

My Blood Boiled Unnecessarily.

T. B. LAVERS, and so much about the

In Montreal.

counteract the effect of the acid with immortals. Elizabeth was born in the sugar. Absolutely all sweetened dish- palace there. Is she must be banned for sugar is one Shakespeare towards her bower

and adduced so many examples this apparently unnecessary strict ness, that she almost had my blood boiling, too, and whenever I saw the mother (I am not acquainted with

Fifty-nine deaths from influe? her) I thought "There goes that dis-took place among civilian patients at agreeable woman." Recently row- Montreal on Thursday last, 10th inst. ere, I met someone who really knows Still more stringent regulations have that family from the inside and learn- been issued by the Montreal Board of ed from her that the mother has gind Health to curb the influenza epidemic, reason to guard the daughter, since including the closing of all shops rethe latter has shown that she sorely tail and wholesale, and bars of all needs it. kinds. Churches are closing com

Yeu May Know the Present But Not pletely by the new edict. the Past.

Rod and Gun. Even when you happen to be witness to a family disagreement and

Of interest to Canadian sportsmen think you have heard both sides of the matter and can judge fairly, you de- is the October issue of Rod and Gun We've come to learn, in days of strife Is using well the gift of life. ceive yourself. You heard the present with its hunting stories of deer, disagreement, you do not know how moose, bear, etc. in the various Cana-

many old disagreements and unkind- dian provinces, and its well maintain- That we're one mighty brotherhood; nesses and bitter words are behind ed departments devoted to guns and That kings are only kingly wheat nesses and bitter words are benny en departments devoted to guns and that kings are only kingly whed that. I have in mind a father and daughter. The father to the casual between the casual bitsider is the soul of amiability and graciousness, and yet in his family he of the leading article in the Fishing and counts each loss or gain his own. is one of the most difficult and irri- Notes section, Mr. Rhead being Ameri-

It's teaching us in bitter ways table of men and no one who has ever ca's foremost angling author. The table of men and no one who has ever cas foremost angling author. The lived or worked with him has been first article in a series of four to be That gold is not the thing to praise; able to keep on peaceful terms with contributed by Mr. R. C. Haddon on Like dusty books up him. Someone heard the daughter "A Year with the Deer" appears in That strangers' hands may neve make a rather sharp answer to what this number also. Rod and Gun is seemed a simple remark of his the published by W. J. Taylor Limited, We're learning from the world's disother day and commented to me on Woodstock, Ont. tress The lesson of unselfishness.

| Baked Beans, 1s, 10c. tin.<br>Baked Beans, 2s, 15c. tin.<br>"WINTER BANANA" TABLE APPLES IN BOXES OF 125.<br>A delicious eating apple. |  |
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four is enough for the healthy person but if very tired eight hours will do It's teaching us that life is real, no harm. That service must be manhood's seal; That high above each far-flung goal There shines the beauty of the soul. And more than cheers and more than One of the

fame, And all the pleasures man may claim Noblest Buildings in Europe. It's teaching us, as nothing could,

on our shelves

We're reaping from war's crimsoned

.ew reverence for Almighty God:

"Who does not know Greenwich ark does not know England, for it is in virtue of its memories, the heart of England; and in the greenness and gladness of its little uplands and low-

lands, in the stateliness of its leafy aisles, it is England at its prime," says a writer in the Times. "Below it, stately, too, with her noble ships and brown-sailed barges

every day and don't walk half heart-

the pace until you reach your destina-

Sleep is fattening, but of course you

should get a sufficient amount of

sleep. Seven hours out of the twenty-

drawing in and out from the commerce of the seas, glides the even-WALT MASON empered Thames, watched by Wren's incomparable masterpiece, the doom-

as one who could do nothing wrong. ed hospital which commemorates the 'While Ludendorff's on leck,' they Battle of the Hogue and so long sheltered the veterans who created the so we shall calmly go ahead, and do ...ew reverence for Almighty God; By what he does, shall man be known, Not by the riches he may own; Out of the chaos and the strifs Shall come a high ideal of life. He shall best serve the Master's plan Who best has served his fellow mau. work, domed too, whence men record bunch, and all the rest, and even It the same price.

has never resigned itself to be a sub- allies plugged away, each for himurb, and has never cleansed itself of self, without a chief, I had a triumph the dust of the Middle Ages, the naval every day, and sidestepped many

Quarantine. schools, where still lingers a frag- kinds of grief. But now that Foch is It has been reported that many of ment of the Palace of Placentia, the in command, my goat has wandered the nurses at the various hospitals in white and grey hospital, and the grey far from me; in vain are all the hich Spanish "Flu" cases are being and white gleaming river. plans I've planned, in vain is all my reated, are not subjected to the quar-antine regulations, but that they are the hispital, that a little space should wreck, I've said to all my hopes good

it liberty to go to and fro visiting ever be kept open on the north side bye, to-day Foch hits me in the neck their homes and those of their friends, of the Thames whence could be seen to-morrow he will black my sys. He ider no restrictions whatever. In his work as a whole, and his wish has takes a thousand miles of soil, ter ew of the general quarantine which not been thrust aside. There in pleas- thousand prisoners he takes; he swats as been imposed on schools, institu- ant gardens this August one can stand

ons and other places of public re-beside the lapping tide and enjoy the ort, we hold the opinion that, if this spectacle of one of the noblest buildns and other places of public recollar-bone port is correct, the nurses should ings in Europe framed against the ded heights of Greenwich Park, t be permitted to visit indis tely, and their goings and comingo that haunted spot where ghosts have

deigned to linger and watch the wax- smaller than a quince."

of the greatest single fattening agents where the Roman tavern was, he tell-Take at least half an hour's walk Not least among the many gliding figing her the story of 'Twelfth Night'? ures passing among the quiet August edly. Start out briskly and maintain trees is that of a young man whose tion. If possible do your walking at Church, James Wolfe, who gave to England an Empire and died content. To-day he comes and goes with a new pride, treading these quiet paths of glory with no uncertain pace. "And now the night has nearly come and the quiet deer are daintily treading the glades in silence as undisturb-

TWO GENERALS

centuries ago."

We are still showing a splendid selection of ed as when the Roman centurion watched here, veritably here, eighteen

St. Johns.

Tweeds and "Confound that Serges. Foch!" sighs Ludendorff; "I was a giant till he came, and made No scarcity at me seem a sawel. off dwarf: he's cooked my gonse and spoiled my Maunder's. fame. I was a

giant, fair to see, However, we beg to a man colossal brave and strong; the German peo- remind our customers these goods are "While Ludendorff's on leck,' they said, 'we cannot fail of winning out, selling rapidly, and our chores, and eat our kraut.' I was cannot be replaced



Another Enemy. NOTICE. - Corres are requested to Cholera is lowly spreading in Ferutions with their

in, despite the preventive measures NAMES, not neo taken, 17 cases were reported on Ocago, as you'll agree, I bulked much tober 8, and 15 deaths occurred from Publication, but as a gu the disease. larger than a prince; but since this of good faith. The e Foch mixed up with me, I feel much MINARD'S LINIMENT RELIEVES fuses to accept any ma

NEURALGIA. ss this rule is adhered



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