

You get the full weight of tea marked on the sealed Red Rose package.

The tea is weighed on our costly automatic electric scales before it goes into the package.

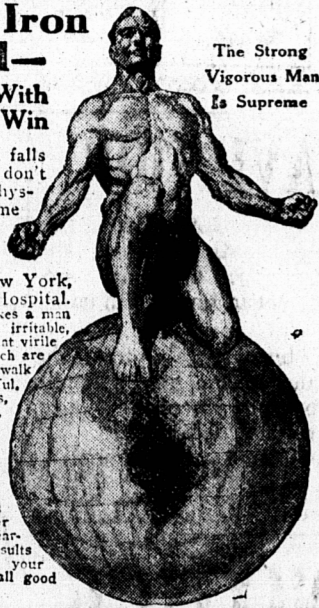
In the sealed package, you get not only full weight, but full flavor, full strength and all the good qualities of Red Rose Tea protected against the air, odors and dust.



Red Rose Coffee is as generously good as Red Rose Tea

Strong, Forceful Men With Plenty of Iron In Their Blood—

These Are The Ones With The Power and Energy To Win



The Strong Vigorous Man Is Supreme

"Many a capable man or woman falls just short of winning because they don't back up their mentality with the physical strength and energy which come from having plenty of iron in the blood," says Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital. "Lack of iron in the blood not only makes a man a physical and mental weakling, nervous, irritable, easily fatigued, but it utterly robs him of that virile force, that stamina and strength of will which are so necessary to success and power in every walk of life. It may also transform a beautiful, sweet-tempered woman into one who is cross, nervous and irritable. To help make strong, keen, red-blooded Americans there is nothing in my experience which I have found so valuable as organic iron—Nuxated Iron." It often increases the strength and endurance of weak, nervous, run-down people in two weeks' time. Unlike the older inorganic iron products it is easily assimilated, does not irritate the teeth, make them black nor upset the stomach. The manufacturers guarantee successful and entirely satisfactory results to every purchaser or they will refund your money. It is dispensed in this city by all good druggists.

NUXATED IRON

For Red Blood, Strength and Endurance.

Sold in this city by Geo. E. Hughes, Apothecaries Hall, E. A. Foster Central Drugstore, H. J. Mabou, (Montague.)



Gold Soap is the best cake of laundry soap you can get at any price. Gold Soap is the biggest cake of laundry soap you can get for the money. Either fact taken alone would make it worth buying. The two facts taken together make it the most economical as well as the most satisfactory laundry soap you can obtain.

Gold Soap is made in the Procter & Gamble Factories at Hamilton, Canada

Gold Soap

Five Hundred Delegates In Montreal Meeting Daughters of Empire

MONTREAL, May 26.—Mrs. Clark Murray, foundress of the Imperial Order Daughters of Empire, was the heroine of the opening meeting of the annual convention of the I. O. D. E. held yesterday afternoon at the Ritz-Carlton Hotel. To the majority of the five hundred member delegates who crowded the hall to overflowing, Mrs. Murray was formerly but a name linked with years of associations. At the close of her address, full of ambition for her order, and gratitude to members for their faithfulness through twenty years, the little white haired woman had become a vital personality to everyone in the room. Mrs. Murray was presented with a jeweled badge of membership by the provincial chapters. Mrs. Duncan Anderson, regent of the Margaret Polson Murray Chapter, Montreal, named in honor of Mrs. Murray made the presentation.

"It was during the Boer war that I thought of founding the order," said Mrs. Murray. "Our soldiers were landing in Capetown and marching across the country without roads for two days and two nights, many of them never reached the end. I wrote to one of the London newspapers asking for a committee of British women to assist me in searching out the last resting places of our men and arranging memorial service for them. I received many replies and was requested to start the movement myself. Thus the daughters of the Empire was founded and we are today nearly of age, being almost twenty-one years old."

Mrs. Murray congratulated the members on their work during the war and made a number of suggestions for future activities. She told of her work among the immigrants, in assisting men, women and children, speaking forty different languages, in Montreal to learn English. She showed these people lantern views of Canada and other parts of the Empire, and with the assistance of their priests, who acted as interpreters, taught them English words for things they saw. She emphasized the necessity for British films showing the Union Jack instead of the Stars and Stripes in moving picture houses of Dominions and urged that the flag, with its sacred significance, be not used to assist in selling merchandise in shop windows and as advertisement of auction sales.

Mrs. Murray also suggested that Junior chapters be encouraged. She was anxious to see the order extended to other parts of the Empire especially in India as life of women of that country could be brought more closely into touch with other dominions through the orders than through parliaments. She reminded members that an address presented to her in April, 1915, contained significant phrases "irrespective of race, creed or class" and again, "all women may join."

"I am proud of the magnificent work that you have done in the past," said the foundress in conclusion, "and I shall follow with interest all developments in future." As Mrs. Murray left the hall the members gave three spontaneous cheers and sang "For She's a Jolly Good Fellow."

