

The Weekly Monitor

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NO. 17

Better Cake and Biscuits

In all recipes calling for Baking Powder use Royal Baking Powder. You will get better and finer food and insure its healthfulness.

Housewives are sometimes led to use inferior baking powders because of apparent lower cost, but there is very little difference in practical use—about one cent for a whole cake or pan of biscuits—a mere trifle when you consider the vast difference in healthfulness in favor of food made with Royal Baking Powder.

Royal Baking Powder is made from cream of tartar, derived from grapes—a natural food product, as contrasted with alum, derived from mineral sources, and used in the manufacture of some baking powders because it is cheaper.

ROYAL BAKING POWDER CO., New York

THE FLAG THAT NEVER COMES DOWN

(By Charles T. White)

A recent writer in "World's Work," who has followed the trail of Kim, Rudyard Kipling's boy hero, across India, tells of standing under the one flag in the British Empire which is never hauled down. It floats over the residency at Lucknow, and recalls some of the bravest deeds in history. War is terrible at its best, and we shrink in horror from many of the sickening scenes of the Sepoy Rebellion, but some of the men who bore a part in the struggle will not soon be forgotten. The flag over the British residency stands not alone for bravery in battle, but for generous manhood and self-forgetful heroism.

For many years the English had been masters of India, and for months before the rebellion broke out there had been murmurs of discontent among the native population. One of the loudest complaints was about an apparently trifling matter. It was reported that the cartridges for the new Enfield rifles were lubricated with animal fats. A good many Sepoys served in the British army, and animal fats were regarded by the Hindus as a religious defilement. A few of the native soldiers refused to receive the cartridges, and were thrown into the guardhouse for insubordination. Wilder rumors were afloat. It was alleged that the English were taking means to destroy caste in India, and establish Christianity whether the people wanted it or not. In March 1857, buildings were fired at Barrackpore, and within a week there was open mutiny in other places. Compared with the millions of India, the English soldiers and civilians were a mere handful. That was the most terrifying feature of the situation. When the natives took up arms at Lucknow, Sir Henry Lawrence, with the small force at his command was utterly unable to drive the insurgents out of the city. Nothing remained to do but to remove all the threatened Europeans to the British residency, between the city and the river, and garrison the place against a siege.

For four months this intrepid little band held out, while the fanatical thousands outside clamored for their blood. There have been longer sieges than that of Lucknow, but rarely one to which attaches so much of the romance of heroism. On the second of July Lawrence was killed by a bullet in the arm which he was using to hold up a wounded comrade. He died the next day after the accident, leaving the request that this

simple epitaph should be inscribed upon his tomb: "Here lies Henry Lawrence, who tried to do his duty."

Others tried to do their duty, too in the terrible weeks that followed. The gallant defence of Lucknow after the death of Lawrence, is a thrilling chapter in itself. In August General Havelock attempted to relieve the garrison here, in September Sir James Outram, sometimes called "the Bayard of India," joined Havelock with one thousand four hundred men. His rank entitled him to lead the attack, but with a magnanimity worthy of the "knight without fear and without reproach," he waived the claim in favor of the brave soldier in command. "To you," he wrote to Havelock, "shall be left the glory of relieving Lucknow. I shall accompany you, placing my military service at your disposal as a volunteer."

And Lucknow was relieved. Sir James Outram did not fight the less bravely because he had yielded place to an untitled hero, but the odds of battle were terrible. Havelock's timely arrival probably saved the women and children from massacre, but he could do little more. One of Tennyson's minor poems, often omitted from his published works, tells how

Bold Havelock marched,
Many a mile went he,
Every mile a battle,
Every battle a victory.

One afternoon, in London, Sir Colin Campbell received an appointment as commander-in-chief of the British army in India. That same evening he was on shipboard. But two months more elapsed before Campbell could march five thousand men to reinforce Havelock. The combined troops succeeded in getting the women and children, the sick and wounded and, finally, the exhausted garrison, out of the residency. What noble sacrifice that six months witnessed within the walls will never be fully told.

