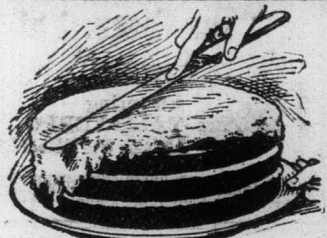


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50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.



Icing Sugar

For frosting cakes, making bonbons and other confections without cooking. Ask for it by name at your grocers.

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Lantic Sugar

is packed at the factory in dust-tight cartons. Yours is the first hand to touch it.

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Just Once!
If you will try N.P. SOAP just once you will always use it for all household and laundry purposes.

N.P. SOAP
is the best soap that can be bought. It saves your money, too, because you get such a great big bar for **15 Cents**

FRENCH GIRL AS A MODERN JOAN OF ARC

Superb Valor of Mademoiselle Marcelle Semmer Is Recognized

Worthy of the race which produced Joan of Arc, a young French girl, Mademoiselle Semmer has won for herself distinction which entitles her to an immortal place in the annals of her country. Only 21 and an orphan, the girl has been made a knight of the Legion of Honor, and has been decorated with the French Military Cross. Her thrilling story was told by M. Klotz, deputy for the Somme Department, at a matinee held in her honor in the Sorbonne. She lived, when the war broke out at Ecclusier, a village on the Somme. Those who have seen Ecclusier since can tell how little is left of the unfortunate village. Marcelle Semmer was at Ecclusier during the French retreat from Charleroi. French troops crossed the canal, with the Germans in hot pursuit. Marcelle—she was then not 19—with splendid presence of mind, opened the lock, thus closing the bridge to the enemy and threw the key opening the bridge into the river. A whole German army corps was thus held up for one night until it could build a bridge of boats in the morning. Two unfortunate wounded French soldiers were left behind on the right bank of the Somme and Marcelle herself saw the Germans finish them off by battering their heads with heavy stones. When the enemy crossed the Somme and occupied Ecclusier, Marcelle remained. Some French soldiers were hiding in the village, and Marcelle herself hid in cellars, as did the whole population. As the village was constantly bombed, Marcelle Semmer alone went out and by her sole efforts fetched food for all the inhabitants. Not only so, but she got sixteen French soldiers away by dressing them up in civilian clothes. She was getting the seventeenth away when both he and she were caught. She was taken before a court-martial at once. In examination she said:

"Yes, this is not the first French soldier I tried to save. I have managed to save sixteen others, and you won't get those now. Do what you like with me anyhow. I am an orphan. My only mother is France, and I don't mind dying."
She was sentenced to death, and had already stood up to be shot when a violent bombardment of the village forced the enemy to retire. Marcelle managed to escape and hid in a cellar. The French then took Ecclusier, but there and the German trenches almost touched in the village. One day Marcelle by mistake, went into the German lines, and was, of course, captured. She was shut up in the church pending her execution. But she is not only a heroine, but a heroine with amazing luck. A French shell blew a hole in the church wall. She managed to climb out through the hole, and get back into the French lines. She still stayed on in Ecclusier for fifteen months, tending the wounded under shell fire. She also looked after the only inhabitant who had remained, a paralyzed woman of 90. At Ecclusier a French general brought Marcelle Semmer the Cross of the Legion of Honor, and afterwards the Military Cross. Ecclusier was occupied by the British the Officer Commanding, out of respect for the heroine, ordered his men to salute her when she passed, and never to address her unless they were first spoken to.

NEW DIRECTOR.

By Courier Leased Wire.
Montreal, Feb. 20.—E. A. Robert, president of the Montreal Tramways Company, has been appointed a director of the British American Assurance Company and the Western Assurance Company, with head offices in Toronto.

In an attempt to rescue from a duck flow in Lake Ontario a boy and his hunter, Frank Sherlock, eleven, men in two boats narrowly escaped death at Sagara-on-the-Lake. The men in one of the boats were U.S. soldiers. All were saved after five hours exposure to the freezing gale.

