

To look one's best and feel one's fore putting more food into the stombest is to enjoy an inside bath each ach.

best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fer-mentations and poisonous toxins be-fore it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incom-bustible material in the form of ash-es, so the food and drink taken each day leave in the alimentary organs a

Micheal Quinn passed away at hi

day leave in the alimentary organs a fing and are assured of very pronoun-certain amount of indigestible ma-terial, which if not eliminated, form foxins and poisons which are then sucked into the blood through the norm ducts which are intended to strate that is sufficient to demonhome at Bishopsgate on Saturday last, aged 84 yers. Mr. Quinn, who has lived most of his life near Burvery ducts which are intended to strate that just as soap and hot water very ducts which are intended to strate that just as soap and not water time and the end was not unexper-suck in only nourishment to sustain the body. the body. It is a strate that just as soap and not water the time and the end was not unexper-skin on the outside, so hot water and the body. Congregational cometery on Tues-

the body. If you want to see the glow of healthy bloom in your checks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phose incl. absorb impurities into the blood with a teaspoonful of limestone phose incl. absorb impurities into the blood Mrs. Campboll is visiting at the upon arising, a glass of hot water with a teaspoonful of limestone phos-phate in it, which is a harmless means of washing the waste mater-ial toxins from the stomach, liv-the beauty of their complexion should serious condition. ing the entire elimentary treat her results visiting friends in the village.

BURFORD BOYCOTT URGED By Courier Leased Wire. Montreal, Feb. 13.-Le Proges du (From our own correspondent)

Ross Dickis of Stratford, spent the week-end at the parental home. Mrs. Simmons of Brantford, spent a few days last week with Mrs.

Shellington. "Our manufacturers must pre Joe, Hunter of Stratford, is visit- pare their lines and give the marc

ants as easy terms as those of the Ontario manufacturers, while on ing the parental home. To Mr. and Mrs. Robt. Cavin, there came a daughter on the 8th. Ferris Lillico of Toronto. is vistring the parental home. To Mr. and Mrs. Robt. Cavin, there came a daughter on the 8th. Ferris Lillico of Toronto. is visit-ing his parents, Mr. and Mrs. Join Lillico. Mrs. A. Garry of Hamilton is the guest of Mrs. Ivan Smith. Mrs. Brennan and daughter, are visiting friends in Welland and Niagara Falls. Ontario manufacturers, while on their side, the merchants should contribute by their encouragement of French-Canadian manufacture to increase and perfect their output. Wille our merchants should encour-age French-Canadian manufacture selves worthy of encouragyment. This, in fact, is absolutely necessary to the perseverance of the buyer to

SUPERIORESS DEAD. Coarlier Leased Wire Montreal, Feb. 13-Sister Lu

perioress of Notre Dame Hospit is city, died at the hospital h She was born in Moni ago. She had been su

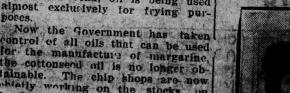
iss of Notre Dame Hospital a little nore than a year. She was a formthat they use a mixture home fat and cotton or an r superioress of the hospital at S niface, Manitoba.

a should assist nature. It is now under-king to cleanse your system—if you will be Hood's Sarsaparina the undertaking when under to supply the chip potato trade wit you will potatoes at the same price as the reading are now bring supplied to the bal

m Workman's Si **Control of Oil**

London, Feb. 13.—The "penn'orth Leach" fish and chins, one of the ever failing suppers of the workof each" fish and chips, one of the hever failing suppers of the work-ing classes, is in serious danger. This article of diet consists of small fish and varieties that could not be sold in the ordinary way of 'rade, dipped in a stiff batter and fried in oil, fard or dripping. As lard and giringing here been normal for sector has been normal for and patrolling operations h kept up, but there have I classes. Airplanes were overhead the day sent over a con number of machines in bat Airplanes were overhead every where to-day. The enemy

As lard and fripping have become scarce and dead, oil is being used almost exclusively for frying pur-



Protests to the Food Control

uld prefer to deal with canizations are attempti rm the necossary organization mulitee has received a tr

led to fish friers on

by a French squadron.

ON SALE AT BOLES DRUG STORE

MEN FOR TANK SERVICE Courier Leased Wire Washington, Feb. 14.—The war

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The "

gineers to fur-Tance, Incatay, Possible from in-associated Press)—Aside from in-reased aerial activity, the American sector has been normal for the last 24 hours. Harassing artillery fire correliant operations have been sh fifty men for tank service in France. Warren S. Stone, grand thef of the brotherhood to-day told

Calleren Cry

FOR FLETCHER'S CASEORIA





ES TO BE HONORED. other, who was pre-nshire at the Parliatheison is the O. C. at only survivor of the fourlise does. crs-\$17.50 a long ton. They point received the decorations of their dead in the other thirteen cases. atives of deceased soldiers