

Put Less Tea in the Pot

Because it chiefly consists of the Assam teas of Northern India, the Rose is required in the tea pot.

Where four or five spoonfuls of ordinary tea are required just use three of Red Rose.

And Red Rose tastes better.

Kept Good by the Sealed Package



EXCITING EXPERIENCES OF KENNETH MARR

Brings Down German Sniper—Great Respect for English Women—Now in Hospital Recovering From Wounds.

Dear Daisy,
Sept. 3rd, 1917.
Have you died? or do you think I have. I have not received a letter from you for a long time, not one since I got wounded two months ago, but as I have not got any mail from Canada lately I suppose what you have written has been mislaid with the rest, and some day I will get a whole load of it. As for me I have written two or three times to you.

Well, Daisy, my shoulder is all healed up but it is not strong and won't be for a long time yet. I put in over seven months as a sniper and any man that puts in seven months as a sniper and gets off with a whole hide—well, I can tell you he's a darned lucky man. As it is I've got a rip across my shoulder six inches long but escaped darned lucky I consider.

I was at the famous battle of Vimy Ridge, where, on the ninth of April, the four Canadian Divisions drove the Germans off Vimy Ridge and only lost in all ranks about nine thousand men, while the Germans lost over nine thousand prisoners on the one day to say nothing of the killed and wounded, and our infantry killed them by the thousands and our artillery by the score. Our 3rd division took the main defense.

Here are some of the escapes I had that time during the ninth and tenth of April: I had my bayonet shot off my rifle, my rifle sling hit by a bullet, my steel hat grazed, a bullet hit my foot out of my ration bag, knocked down twice from concussion of shell fire, exchanged 15 shots out of my rifle at a German sniper—him up in a tree and me down in shell hole about four hundred yards distance between us but frisky came down out of that tree. At another time while going for water at night I was knocked down again by a high explosive and one of my water cans blown to pieces and not a scratch on me. At another time at night we made a bombing raid on the German trenches; I made a dive at a Prussian with my bayonet—he fired point blank at me but didn't take aim; the bullet grazed my right hand and struck the stock of my rifle knocking it out of my hands, but luck was on my side again for my chum shot him dead before he could bayonet me. I am not to be killed by a

SEVEN YEARS TORTURE

Nothing Helped Him Until He Took "FRUIT-A-TIVES"



Albert Varner
Buckingham, Que., May 3rd, 1915.
For seven years, I suffered terribly from Severe Headaches and Indigestion. I had belching gas from the stomach, bitter stuff would come up into my mouth after eating, while at times I had nausea and vomiting, and had chronic Constipation. I went to several doctors and wrote to a specialist in Boston but without benefit. I tried many remedies but nothing did me good. Finally, a friend advised "Fruit-a-tives". I took this grand fruit medicine and it made me well. I am grateful to "Fruit-a-tives", and to everyone who has miserable health with Constipation and Indigestion and Bad Stomach, I say take "Fruit-a-tives", and you will get well.
ALBERT VARNER.

50c. a box, 6 for \$2.50, trial size, 25c. At dealers or sent postpaid on receipt of notice by Fruit-a-tives Limited, Ottawa.

POWER OF MONEY.

And the Danger That May Come With Undue Love of Wealth.

It is convenient to have money. We all see many ways in which we would like to use it. But when we have money we are all apt to wish it just a little more. Who is to say what is the exact amount it is right that we should possess? Wishes, tastes, desires, differ. We ourselves do not know what our limit should be.

With too much money one is likely to become conceited, to lose sympathy and be hard hearted and more than likely regardless of the means he takes to add to his store. If he has too little he may be envious of others, embittered toward society, tempted to dishonesty, or there may be real suffering for need of what money can buy. No one, not even the man in a prison cell, can live in any degree of comfort without money. It is necessary to life.