Mr. Jas. Duddy of Dresden, received a cheque one day last week for \$906.22 for the tobacco grown on two and a half acres of land.

Miss Meta Rankin, formerly a well known nurse in Tilsonburg was married December 19, 1916, to Dr. C. T. Stewart Wright, of Toronto, at Coleraine, County Derry, Ireland.

When Tired and Nervous

If the end of the day finds you weary or irritable, with aching head and frayed nerves, you need something to tone and strengthen the system.

BEECHAM'S PILLS

are a remedy which quickly helps in restoring normal conditions. They act on the stomach, liver and bowels, and so renew the strength, and steady the nerves. A few doses of these world-famed family pills will

Bring Welcome Relief

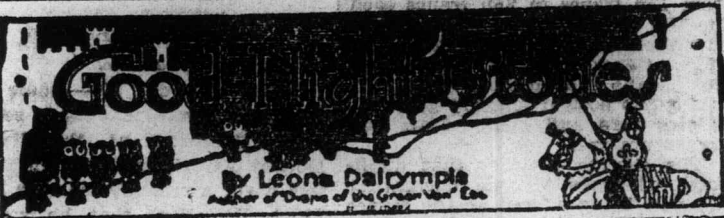
Prepared only by Thomas Beecham, St. Helena, Lancashire, England. Sold everywhere in Canada and U.S. America. In boxes, 25 cents.



PHOTOGRAPH BY UNDERWOOD UNDERWOOD

THEIR FATHERS ARE FIGHTING—SHALL THEY STARVE?

Here are two little Belgian refugees, two of thousands upon thousands whose fathers have answered the call of duty and are fighting with their Allies for liberty of peaceful nations. Those fathers did not wait to count the cost or to fling out how much help they were going to receive from outside their borders. They perhaps believed that great nations like Britain and France would not stand and see them crushed and that the people of those wealthy and friendly countries would not allow their children and their wives to starve while they were away. But all they really know was that they heard the call of duty and rallied to their king.
Of course their faith in the nations who guarantee their neutrality was not misplaced—unless they had faith in Germany. Great Britain and France did rally to their side and with them are putting an end to the Teuton dream of world conquest, and their children and their wives have not been allowed to



THE WIZARD AND THE ELF.

Once upon a time the Wind found an elf wandering sadly around in the fairy forest.
"Well," said the Wind, "what's wrong with you, my little elf friend?"
"I've lost my home," said the elf.
"Lost your home," cried the Wind.
"How?"
"I lived in a house built at the top of a candle," said the elf crossly, "and the candle wanted to grow, and I wanted my house to grow. So I went to a wizard for my magic stick and with the stick I made the candle as high as the tree tops."
"But without your wings," said the Wind shrewdly, "you couldn't fly down!"
"That's it," said the elf. "And then the wizard, who is a sharp old scoundrel anyway, flew up and agreed to give me back my wings in return for the house. He doesn't mind living up there. He only has to strike wood with his magic stick to get anything he wants."
"Hum!" said the Wind. "Hum!"
I think maybe I'll punish him a bit.
And so the Wind, howling around the top of the candle that was as tall as a tree, blew the magic stick out of the hand of the wizard and flew away laughing.
And who picked it up? The elf—and nobody else.
"Ho, ho," cried the elf. "This is luck!"
And he struck the candle with the stick. It grew bigger. He struck it again, and again the candle grew bigger. So did the house at the top of the candle, and the elf was so glad he brushed the sun and caught fire. Yes sir, caught fire. And if the Wind hadn't picked up the Wizard and carried him to a point of safety, dear knows what would have happened. But the candle house burned down and the elf was so terrified he lost the stick and nobody ever had the candle house again, and just as well, say I. For the elf had tricked the wizard and the wizard had tricked the elf.



