

ROYAL YEAST

THE MAKING OF TOMMY ATKINS

"We are trying to turn out men at arms and I think we are succeeding. That is a dozen words which are the attitude of the British army authorities, as enunciated by General Sir Archibald Hunter, G. C. B., a veteran who spent 15 years of his life in Egypt and the Sudan under Kitchener and other leaders first in "making riflemen from mud," and then in the "making of Tommy Atkins" in the command of the Aldershot training centre in an area, roughly speaking, some five miles square in the loveliest part of Southern England, where Hampshire and Surrey join and in peace time it is a peaceful place, with few soldiers to be seen save in and around Aldershot itself, its pleasant town of red brick cottages and shady trees, a kind of Fort Leavenworth raised to the ninth power, which has been ever since just after the Crimean war, and nursery and training ground of England's armies. Now, however, Aldershot, busy place though it is, is simply the headquarters and nucleus of a tract that is dotted and even with camps in the distance, is a modern battlefield, those who are there, while the navy, "Britain's sure shield," has stood better than ever since the invasion and given England a breathing space. General Hunter, quite out of the twilight of his military career, in fashion and well and temper the trenchant blade that will ultimately give the soldiers of his country barbarism and give back peace and freedom to the world.

When there are pimples or eruptions, or an irritating itching rash, a soothing boric acid solution may help to allay the irritation, but of course that does not cure the trouble. Skin complaints come from an impure condition of the blood and will persist until the blood is thoroughly purified. It is well known that Dr. Williams' Pink Pills have effected the best results in many forms of skin disorders and blemishes. This is due to the fact that these pills cleanse the blood, and that this new blood attacks the impurities that give rise to skin troubles and disperses them; so that Dr. Williams' Pink Pills cure skin disorders from within the system—the only sure way.

It should be added that Dr. Williams' Pink Pills have a beneficial effect upon the general health. They increase the appetite and energy and cure diseases that arise from impure blood.

You can get these pills through any medicine dealer or by mail at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

FEEDING THE BOY.

Give Every Healthy Youngster Diet His System Craves.

The growing boy—the active, healthy normal boy—is a better judge of his diet than mother or father or doctor. He needs every kind of food, plenty of it, and his system will naturally crave for just those foods that are best for him.

DODD'S KIDNEY PILLS

imaginable subject from gas drill, which teaches you the proper—and the quickest—way to put on your gas mask, the same being often a matter of life and death, a death that is a slow torment, to bayonet drill, which teaches you the most effective way to perforate the Hun. Here are a few, a very few of them.

First aid, barbed wire entanglements, bombing, trench mortars, range-finding, sniping, scouting, night patrolling, mining, physical and bayonet training, the use of the anemometer, an artificial combination of rifle and telescope that vexes the heart of old Erer Boche; machine gunning, including the use of Vickers, Maxim, Lewis guns; signalling by Morse and semaphore, by flag, lamp and buzzer; the use of and defense against gas; and proficiency in a fascinating subject known as camouflage, invented, as the name shows, by the sprightly Gallic mind, which concerns itself chiefly with paint and canvas to the end that that which is deadly may look innocent, and that the innocent may look deadly. The complete camouflager's motto is: "Things are not what they seem," and he goes about his business in any gun which he puts into conspicuous places for Fritz to strafe, and making ready for the course which he takes as innocent as possible, to the better undoing and confounding of the Boche.

THE GAS COURSE.

The gas course is naturally divided into two parts, (a) how to gas your enemy, and (b) how to protect yourself from being gassed, which is one matter that is vitally concerning every one, not only in the line, but for about 10,000 yards behind it, for the gas attacks are directed not only with the gas cloud expelled from the trench, but with gas shells and lachrymatory shells at any hour of the twenty-four.

CURING SKIN TROUBLES

So many people, both men and women, suffer from skin troubles, such as eczema, blotches, pimples, and irritation that a word of advice is necessary. It is a great mistake for such sufferers and those with bad complexion to smear themselves with greasy ointments. Often they could not do anything worse, for the greasy clogs the pores of the troubled skin and their condition actually becomes worse.

MINARD'S LINIMENT CURES Garget in Cows.

GREAT LAKES LEGEND.

Stories of Niagara Falls and of Leelinau, the Fairy Girl.

In old, old times, on the highest peak of great mountain, there dwelt a hunter and his five sparkling daughters. Their lodge was of bright beetle bark, and on clear days they could see the distant ocean flashing like a silver band.

RESPECT PROMISES.

Therefore Do Not Make Any Unless You Can Keep Them.

Keep your promises, so don't make any you cannot fill.

Don't make any in conflict with agreements.

Neglecting the exact terms of a definite promise is after a very serious thing.

SKIRTS.

College Lecturer Says Short Ones Cause Big Food Bills.

Philadelphia, Pa., Feb. 15.—"Short skirts and silk stockings make a girl eat so much that she becomes bad tempered."

DRS. SOPER & WHITE

SPECIALISTS

Call or send history for free advice. Medicine furnished in tablet form. Hours—10 a.m. to 1 p.m. and 6 to 8 p.m. Sundays—10 a.m. to 1 p.m.

WALLPAPER!!

Tea is Delicious and Pure

Sealed Packets Only - Never in Bulk

BLACK, MIXED or NATURAL GREEN

HOW JAPS COOK RICE.

The quantity of water varies according to the qualities of rice, but five parts of water to four of rice, or six parts to five, by volume, will be common proportion.

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Reducing Expenses

The war has so increased the cost of living, the housewife must make her money go further.

By using Red Rose Tea, which chiefly consists of strong, rich Assam teas, she can keep her tea bills down.

The rich Assam strength requires less tea in the pot—and there's only one tea with the rich Red Rose flavor!

Kept Good by the Sealed Package

PAPER YOUR FLOOR.

Walls No Longer Enjoy a Monopoly of the Papering Idea.

Three sheets of strong, brown paper, pasted together, with a top covering of ordinary wallpaper, make an excellent, inexpensive, sanitary substitute for linoleum.

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