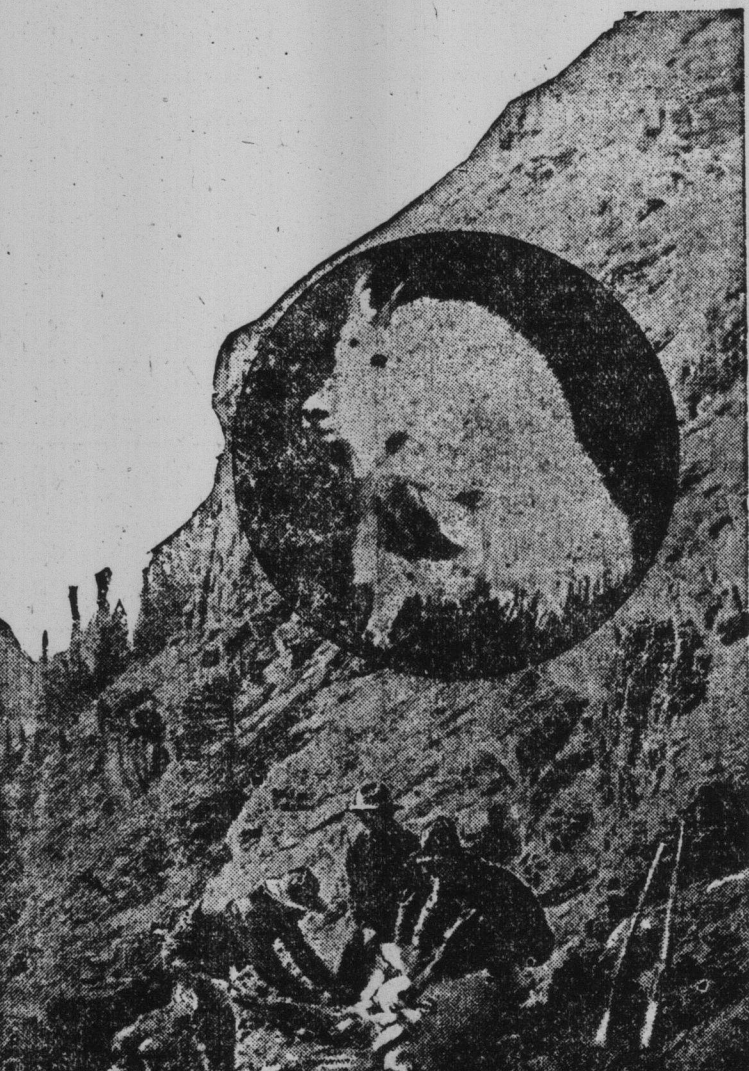


The King Of The Rockies

WITH his back broken by a lucky or unlucky shot the big mountain billy of a section of the Rockies in the headwaters of the Kootenay River, sits awaiting the dogs, the first of whom can be dimly seen in the background, scouting cautiously to learn if it is judicious to fly at the bearded throat of the crippled denizen of the heights.



It all came about through his impetuous temper and a long, successful warfare waged against opponents. No sympathy ever stirred the old buck's life. From his infancy, when his mother taught him to dash to the rocks and turn his sharp little horns skyward when the shadow of an eagle fitted across the sun-baked rocks on high he had been a fighter.

Then he became lord of a band of bears and mountain lions he had escaped in his youth, through his own might, and the watchful eyes of his mother and other relatives. When maturity came he met other dangers. The fighting fury of older bucks who saw in him a coming interloper in the happy home circle. These he fought, and won or lost or drew.

REVOLUTION IN HOTEL MENU

Effect of Three Months Under Food Control

Statement From Office of Hon. Mr. Hanna - What the Chateau Laurier Manager Says - Some Ways Toward Economy

The passing of three months of beefs as a backbone Tuesday and Friday has brought a gradual revolution in the time-honored hotel menu of Canada. This is more noticeable in some hotels than in others, but the first class establishments, almost invariably, are the first to jump the regulations.

must be sparing with that. So it goes. The chef is cheerful enough about it, in most cases. "C'est la guerre" with him. But hotel patrons are not always so philosophic. The things they cannot have suddenly seem very desirable. It is human nature or just plain greed, is it not? Ask the hotel manager and he will say that it is selfishness when it is not thoughtlessness.

