


The best sugar for the sugar bowl is

Lantic Sugar

Its purity and "fine" granulation give it the highly sweetening power. It dissolves instantly in your teacup or on your breakfast cereal.

2 and 5-lb Cartons
10 and 20-lb Bags



"The All-Purpose Sugar"

Broadbent

Tailor to the well-dressed Man or Woman
Agent for Jaeger's pure wool Fabrics
Agent for Ely's Neckwear.
Agent for Aertex Underwear, "Borsalino" and other high grade Hats.

Phone 312. 4 Market St.

For Bilious Troubles


That heavy headache, torpid liver, sick stomach, bitter taste in mouth, furred tongue, dull eyes and muddy skin, all come from a poor supply of bile. These unhealthy conditions are promptly corrected by

BEECHAM'S PILLS

which stimulate the liver, regulate the flow of bile, sweeten the stomach, and renew healthy bowel action. A household remedy approved by sixty years of public service. For every-day illnesses, Beecham's Pills are a tested

Remedy

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 25c.




NP Soap surely gets out the dirt without injuring delicate fabrics. Best for the laundry; best for all household purposes.

NP SOAP

As a matter of thrift you should buy the big bar soap. It costs only

15 cents

at all dealers Buy it! Try it!



LENTEN RECIPES FOR HOUSEWIFE

Clam Fritters
One-half cup of clam water, 1-2 cup milk, 1 egg, small piece of butter, a pinch of soda, flour to make thick batter; fry in hot fat.

Baked Fresh Herring
One-half dozen herrings, 1 teaspoonful butter, 1-2 teaspoonful salt, 1 cup vinegar. Take the bones out of herrings, roll up herrings, sprinkle with salt and bits of butter; put in oven and bake about 20 minutes; take out when cooked and pour vinegar over, and eat when cold.

Baked Fish
After cleaning the fish thoroughly, let stand in salt water 2 hours; rub well inside and out with pepper; sprinkle with salt and bits of butter, 1 tablespoonful of butter, 1 small onion (chopped fine), pepper and salt to suit the taste; stuff the fish with this dressing and sew up; put in pan with water to cover, sprinkle over with flour and put in a small piece of butter. Bake slowly one hour. Garnish with hard-boiled eggs.

Stuffed Mackerel
Take two mackerel, large or small as needed, wash, and lay one in a baking pan. Put on enough stuffing to round up. Lay the other mackerel on top; press down a little around the edges. Have the skin side out. Bake until done, which will take half an hour or more, according to the heat of the oven. If it browns too fast lay another pan over it.

For the stuffing I save small pieces of bread that do not look nice to put on the table, also the crumbs found in the box of shredded biscuit. If the bread is put in the oven and dried until brown it will keep a long time until needed.

QUIET VOYAGE

By Courier Leased Wire.
Quebec, March 5.—The C. G. S. Montreal returned here noon today from her winter cruise down the north shore ports. She reports an uneventful voyage.

ESTATE TO SOLDIERS

By Courier Leased Wire.
Hamilton, Ont. March 5.—Miss Grace Lomax, an aged Dundas woman, has set a fine example for wealthy people who have no relatives dependent on them. She left her estate of \$10,000 for the relief and maintenance of soldiers, preference to be given to those from Wentworth county.

Catarrh Cannot be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh of the bladder, urethra, prostate, testes, and acts directly upon the blood and mucous surface. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in the country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. Use perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free. Take Hall's Family Pills for constipation. Sold by Druggists, price 50c. J. CHURCH & CO., Proprietors, Montreal, Q.

Our Daily Pattern Service

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

LADY'S BUNGALOW APRON.

By Anabel Worthington.




There is a strong natural instinct implanted in the healthy minded woman to make the most of herself and on every occasion to dress herself most becomingly. Even though she be engaged in preparing the meals, or in putting the house in order, she wants to look well and to be dressed in a way suitable to her labors. Let the work be ever so light, to avoid unrest and friction on an apron and becoming lines, with some show of response to Fashion's whims, is an absolute necessity to the woman who looks after the household affairs. In the illustration you see just such a garment, made in the bungalow style. The fullness of the garment is held in place by a belt at normal waistline. The body part may be in simple style by rolling the folds back to form revers and facing them with contrasting color goods, or the right front may be lapped over to the left side and the collar dispensed with. The sleeve just turns the elbow and when the apron is made to supply as a house dress the cuff finish of contrasting goods will be appropriate to match revers and collar. The pocket, of course, is a detail that belongs to an apron. Lunen, chambray, gingham, percale, drill, galatea and similar materials are suitable for developing. Making the garment is really a pleasure. The apron, pattern No. 8,149, cuts in sizes 36 and 40 bust. To make in size 36 requires 3 yards of 36 inch material; 1 1/2 yards of contrasting material. To obtain the pattern send 10 cents to the office of this publication.

