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Economy

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roduced by MASTIN'S—orig-mi and genuine Vitamon mbists and their widespread ale to millions of users, nu-nerous imitators have aprung

ing inferior preparations under the delusion that they are MASTIN'S Vitamon Tablets or

this reason prominent New York Hospital Physicians who

recently investigated the merits of MASTIN'S as a builder of firm flesh, red blood and increased energy advise those who want to get the same

surprising results as have their own patients to be sure to insist upon getting MASTIN'S instead of running the risk of

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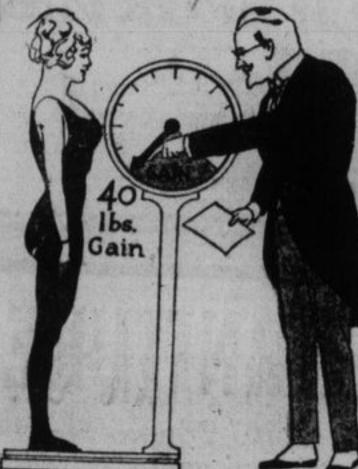
contain all three vitamines, scientifically combined by one of the greatest and most re-

with specially prepared or gamic iron for your blood, the

necessary lime saits and other vitatising brain, bone and tinene - building elements of Nature's which your body

sething just as good. For

WHY DOCTORS RECOMMEND MASTIN'S Vitamon Tablets To Put On Pounds of Firm Flesh



"You can see for yourself what you have gained since taking MASTIN'S VITAMON TABLETS," says a well-known Clinical Physician of one of New York's leading

've gained 14 pounds." "I have gained 11 pounds in 4 weeks."

and energy.
If you are thin and run-All testimonials given above are guaranteed authentic original letters on file drawn-looking, you owe it to yourself to make this simple test: First, weigh and meas-

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"Distributor, Duncan-Kershaw & Co., 207 St. James St., Montreal, Canada"

"THE GREAT WAR AS I SAW IT."

By Canon F. G. Scott, C.M.G., D.S.O., of Quebec, Senior Chaplain of the First Canadian Division.

A Dream House,

and had gone to bed, and that we communion. were in the home of a certain count whose servants had all fled. He also told me that there was a bedroom which I could have upstairs, which would not be occupied by our staff until the next evening. I had a cup top storey, where I found an empty room and a very dirty bed in it. However, I was glad to get a place in which to rest, and so, with my raincoat for a covering, I went to sleep. The next morning, having foraged for some water in which I had a good wash, I went off to the village to get food. I met many of our units coming up in busses. Some were halted by the wayside, and nobody knew what we were going to do or why we were there. The Imperial transport officer in charge and either acted under wrong orders or else the drivers did not know the roads. Some of our battalions had lost their way, one oven entered a village at the other end of which were the Germans, and two of our Engineer Companies dis-

appeared completely for two days. The country people were hurrying off in carts, taking their household goods with them, I found a primitive farmhouse where I was able to buy some eggs and bread, and I invited a number of stragglers in to have some thing to eat. By noon, however, we got orders from the Army to move back to a place called Fosseaux. There we occupied an empty chateau which before the war must have been a very fine place. A wide grassy road nearly a mile in length, bordered on each side by fine old trees, stretched off into the distance in front of the centrol door. The entrance to the road was guarded by an exquisitely wrought iron gate, flanked on each side by stone pillars surmounted by carved heraldie figures. It was now cold and rainy, and our two Artillery Brigades were halted in a field opposite and were awaiting orders. Before nightfall they had left, and the for-

ward section of our Division made their headquarters in a but at War-

lus; the members of "C" mess re-

maining at Fosseaux, Good Friday Underground. March the 29th was Good Friday, and a strange one it was. There was much stir and commotion everywhere, and we were so unsettled, that all I could do was to have a service in the cinema in the evening, and on Easter Day two celebrations of Holy Communion to which I had only twenty-eight communicants. Our men had gone into the line to the southeast of Arras, round Telegraph Hill, where a German attack was expected, as their advance to the south had been checked. I made my way to Arras, and spent the night in one of the mysterious caves which he under that city. It was called St. Sauveur Cave, and was entered from a street behind the station. The 1st Brigade