But a pathetic incident closes the narrative. On the 27th of November Queen Victoria created Havelock a baronet, but the honor came too late. Three days before the intrepid soldier, enfeebled by the hardships and anxiety of those awful weeks, was carried off by disease. But richer honors were in store, doubtless, for Havelock was the manliest type of a Christian soldier. He frankly gave his first allegiance to Jesus Christ, and, though a hard fighter, indeed, was never ashamed of holding a commission from the Prince of Peace. So great was his influence upon the men under his command that his regiment was sometimes spoken of, but seldom lightly, as "Havelock's saluts."

The flag that never comes down stands for a hundred unrecorded deeds of kindness—wan-faced women watching by sick beds, brave hearts hoping against hope, comforts cheerfully given up to the demand of greater needs, prayers offered in secret for companions in distress.—Onward.

SUMMER SCHOOL FOR TEACHERS AT TRURO.

The regular session of the Rural Science Training School in Truro is now in full swing. The attendance is still rapidly increasing. In 1914 the enrollment was 130. In 1915 it was 155, and in 1916 it has grown to 190.

These numbers assure us that the school is popular, they also indicate that our accommodations are taxed to the utmost. A few years ago, we hoped the attendance would not pass the one-hundred mark. Our equipment is ample for that many. But, since the people come, we keep them.

One pleasing feature is the increasing interest in subjects relating to scientific agriculture. In former days many students came because the required course in Physical Drill compelled them to come. Now, however, very few come for that. Out of our 190 at present in attendance, all but seven are following two or more scientific subjects.

As usual, enthusiasm is the chief virtue acquired at these Summer Schools. As one student remarked, "Everyone has a craze." Some are scouring the fields for insects. Others are in quest of farm weeds. Still others try to master everything, and, incidentally, learn that they can't.

But even if our teachers leave Truro without knowing all that can be known, they carry with them an enthusiasm that must have a tremendous influence on the schools of the province throughout the coming year. Public opinion sometimes holds them back. But in spite of all difficulties, school gardening and elementary agriculture are making progress.

THE MOUNT ALLISON INSTITUTIONS.

Our readers will notice in this issue, the advertisement of the Mount Allison Institutions at Sackville, N. B. The University, Ladies' College and Academy grouped together on the summit of a hill overlooking the beautiful Bay of Fundy. The institutions offer superior educational advantages both along practical and theoretical lines. A splendid residence provides accommodation for the male students of the University, and its close proximity to one of the largest Ladies' Colleges in Canada guarantees social intercourse in our country. The situation is healthy, the courses are complete and thorough, and the social and moral surroundings in the Institutions are of the best. The Academy offers splendid courses leading to the University. Those who are considering a college for the young man or young woman in Canada would do well to enquire concerning Mount Allison.

It is estimated that 40,000 harvesters will be required to handle the harvest in Western Canada next month.

THE EUROPEAN WAR

French Capture Enemy Trenches.

PARIS, July 30, via London, July 31.—The French in the Somme region near Hardecourt, have captured German trenches between Hardecourt and Hill 139 on depth varying from 300 to 800 metres, according to the official communication issued this evening. Gains also were made by the French near the village of Maurepas and Hem, which were held against powerful German counter-attacks.

British Making Further Advances

LONDON, July 31.—Further advances by the British are reported in the latest despatches from General Haig, in command of the French front. A heavy engagement was fought on the sector between Delville Wood and the Somme, with the result that the British moved their line forward east of Watlot Farm and Troues Wood.

The official statement says: Yesterday morning, in co-operation with the French on our right flank, an advance was made on a front extending from east of Delville Wood to the Somme. As a result of heavy fighting we made progress to the east of Watlot Farm, Troues Wood and Maltorn Farm. The enemy was encountered in considerable strength, and must have suffered heavily. We captured 250 prisoners. On our right flank the French also advanced their line. In the neighborhood of Pozieres the day was spent in strengthening the ground gained last week. There was no infantry fighting in this area today. Three hostile aeroplanes were destroyed yesterday. Several others were forced to land in a damaged condition. Between the Ancre and the sea there was nothing important.