Hemstitching, Scalloping, Pleating, Buttons, Picot Edging

The RITCHIE BUTTON Co.

53 Colborne St. Phone 2055



THE CLOTHES-PEG DOLL.

Ellen had a clothes-peg doll, and if you don't know what one is, no more did I until I saw this one. Ellen's father painted a face on the head of the peg and Ellen dressed her and she seemed such a well behaved doll in the daytime that nobody dreamed what a mysterious doll she was, after all. Ellen knew it first when she woke up one night and found her gone. She jumped out of bed and looked all over, but just as sure could be, that doll was nowhere to be found. Stranger still, when the morning came, there she was back again, as if she'd never been anywhere at all. It was most mysterious.

Night after night Ellen found her gone. Morning after morning she was back again, and then, one very bright moonlight night, Ellen herself solved the mystery. For, peering out of the window, she saw that foolish clothes-peg doll had gone out and phoned herself on the line! What more, the cat was talking it over with her.

"You're mighty foolish," said the cat, "to come out here every night like this and pin yourself on the clothes line."

"I'm a clothes-peg," said the doll firmly. "All my ancestors were clothes-pegs, and if I work all day as a doll I've a right to a little pleasure of my own."

"Some night," said the cat, "you'll get caught in a storm out here and the rain will wash your face off. What then?"

"Pooh," said the peg. "I don't need a face, I got along very well without one for a long time." And she went on bobbing foolishly in the wind and sitting on the line.

Now, though it didn't seem to bother the doll at all that she might lose her face, it did bother Ellen, and she thought and thought of schemes to keep that clothes-peg doll in the house at night. She wanted to speak to the cat about it, but when she picked him up and whispered in his ear he gave her such a stupid stare that you'd honestly think he didn't know a thing about it. But one night he broke all rules, stroled into Ellen's bedroom and cut up on the foot of her bed.

"Put a clothes line up in your bedroom!" he purred. "Put a clothes line up in your bed room. It never rains here!"

And do you know, Ellen did. After that, that foolish, peg-headed doll worked as a doll all day and pinned herself on the clothes line in Ellen's room at night. And that was how they managed to save her face for her.

SIDE TALKS

By RUTH YARBRO and CAMERON

OTHER PEOPLE'S MONEY.

How other people spend their money is always an interesting subject. Here are two more frank statements:

"I earn \$1100 a year and support myself and widowed mother and save for a rainy day. I give my tithes to church and charity over and above such small odd amounts as collection plate, blind peddler, etc., keeping no account of these dribbles. Now for Christmas I keep a Christmas Box into which all during the year I am putting articles which I shall use for Christmas gifts. I take advantage of sales, make many things, listen for hints of my friends' needs and wishes and gather material and ideas for twelve months.

A Twenty Dollar Present For Her Mother
"Then when Christmas comes it is no mad rush for me. My forty odd gifts average twenty cents each (not including time). For my mother this year I spent \$20, making about \$30 in all for presents.

I already have some half dozen articles in the box ready for next Christmas. Birthdays, etc., through the year send me to the box, and on many an unexpected anniversary it is my solace.

"I might add that I usually send

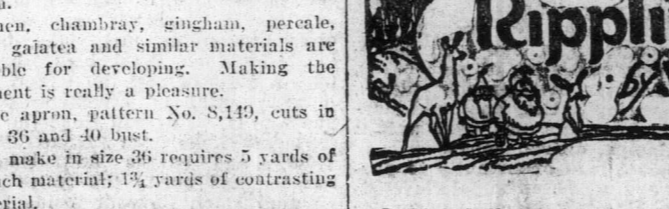
"CROSS CHANNEL" IS SAFE PASSAGE

German Admission That Escaped Attention of Military Censor

BLOCKADE RUNNER

Captured by British; No Ships Sunk Yesterday

London, Tuesday, March 6.—An Amsterdam special to the Times says: The Frankfurter Zeitung's military correspondent asks whether passage across the Adriatic can be rendered so securely as the cross-channel communication between England and France. This apparently escaped the attention of the German censor, as the German papers are unanimous in declaring that submarine activities have rendered all cross-channel communication between England and France impossible. No reports were received today.