Yet there are many things of greater value than money, things that money cannot buy, that are necessary to our welfare. Undue love of money is a poison in the soul, eating out what is good. We may pay too high a price for its acquisition. We should judge our desire for money by our purpose, our motive in wanting it. Money is a power for good or evil, as we choose to use it.

THINK BIG THINGS.

Give Your Imagination Play and Try to Live Up to Your Dream.

Isn't it true that the only thing which makes it possible for us to perform the daily drudgeries of life is the hope for better things which blooms in our hearts?

Hope is romance. Ambition is romance. All the fine, true inspirations of life are romantic. Romance leads to achievement, unless it blossoms in the mind of a lazy, shiftless creature who is incapable of action. The man who leads a forlorn hope is romantic. The hero who gives his life fighting a dread disease to which he succumbs, but against which he has insured humanity, is romantic. Romance is the thing which makes it worth while for men to sacrifice material comforts and die on the strange fields of honor.

In a materialistic world, where we have to deal with the facts of earning our living and fighting for place and position, the thing which lifts us above blind instinct is romance. Cherish your dreams, for they give you a glimpse of beauty and make you willing to struggle over cruel mountains and harsh plains to the pot of gold at the rainbow's end. Dreams give release from dreary reality and urge on to all that is big and fine.—Exchange.

When Lafayette Was In Jail.
After our Revolutionary war, while Lafayette was trying to reach Holland to escape enemies at home, he was seized by the Austrian government and imprisoned as a dangerous character. His wife also was imprisoned at Paris during the reign of terror, but succeeded in getting to the pot of gold at the rainbow's end. Dreams give release from dreary reality and urge on to all that is big and fine.—Exchange.

Horses Have Quick Ears.
The horse is really one of the best listeners in the world. He is always on the alert for sounds which concern or interest him. When he looks at anything he turns his ears toward it to observe the better whether any sound comes from it. If a horse is particularly interested in your driving of him he always turns his ears backward toward you, but if he has no concern on that subject or if he sees anything ahead that interests him he keeps his ears pricked forward. A horse hears the whinny of another horse at a greater distance than the average man can hear.

Vegetable Cutlets.
Try the following recipe on your "meatless day." Take equal quantities of carrots, turnips, parsnips and onions and sufficient potatoes to form half the mixture. Slice the onions and brown in a little butter. Boil the other vegetables and chop them up finely, mixing them with the potatoes, which should be mashed. Season and add some chopped parsley. When cold form into cutlets and fry in egg and breadcrumbs.—London Answers.

YOUNG WOMEN MAY AVOID PAIN

Need Only Trust to Lydia E. Pinkham's Vegetable Compound, says Mrs. Kurtzweg.

Buffalo, N.Y.—"My daughter, whose picture is herewith, was much troubled with pains in her back and sides every month and they would sometimes be so bad that it would seem like acute inflammation of some organ. She read your advertisement in the newspapers and tried Lydia E. Pinkham's Vegetable Compound.

She praises it highly as she has been relieved of all these pains by its use. All mothers should know of this remedy, and all young girls who suffer should try it."—Mrs. M. KURTZWEG, 529 High St., Buffalo, N.Y.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

AGE LIMIT FOR MOTOR DRIVERS TO BE OBSERVED

Motor Vehicles Branch of Department of Public Works Issues Circular Letter to Police Chiefs.

The Motor Vehicles Branch of the Provincial Department of Public Works has issued a circular letter to all chiefs of police and others concerned in the enforcement of the law, calling attention to the fact that the section of the Motor Vehicles Act prohibiting any person under the age of eighteen from driving a motor vehicle is not being observed. Mention is made of the fact that a most regrettable accident at Sussex recently resulted in the loss of the life of a valued citizen, the motor car causing the accident being driven by a boy aged fifteen years. The life lost in that accident was that of C. W. McDougall, provincial dairy superintendent.

The circular further states that many persons have an erroneous impression to the effect that a person under the age of eighteen may drive if accompanied by a licensed driver. The law states without qualification that no person under that age may drive a car.

Strict enforcement of this provision of the act is requested.

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