Tide Has Turned Says Gen. Haig

WITH THE BRITISH ARMIES IN THE FIELD, July 31, in London.—At the close of two years of the war and of the first month of the British offensive in France, in speaking of the situation, laid particular emphasis on the fact that the beginning of the third year of the war saw the initiative entirely with the Allies on all fronts, while England for the first time was exerting something like a power worthy of her numerical resources on land.

"The tide has turned," he said. "Time has been with the Allies from the first. It is only a question of more time till we win a decisive victory, which is the one sure way to bring peace in this, as in other wars. Until this victory is won it will become a British soldier in France to think of peace."

Small Chance of Germany Checking the Allied Advance

PARIS, July 31.—Two days of fine weather have permitted the Anglo-French forces to take up once more the offensive on the Somme front. With one great bound they have pushed forward to the outskirts of Combles. They are up to the last German line of defenses here, and at one point on the tip of the Mouton Farm are in possession of a piece of the last line.

This is the most important step the Allied troops have yet achieved on their double drive on Bapaume and Peronne. Combles is the last great German defensive position between the present Allied lines and the Peronne-Bapaume railroad. Its fall would permit the British and French troops to sweep forward to the road between Rancourt and Sully, or to thrust north at Norval. Such a move would flank the German positions at Peronne and Monte St. vuentin, and force their immediate evacuation. The drive on Bapaume would then become an extremely simple operation when compared with the almost insuperable difficulties already overcome by the soldiers of Generals Haig and Foch. It is highly significant, also, that the Allies have been able to penetrate and hold even a small strip of the enemy's last line of defence. It is the crowning proof of the inability of the Germans to set up against the powerful pressure in the sudden, sledge-hammer thrusts which have characterized the strategy of the Allied High Command from the very beginning of the offensive. If the Germans are back on their last lines, and cannot cling to these, there is small chance of their being able to check the Allied troops when the latter have the open country before them and cavalry action becomes possible.

WAR BRIEFS

60,000 horses have been purchased in Canada by the Allies since the war began.

Sir James Roberts, of Sultaire has presented to Leeds University 50,000 dollars for a Professorship of Russian.

German newspapers are asking the people to save cherry pits, because of the salad oil which can be compressed from them.

Dr. I. H. Iovett says he was told by an American Ambassador of prominent standing, that the British Secret Service is the best in the world.

The Russian Duma has passed a bill for the permanent prohibition of vodka. When passed by the Upper House and the Czar it will become law.

Sir Rider Haggard is now speaking in different parts of Canada, regarding the settlement of disbanded soldiers. He began his addresses in Vancouver.

The military medal recently offered to non-commissioned officers and men for bravery and devotion under fire, may now be awarded to women for the same cause.

One of the sailors supposed to have been lost in the Queen Mary, writes to his parents that he is a prisoner in Germany. When the magazine exploded he was blown into the sea, but was not injured.

In the great Market Hall in the East side of Berlin, chiefly peopled with working people, a municipal kitchen feeds 30,000 daily, on meat, vegetable stew and groats cooked in gigantic ovens.

Earl Kitchener's autograph letter calling for 300,000 recruits for the new army was sold in London for the benefit of the Red Cross to Mr. Thos. Fenwick Harrison for 30,000 dollars. Mr. Harrison will present it to the nation.

The German Woman Suffrage Organ sent the following message to the women of France.—"We feel, think and suffer like you, and swear that after this catastrophic war, the women of all nations will work together to prevent forever its recurrence."

By an order in Council, all soldiers wounded since Aug. 4th, 1914, are to wear a gold strip.

The Duke of Brunswick, son-in-law of the Kaiser is now hopelessly insane. The first war scenes made him melancholic, and he gradually grew worse.

One reason why the Germans are so anxious to get Verdun is that it would give them control of the right iron mines of Belgium.

One of the current cartoons relating to a hyphenated American waiting for admission "at the closed door of American politics, and sorrowfully saying "Nobody loves me."

A Swiss military critic says, "The essential moral blunder on Germany's part is to have driven the conscience of the whole world to be the greatest ally of her enemies."

More than 20 of the khaki boys of Mount Allison, of different undergraduate classes, united in a Banquet at the King's Head Hotel in Horsham, England, and greatly enjoyed the reunion.

