

Coal
The kind you are looking for is the kind we sell.
Scranton Coal
Is good Coal and we guarantee prompt delivery.
BOOTH & CO.,
Foot of West St.

Choice Spring Suits
Why pay \$18.00 for your Spring Suit when we will make it for \$10.00.
Separate Skirts made to measure for \$2.00.
Sport Coat made to measure for \$5.00.
New York Skirt and Suit Co.
203 WELLINGTON ST.

Montgomery Dye Works
For the Best in French Dry Cleaning, Dyeing and Pressing.
J. B. HARRIS, Prop.,
225 Princess St.

Try **Cooke's for Photos**
159 Wellington St.
Opp. Golden Lion Grocery

Fred Dowling
Sole Agent for the celebrated
CROWN BICYCLE.
First Class Repairs; also a large stock of Bicycle Accessories.
Works, 289 Princess Street.

Easy & Practical Home Dress Making Lessons
Prepared Especially For This Newspaper by Pictorial Review

To Be Included In The Spring Wardrobe.



6685

Chic without sacrifice of economy is this frock of cotton voile, trimmed with organdy collar and cuffs and a silk belt.

The dress shown here is made with a deep yoke and open front, allowing for the introduction of a dainty vest, surmounted by a turnover collar. In medium size the dress requires 1 yard of linen for the waist and 6 yards 36-inch voile. One Pictorial Review Costume No. Price, 15 cents.

Above Patterns can be obtained from **NEWMAN & SHAW,** Princess Street



WHEN CLERGYMEN SPEAK

In favor of a remedy, it is safe to conclude that the remedy has more than usual merit. Clergymen who have used Zam-Buk have found it so excellent, that they have not hesitated to give their opinion.

Amongst them is the Rev. A. D. McLeod of Harcourt, N.B., who, in a letter written recently, refers to the remarkable popularity which Zam-Buk enjoys in the homes of the people of his parish. "Really," he writes, "I know of nothing that can compare with Zam-Buk! Having charge of an extensive mission, I meet with many sick and afflicted people, and have been amazed at the good which Zam-Buk is doing daily. For bad ulcers, old wounds, eczema, and skin diseases of all kinds, the healing powers of Zam-Buk are simply marvellous! For piles, also, it is excellent. I have known Zam-Buk give almost instant relief, and am confident if Zam-Buk were kept in every home it would save many a doctor's bill."

For injuries, Zam-Buk is equally good. Nothing ends pain, stops bleeding and draws out swarms so quickly. Being highly antiseptic, Zam-Buk prevents wounds from festering. All druggists, 50c. box, 3 for \$1.25, or from Zam-Buk Co., Toronto. Send 1c. stamp for return postage on free trial box.

ZAM-BUK

Wood's Great Peppermint Cure
The Great English Remedy
Tones and invigorates the whole system, makes new Blood in old veins. Cures Nervous Debility, Mental and Brains Weakness, Loss of Energy, Fatigue, Headache, Failing Memory. Price 21 per box, six for \$1. One will please, six will cure. Sold by druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOODS' GREAT PEPPERMINT CURE.



half yard organdy will make the collar and cuffs.

Make the underbody first, then take up the outer waist. Close the under-arm seam and gather upper and lower edges of front and back between double "TT" perforations and 2 inches above lower edge. Close shoulder seams of yoke as notched, sew to upper edges of front and back as notched. Sew round collar to yoke, notches and center backs even.

The elbow sleeve is quickly made. First plait, placing "TT" on corresponding small "o" perforations. Close seam as notched. Sew cuff to sleeve, single large "O" perforations even, small "o" perforation in cuff at seam of sleeve.

Next, close the seam of the skirt section and turn hem at lower edge. Form tucks creasing on crosslines of slot perforations; attach lower tuck 2 1/2 inches and upper tuck 2 inches from folded edge. Gather upper edge between double "TT" perforations. Join the yoke sections as notched, leaving left side seam free above large "O" perforation in front yoke for a placket. Turn under lower edge of slot perforations. Lap on skirt sections, center-fronts, center-backs and edges underneath even, small "o" perforation in skirt section at seam in yoke; and stitch 1/2 inch from folded edge in tuck effect. Gather upper edge of yoke between double "TT" perforations. Adjust to position.

