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SPLENDID WAY TO REDUCE ONE'S WEIGHT

There is, perhaps, no one thing that

shows the passing of our youth so much as the horrible tendency of some of us to put on too much weight after we have reached the age of 25 or 20 However young our face may appear,

HUDSON BAY IN SURANCE CO. Head Office - - Vancouver, B.C. Security to policyholders \$979,441.60.

A STRICTLY CANADIAN COMPANY. Parken, McVittle & Shaw, Managers for Ontherio, Wellington St. East, Toronto,

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Carters & eamsters

Good frame house on Division ouse for a Price 44,00

treet, nine rooms, improve-

Office 177 Wellington St.

Pity is akin to love, but a gir!

is never willing to accept it as a power to be so much your friend or so much your enemy as yourself.



Rattle of blade on rifle steel lasting of fire as the muzzles feel The grip of that fierce unbroken clasp, Terror of death in that grinding rasp. Look to the hills, the conquering foe, Are crouching again for another blow, But see the rush of a hundred clane: Charge as you did at Prestonpans. Highlanders-Fix Bayoners! Constigue 1915 by th. Minest in the fee. 1 am.

So much has already been heard, on the foe. So that I well know of pig iron by the Dominion Steel The cause of this over-stoutness is and so much more is certain to be the value of martial music. Very Corporation in February was larthe cause of this over-stoutness in and so much more is certain to be the value of margar music. The cause there is not enough heard, on both sides of the Atlantic, value of margar music. The corporation in residue a prooxygen in the blood to produce a pro-per combustion to destroy the fatty of the new war song, "Highlanders, government, I have taken great in-increase over January of this year. tissue. To reduce your weight go to a Fix Bayonets," that the question is terest in their war songs and made in capsule form, and take one after being asked as to who are the men records of the striking ones on the each meal. It is sold only in origina; who have given this to the nation. phonograph which are now preservthe benefit Examination discloses just what ed in Washington." of the food you cat and at the same might have been expected—that the Mr. O'Hara told another interesttime dissortes the fatt there is ex. men who made it are as patriotic as ling story, a sequel of the foregoing,

D. I. Little Drug Co. Goodfrey Co. Canada. Vades the desperate combatants in culated through one of the news of \$1.00 Address D. J. Little Drug Co., Geoffrey O'Hara, the composed, is of a family whose outstanding profession for many years was war. He is O'Hara, "by a combination of Irish stend of a deficit for 1914 the comdescended on his father's side from nerve and battlecry, by grandfather pany, after paying their regular John O'Hara, Lord Tyraweley of showed another side of the Irishman, dividends for the year, and putting Kilmaine, Ireland; on his mother's his hospitality and entertained his aside a very considerable sum for side from John Dobbs, an officer in distinguished prisoners so well that depreciation, were able to carry \$17,a granddaughter of Hugh O'Neill, the thanking him for what he had done. "fighting Earl of Tyrone." Their son, This interesting document is now in Arthur Dobbs, was governor of North the possession of my brother, F. C. Toronto, March 19.—The recent Carolina in 1752. Mr. O'Hara's F. O'Hara, Deputy Minister of Trade advance in Maple Leaf Milling compared the stand Commerce at Ottawa. It is mon from 28 to 42%, a gain of 14% British Army through the Peninsulai signed by eighteen officers. Not long points, has started a rumor War. He had eight medals for gal- after, at the Battle of the Pyrennes, the stock is to go on a 4 per cent. lant service and was knighted by the it so happened that Col. O'Hara was dividend basis, but this is doubted.

of a cosmopolite, and his recently who turned out to be none other than pected to be about double the prebeen employed on a special mission the afterwards world-famous Marshal vious year. In 1913 the earnings by the United States government in Soult. Col. O'Hara was brought to represented 31 on the common. Dining Room serve the musical traditions of the Red Man, was interviewed in New They became fast friends. The represented 31 on the common.

Red Man, was interviewed in New They became fast friends. The relations of nearly \$3,000,000, and Red Man, was interviewed in New They became fast friends. The colo- unless this is much reduced, a divid-

ty morning, charged down a steep rived. Marshal Soult and his war-cry from 600 fusty throats, proval of the delicacy, but Col which so completely surprised and O'Hara afterwards confessed that of deceived a large encampment of the all the plum puddings ever made that French army, that they all surren- one was the worst.

impressionable period of childhood orchestred by a Hollander, and the and the records of which, duly auth- whole is published by Italians," All the latest designs and enticated, I have since seen more than once, exerted a powerful influ- The song has been sung, with im-

Sir John French Recommends the Man in the Ranks for Honors

Same as Generals. Sir John French's list of names afficers and men whom he recommend for promotion or reward for gallan and distinguished service in the field is the longest list of the kind ever submitted by a British commande t occupies nearly three closely printed pages in the Times. No less than 445 generals and members of the gen-eral staff are included in the list, and there are 254 names from the Royal Artillery and 234 members of the Medical Corps, to say nothing of the other branches of service repre-

A noticeable feature of the fist i the way in which all ranks are class. The loyal heart is never alone, ed together as being equally distin-guished. The Duke of Wellington never mentioned any but officers in his despatches, while other British commanders have mentioned non-comm sioned officers or privates very spardistinction between the highest officer and the humblest private; the names are all placed side by side in the long