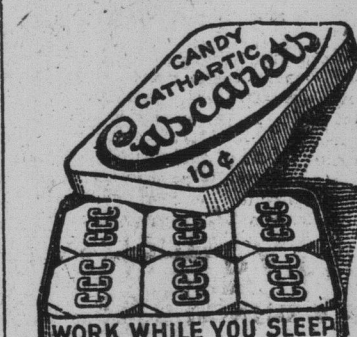
As the manager of one Ottawa hotel put it: "The hotel is a public utility. We are here essentially and primarily to satisfy our patrons. We serve them; they pay us. It is our duty to meet their wishes. Educate them as to what they should eat and we will certainly fall in with whatever is asked of us."

According to the manager of the Chateau Laurier, Ottawa, nothing goes to waste in this establishment. There are 300 employees to feed, in addition to the constant stream of guests. There is every kind of waste, in fact, of all manner of men and women to be satisfied.

The manager of the Chateau is strongly in favor of strict adherence to the regulations on one side and the public appetite on the other. It is up to him to conform with the first and satisfy the last. He has to tax his ingenuity in the skilful use of substitutes that patrons may not miss those dishes to which habit has inured them. At the same time he may not use this and he

BEST LIVER AND BOWEL LAXATIVE FOR FAMILY USE

'Cascarets' Regulate Women, Men and Children Without Injury



Instead of nasty, harsh pills, salts, sator 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 sicken the stomach.

which people seem to prefer to bread. As a matter of fact, bread is by no means a necessary food. It is only eaten when people are waiting for the next course. They rarely eat it along with meals and prefer it to the other.

By carefully measuring quantities, by economy from the garbage can upwards, and by strict adherence to the regulations of the food controller, the Alexandria Hotel, Ottawa, has been successful in materially reducing its use of white flour, beef and butter. One kind of pie has taken the place of two and white bread is disappearing from the table in favor of brown bread, oatmeal cakes, rolls, and cornmeal flour.

STOP TIPPING DURING THE WAR

(New York Herald.) Now that the Japanese government railways have abolished tipping to the employees on their lines, and everybody in the United States is cutting down all kinds of expenses in order to live and help win the war, why is not this the ideal time to stop the ever growing habit of tipping in hotels, restaurants, Pullman cars, steamships, barber shops and many other places.

WAS OFF WORK 4 or 5 MONTHS A YEAR WITH CONSTIPATION

If the truth were only known you would find that over one-half of the people are suffering from the bowels to get into a constipated condition. When the bowels become constipated the stomach gets out of order, the liver does not work properly, and then follows the violent sick headaches, the sourness of the stomach, heartburn, water brash, etc.

USE THE WANT AD WAY

NEW SEA ORB AREA ORGANIZER

Something About Sir Rosslyn Wemyss

Though it seems to be generally supposed that the loss of three British destroyers in the Dutch coast was responsible for the retirement of Sir John Jellicoe as First Sea Lord, The Toronto Mail and Empire suggested that the comparatively young and energetic commander with the extremely important effect. No navy can expect to escape losses, it says, and the British fleet because three destroyers were sunk because of a successful German raid on the British trenches.

Confirmation of this view comes from a British naval officer, who says that ever since the Battle of Jutland Sir John Jellicoe has been hardly the man he was before. He appears to be one of those who bring himself to a low physical state through overwork and conscientiousness. A master of detail, he permitted himself to be mastered by it. He attempted what no man should have attempted, that is to say, he insisted upon having full information concerning every vessel in the British navy, and to supervise everything connected with naval movements.

The future historian will not say that Jellicoe was a failure as head of the British navy; he is most probably right in that in his patriotic and characteristic determination to become familiar with all the minutiae of the British navy he simply broke down his health. It does not seem probable that Sir Rosslyn Wemyss will inaugurate a new policy of the admiralty in handling the British navy. The difference will be that since he is a man of different temperament from Jellicoe, he will be likely to remain First Sea Lord and still stand up under the strain. It is said that Wemyss is a born organizer. The officer above quoted says: "He is the shrewdest judge of a man's capabilities I know."