Finish the waist with a soft girde of silk or satin.

6685. Sizes, 16, 18 and 20 years.

THE MEANEST MAN

MONTRÉAL SOCIAL WORKERS STRUCK THE LIMIT

He Used His Wife And Children In A Brutal Way—Was Arrested And Is Being Examined As To His Sanity.

Robert C. Dexter, General Secretary of the Charity Organization Society, told The Montreal Standard recently of the meanest man in Montreal, apropos of the man on Upper Esplanade avenue, whose two little girls were recently found hungry and half-frozen and who received ten cents a day from their father for their keep. The man Mr. Dexter refers to owns several houses, his wife is in delicate health, and he has three small children. He beats his wife often, and gives her twenty-five cents a week for household expenses.

"We tried to argue him into treating his family better," said Mr. Dexter, "but we simply could not move him, and so as a last resort we had him arrested quietly. He is being examined at the present time as to his sanity while we are taking care of the wife and children, but I am doubtful in my mind about his mental condition, and really believe his action is caused by pure meanness on his part."

While there has been very little lack of employment this winter as compared with the last two winters, or poverty and misery due to that, Mr. Dexter's records show that there has been much more insanity, consumption, and wife desertion.

The insanity he accuses of is the general unrest that is prevailing on account of the war, which seems to have thrown the majority of people, and particularly young women into a state of intense nervous excitement. It is, in fact, amongst young women, and particularly those from the United States coming here for positions, that this has been noticed most.

What makes the thing worse is that the cases are not so violent that immediate action by the authorities can be urged, and much red tape which is necessary to send the girls that come here from the United States and suddenly become deranged, back to where they come from.

Wife desertion is due to somewhat similar influences.

There are hundreds of men who want to go to the fighting in Asia and who are turned down at the medical examination of the army doctors.

They then try to obtain positions as helpers on transports and ships carrying horses and other war material so as to get to France, and the wives are left here.

As to tuberculosis, that is mostly due to the gripe.

"Well-to-do people," says Mr. Dexter, "take care of themselves when they have the gripe, but working men and women, unable to stand rejection in the hospitals, keep on working, get pneumonia, and through the same inability to fight the gripe properly, allow the pneumonia to degenerate into consumption."

"We have looked after several cases, and amongst these we found one, where the mother was very far gone, and where the only support of herself and three children was the mother, while the children looked after the father. We guaranteed the mother as much money as she was earning if she would stay home and look after the husband, following whatever instructions our doctors might give her, and let the children be cared for in such a manner that they would be safe from being impregnated with the disease."

"She agreed to do so, and whatever can be done to save the man is now being done."

"But in many cases the people refuse to do as we ask them to do."

"There was one case not long ago of a woman with children who was destitute and sick, but refused to go to the hospital although she was compelled by whatever illness she was suffering from, to stay in bed."

"Finally our visitor told her that unless she would do as we told and have herself examined, she could not receive any help whatever, and after considerable arguing, she finally gave in."

"That insistence on the part of our visitor saved her life. At the hospital it was found that she was suffering from an aggravated case of appendicitis and that the appendix would surely have burst in another twenty-four hours."

Red Cross Work.

Mrs. Starnes Hicks, Convener of the Red Cross supplies at the Toronto Women's Patriotic League, shipped between September and March 2,196,965 articles, of which 744,852 were surgical supplies, 1,325 pillows, 24,399 pillow cases, 11,500 sheets, 23,132 towels, 27,822 hospital nightshirts, pyjamas, dressing-gowns, combined, 7,768 shirts (flannel), 34,458 pairs socks, 54,743 cigars and cigarettes, 2,804 pounds tobacco, 15,821 cans of fruit and vegetables, 6,447 Christmas stockings, 242,981 miscellaneous articles. This work was contributed by the 270 Toronto Red Cross circles, the two Red Cross rooms at the League, as well as that of individuals. In addition this department has sent out 17,800 postcards of acknowledgment and numerous letters.

Big Prices for Sheep.