Words of Welcome
Mrs. W. C. Hodgson, Regent of Municipal Chapter of Montreal gave the address of welcome to the delegates from other cities. "Through heroism and sacrifice of our soldiers, victory for which we have dreamed, prayed and worked has come at last," she said, "Let us make the best of it and atone for the wrong done to the wives, mothers and children of men who have died for us. Let us celebrate by raising memorial to our glorious dead."

"The Kingdom of the Daughters of the Empire stretched from ocean to ocean," she continued, "and membership now exceeds forty five thousand." The presence of so large a gathering shows the interest taken in welfare of the society. Through these annual meetings we learn to discuss many important questions respecting each others opinions and at the same time gaining a great deal of knowledge. She extended a hearty welcome to delegates on behalf of Municipal Chapter of Montreal.

In reply of west to hospitality of east Mrs. Fred Smith, Regent of Municipal Chapter of Edmonton expressed appreciation of delegates of welcome extended to them.

Even today, although war had been brought to a successful conclusion, such great unrest still existed that they were fraught with anxiety and were unable to give to the proceedings of the conference their undivided attention. Two important pieces of work lay before them, the election of a new president of the National Chapter to succeed Mrs. A.

E. Gooderham, and the framing of the policy to which it was necessary to devote their attention now that the need for patriotic appeals had virtually passed. Education seemed the most pressing subject. In the West it was a burning question.

Presentations

A basket of crimson carnations was presented to the retiring president, Mrs. Gooderham, by Mrs. Henry Joseph on behalf of the Municipal Chapter of Montreal. A life membership in the National Chapter was presented by the Municipal Chapter of Regina to the first Provincial President of Saskatchewan, Mrs. Melvin Martin, honorary president of the chapter. The Laurentian Chapter of Ottawa presented a similar life membership to Lady Borden. A resolution of condolence was passed and the secretary instructed to forward it to the family of the late Mrs. P. D. Crerar, loyal patriot and Imperialist, who had been associated with the order since its foundation, as a member of the Municipal Executive and Regent of the Municipal Chapter of Hamilton.

A close election for representative for Ontario on the memorial committee resulted in a victory for Mrs. Auden with 92 votes over Lady Kingsmill, who polled 90. The following were appointed members of the committee to redraft the constitution, representing Ontario: Mrs. A. E. Gooderham, Mrs. E. F. B. Johnson, Mrs. John Bruce, Mrs. George Smith and Mrs. Griffin in place of Mrs. Crerar.

On the platform in addition to Mrs. A. Gooderham, who presided, were: Mrs. W. R. Riddell, Mrs. E. S. Hassell and Mrs. J. C. McLimont, national vice-presidents; Mrs. D. J. McGillivray, national secretary; Mrs. John Bruce, national treasurer; Mrs. Geo. A. Smith, national educational secretary; Miss Constance Boulton, national organizing secretary, and Mrs. H. R. Fraser, standard bearer.

Thanksgiving Service.

Many different religious denominations were represented at the united services of thanksgiving held in Windsor Hall Sunday evening, which formed the second session of the annual meeting of the I.O.D.E. The Chaplain services were represented by Major the Rev. Canon A. P. Shatford; Presbyterian Church by Rev. George Hanson, D. D., the Congregational Church by Rev. George Adam; Methodist by Rev. James Henderson; Episcopal by Rev. H. Symonds, D. D. Baptist by Rev. O. C. S. Wallace, D. D., L. L. D., and Jewish Faith by Rabbi Abramovitch.

"It is fitting that the Daughters of Empire should return thanks for victory," said Rev. George Adam, "for in no war in the history of the world have women made a more complete and vital contribution to the success of arms that in war just happily closed. The way in which British women waged war is immortal memorial for all mankind."

"It was women who kept Canada going," he declared. "It was women who kept France going. It was women who kept Great Britain going, and it was women of the Empire who won the war."

"Lay greater stress on your agreements and less on your disagreements," was the message of Dr. Symonds, who made a short address towards the close of the service. Even where there seems to be deepest divide, agreements are greater than differences. He recapitulated platform from which Daughters of Empire worked, as being, first, to supply the needs of suffering. For during the war they had done great things to uplift the hearts of the men at the front. Secondly, they stood for human betterment, and in Sunday evening's service of thanksgiving they consecrated themselves afresh to this goal. Thirdly they stood for unity, for wherever there was need, the woman of the Order came together on the basis of a common spirit of a desire to serve.

To Visit Quebec

The Quebec Branch of the I. O. D. E. has invited delegates from other Chapters to spend a day sight-seeing in Quebec. The party will leave Montreal by boat on Sunday next and arrive in the ancient city in time to take breakfast at Chateau Frontenac as guests of Quebec Branches of the Order. The morning will be devoted to a reception at the I.O.D.E. Headquarters, and sight-seeing, followed by luncheon at Chateau as guests of Regent of Municipal Chapter. Delegates will drive about the city in the afternoon and take tea at "Spencerwood" on invitation of His Honor the Lieutenant-Governor and Lady Fitzpatrick.