FOUGHT WELL AT JUTLAND

Sir Rosslyn Wemyss was born in Wemyss Castle, Fife, Scotland, April 12, 1854. His father being Sir Rosslyn Erskine Wemyss, and his mother the only daughter of the late Sir Robert Murray's C. B., a well-known English diplomat who matched his wits more than once with Bismarck. It is said, indeed, that he had the department in Europe of the Empire that Bismarck was building up, and that Wemyss was almost always in the front line of the diplomatic and sailing being his favorite sports. He entered the navy in 1876 and was appointed Rear-Admiral in 1911, and was appointed Vice-Admiral at the time he went to the East Indies appointment a year ago. He was sent to the Mediterranean shortly after the war broke out, but was recalled to the Grand Fleet because his speciality was the handling of big ships. As commander of one of the British units, he took part in the Battle of Jutland and was mentioned in despatches for his fine work.

A Big Ship Man

Sir Rosslyn Wemyss is known as a "big ship" man. That is to say, he is an exponent of the theory that the strength of the navy depends upon the number of dreadnaughts and super-dreadnaughts that can be put in the line of battle. Shortly before the war he commanded the Orion, one of the largest of them, and a unit in the Second Squadron. His fine discipline and approach to the job was given much credit. He was an enthusiast upon discipline and also on economy, his subordinates were uniformly jolly manners made working with him or under him a pleasure. "A man more truly imbued with a love and interest in his profession never lived," says the British officer.

SOLDIER ELECTROCUTED IN MONTREAL STREET

BORN IN NEWCASTLE (N. B.) Montreal, Feb. 1.—Private William J. Walsh, of the 1st Depot Battalion, 1st Quebec Regiment, who was electrocuted last night outside the Guy street barracks, was born at Newcastle (N. B.), thirty-four years ago. He enlisted under the British mission in Boston on Jan. 4. He had been included in the first draft of the battalion to go overseas. The funeral arrangements as yet have not been decided upon.

BOVRIL

Take it as Soup before Meals

THE BESTIAL TURK (Toronto Globe.) German papers deplore the loss of the Goeben and the Breslau, the two former German cruisers put out of action in the recent fighting at the Dardanelles. The loss weakens Turkey, destroying her last effective naval strength. What Germany deplores makes civilized men everywhere else glad. The bestial Turk is one of the greatest obstacles to the restoration of world peace. Germany for her own ends not only desires that he shall remain Constantinople and the regions of the Balkans and Asiatic Turkey adjacent to that city, inhabited chiefly by Ottoman people, but that the Turkish Empire be constituted before the war shall remain intact. Even were the problems of Belgium, Poland, and Alsace-Lorraine set aside, peace would be impossible so long as Germany continued to demand the restoration of Palestine, Mesopotamia, and Armenia. It may be that an intact Turkey, with Germany as her overlord, would be less cruel and anti-Christian than in the past, but the experience of the Armenians during the past three years, while German influence has been supreme at Constantinople, gives little hope of reform.

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Once you know how good Purity Flour really is, you will rely on it constantly for all your baking needs. It goes further, too, and is therefore the cheapest flour you can use. More Bread and Better Bread---and Better Pastry, too.



FREE Grand 38 - Piece Scholar's Outfit BOYS AND GIRLS... FREE FAIRY PALACE DOLL HOUSE, 3 BEAUTIFUL DOLL SETS, RING AND 'PRINCESS PAT' DOLL

Princess Mahalia Beauty is more dependent upon a clear complexion than upon regular features. A woman may have a pig nose and a large mouth but if her skin is clear and her teeth good she will be attractive. The dentist can remedy defective teeth and a short treatment with our Alternating Method of Oil Cream for use at night and a Vanishing Cream for the day will make a wonderful change in a few days. If he cannot supply you send us \$1.00 and we will mail you a bottle of Vanishing Cream and samples of Mahalia Face powder and Sachet.

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