Over \$3,000 was realized from the sale of 100 sheep at the farm of Lloyd Jones, Burford, Ont., recently. Buyers were present from all over the United States and Canada. Prices ran high. The champion ram of Canada was sold to Bailey, of Brantford, for \$105, and C. W. Chandler, of Kellestone, Iowa, paid \$115 for a two-year-old Shropshire ram; Larkin and Co., of Queenston, paid \$1,000 for 31 head.

Cross Has Arrived.

The Chevalier's Cross of the Legion of Honor bestowed on the late Captain George T. Richardson has arrived in Kingston. The cross is a most beautiful piece of work all the cross and a picture of the late captain, a card bearing the following words is shown: "Presented to the late Captain George T. Richardson by the French Republic, 1916, for his country's sake, not for his own."

Sleepytime Tales

HOW THE FROGS WERE FRIGHTENED.

Once upon a time Mrs. Frog went early one morning to see her neighbor across the brook. "Dear me," she said, "I was frightened yesterday. I was sitting on a big rock with my children playing near me, when I heard a great noise and, as I looked to see what it was, I saw a boy with a big rock in his hand just about to throw it at us. I was just about to tell the children to dive for their lives, when I heard someone say: 'Don't do that. Don't hurt any living thing. It is cruel,' and the boy dropped the stone right away. To be sure, he said he wasn't going to really throw it, but you know it frightened the children so that they are afraid to come up to the surface for even their sun bath to-day."

"Yes, that is so," replied her neighbor. "I wonder why boys like to throw stones at us. I wish they could know that even if it doesn't hurt us, it hurts to be so frightened."

"Well," said Mrs. Frog. "I found out that it was some school children and their teacher having a day in the woods. I wish you could have heard her talk. Why she knew as much about us as we know about ourselves and she told the children all about what we did and what we ate, and I was so thankful she told the scholars not to throw things at us."

"I was so pleased that I and all the children swim about and dive just to show the school children and they seemed to like us after that and fed us from the food in their lunch baskets."

Just then something soft and red fluttered right down in front of the two frogs. "Goodness, if there isn't someone trying to catch us with a piece of red flannel!" exclaimed Mrs. Frog. "I must run right home for children may have forgotten what I told them," and off swam Mrs. Frog just in time to warn her children that the red flannel was only a bait to catch them with. Then they all swam away to some other rocks where the boys could not find them to try and catch them.

"Low Cost of Living" Menu

Menu for Wednesday

BREAKFAST
Bananas
Apple Omelet
Toast
Coffee

LUNCHEON
Mexican Bean Soup
Creamed Potatoes
Sponge Cake
Cocoa

DINNER
Clear Beef Soup
Boiled Ham, Scalloped Potatoes
Carried Cauliflower
Watercress and Radish Salad
Grape Juice Jelly

BREAKFAST
Apple Omelet—Peel, core and slice two apples. Melt a tablespoon of butter and steam the apples five minutes. Add a tablespoon of flour, half a cup of milk, the yolks of two eggs, the stiffly beaten whites and the apples. Turn into a buttered pan, cook and fold.

LUNCHEON
Mexican Bean Soup—Soak two cups of Mexican beans for two hours, cover with water and boil soft. Mash, add twice the amount of water, a piece of butter and the juice of half a lemon.

Sponge Cake—Beat two eggs, add a cup of sugar, a cup of flour, a teaspoon of baking powder and a third of a cup of boiling water. Flavor and bake.

DINNER
Scalloped Potatoes—Pare and cut in thin slices. Lay in a baking dish, season, pour in enough milk to cover and bake a nice brown.

Carried Cauliflower—Boil in salted water and, when tender, drain and pour over three tablespoons of melted butter to which has been added a teaspoon of curry powder.

Grape Juice Jelly—Soak a tablespoon of Gelatine in a quarter of a cup of cold water, and when soft pour over it half a cup of boiling water. Stir until the gelatine is dissolved and then add a tablespoon of strained lemon juice, a cup of grape juice and a quarter of a cup or less of sugar. Pour into a mould, chill and serve with whipped cream.

FIRE AT MUNITIONS PLANT.

O'Brien's Dry House Burned Powder In Conveyor.