After my long ride, and at that II walked down the long dark passhour of the night, I felt as if I were age till I came to an opening which in a dream. I saw a door to the right, led me to some high ground where and opening it was admitted to a there had evidently been a good deal modern drawing-room luxuriously of fighting. From there I made my furnished. A grate fire was burning way over to the front line, where the on the hearth, and on a centre-table , at Battalion was entrenched. I passstood silver candelabra with lighted ed numbers of wooden huts broken candles. There were also plates of by shells. Many men must have been bread and butter, some very nice quartered there at one time. It was cups and saucers, and a gilver cof- sad to go into them and see the fee-pot. At once I said to myself, "I waste and desolation, and the lost am evidently expected," It was like a war material scattered in all direcstory from the Arabian Nights. I tions. On my way I came to a deep looked about the place and not a soul trench which some Imperial machine appeared. Alberta tucked herself up gunners were holding. They had had a rug and was soon fast asleep, I was an anxious time, and were glad to just preparing to partake of the re- have a visitor. Several of them refreshments which, it seemed, some gretted they had not been able to fairy godmother had provided, when attend any Easter service. I told in came one of our A. D. C's. He was them we would have one there and as much surprised to see me as I was then, as I was carrying the Blessed the streets, and thence by car I made Does English Beauty to see him. He told me that our Di- Sacrament with me. So we cleaned a my way to Warlus, and home to Fosvisional Commander had arrived corner of the trench, and there I had seaux. there about an hour or two before a short service and gave the men

ment enabling one with a good flash- joy the drenching sunlight and the light to walk safely. The exit from spring song of the birds. the sewer, which now consisted of a (Copyrighted in Canada by F. G. shallow stream of perfectly clear wa- Scots; book rights reserved.)

was quartered there. In the morning

Our trenches were not satisfac- and there we found ourselves crowd- the most beautiful in all the world? tory, as we did not know accurately ed into the quaint little town. The There is much to be said for the where those of the Germans were. Chateau was our headquarters, and American peach, according to M. E. That night, instead of going back to a tar-paper house which the Engi- O. Hoppe, the London society photothe 1st Brigade I made my way to neers built for me under a spreading grapher who recently returned from the huge Rouville Caves under Ar- hawthorne-tree became my home. Et- the United States to his studio. Mr. and taking a candle, I climbed a very gade was quartered. It was a most interesting place his- Hoppe had exceptional opportunities torically. It had been the site of a to admire the peaches, for he acted curious abode. No one knows when Roman camp where Valentine had his as judge in a large number of beauthe caves were dug. They were prob- headquarters in the 4th century. The ty contests in "America," and his ed States. Among all the manneably extended from time to time as large mound, or vallum, which the views are given with great frankthe chalk was quarried for the pur- Romans had thrown up to protect ness in the London Magazine." pose of building the town. Long pas- themselves from the attacks of the But alas, America has not a sages stretched in different direct- German tribes is now a thickly wood- type and England has. The English ions, and from them opened out huge ed hill, pierced by the road which girl's complexion, with its texture vaulted chambers where the battal- connects the village with the Arras of rose-petal and its color of peach ions were billeted. I spent the night highway. The grounds of the chateau blossom, is second to none. Her eyes with the 14th Battalion, and the next were most delightful, and before the are wonderful, and her ankles! "Yet day held services in turn for each of French Revolution the house had he admits that the American knows the four units of the Brigade. The been a convent. In the garden was how to use her eyes. On the other 16th Battalion occupied a huge cav- the recumbent stone effigy over- hand, the English girl dresses her complexion, and eyes of pure blue, ern with others branching off from grown with moss, of one of the sis- hair better. it. I could hardly imagine more pic- ters. The most beautiful thing though turesque surroundings for a military about the place is the clear stream, down to cases. Justine Johnstone they all are beautiful and begs to be service. The candle flames twinkled wide and deep, which comes from has very grey eyes and perfect fea- excused from making any decision. like stars in all directions in the underground and flows over sparkl- tures and is 'America's most beauti- Which is the better part of valor and murky atmosphere, and the singing ing white pebbles through the green ful girl" by popular vote. Marion a warning to less experienced men. cave. Overhead was the town which stream was evidently the source of the enemy was shelling. In one of the attraction to the Romans, who alcaves we found the foundation of ways made their camps where there what had been an old prison, with a was a plentiful supply of running date upon it of the 18th century. It water. The garden on one side was was very pleasant wandering down built up in stone terraces along the passages, with a candle stuck on which were gravel walks, where, no top of my steel helmet, and meeting doubt, the nuns of old enjoyed their everywhere old friends who were holy meditations. In the stream as it glad of the temporary rest. Life there | wandered through the meadows there however, was very strange. One could was a plentiful supply of water-cress, not tell whether outside it was day which looked exquisitely green agaor night. I made my way back that inst the pebbles at the bottom. How afternoon by a passage which led out one did long for the war to end, so to one of the Arras sewers, by the that we might be able to lie down on side of which there was a stone pave- the grass free from anxiety and en-

