RichandMellow



You'll Like the Flavor 35c, 40c, 45c, 50c, per pound.

ABSORBING LETTER COMES FROM SIGNALLER IRVING APPLEBY

The Men of the First Contingent a Changed Body From What They Were at Valcartier-The Effect of Discipline - The Salisbury Plain Conditions

UNSTRUNG, UNSTEADY SHAKY NERVES

MAY BE TONED UP BY USING HEART and NERVE PILLS.

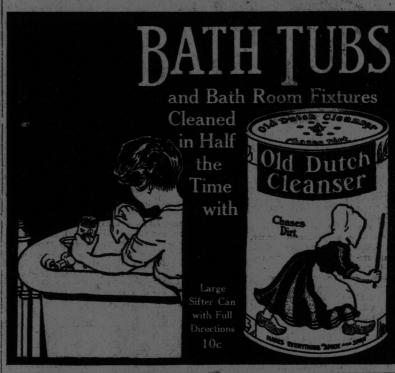
MADE IN CANADA

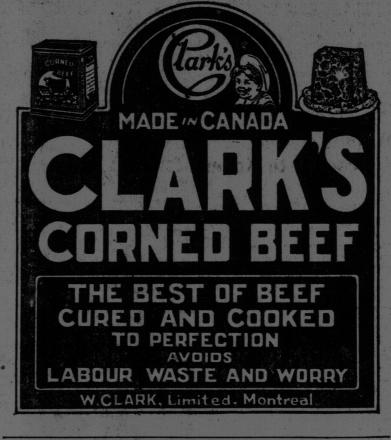
By Canada's Largest Foundry Gas Ranges

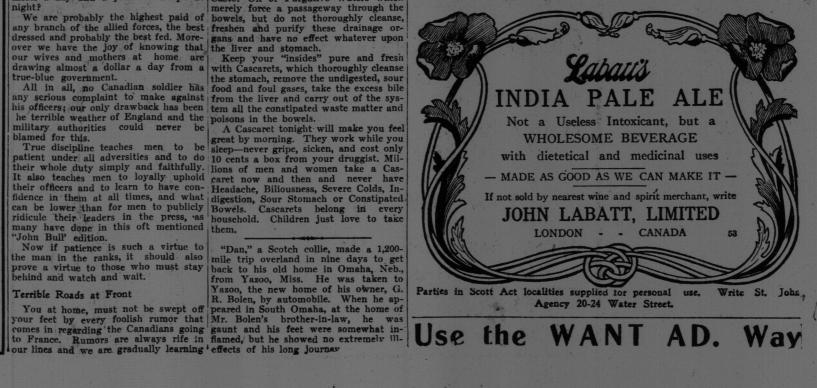
A Soldierly View.

And now let us take up the question of fault-finding. Are our officers to be blamed for this? A great many seem to the "John Bull," and even to their home papers regarding it. Is Gen. Sam Hughes to blame? Is our grand old Lord Kitchener to blame? Is our suffering comes to us. There are militions of soldiers here in England and thousands of wounded and sick in hospitals and then we must include the army of the becaved who must be looked after financially. To me it is marvelous how the great brain of Kitchener can direct the whole enormous business so splendidly; where is the Canadian soldier who can say that he ever went without his three meals a day and a place to sleep at night? We are probably the highest paid of any branch of the allied forces, the best dressed and probably the best fed. Moreover we have the joy of knowing that our wives and mothers at home are drawing almost a dollar a day from a true-blue government. All in all, no Canadian soldier has any serious complaint to make against its officers; our only drawback has been he terribbe weather of England and the military authorities could never balamed for this. True discipline teaches men to be patient under all adversities and to do their whole duty simply and faithfully. It also teaches men to loyally uphold their officers and to learn to have considence in them at all times, and what can be lower than for men to publicly ridicule their leaders in the press, as many have done in this off mentioned "John Bull' edition. Now if patience is such a virtue to the man in the ranks, it should also brove a virtue to those who must stay brove a virtue to the such as the proper was an analy here. The proper was a different patient of the proper was a different patient of the proper was a different patient.









Social and the continue of the

Here's the admission made (in an advertisement) by one of the heaviest coffee advertisers of the country. Read it. Think it over. Read it again, and let the truth sink in.

Any coffee drinker who feels the onset of ill health and discomfort, and is in doubt as to the cause, can easily find out if coffee has anything to do with it.

Simply change to

POSTUM

Ten days on this famous pure food drink not only shows up coffee, but points the way back to old-time health and comfort.

Postum comes in two forms. Regular Postum which must be boiled-15c and 25c packages. Instant Postum the soluble form - made in the cup with hot water instantly-30c and 50c tins.

Both kinds are drug-free, delicious and the cost per cup is about the same.

"There's a Reason" for POSTUM

-Sold by Grocers everywhere

Canadian Postum Cereal Co., Ltd., Windsor, Ont.