THE MAN EATER

James Jimpson has a savage pup, and when it sees a stranger, it seems to wish to chew him up, and put his life in danger. With smiling eyes James Jimpson sees whenever abroad he sallies, the people shinning up the trees, or sprinting down the allies. Some morning James will call his dog, and call and whistle vainly; it will be deader than a log, and out of business, plainly. Some angry victim of its jaws will feed it deadly bitters, and whoop around with glee because he slew the worst of critters. Its

DESERTERS' DODGES.

(Associated Press)
Paris, Feb. 20.—Tricks to avoid military duty have been varied rather than numerous during the war. The most recent stratagem is that of two shirkers, unknown to each other, who hid in woods to escape service. One of them a man, named Souffellon, 32 years old, remained concealed from the beginning of hostilities in order to avoid the mobilization order. His father dying, Souffellon came out of hiding to lay claim to his parents' estate. An alert gendarme at Cahors took him into custody, reminding him that before being an heir, he had to be a soldier.

The second case was that of Albert Rous, who took refuge in the forest of Reynaldes. Here he built himself a comfortable cabin with stoves, branches and tiles. Behind his lodging place he installed an oven to bake bread. Possessing a rifle, two pistols and much ammunition, Rous hunted and caught fish.

Children Cry FOR FLETCHER'S CASTORIA

Recently a young shepherdess, seeking a strayed sheep, surprised Rous who was asleep. Gendarmes were called, and after a short fight, the deserter was bound and arrested.

DAYLIGHT SAVING.

By Courier Leased Wire.
New York, Feb. 19.—Marcus M. Marks, president of the National Daylight Saving Association, announced today he had written to President Wilson urging him to expedite the passage of the bill now in hands of committees, providing for turning the clock forward one hour during the summer months. Reports received by the association indicate Mr. Marks said, that if the United States adopts the plan it will then be submitted by Canadian organizations to the Dominion government for consideration.

LENTEN RECIPES FOR HOUSEWIFE

BOILED COD

Put the fish into a large pan with enough tepid water to cover. Add salt and enough vinegar to flavor the water; boil gently till the fin or tail bone will come out if lightly pulled. When fish is boiled too fast the skin will break. A medium-sized piece of fish usually takes from fifteen to twenty minutes to cook. When done, lift the fish carefully out of the water, drain it, and dish it up. Serve with melted butter, anchovy or parsley sauce.

SHREDDED COD BAKED WITH CREAM SAUCE

Boil four or five pounds of fresh cod. When cooked, drain and shred in fine pieces and set away to cool. Make the following sauce for five-pound piece of fish: Boil one quart of milk with one onion and a little finely chopped parsley. Set it aside. Mix one cup of butter with enough flour to absorb it. Add this milk and boil until it is the consistency of custard. Season with a dash of cayenne and salt to taste. Put a layer of shredded fish in a baking dish, cover with a layer of sauce, then a layer of fish and so on until the dish is filled. Have the last layer of cream. Cover with fine bread crumbs. Sprinkle with pieces of butter and bake in the oven until the top is a nice brown. Small boiled potatoes covered with cream sauce should be served with this.

HALIBUT CUTLETS

Cut your halibut steaks an inch thick, wipe them with a dry cloth and season with salt and cayenne pepper. Have ready a pan of yolks of eggs well beaten and a dish of grated bread-crumbs. Put some fresh lard or beef drippings in a frying pan and hold it over the fire till it boils. Dip your cutlets in the egg, and then in the bread-crumbs. Fry a light brown, serve up hot. Salmon or any large fish may be fried in the same manner.

ECHO PLACE NEWS

Miss Neelands enjoyed a visit with her brother from London over Sunday.
We are glad to report Mrs. McLeod is improving after her severe illness.

Mrs. Greenwood entertained the Elm Ave. Ladies' Aid on Wednesday afternoon with a quilting and tea.

