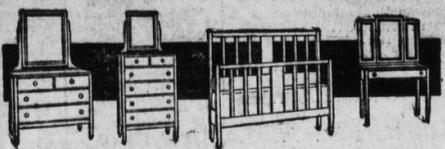


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The tried and tested recipes contained in this handsomely bound kitchen reference book have been reviewed and approved by the teaching staff of the DOMESTIC SCIENCE DEPARTMENT of the McDONALD INSTITUTE, and cover economical instruction in the preparation of all manner of dishes for all meals

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LETTER FROM EAST AFRICA TO RETURNED MAN

Soldier Writes He is Encamped in Rubber Plantation—Can Frequently Hear the Lions Roar—New Brunswick with the Unit.

While the soldiers in France this winter have been undergoing considerable hardship with the severe weather, there is a great difference with the brave Canadians and others who are fighting for their King and country in East Africa. In this part of the world it is a frequent matter for the soldiers to be encamped at a place where at night their rest is at times not disturbed by the roar of the lions.

John W. Bonnell, a returned soldier, recently received a letter from a chum soldier, Robert J. Carson, which is rather interesting and reads as follows:

January 13th, 1917.
Mikeast, East Africa.
Dear Old John—
Time still goes on and changes take place daily but the terrible war seems no nearer the end.

Well, John, it's a long time since I heard from you, although I have received a post card this year, for which I am very grateful. Some happy and unhappy experiences have come my way since I last wrote and I might let you know them as they may interest you.

Firstly, I have been to the coast, a 120 miles run, with a mental case and I did not forget to make good use of time, although I only spent the one day as I wanted to be back for New Year in the hospital, for you know what New Year is to a Scotchman. I might say we had a concert and feed on that evening but it could not be compared with the Chabry feeds—(camp at Alexander, Egypt). You will see the above address that we have made another move but only of twenty miles this time. We are now right in a rubber plantation and occasionally hear the lions roar during the night. We have our mails every irregular now but were lucky in having one this morning although the news was of the worst: I think I told you of Willie Gordon having left for home work on Monday; well, we were just learned by this morning's mail that he had taken bad with pneumonia, had to be taken ashore at Malta for hospital, where he died. He was the best all round man the unit has ever had and the best hearted. He was the first we have lost by death so it is every tongue here today.

Well, John, I will close now hoping that you are all keeping well at home as I am here.

Your loving Chum,
BOB.

P.S.—We have a Canadian officer here who was born at Miramichi, New Brunswick, in Lawson and he says that you must know his father, he is Doctor Lawson, and has a big practice. If he is anything like his son he is a proper gentleman.—Bob.

SYRUP OF FIGS FOR CROSS, SICK FEVERISH CHILD

If little stomach is sour, liver torpid or bowels clogged.

Mother can rest easy after giving "California Syrup of Figs," because in a few hours all the clogged-up waste, sour bile and fermenting food gently moves out of the bowels, and you are a well, playful child again. Children will not take the time from play to empty their bowels, and they become tightly packed, liver gets sluggish and stomach disordered.

When cross, feverish, restless, see if tongue is coated, then give this delicious "fruit laxative." Children love it and it can not cause injury. No difference what all your little one—full of cold, or a sore throat, diarrhoea, stomach-ache, bad breath, remember, a gentle "inside cleansing" should always be the first treatment given. Full directions for babies, children of all ages and grown-ups are printed on each bottle.

Beware of counterfeit fig syrups. Ask your druggist for a bottle of "California Syrup of Figs," then look carefully at the seal that is made by the "California Fig Syrup Company." We make no smaller size. Hand back with contempt any other fig syrup.

BRILLIANT RAIDS BY FRENCH BRING MANY PRISONERS

(Continued from page 1)

The ground was very unfavorable to the French attack, owing to the clayey soil, in which immense shell holes from former battles had become filled with water to a depth of some six feet. Among these the raiders were forced to pick their way under the constant peril of slipping in and drowning. The artillery preparation, however, was so overwhelming that the French met with but slight opposition to their progress.