Renfrew, May 8.—The dry house of the O'Brien Munitions was completely destroyed by fire on Friday afternoon. The damage is estimated at \$40,000, and is covered by insurance. Six of the employees sustained slight injuries. L. Martin, manager of the plant, states that fire started by powder getting into the hopper of a conveyor and becoming ignited by friction. An investigation into the cause will be held.

Join the 156th.

Brockville, May 8.—Edgar L. Babcock, who recently graduated from the Ontario Law School, has joined the 156th Leeds and Grenville Battalion as a private. He is a brilliant graduate of McGill and Harvard universities and a well-known athlete.

Pte. Thornhill, of the 156th Battalion, who broke up a patriotic meeting at Athens by discharging revolver shots in the floor of the town hall, was court-martialed and sentenced to a term of confinement.

An Unlikely Thing.

Toronto News.

If we should allow the Canadian Northern and Grand Trunk Pacific to go into the hands of receivers would the Canadian Pacific people secure the desirable fragments and establish over the Dominion a single railway monopoly in land transportation and something very like a monopoly in sea transportation?

Don't expect any one to give you a medal for being a meddler.

WOMEN OF CANADA.

Fort Coulonge, Quebec.—"I am happy to tell you that your medicine did me a wonderful good. I was troubled with weakness and I tried wines and other things but received very little benefit. As was young at the time and knew very little about medicines I came to a lady friend with a bottle of Dr. Pierce's Favorite Prescription. I became strong and a year afterward had twins."—Mrs. J. Brady, Fort Coulonge, Quebec.

Thousands of women right here in Canada who are now blessed with robust health cannot understand why thousands of other women continue to worry and suffer when they can obtain for a trifling sum Dr. Pierce's Favorite Prescription, which will surely and quickly banish all pain, distress and misery and restore the womanly health.

Young mothers who preserve the charms of face and figure in spite of an increasing family and the care of growing children are always to be envied. "Favorite Prescription" gives the strength and health upon which happy motherhood depends. It enables the mother to nourish the infant life depending on her, and enjoy the happiness of watching the development of a perfectly healthy child.

A GREAT BOOK THAT EVERY WOMAN SHOULD HAVE.

Over a million copies of the "The People's Common Sense Medical Advice" are now in the hands of the people. It is a book that everyone should have and read in case of accident or sickness.


Send fifty cents (or stamps) for mailing charges to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., and enclose this notice and you will receive by return mail, all charges and customs duty prepaid, this valuable book.

McCormick's Sodas

So good that butter seems unnecessary.

What could be more appetizing than fresh, crisp, McCormick's Jersey Cream Sodas which have been baked in white enameled revolving ovens, by men in snowy white suits?

Sold fresh everywhere in 5c, 10c and 25c packages.



Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy.

Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS
Bears the Signature of
Chas. H. Fletcher
In Use For Over 30 Years
The Kind You Have Always Bought

REGAL Table Salt

FREE RUNNING

REGAL TABLE SALT



Belgians Are Still In Dire Need Of Food And Clothing

Conditions Grow Worse rather than Better in the Martyr Kingdom

How our sensibilities have been dulled by nearly two years of war news! A few thousand men swept away by the "curtain of fire" in a frontal attack—a merchantman or a hospital ship torpedoed—a score or more fallen victims to the baby-killing Zeppelins—these no longer excite or impress us. Perhaps it is well, for our interest or sympathy could do nothing to prevent these horrors of war.

But are we becoming equally callous about sufferings which we could alleviate? Are we losing interest in the millions of hungry Belgian mothers and children, left in the power of the ruthless Huns, and becoming more dependent every day on our help? Is our sympathy for them evaporating?

God forbid that, grown familiar with tales of suffering, we should fail to respond to this urgent appeal from the Belgian Relief Commission to support the magnificent work they are doing.

Every day they provide an allowance of food, meagre enough, it is true, but still sufficient to support life, to nearly three million destitute Belgians who would otherwise have to go without. The continuance of the supply depends on us! Will you do your share?

Whatever you feel you can give, send your subscription weekly, monthly, or in one lump sum to Local or Provincial Committees, or

Send Cheques Payable to Treasurer **Belgian Relief Fund**
80 St. Peter St., Montreal.
\$2.50 Feeds a Belgian Family One Month

11