Mr. Murray Smith is on the sick list.

Mr. Passmore of Eagle Place visited his daughter, Mrs. Marlatt on Friday.

Mr. C. Edmondson's home was the scene of a lively talent tea for the Women's Institute on Friday afternoon.

Echo Place was well represented at the "Old Folks" concert given by the Colborne St. Choir last Thursday night.

Echo Place Women's Institute will entertain the ladies from Moyle Trinquity Thursday next.

We are sorry to report Mrs. Mulrhead again very ill in the hospital.

WANT OLEOMARGERINE

Montreal, Feb. 20.—The Montreal Housewives League asked the Board of Control yesterday morning to urge the amending of the pure food act to permit the sale of oleomargerine in Canada to help reduce the cost of butter. The board promised consideration.

SUDDEN DEATH.

Quebec, Feb. 20.—Although she felt no illness during the day and she had been able to attend mass in the morning, Miss Angelina Giguere, died suddenly last night.

This is the latest of a series of nine tragic deaths occurred in this city since last night.

Fourteen teachers in W. Hastings have enlisted since the war began. Sergt. Geo. Ketcheson, of Belleville, has been invalided home from the front.

WHEEZY COUGH and ASTHMA

Cured By
VENO'S LIGHTNING COUGH CURE
It is quite wonderful how Veno's Lightning Cough Cure overcomes those wheezy coughs that are so troublesome. The reason is that Veno's loosens the phlegm which causes the cough, and so the sufferer gets relief at once. In Asthma also Veno's is one of the highest value. It gives tone and strength to the bronchial system, and helps nature to throw off the complaint. As it contains no dope, it may be taken freely during attack. Price 30 cents and 60 cents, from druggists and stores throughout Canada.

OUR DAILY PATTERN SERVICE

Valuable Suggestions or the Handy Homemaker—Order Any Pattern Through the Courier. Be Sure to State Size.

LADY'S FOUR GORE SKIRT.

By Anabel Worthington.

Do what one will the panel will find its way straight to the separate skirt, whether the garment be for general or dressy wear. It is prominently featured in this design, a model in four gores, with the side gores in two sections—upper and lower—joined at about the line of the hip, the upper section overlapping the lower and strongly suggesting side pleatings. The fulness is not obtrusive, but it keeps its place.



8124

Notice that for novelty the upper ends of the front gores are extended to give the effect of a belt; this treatment adds to the attractiveness of the model. The back view of the garment shows it to be similar to the front, the closing is at the side front.
With an afternoon blouse this skirt will make a graceful costume if developed in satin, taffeta, velvet or other rich fabric; or, in a practical weave like serge, gabardine or novelty worsted, it may relate with a blouse to complete a smart outfit for walking, sports and such wear.
The skirt, pattern No. 8124, cuts in No. matter what the material, one gets sizes 24 to 30 waist. To make in size the best value by depending upon the 24 requires 4 yards 44 inch material. pattern. Every piece is plainly marked. To obtain the pattern send 10 cents so that a woman with no experience at to the office of this publication.

When You Make That Dress You Will Need BUTTONS. See Our Assortment

The RITCHIE BUTTON Co.
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PURITY FLOUR

Milled especially for particular home cooks - those who want "More Bread and Better Bread"

Men Wanted for the Navy

The Royal Naval Canadian Volunteer Reserve, wants men for immediate service Overseas, in the Imperial Navy

Candidates must be from 18 to 35 years of age and sons of natural born British subjects.

PAY \$1.10 per day and upwards. Free Kit.
Separation allowance, \$20.00 monthly.

Experienced men from 38 to 45, and boys from 15 to 18 are wanted for the CANADIAN NAVAL PATROLS.

Apply to
COMMODORE EMILIUS JARVIS, Naval Recruiting Officer, Ontario Area,
103 BAY STREET, TORONTO, or to the
Department of Naval Service, OTTAWA.

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