-in-law is mean.

The Criticisms
The Critic Makes Me Doubt
The doubts come not from what I know of him,—I have never even met him,—but from what I know of his critics. Critics often take half their

And I know perfectly well that this critic's idea of meanness would be living within one's income and trying to save a little.

She isn't mean! Far from it! She spends every cent her husband earns, keeps him jumping to make more, and even goes into debt to tradespeople.

And not satisfied with living in that unnatural way, she must criticize other people who will not do as she does.

There are many people like her and they do much harm by the false standards they set.

They Owe Everyone But They Have
A Good Time
I know another couple who owe the dentist, the butcher, the grocer, yet go in for all sorts of good times. And when any of their friends will not join them, on the ground of too much expense, they say, "Oh be a sport."

It's a good thing to be a sport (in the best sense of this word); it is good to be happy, to live your life intensely while you can; but the unobtrusive yet all important foundations of all these goods, the sine qua non is the common honesty of paying one's debts.

I suppose I sound old fashioned but to me there is no meanness so dishonorable as that which carelessly and needlessly runs into debt.

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

Kitchen Cabine ts

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