The Cheppy Wood operation was the easier of the two, owing to the fact that it was daylight, and within five minutes after the assault groups had left the parallel groups of prisoners could be seen running towards the French lines. Everything was carried out on a time schedule, and when the French returned to their own lines they had secured about eighty prisoners.

The second raid, that upon Malancourt Wood, was a wonderfully impressive spectacle, in the darkness just before dawn. The correspondent passed the night on a knoll opposite the objective, from which nothing but the occasional rattle of a machine gun could be heard and only a flash of light seen now and then

REGULAR SESSION OF THE PRESBYTERY

Rev. F. H. Thompson Accepts a Call to Knox Church, Loggieville—Rev. W. Townshend of Fairville Elected Moderator—Other Business Transacted.

The regular session of the Presbytery of St. John was held yesterday morning when it was announced that Rev. F. H. Thompson, pastor of Calvin church, had accepted a call to Knox church, Loggieville. After prayer and the reading of the minutes Rev. W. Townshend of the Fairville Presbyterian church, was elected moderator. Rev. Frank Baird was again confirmed in his position of clerk. Peter Campbell was re-elected treasurer and Rev. F. S. Dowling treasurer of the traveling expenses fund.

The question of calls was taken up. The first was that of Rev. Mr. McPherson of Stanley and Nashwaak, who had received a call from the congregation of Blackville. Rev. J. A. MacKegan saw no reason for the translation.

Mr. McPherson said that he felt that he should remain in his present position, but left himself subject to the will of the Presbytery. The call was accordingly set aside.

Regarding the call to Rev. R. H. Stavers, Norton, Brookfield, P. E. I., J. W. Robertson, D. J. Booth and Mr. Chambers, representing the Norton congregation, spoke of the good work done there by the pastor, and were in favor of his remaining. Mr. Stavers said that he felt he should accept the call, and asked that translation be granted after the last Sunday in May. On motion of Rev. F. S. Dowling the request was granted.

An application of Rev. Mr. Elson, St. Matthews, for admittance to the Presbytery of Canada was taken up and after members of St. Matthew's had spoken of the good work being accomplished by him, and a general discussion of the application, it was decided that the application of Mr. Elson to be accepted as licentiate be approved and transmitted to the assembly, if application and credentials submitted are satisfactory to the Presbytery.

A report on Home Missions adopted by Rev. James Ross was submitted in part and other sections set over for discussion until later.

A motion of condolence to Rev. James Ross on the death of his brother, Mr. John T. Ross, K. C., was passed.

until a half hour before the time it had been arranged for the attack to begin. Then, the German gunners, were evidently suspecting that something was afoot, and along the line after which quiet reigned again, until with a thunderous crash, all the French batteries opened fire simultaneously, the signals flashed and the infantry went over the top. The objectives at the various times previously arranged. Then groups of prisoners began coming back, and eventually the Frenchman, after accomplishing their work of destruction, returned to their own lines, bringing further squads of captives, the total reaching eighty.

Meanwhile the German artillery, which is very active here, had opened up with a heavy barrage and counter-battery firing but without effect. Soon after daylight the front was again calm.

On the other side of the Meuse, the Germans took the initiative in the course of the day Sunday at Sarnegneux, Bezonvaux, and Carrières Wood, executing raids which cost them dearly in casualties and achieved only small results.

A number of American officers, attached for instructions to French units, were in the raids upon Cheppy and Malancourt Wood.

DEAD IN WOODS

Shelburne, N. S., Mar. 18.—The body of Ebenezer Harrington has been found in the snow at Sable River. He was apparently overcome in the woods two miles from his home. He was 74 years of age.

American Smelting and Refining plant in Agua Caldas, Mexico, closes, refusing to submit to heavy tax levied by state government; 2,900 Mexicans thrown out of work.

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home

Philadelphia, Pa. Do you wear glasses? Are you a victim of eye strain or other eye weakness? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with me without glasses, and my eyes do not water any more. After using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time, and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonder-

fully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eye two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

Note: Another prominent Physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturer's guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." It is sold in this city by Wasson's Drug store and others.