One of the most interesting personalities at the I.O.D.E. convention is Capt. Julia W. Henshaw F. R. G. S., who wears the Croix de Guerre with a war ribbon honors won at the front, where she spent fifteen months directing the work of caring for the sick and wounded and refugees who fell back before the German advance. Mrs. Henshaw is Regent of the

Master WORKMAN SMOKING TOBACCO

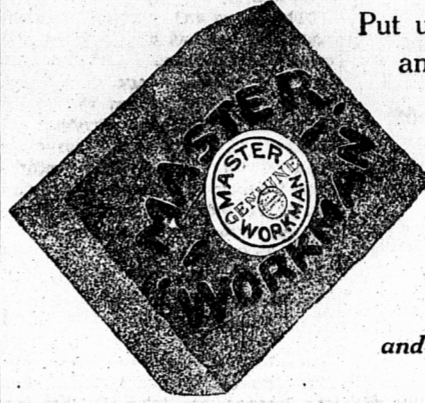


The Steel Worker's Favorite

Because of its rich, mellow flavor, and the satisfaction it gives.

Put up in both Plug and Cut Plug form —to suit every smoker's fancy.

At all Tobacconists and General Stores.



Connaught Chapter of Vancouver and is one of the four delegates from British Columbia who have crossed the Continent to attend this week's conference. On Wednesday evening she will give an address on Refuge Work of the British Committee of French Red Cross with special reference to the I. O. D. E. sector in France. She will also announce the fact that arrangements have just been made with the Canadian Red Cross Society to celebrate "France's Day" throughout Canada in aid of the British Committee.

An unique souvenir of the annual convention of the I. O. D. E. Order is a handsome programme being presented by the Municipal Montreal Chapter to delegates. The booklet contains a brief history of the work of the Montreal branches and is bound in blue with crest embossed in gold colors. One of the most interesting features of the souvenir are the photographs of President Mrs. A. E. Gooderham, Mrs. Clark Murray, foundress of the Order, and Montreal women who have taken active part in war work the past five years.

An interesting addition to original programme of convention will be an

address by Lady Baden-Powell on the aims and work of Girl Guides.

Several names are mentioned as likely successors to Mrs. Gooderham, but the favorite seems to be Mrs. John Bruce of Toronto an active member of the Order since its foundation.

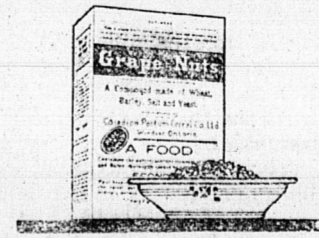
This week's convention has attracted members of I. O. D. E. from the Atlantic to the Pacific, and not a few have journeyed thousands of miles to be present at the meetings. Mrs. E. S. Hazell, Provincial Secretary, British Columbia, has come all the way from Victoria, and Miss Anna McAdam from Yukon.

HEROES WELCOMED

One the evening of Tuesday, May 6th the citizens of Lower Montague gathered together in the Lower Montague Hall to welcome home two more of their soldier boys Private George Jackman, and Sapper James Taylor. Private George Jackman enlisted May 16th, 1916, and was severely wounded in the right arm by an explosive shell in the battle of Cambrai, Sept. 13th 1918. Sapper James Taylor enlisted from Calgary, Alberta, June 1915, and has seen three years active service. The meeting took

the form of a public reception, under the auspices of the Lower Montague branch of the Red Cross. After the singing of a chorus Rev. D. Jones was appointed chairman, and in a few well-chosen remarks welcomed the heroes back home. A programme was then proceeded with and of the many excellent numbers rendered special mention should be made of Mr. Leith Cowan's violin solo, and the duet by Misses Wightman and Cowan. At the conclusion of the programme an address of welcome was read by Mr. Cowan, and five dollars in gold was presented to each of the soldiers by Miss Hazel Aitken and Miss Lena Wright. On behalf of himself and Private Jackman Sapper Taylor very graciously thanked the members of the Red Cross for their thoughtfulness and kindness in sending them while at the front a constant supply of boxes the contents of which were always appreciated and now on their return home giving them such a cordial welcome, and again showing their good-will in the tangible form of gold coin. After a splendid lunch was served the remainder of the evening was very pleasantly spent in games and music. Three hearty cheers were then given to the returned heroes, who so willingly left their homes and gallantly fought for their King and country.

Health in the Morning Dish



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for breakfast you combine a dish of great enjoyment with solid food value.

Grape-Nuts is a builder of brain and brawn — a real food: scientifically prepared to meet the modern demands of efficiency.

"There's a Reason"