Patriotism In England Patriotic London Office Boy lead of German firm) - No, sir, not you were to double my salary and tive me a holiday every time my grandmother's buried would I consent to stay with you! - London

hould also consult an oculist

government of Portugal and was desperately wounded and himself tak- The buying, is said to be largely made Asst. Adjt. General of the Bri- en prisoner by the French. Where- by insiders who understand the posiupon he sent the manifesto to the tion of the company. For the year Mr. O'Hara, who is more or less of commanding officer of the French, ending March 31st earnings are ex-York city by a metropolitan newspaper man, who asked the composed how he happened to write 'Highlandwounds. He had sufficiently recovered by Sir D. C. Cameron, Cawthra Mu-"I have been interested in martial music," replied Mr. O'Hara, "ever since I first heard, as a boy, the story of a famous exploit of my grandfath-ding for his kind best Russia has ordered 46 er in the Peninsular War. He was a ding for his kind hosts. He obtained colonel then, under Wellington. At the needful ingredients by skilful forthe head of the 47th Regiment, 6.0 aging, and the famous pudding was strong, at the break of day, on a mishillside, to the accompaniment of a ther officers were profuse in their ap-

dered,-more than 2,500 men, and Mr. O'Hara expressed gratification eighteen officers. The prisoners con that his efforts to reproduce the spir fessed that they had thought from it of his Scotch-Irish ancestry in the noise, that tey were being sur- war song, were meeting with such rounded by a "reat host of the ene- approval. "It is really a song o the my, and that there was nothing to Allies," said he. "The writer of the words is a Canadian, I am Irish, banks at the end January were

ence, you may be sure, to convinci mense success, by J. A. W. Craig, of Buffets, \$15, \$20, \$23 and Its effect is two-fold, of course, up-the officers of the 21st Regiment, Caon the advancing army, and also up- nadian Overseas Expeditionary Force.

> PRIVATE OR OFFICER. Margaret E. Sangster. Whatever you did in the years that

In the year that is yours to-day. Lift up your brow in the light of the Be loyal and brave, I pray.

And so, as the beautiful seasons roll

Save only the weird of shame.

There are over comrades real, Who will make the cause you lov And stand by you staunch as stee

Meet shadow and shine, alike,

And shunning only the coward's part,

The year that is ours is to-day, Wears fair on its front the light of We may labor, and hope, and pray

A Side Issue. sat beside a suffragist, who haran- the Bank of Ottawa. gued him on the importance of wo-

endured the young lady's eloquence had my life insured for five thous-till the coming of the coffee. Then and dollars." he ventured to say very mildly:

"The importance of woman? The importance of woman? I have heard nothing but the 'importance of wo-place you go."

"The importance of woman? I have heard telling you to be so careful every place you go." man' for the last hour. Yet surely

The Mineral Wealth Of Nova Scotia For 1914.

Halifax, March 19.-The mineral wealth of Nova Scotia is clearly shown by the report of the Departof Public Works and Mines of the Nova Scotia Government, which Las! just been issued. During the past year Nova Scotia produced 7,005,-464 tons of coal, 335,515 tons of limestone, 283,340 tons og gypsum 1,400 tons of barytes, and 13,156 tons of gold bearing ore. The Provincial Government obtained in joyalties on coal the sum of \$704,180; 14,639 men and 865 horses ware employed in the colleries.

Trade Practically Paralyzed Washington, D.C., March 19. Secretary Redfield has made public a cablegrom from Governor-General Harrison, in which he states, that the Phillippine trade to the United States is practically paralyzed for lack of ships on which to export hemp, sugar, coppra and other Philippine products. He states that there are now 10,000 tons of such products ready for shipments.

Increased Drug Capitalization. Ottawa, March 19 .- The capital stock of Riker-Hegeman Drug Stores, Limited, has been increased from \$10,000 to \$15,000, and the name is changed to "Tambiyn Drug Stores,

Dominion Steel Corporation

An Underwood Surplus.

The Underwood Typewriter Com there is exthe rate of the rate of the which the spirit with they reported a deficit of \$146,904 for the which the wars were copied from an erroneous report eight. pany, New York, has called our

Financial News. Russia has ordered 46,500 tons steel, valued at \$2,000,000 from Cambria Steel Co., to be used in manufacture of shrapnel. The United Shoe Machinery company of Canada, Maissonneuve, been incorporated with capital

American Woollen Co., for year ended Hec. 31st, shows profits increased \$3,466,287. This is equal to 6.97 per cent; on the preferred stock. The surplus in postal revenue in the

United States for the 1914 fiscal year amounted to \$3,500,000. This is the second surplus since 1836. "This story which I heard in the with Scotch admixture; the song was \$996,877,000, or \$7,000,000 in excess of any January return for the past

> United States Rubber Company's sales last year were \$93,678,812, a reduction of \$10,000,000 over previous year; but profits were sufficient

o meet all dividends The world's production of gold last year is officially estimated at £91,-254,000, as compared with £93,452,-000 in 1913 and £96,077,000 in 1912. This was the smallest output since

The directors of the Detroit United railway will recommend to the stockholders the acceptance of the city's proposal for the taking over of the street railway lines within the one-

Montreal Tramways company reof its year, that is from July 1st to January 31st, gross revenue is down 72 per cent. It is stated both gross and net have increased over 140 per

cent. in the past decade, or over 14 Be true, and dare for the right, my friend,

Fear nothing and dread no blame, leading companies in the railroad leading companies, including Canadian Car and Foundry, the Boston

News Bureau shows that the cessa-tion of buying by the railroads affect-ed the revenues of the eight companies to the extent of nearly \$100,

R. J. Reynolds Tobacco comp reports 29.16 per cent. earned on stock in year ending December 31st. against 28.52 per cent. previous year. At the annual meeting of the New Have you no care for the years that York Air Break company, George B erman, of Watertown, was elected to succeed the late George B. May

ronto, will now be removed to Otta At luncheon Dr. Lyman Abbott president, who is general manager of

> Thoughtful Of Him. Mr. Manley-"Well, my dear, I've

Scripture teaches us that woman is It is easy to fall in love with the

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Ar. Portland 7:30 a.m.
Ar. Springfield 7:40 a.m.

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1