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quarters were moved up to Etrum, That is to say, is the English girl ful contrasts.

Davies he considers a perfect blonde, Surpass American? as is Miss Ruby de Rehmer, but the latter has more animation. Anna A few days afterwards our head- Is the English rose unsurpassed? Nilsson's fair coldness and Corinne Griffith's dark warmth are wonder-

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And Miss Olga Morrison, with he considers the typically English But what's the use? Better get beauty. At which point he says that



Tired in the Mornings

66 LI OW do you sleep?" "Not very well. Lots of nights I lie awake for hours, restless and fidgetty. thinking about everything, but not resting or sleeping. you consulted

"Yes. The doctor says I am anaemic; the blood is thin and watery, and the nervous system run-down for want of proper nutri-

Why don't you by Dr. "I don't know just why unless it is because I though it was only for the nerves. whereas what I need is some thing to enrich the blood."

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TWO OF THE NEWEST SPRING FROCKS

Flying Sashes and Floating Drapereis Are

Much Favored

Note the Soft Lines of These Charming Costumes

(By Annette Bradshaw.) eries, for these have been named the lace for the transparent brim and ashion high-lights for spring.

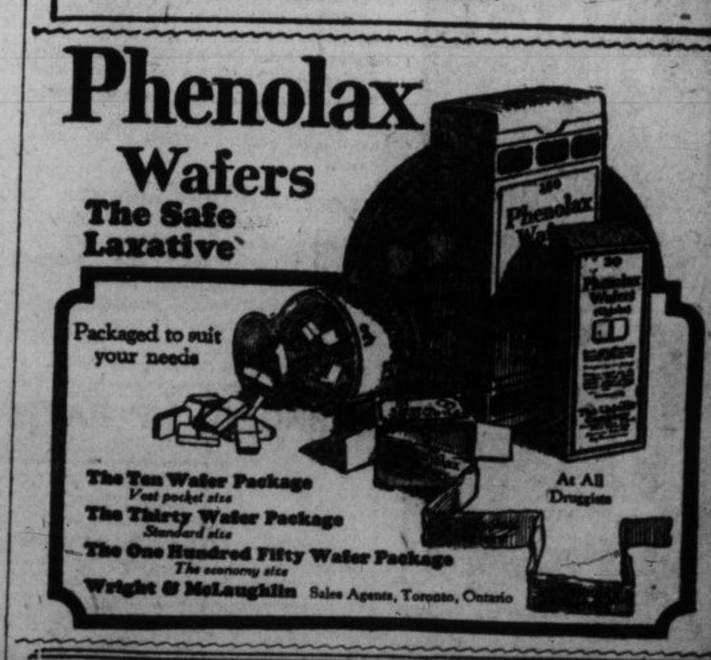
irregular hem-line, while one uses ap- front in the newest fashion. plied front and back panels and the The big hat again appears, this down the front in panel effect.

The modern miss in her new spring black radium lace by way of contrast. frock will present a lovely picture of The mutching hat wraps fiesh georflying sash ends of soft floating drap- gette about the crown and uses black

(To be Continued.)

Skirts are anything but regular in The gown at the right is an exline and the more handkerchief ponent of the vogue for all-white, points and loose panels that can be and it carries this out in the opaque achieved, the better. The two charm- beads and silk fringe which trim the ing afternoon frocks above stress the sash. This hangs straight down the

other a beaded sash, which drops time of fancy white straw, which lives up to the decree for flynig ends At the left, soft flesh georgette is by the use of soft white chiffon.



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