

### Hospital Expansion in British Columbia

#### New Construction Adds 350 Beds - Esquimalt to be Active Treatment Centre.

Increased military hospital accommodation in British Columbia is being provided by the Military Hospitals Commission at Esquimalt and Vancouver. Approximately 200 beds are to be added to the Esquimalt centre, with augmented treatment facilities. In Vancouver about 150 beds are being added to the Shaughnessy Military Convalescent Hospital and a building for the accommodation of hydro-therapeutic equipment is under construction at the military annex of the Vancouver general hospital.

The decision to develop the Esquimalt hospital as a large centre for the care of Vancouver Island patients requiring special treatment, has been arrived at after much deliberation and visits to the premises by the commission's architect and engineer. A standard wing of 150 beds is to be placed immediately north of the present administration building, while by erecting a new kitchen and dining pavilion and remodeling the administration building, additional yard space to the extent of 50 beds will be obtained. A recreation hall is also to be erected on the adjacent grounds, providing accommodation for concerts and entertainments, dances, and gymnastic games.

At Shaughnessy Military Convalescent Hospital 150 beds are being added by remodeling the entire upper floor which, in the early days of the building, when it was used as a school, was abandoned as a useless attic. Vocational training buildings are being erected at both Shaughnessy and Fairmont Hospitals, while the special treatment facilities for this district will, of course, be found at the Vancouver General Hospital Military Annex.

### Rippling Rhymes

**The Sucker.**  
The sucker buys no Liberty Bond—the kind our Uncle's selling, to win the scrap across the pond and send the Teuton yelling. The sucker is not safe and sane, and sound investments peeve him and four p.c. give him a pain—such propositions grieve him. The sucker's out to get rich quick, to cut across the corner, to get his plum, and do the trick like little Johnnie Horner. The sucker buys the faker's mine, that's packed with gold on rubies, and soon we see him shedding brine among the easy boobies. The sucker's always on the make he is no doubting Thomas, he'll buy up any dizzy fake that holds out lying promise. The sucker backs the wrestling match and bets on crooked sprinter, and in the cheerless dippy hatch he spends his life's cold winter. The sucker always thinks he's slick, and up to snuff, and cunning yet it is for this easy pick the fakers all go gaining. They track him east, they track him west, along his trail they trundle, never give him any rest until they have his bundle. It never on his mind has dawned that he is Nutty Neddly, he'll never buy a Liberty Bond while there's a gold brick ready.

**SHIPPING TO INCREASE**  
By Courier Leader Wire  
Washington, Feb. 21.—The low point of available shipping has been passed two or three weeks earlier than officials expected, and confidence was expressed that the amount of shipping available for the future would increase steadily.

### Hood's Pills

safe constipation, biliousness and all liver ills. Do not expect irritate, 25c.



The Canadian lumberman now working in Cumberland, Eng. have invested in four small pigs. Like Mr. Edge's pigs they wander in the woods and are penned occasionally for feeding. The picture shows the start of the herd. The commanding officer of the Corps, Capt. James O. Spence, in the centre looking into the pen. He went overseas as a Lieutenant with the 238th Forestry Battalion, a Toronto unit. He was originally attached to the 9th Field Battery, Canadian Artillery, and has won his promotion since going overseas.

### LADY'S AND MISS' COAT.

By Anabel Worthington.

A splendid all round coat, which the home dressmaker can make successfully, is illustrated in No. 8562. It is sure to be comfortable, for it is double breasted and has a smart, convertible collar, which may be buttoned up or laid out over the shoulders. The regulation coat sleeves are set into the armholes with a slight fulness which may be shrunken out. Deep cuffs of the material turn back on the sleeve. The coat hangs straight from the shoulders, but it is belted in at the normal waistline. The coat should be half lined.



The lady's and miss' coat pattern, No. 8562, is cut in five sizes—34 to 42 inches bust measure. The coat may be made in 40 or 48 inch length. The 36 inch size requires in 48 inch length 6 3/4 yards 36 inch or 4 1/2 yards of 54 inch material.

To obtain this pattern send 15c. To The Courier, Brantford; any two for 25 cents.

### SIDE TALKS

By Ruth E. Cameron

**HOW PEOPLE SPEND THEIR MONEY.**  
The response to my question "How much do you give?" has been most gratifying. Apparently I touched a chord of popular interest. Several readers have gone further than the answer and supplied me with their whole budget. I wish I had this whole page, I could fill it with these interesting human documents. As it is, I'm going to give you some this week and move a week from to-day. Watch for them if you are interested in knowing how people of various incomes apportion their money, especially their gift money.

