

"I FEEL LIKE A NEW BEING"

"FRUIT-A-TIVES" Brought The Joy Of Health After Two Years' Suffering



MADAM LAPLANTE
35 St. Rose St., Montreal, April 4th.
For over two years I was sick and miserable. I suffered from constant Headaches, and had Palpitation of the Heart so badly that I feared I would die.

BRITISH AND U.S. CO-OPERATING IN MEDICAL SERVICE

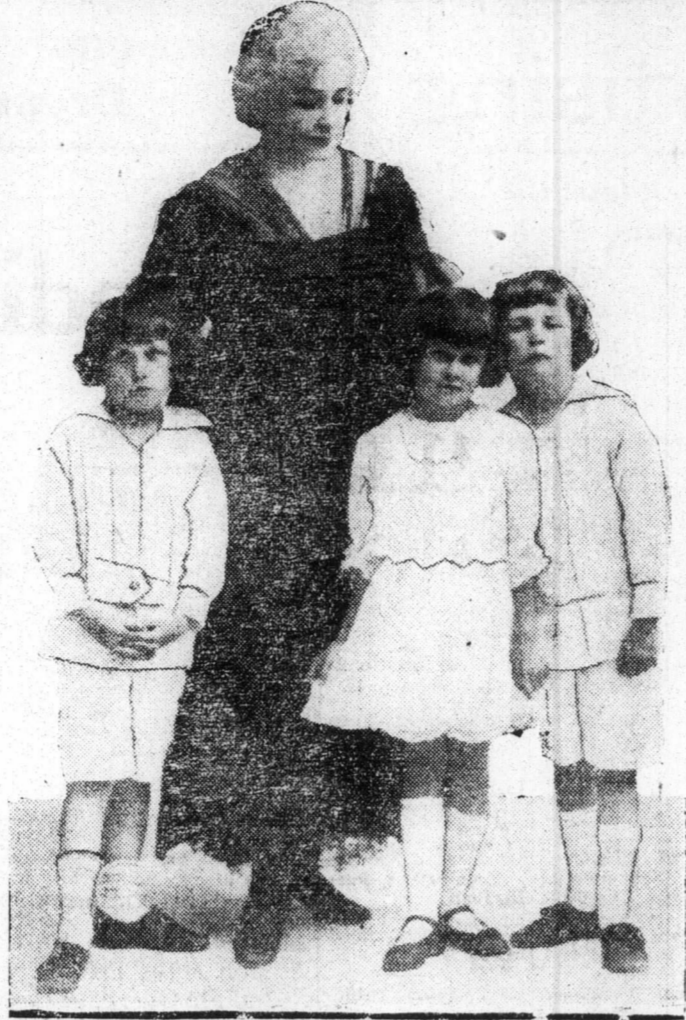
Close Relation Has Existed Since Early Days of the War

U. S. GIVEN BENEFITS OF THREE YEARS' EXPERIENCE OF BRITISH MEDICAL FORCES

WITH HEALTH OF ARMY First Essential to Health is Good Food

London, April 13.—A statement made by Sir Alfred Keogh, surgeon-general of the British army to an Associated Press representative, revealed for the first time the close co-operation between the medical branches of the British and American armies maintained since the early days of the war.

VON HINDENBURG'S "HOSTESS" TO VISIT CANADA.



The Countess de Tureznowitz of Poland, formerly Miss Laura Blackwell of Georgetown and St. Catharines, with her little daughter, Wanda Jolanda, the eldest of the family, and her twin boys, Stanislaw Piote and Wladislaw Pawel. The Countess will tour Canada in the interests of the Polish Red Cross. Her castle was seized by Von Hindenburg in his Polish drive and she was made to wait upon him.

SIDE TALKS RUTH YOUNG CAMERON

GETTING RID OF PAINFUL THOUGHTS.

A friend of mine had a very painful thing come into her life. It was something which left many doors open to unpleasant thoughts and she fell into the habit whenever she was alone of passing through each of those doors in turn, and torturing herself with what she found beyond them.

Naturally she made herself very unhappy and her health began to suffer from the strain. Of course everyone who knew her urged her to stop thinking about these unhappy things, but she would only answer miserably, "I can't help it. I try to put them out of my mind but I can't."

Thoughts Out Then one day I met her and she seemed much happier. The reason came out in the course of our conversation. She and her cousin were planning a trip abroad. It was not to come off for a year, but the plans had given her something to think about. "Every time I find myself thinking about things that make me unhappy," she said, "I go and get the Baedekers and plan where we'll go or what we will wear. You can't think how it helps."

But I can think exactly how it helps. You can control what you say or do by force of will but you cannot entirely control your thoughts no matter how hard you try.

Our Daily Pattern Service Valuable Suggestions for the Handy Home-maker—Order any Pattern Through The Courier. Be sure to State Size

LADIES' DRESS.

By Anabel Worthington.

What every woman needs is embodied in this decidedly fashionable and well tailored frock, No. 8212. The panel and front of the waist is in one piece, and a two-piece plaited section forms the rest of the skirt. A fancy belt composed of overlapping sections defines the waist line and is trimmed with buttons. The deep shawl collar is sure to be becoming to most women, and if the opening is too low it may be filled in with a crossed vest of some thin material. Sleeves in the season's latest fancy are broad at the elbow and taper in to the wrist. In this case they are slashed and the opening is filled in with straps, the ends marked by buttons.



