## SAVE FOOD <br> In a time needing food economy many people are not getting all the nourishment they might from their food. It in not how much you eat, but much you assimilate, <br> The addition of a small teaspoonful of Bovrit to the diet as a peptofenic before mealolends to more thorough digestion and assimilation ther saves food, for need less. and

THí DEBT
F Fovery inch of Susex Down, and every English fower For ereverywinding Enplitib hane: for every moodand diade
Some English lad for England the price in blood has paid.
For every inch of England, and all her treasure, too For men who yawn in West End clubs and kownow not what they do
For eerery Matine and Show where pleasure seekers throngy For every Matinée and Show where pleasure seekers throng-
Some Enggish had has locked with Death, and fung hios soul along. For every Hop of England; for Liberty and Peace;
For reamens of fairerer England, when Wars Red Hell sh

For every chid of England who died in flood of Youth
For every broken heart that seeks the Everlasting Tru For every hour of anguish that tore the bafmeds.doul-

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## TO A LADY ON HER TWENTY-PREST

 Inseribed in a coppof of thepresented to her by ye poet.)
 Hello, old pal", sez 1, "How be you? Hel..", ser he."Tm Rlad to see ouu"
And then we takked of this and that. And then we talked of this and that
(TTwas nothing strange, this friendiy ch CTwas nothing strange,
For I and Mr, Omar K. After we'd talked for, quite a while Sez Omar with a merry smile, Trm thirsty as a man can be;
Come, havea little drink with Come, have a little drink with me.
And so we went to Murphy's place Some foaming seidels to embrace.
We drank and drank, when all at o We drank and drank, when all at once
I stopped and shouted, "Im a dunce! I stopped and shouted, "'m a a duncel
To think that Ird forget about it""
"What's ?" "What's up ?" sez K . Sez I , "Old
Ocars to Occurs to me that on this day,
Twenty-one year ago, a gay Twenty-one year ago, a gay
Young lassie whom I know was born.
Let's drink her health from now till mo Let's drink her health from now till morn! "Before we drink the toast," see K .
"There's something that K like to say Since she is twenty-one, old pal,
She's of the voting age, that gal She's of the voting age, that gai.
With national woman suffrage coming
We folks who're used to set things h
In drinking joints will have our hands They're all for prohibition, curse 'em! They're ail for prohibition, curse 'em
In boiling oil Id like $t$ 'mmerse'em !
tromise me that the girl is tot Promise me that the girl lis not
Opposed to booze and on the spot Opposed to booze and on the spot
rintrink her health a hundred times
And sing her praise in lofty rhymes." So lady, I made solemn vows
You'd positively ne'er espouse The cause of prohibition. "Fine !"
Sez Omar, " now let's get some wine Sez Omar, "now let's get some wine
And raise the roof with jolly toasts
To this unusual lass who boasts No anti-liquor views"!" We drank
Your health until the pale moon sal Your health until the pale moon
Completely out of mortal sight. And morning superseded night. Few are the ladies who can say
That celebrated Omar K .
Toasted them. So youtl show, That celebrace. So you'll show, 1 hope.
Toasted them.
Your gratitude by saying "Nop!" When ladies.call on you whose mission
Is to establish prohibition.


## TAXATION WITHOUT PERSPIRATION

## Several readers of this column havin written in to ask whether we are in favo of war profits or excess profits, and of war proifs or excess profits, and in what respect both differ from War Savings Stamps, we think a few concrete on the subject may be of use. Let us take the common ex Let us take the commone. example of writer of magazine poetry with an incom writer of magazine poetry with an income of $\$ 155.50$ a year. Under the exces profits scheme as outlined by Mr. Kitchi proits scheme as outlined by Mr. Kitchin our magazine poet would have to su render everything above a fair return on his capitalization, say 8 or 10 per cent. A thorough examination would show that A the capital in question comprises the fo lowin: (1.) One commutation ticket to Eas lowing. One commutation ticket to East (1.). Oro.-on-the.Sound, bought with the pro peeds of an antedated check cashed by ceeds of an the butcher. (2.) One <br>  growing tee c(4) (Thr somewhere ont 

 which the manuscriptof of apoeficiendramemised
mise which the mapager has faithuthly pr.
mised. to reeas as soon as he caif find it.
(6.). Two insurance policies (6.). Two insurance policies with pre
miums falling due early in September.
J7.7) one doctor's bil for $\$ 234.50$, dated
 thus be approximately minus $\$ 450$, and
fair return on shis capital would be be
tween minus $\$ 36^{\circ}$ and minilis $\$ 45$. Th Governent would therefore. remit
check or that amount and the check for th
pould be ple
prof its schen irst ascertain the poets average, proin
for the last three years preceding our en-
 $\frac{1914-\$ 31.90}{-1915-\$ 125.50}$ $1915-\$ 225.50$ (including $\$ 100$ for an
ote "Thimphant Rusia")
1916-Sist



$\$ 57.16$.
Obviously, therefore. the excess-profit
schefie of Mf: Kithin is much the less
productive of the two.- The New York
sconizor of
promictive of
Event:

## 


 Dear Meatan: Oneemene ther reuest hes ome trom

 Wick have been asked to provide 3,500 as
our rshare of the 35,000 needed from CanWe

 contents, and a limit of $\$ 2.00$ bizs been
fixed for value. Some of the stockings
last year were worthe last year weree worthe anywhere from $\$ 6.90$
to $\$ 12.00$ and othets to $\$ 12.00$ and othets only about 25 cts,
and it is vey easy to imagine what would and it is vey easy to imagine what would
happen on Christmas morning when men
in and happen on Christmas morning when men
in ajjacent beds receive gitts differing in
value. value.
These
represent represent our thought for the men over-
seas in hem seas in hospitals, who are there because
they have been fighting for our safety and therefore what we send tito ${ }^{3 / 2}$ then
should be chosen carefully and should be chosen carefully, and yalway
with the thought of their happiness wour minds.
We have
We have further been requested
state that any stockings much above below this limited of value will have
be repacked be repacked and that any ilmoney place
in stockings will be removed and place
to the cred to the credit of the Red Cross Funds.
In order that these, requests may In order that these, requests may be
more easily complied with, we are enclos
ing herewith a pattern of the stocking ing herewith a pattern of to stocking
which we would ask you to use This
pattern is the size of the FINISHED stocking. They should be made if at a
possible of Turkey and cotton, and deco possibe on Turkey and cotton, and deco
eedevith Chritmas seals, ect,., as as to be
bright and attrative to the eye. We are bright and attrative to the eye. We ar
also attaching to this pattern a list of the
contents, and we would ask you to follo contents, and we wo thask you to follo
this list carefuly so that the stocking may
all be of the same kind. Any branch finding it impossible to buy
these supplies to good. advantage may send the mones to sus, and carast with thay
names of the donors may also be sent put in the stockings, which we will gladty
fill as coming from them. Address ant
communication communication with reference to this to
The ChrasTMAs STocking ComMITte,
Care of Provincia
 wil be necessary for us to have them
St. John rot later than the week of Sept
22nd. Please send by EXPRESS, collect


## Miss Elsey Clements,

Sect'y N. B. Provincial Branch C. R. C. We would particularly request that
list of contents of stockings [see below] with name and address of Branch sending
them be placed both INSIDE and OUT Shem be placed both INSIDE and ouv
SIDE of all parkage. Wee will have a
large number of packages coming and this is done it will make the work much
$\qquad$ many notes of appreciation from the men
themselves, who erecived our gifts, told
us how much this greeting from the homeland meant to our soldiers in hospit-
al, and we feel sure that every Red Cross
member will take the deepest interest in member wil take the deepest interest in
making the stockings New Brunswick
sends real messages of cheer. Your Society sent last year 100 stock-
ings. Will you send us 100 for this
Christmas? Christmas?
Yours very truly,
N. B. Provincial Branch C. R . C. S.
ALice Tluey
ALice TMLEY,
Organizing President Standard List of Contents of Stockings]
POCKET PENCIL (indelible) POCKET PENCIL (indelible)
PIPE
WRITING PAD (do not send loose note paper.)
ENVEL
CIGARETES (1 full package)
and TOBACCO


## (please do not send sticky $\xi$ andy, hard mixture or home made

hard mixture or home made
candy under ANY conditions) colored border.

## GAME, or PACK CARDS or PUZZLE

SMALL SIZED TIN TALCUM POWDER PKG. RAISINS (seedless)
PKG. DATES (best quality)
NUTS any kind except PEANUTS, which
stefansson nears dawison
Dawson, Yukon Territory, August $26-1$
Vilhialmur Stefansson, Arctic explorer, is expected to arrive here to-day or to
norrow from Fort Yukon, where he morrow from Fort Yukon, where he has
been convalescing since his illness last
winter.

Minard's Liniment Cures Garget in Cows

| Kennedy's Hotel Ste Androwna, N. B. Kemwor a son. properations |  |
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BRITISH GOLF COURSES OPEN TO AMERICANS





 ien who occasionally play being done bone bese secome a definite poinstod of upon. It and con
unct. The shirker thounh it is really mpossibe to be a shirker now) is not
 play and the genial com
ohers
cho work and play.
"Therefore when one sees quite a con. ecourses on the players on some of evenings ind on Sundays it tuust be con-
sidered asa a thing that ail tot the goog
These men are all doing something sidered as a thing that io all to the googy
These men are al doing something orr
the great cause, and now they are up storing up energy to enable them to do
more. ${ }^{*}$ In this comexion 1 am reminded that benefit of the increasingly large number of American gotiers who are coming
thruog London and sometimes staving there for a period on their way to take
part in the war, and who want a taste of the game when they have time for it, that a standing invitation is offered to them by
the Sandy Lodge Club, situated only a short tistance from the centre of London,
Despite the war, the links there is in fine condititen anar some ef the mestis import.
ant open tournaments were decided be
 lessional match the much.boomed pro. and Braid and others were concerned
took prace for the purpese of teting in
such $a$ match the relative values of the Lubber-cored and gutty balls, The Sandy war began of the cordiality that it extend
to verseas visitors who are here in con nexion with the war, and it is a a mos popular rendezvous for them, Many
American fofticers have atready found
heir
 vishes it to be understood that any mem. are old rivals at the game and the there.




 Tute a real golier are set forth, as follows
nly a gentemal goter is a gentleman an an become a real golf.
gainst himself. He rather gives than
the embarrassment of calling his atteptio
to the rules.
"When he loses a ball he immediatels
signals the match following to pase signals the match following to pase
through and reall alow them to doso
and get out of tange before he tesome

plajerers betind to pass through or who
finds his ban
after the match following
has siis bark after the match following
has
go throunh and then

CHARLOTTE COUNTY
$\qquad$
Gazette Aus, 24,
 close to them when the
stroke he is oint When he incurs a penalty The as as possible. Telp reieven the corger will do anything to
 match ahead is not keeping its pace and
if holding him back and causing him to Nold back others he will politely call the

 Veither does he resent being requested to

 the greaterest is considereration fort hot his fellow

 desert. How dififerent one oasis in thel when
after reaching the club, he has gote
 the ball with a smack on its way to the freen beyond! Of course he has enticed
 his thoughts.

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