**WHALE LUNCHEON VOTED HUGE SUCCESS**  
Leviathan Steak as Good as Beef and Much Cheaper Experts Say  
A whale of a luncheon! Without a dissenting vote of a jury of distinguished citizens, in a solemn session brought in the foregoing verdict at a luncheon at the American Museum of Natural History. "In the interest of food conservation," (says the New York Herald.) They more than sampled the various exhibits which had been prepared by a distinguished chef, they licked the plates clean, as did Jack Spratt and Mrs. Spratt. There was whale in the hors d'oeuvre; the soup had a whale foundation; the entree was minced whale, although the menu called it "Whale pot au feu," and then came the substantial course of the luncheon planked whale steamed, a la Vancouver.

All the dishes were prepared from canned whale meat, put up by the Victoria Whaling Company. Any time a whale is to be tried, the following jurymen may be called from the panel with the assurance that they will not offer a single excuse for evading duty: Arthur Williams, chairman of the United States Food Administration

**How Forty Dollars a Month is Divided.**  
"Perhaps the way I divide my income," writes a friend who receives forty dollars a month, room and board included, "would be of interest. Savings bank—\$20.00; Clothes (I make most of them myself)—\$7.00; Church and charity—\$4.00; Upkeep of room at home—\$2.00; Higher Life (such as magazines, theatre etc.)—\$2.00; Other expenses (carfare, cosmetics etc.)—\$3.00. Christmas gifts—\$4.00. If I need the doctor I take that money out of savings."

**How Forty Dollars a Month is Divided.**  
"I am a business woman," writes another, (by the way all these answers appear to come from women, would like to hear from some men, too.) "I get \$40.00 per week. I am a Church member and give twenty cents each Sunday for support of the Church and missions. Christmas usually costs me from \$25.00 to \$28.00 and wedding presents I never give less than \$5.00. I might add that I have a car and it costs me about \$8.00 per week, including carfare. I will be grateful to have you write something on this subject as I give too much or not enough I would like to know it."

**How Forty Dollars a Month is Divided.**  
"I have an income of about \$900 per year. I give wedding gifts—\$45.00; Charity—\$40.00; Christmas gifts—\$50.00; Little gifts—\$5.00; Showers for brides—\$5.00. I have partaken of this spread very liberally," said Mr. Williams, "and I must say in all frankness that whale meat is very palatable as well as being nutrient. I am glad that Mr. Osborn has undertaken the task of educating our American taste to this food. He tells us that 1,000,000,000 pounds of whale meat can be supplied to us annually at twelve and a half cents a pound. What a great saving this would be if we would only come to know the truth that whale is a tasty dish!"

**TRUONS ADVANCE**  
By Courier Leader Wire  
Berlin, Feb. 21.—Via London—German forces on the Russian front yesterday advanced to the northeast and east of Dvinsk, the German war office announced today.

**BOYDOTT ON GERMANY**  
By Courier Leader Wire  
London, Feb. 21.—More than 800 longshoremen and dock workers employed by the Canadian Pacific Steamship Company here failed to report for work this morning, following a strike which was under adjustment by the shipping board's labour adjustment board.

**STRIKE RENEWED**  
By Courier Leader Wire  
New York, Feb. 21.—More than 800 longshoremen and dock workers employed by the Canadian Pacific Steamship Company here failed to report for work this morning, following a strike which was under adjustment by the shipping board's labour adjustment board.

**POTATOES! SPECIAL**  
We have a choice line of the finest Potatoes \$2.25 per bag. Delivered on Friday, Saturday or Monday, see us for fruits, etc.

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270 Colborne St.  
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### Proof that Some Women do Avoid Operations

**Mrs. Etta Dorion, of Ogdensburg, Wis., says:**  
"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought great relief and six bottles have entirely cured me. All women who have female troubles of any kind should try Lydia E. Pinkham's Vegetable Compound."

**How Mrs. Boyd Avoided an Operation:**  
Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well. My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—Mrs. MARRIE BOYD, 1421 5th St., N. E., Canton, Ohio.



**Every Sick Woman Should Try LYDIA E. PINKHAM'S VEGETABLE COMPOUND Before Submitting To An Operation**  
LYDIA E. PINKHAM MEDICINE CO. LINDSEY

### BEST LIVER AND BOWEL LAXATIVE FOR FAMILY USE

"Cascarets" regulate women, men and children without injury. Take when bilious, headachy, for colds, bad breath, sour stomach.



Instead of nasty, harsh pills, salts, castor oil or dangerous calomel, why don't you keep Cascarets handy in your home? Cascarets act on the liver and thirty feet of bowels so gently you don't realize you have taken a cathartic, but they act thoroughly and can be depended upon when a good liver and bowel cleansing is necessary—they move the bile and poison from the bowels without griping and sweeten the stomach. You eat one or two at night like candy and you wake up feeling fine, the headache, biliousness, bad breath, coated tongue, sour stomach, constipation or bad cold disappears. Mothers should give Cascarets to their children, a whole Cascaret any time—they are harmless and safe for the little folks.

### "Perfectio" OIL HEATER

W.S. STERN  
120 MARKET ST. Open Evenings. Bell 1857



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