8212

The materials which will give the hardest wear are best liked for this type of dress; such as storm serge, gabardine, wool poplin or shepherd checks. The lady's dress pattern No. 8212 is cut in four sizes—36, 38, 40 and 42 inches bust measure. Width at lower edge of skirt is 3 1/4 yards. To make the 36-inch size requires 5 1/2 yards 36-inch, 5 yards 44-inch, 4 3/4 yards 54-inch, with 1/2 yard 36-inch contrasting material. All of one material takes 6 1/4 yards 36 inch, 5 3/4 yards 44-inch, 4 3/4 yards 54-inch. To obtain this pattern send 10 cents to the office of this publication.

Good Night Stories

By Blanche Silver

Little Mamma Gray Mouse. Oh dear! that was a narrow escape! exclaimed Mamma Gray Mouse, as she pulled her five little children out of their home under the kitchen floor and ran with them to the barn.

"What are you staring at?" he asked, when he saw Mamma Gray Mouse and her brood enter the door. "I was just wondering if you would kindly drop a few grains of corn down to my babies," answered Mamma Gray Mouse, but the Old White Horse pretended he did not hear, and kept on eating.

Mamma Gray Mouse's Family. Mamma Gray Mouse and her family soon settled in the barn under the stall. One morning when Mamma Gray Mouse busied herself around her little home she heard some one crying. She ran quickly to her door to see what the trouble was. There stood Old White Horse with big tears in his eyes.

Mamma Gray Mouse climbed up in the stall and tried to pull the rope of the nail with her teeth, but it would not come, so she called her five little ones and they came scampering out of a hole in the floor.

"All help me and let's see if we can get this rope off," said Mamma Gray Mouse, and they all went to work, and before long the rope was chewed in two.

"If it hadn't been for you and your little ones, I would have been without food today, so suppose you all stay and help me eat it," said the Old White Horse, and Mamma Gray Mouse and her little ones sat in the stall and had their dinner.

After that, whenever the Old White Horse had his dinner Mamma Gray Mouse and her family were invited to join him, and he even gave Mamma Gray Mouse some of his hay to make the children a nice supper bed.

Mamma Gray Mouse and her family were very glad they came to live in the barn.

THE MARKETS AT A GLANCE

Two notable advances in grocery lines during the week were an increase of 45¢ per hundred in the price of sugar and 70¢ per barrel on flour. The high price of wheat caused flour to go to higher levels, and wheat prices in turn were given an upward impetus largely through confirmation by the Department of Agriculture of the United States that the winter wheat of that country had fared badly. Some of the firmness can be attributed to the fact that the United States is at war and that she will be in the market for supplies for her troops. Higher prices for sugar have been anticipated in view of the revision downward by experts of the amount of sugar that will be available from Cuba this year. In meats of all kinds there has been a firmer tendency all along the line. Canned meats have also been advanced in price, these increases being attributable to the fact that the United States is at war and has caused a heavier demand for meats of all kinds. Lard and compounds are also quoted higher, in sympathy with meats. Peanut butter, olives, soap sweet and soda biscuits, succotash, spinach are other lines in which there have been advances. Potatoes are in firmer market. Pineapples are easier and will no doubt go to lower levels between now and the time when the season is at its best in the latter part of May and June.

There is a further tendency towards firmness in the canned goods market. Present indications point to a serious shortage of cans for next season's pack of canned vegetables. From the United States comes the news that only 4 billion cans are in sight, while 7 1-2 billion cans are required.

Children Cry FOR FLETCHER'S CASTORIA

Cheap Tea Not Economical! Many people complain about the poor flavor of the cheap tea they are using, but are trying to put up with it because they think they are saving money. In reality, cheap tea is rarely more economical, often less economical, than Red Rose Tea. While Red Rose Tea may cost a few cents more, or even 10 cents more per pound, than common tea three teaspoonsful of Red Rose Tea are equal to five teaspoonsful of common tea. Less Red Rose Tea is required in the tea pot, because this master blend of Indian-Ceylon teas consists largely of the famous hill grown teas of Assam, India. These Assam teas excel in vigor, richness and strength. Their leaves yield more liquor and a fuller flavored liquor. Blended with Ceylons they make the ideal tea for flavor and economy. Try a sealed package of Red Rose Tea and keep count of the extra number of cups it yields in comparison with cheap teas. You will find that Red Rose is worth every cent asked for it—and that it costs no more to use this delightful tea.

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"Feeling Quite Fit, Thank You" "Yes, I was badly run down. Nerves all went to pieces. Looked as pale as a ghost. Didn't seem to have an ounce of blood in my body. What did I take?" Wilson's INVALIDS' PORT à la Quina du Perou "It built me up, from head to foot—and I never have felt so well before, in my life". For 25 years and more, Wilson's Invalids' Port has been the Doctor's standby in cases of Anaemia, Physical Exhaustion, Brain-fag, excessive Nervousness, and in Convalescence after any Wasting Disease. It is, in truth, Canada's premier Tonic. BIG BOTTLE ASK YOUR DOCTOR ALL DRUGGISTS

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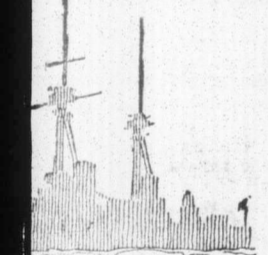
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Children Cry FOR FLETCHER'S CASTORIA