AN ENJOYABLE SHAMROCK TEA

Under Auspices of St. Matthew's Church Young People's Society—The Ladies in Charge.

A very enjoyable shamrock tea was held last evening in the school room of St. Matthew's church under the auspices of the Young People's Society. A very dainty tea was served. The tables were prettily decorated; the color scheme being of course green with a profusion of shamrocks in evidence. The young ladies serving were pretty decorations of green, while Miss Louise Schroeder presented a particularly charming appearance in a quaint Irish costume. Music was furnished by a Victrola, and also by a green parrot, the latter if not an artistic temperament was equally entertaining.

Rev. H. L. Eisner, pastor of the church, made a few introductory remarks and Rev. W. M. Townshend, of the Fairville Presbyterian church, asked grace. There was a large attendance, those present thoroughly enjoying the novel features of the tea. Miss J. Keih was the convener and was assisted by Mrs. Robt. Carson, Mrs. H. McCain, Mr. H. Smith, Mrs. Colwell and Mrs. McLean. The serving committees included Miss M. Daley, Mrs. H. McDonald, Miss E. Turner, Mrs. Stanley, Miss O. Gregory, Miss Schroeder, Miss J. Hunter and Miss M. Fulton. Miss Gladys Murray took tickets.

MEAT INJURIOUS TO THE KIDNEYS

Take a tablespoonful of Salts if Back hurts or Bladder bothers

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in the joints, become weak from the overwork; take four ounces of Jad Salts: take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in urine, so it is no longer a source of irritation, thus ending urinary and bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.

The following is a list of callers at New Brunswick Government Office, 37 Southampton street, Strand, London, W. C. 2, up to February 23rd, 1918:

Feb. 18.—Lieut.-Col. S. B. Anderson, C. F. A.; Lieut. R. T. Patchell, St. John, 25th N. S. Batt.; Cadet J. P. Bourgeois, Moncton, R. F. C.; Feb. 20.—Lieut.-Col. H. Perley, St. John, C. F. A.; Pte. Leo Mac-Major A. J. Brooks, Gagetown, 104th Batt.; Pte. H. K. Jack, Moncton, 10th Batt.; Lieut. R. W. Heine, Moncton, R. N. A. S.; Feb. 21.—Lieut. H. H. Weeks, Moncton, Can. For. Corps.

Feb. 22.—Lieut. J. P. Bourgeois, Moncton, Can. For. Corps.; Lieut. J. H. Moncton, Can. For. Corps.; Lieut. J. H. Moncton, 44th Batt.; Lieut. W. Grant Smith, St. John, Can. For. Corps.; Mrs. William Vassie, St. John, R. N. A. S.

THE ST. ROSE'S DRAMATIC CLUB SCORED A SUCCESS

Large and Greatly Pleased Audiences in St. Rose's Hall Yesterday—The Heart of a Shamrock Was Well Performed.

In St. Rose's Hall, Fairville, yesterday afternoon and evening, before capacity houses, the St. Rose's Dramatic Club presented their annual St. Patrick's Day play in aid of the Catholic orphanages in the city. The play presented was one of the most successful that the club has put on for some time, and was capably directed by J. J. O'Toole. Much credit is due to Mr. O'Toole and also the players in the able manner in which they performed. This is the first appearance of the club since an entirely new cast of players took part, with the exception of A. E. Trainor and Miss Alma O'Toole. Miss Eileen McGrath as May, an Irish rose, and A. E. Trainor, as Bob, the Sheriff, took the leading roles and they certainly deserved the well merited applause which was given.

Tomorrow evening the Dramatic Club will present a new play entitled "Daughters of Dixie," a very pretty pastoral piece in which Miss Helen Gillis and Miss Agnes Malloy have the leading parts. The cast for yesterday's performance is as follows: James O'Neil, the doctor... J. Calnan Bob, the sheriff, his brother... "Laddie," his youngest brother... Leo Rogers Grizzly Adams, a cattleman... H. V. Upton May, an Irish rose... Miss Eileen McGrath Gad, a city wail... Miss Alice Murphy Mrs. Donovan, the housekeeper... Miss Marion Rogers Joan, a ranchman's daughter... Miss Alma O'Toole

Synopsis— Act I—Sitting room in Dr. O'Neil's home. Evening, about 7 o'clock. Act II—The same. About 11 o'clock. Act III—The same. One hour later.

CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears the Signature of *Dr. J. C. Ayer*

WARNING

As we have been notified that there is a young agent doing optical work around New Brunswick, representing my name, I wish to WARN the public that I will not be responsible for any work done by him, as I have no representatives.

S. GOLDFEATHER OPTICIAN
St. John, N. B. 625 Main St.

GET RID OF THAT FAT

Free Trial Treatment on Request Ask also for my "pay-when-reduced" offer. My treatment has often reduced at the rate of a pound a day. No dieting no exercise, absolutely safe and sure method.

Mrs. E. Bateman writes: Have taken your treatment and it is wonderful how it reduces. It does just as you say. I have reduced a pound a day and feel fine. Mrs. Anna Schmidt writes:—I weighed 175 pounds before I started your treatment and I now weigh 138 pounds. You may print this if you like.

These are just examples of what my treatment can accomplish. Let me send you more proof at my expense. DR. R. NEWMAN, Licensed Physician 288 Fifth Avenue, New York, Desk K-264.

HOW TO GET RELIEF FROM CATARRH

If you have catarrh, catarrhal deafness, or head noises go to your druggist and get 1 oz. of Parmit (double strength), take this home add to it hot water and just a little sugar as directed in each package. Take 1 tablespoonful 4 times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat.

It is easy to make, tastes pleasant and costs little. Every one who has catarrh should give this treatment a trial. You will probably find it is just what you need.

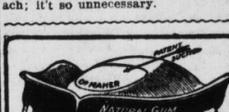
FOOD SOURING IN STOMACH CAUSES INDIGESTION, GAS

"Pape's Diapiesin" ends all stomach distress in five minutes.

Wonder what upset your stomach— which portion of the food did the damage—do you? Well, don't bother. If your stomach is in a revolt; if sour, gassy and upset, and what you just ate has fermented into stubborn lumps; head dizzy and aches; belch gases and acids and eructate undigested food; breath foul, tongue coated—just take a little Pape's Diapiesin and in five minutes you wonder what became of the indigestion and distress.

Millions of men and women today know that it is needless to have a bad stomach. A little Diapiesin occasionally keeps this delicate organ regulated and they eat their favorite foods without fear.

If your stomach doesn't take care of your liberal limit without rebellion; if your food is a damage instead of a help, remember the quickest, surest, most harmless relief is Pape's Diapiesin which costs only fifty cents for a large case at drug stores. It's truly wonderful—it digests food and sets things straight, so gently and easily that it is really astonishing. Please, for your sake, don't go on and on with a weak, disordered stomach; it's too unnecessary.



Painless Extraction Only 25c.

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DR. J. D. MAHER, Proprietor.
Open 9 a. m. Until 9 p. m.

Two Splendid Things

One is plenty of open-air exercise. If you can't get all that you should, it's all the more important that you should have the other tried-and-true remedy for a torpid liver and bowels that don't act freely and naturally.

Take one pill every night; more only when you're sure it's necessary.

Carter's Iron Pills
Genuine bears Signature *Dr. J. C. Ayer*
Colorless faces often show the absence of iron in the blood. Carter's Iron Pills will help this condition.

Never Be Without Herbine Bitters

CONTAINS the active principles of Iodine, Mandarake, etc. and is an old-fashioned remedy that has been on the market over 30 years and cannot be displaced because of real merit.

As a Blood Purifier—cleanser of foul stomach and tongue—cure for headache and biliousness it has no equal. Specially valuable at this time of the year when the blood is sluggish from indoor living. Family size, 25c. at your store. Five times as large \$1.00.

THE BRADLEY DRUG CO. Limited, ST. JOHN, N. B. Ask for Dr. Williams' Headshot Wormeater Candy for Children. 10

NOTICE

On February 1st we change our method of business and will sell for CASH. All telephone orders must be C. O. D.

Smith's Fish Market
25 Sydney St. Phone 1704