Rippling Rhymes

By Walt Mason

OPEN CONFESSION

I think Bill Shakespeare dry as dust; his books, untouched, stand on the shelf; and I could take my pen. I trust, and write much better junk myself. Long o'er his pages I perspired, and sickened 'neath the grievous strain, his noisy bombast makes me tired. His style obscured gives me a pain. But when I'm in the social swim, I do not dare to talk like this. The Avon bard! I worship him! To read him fills my soul with bliss! I hate the dismal, horrid daubs Old Masters painted long ago; They look to me like misfit jobs, the pigments

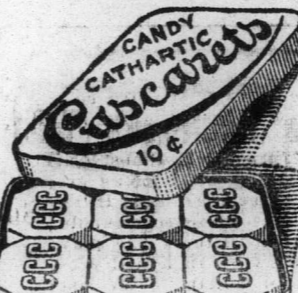
spread with broom or hoe. At these old works I gaze and stare, and fall to find a pleasing thing—fat cherubs loafing here and there, and corned angels on the wing. I tell the truth here in my den, where no rebuke can make me smart; but when I'm with my fellow men, I whoop it up for ancient Art. I'd like to meet a man so bold that he would say just what he thinks, hand out the truth, severe and cold, about the haloed, worshipped ginks. Alas the man has not been born, who dares to hoot the goldbrick sage, who has the nerve to laugh to scorn the chromos of a by-gone age.

There's the FLAVOR of the World's finest wheat in the bread and pastry made from

PURITY FLOUR

Also makes More Bread and Better Bread

CASCARETS SELL TWENTY MILLION BOXES PER YEAR



WORK WHILE YOU SLEEP

Enjoy life! Keep clean inside with Cascarets. Take one or two at night and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. Wake up feeling grand. Your head will be clear, your tongue clean, breath right, stomach sweet and your liver and thirty feet of bowels active. Get a box at any drug store and straighten up! Stop the headaches, biliousness, flatulency, bad colds and bad days—Brieger, up, Cheer up, Clean up! Mother, should give a whole Cascaret to children when cross, bilious, feverish or if tongue is coated—they are harmless—never gripe or stricken.

The American schooner John G. McCullough has been captured on this charge of attempting to run the blockade. She was taken to Falmouth, where her cargo is being removed for the prize court.

No American schooner John G. McCullough is listed in available records. The American steamer of that name was reported in marine advices, received in this country on Feb. 23, as having arrived at Falmouth the day previous from the Azores.

A despatch from Berlin states that the German Admiralty announces today that one of the returned submarines encountered off the south coast of Ireland, a tank steamer fitted up as a submarine trap with four well-concealed broadside guns. The ship's boats were in use to throw bombs against submarines. After emerging, the submarine had an artillery engagement from 3 p.m. until dark, against this submarine trap and against a submarine destroyer of the Fox Glove type, which joined her. At least three hits were obtained on the Fox Glove.

67 Unsuccessfully Attacked. New York, March 5.—Official figures from the British Admiralty made public here today at the office of the Consul-General of Great Britain, show that during February 94 British merchant ships were destroyed by mines or submarines. Of this number, 61 ships were of 1,600 tons or over, and 33 were under 1,600 tons. In addition to the merchant ships, 29 fishing vessels of British register were sunk. It was also reported that during the month 67 British merchant vessels were unsuccessfully attacked by submarines, as shown by reports on file with the Admiralty up to and including March 4.

SPARE POTATOES. By Courier Leased Wire.
London, March 5.—Captain Bathurst, the food controller's spokesman in the House of Commons, predicted in reply to questions today, that everyone would have to go with out potatoes in the late spring and early summer. He said there was an unprecedented shortage not only in the United Kingdom, but throughout the world.

Abundant Health is assured when there is good blood in the veins. Hood's Sarsaparilla is the medicine to make good blood, begin taking it now. It is just what the system needs. It cleanses the blood, stimulates the appetite, and builds the nerves.

Home Service

Dufferin Rifles of Canada Reorganization

Volunteers for the above will be accepted at the Armouries each evening from 8 to 10. Buglers and Bandsmen are especially invited to attend.

KITCHEN UTENSILS

Now is the time to replenish your worn out cooking utensils. Let us supply your needs from our complete stock of enamelware, Aluminum ware and Galv. Ware. All goods first quality and prices right.

Tea Kettles Granite or nickel plated	Tea and Coffee Pots Granite or Aluminum
Sauce Pans Granite or Aluminum	Galv. Tubs All sizes.
Boilers Tin or Copper	Preserving Kettles All sizes.

And other articles too numerous for special mention.

W. S. STERNE

120 MARKET STREET — Open Evenings

Housewives Please Note

That When You Buy

Paterson's Bulk Sodas

You Are Getting a Biscuit Which is Guaranteed to be "Fresh From the Ovens"

Order From Your Grocer