Great as has been the suffering of the Belgian refugees, it is as nothing to that of the five and a half millions of people on the Eastern frontiers who fled into Russia before the great German advance of the summer and autumn of 1915.

During a battle at Verdun, two couriers were sent with an important despatch, so that if one should be killed the other might carry it to its destination. One was killed, the other hunted for the despatch in the pockets of his companion, and found it had been completely destroyed by the explosion. He hurried back through the zone of death to the colonel, got a reward which is a quarter of a pint of water, and went off again. The officer receiving it said, "How did you get here?" His reply was, "Mon Colonel, the despatch was marked 'urgent.'"

RECRUITING

R. C. G. A.

It is desired to call attention to the urgent need of recruits both for Overseas and Home Service in the First Regiment Canadian Garrison Artillery.

This regiment has lately transferred to Overseas Units some 200 N. C. O's and men, thus depleting their ranks for Home Service.

Recruits desiring to go Overseas will be attested for Overseas Service and will be enrolled in an Ammunition Column which will shortly leave for England.

Field Artillery Howitzer Ammunition Column

This is an Overseas Unit and the qualifications are the usual Overseas artillery qualifications the minimum height being 5 ft. 4 in.

The classes of men required are:—

- 50 Drivers.
- 31 Gunners.
- 20 Telephonists and Signallers.
- 4 Blacksmiths.
- 2 Wheelwrights.

239th Overseas Railway Construction Corps.

The class required for this are men accustomed to grading, rock work, pile driving, bridge work, track laying, etc. This Battalion will mobilize at Valcartier, and it is expected to proceed overseas in September.

4th and 5th Pioneer Battalions

The work of these Battalions as the name suggests is rough engineering work at the Front.

Royal Canadian Regiment Reinforcements.

Men who wish to go overseas at an early date have an excellent opportunity to do so by joining this unit. Recruits are given a course of training at Wellington Barracks, Halifax, and sent overseas with the least possible delay.

237th Battalion (American Legion).

Full particulars regarding this Battalion on application.

242nd Forestry Battalion

Recruiting for this has been authorized. Details will be published shortly.

Canadian Engineers for Overseas Service and Overseas Signalling Corps.

Men are required for both these units but must have certain qualifications. Particulars will be furnished on application.

No. 2 Construction Battalion

This unit will be composed of colored men recruited all over Canada, offered by white men, the commanding Officer being Lieutenant Colonel D. H. Sutherland, lately of McGill University and now Railway Contractor.

Naval Service.

Recruits are wanted for naval service, both Canadian and Imperial. The Canadian Naval Service seeking recruits is the Royal Canadian Volunteer Reserve.

The Imperial Service desiring recruits are the following:—

- Royal Naval Motor Boat Patrol Service.
- Imperial Navy.
- Naval Air Service.

Further particulars as to these Services will be furnished on application.

Home Service.

There are openings in almost all Units for Home Service:—Infantry, Artillery, Engineers, Signalling, etc.

For further particulars and enlistment to the above or any other units apply to the nearest recruiting office or to

REV. E. UNDERWOOD,
Bridgetown, N. S.

GOVERNMENT FIELD CROPS REPORT

Ottawa, July 15, 1916.—A press bulletin issued by the Census and Statistics Office to-day estimates finally the areas sown to the principal field crops in Canada for the season of 1916, reports on the condition of grain and hay crops at the end of June and gives estimates of the numbers of farm livestock at the same date.

Areas Sown to Field Crops

The reports received from correspondents at the end of June are confirmatory of the estimates issued a month ago, when seeding had not been completed. What differences exist are in almost all cases caused by slightly higher returns this month. The areas sown to wheat in Canada is now definitely estimated at 11,517,000 acres, which is 1,353,800 acres, or 11.3 per cent below the high record of last year when 12,936,400 acres were harvested; but 1,223,700 acres, or 11.9 per cent, above the harvested area of 1914 which was 10,292,300 acres. The averages estimated as sown to other crops are as follows: Oats 10,644,000 as against 11,365,000 last year; barley 1,297,500 against 1,509,350; rye 159,685 against 112,300; peas 101,420 against 196,210; mixed grains 410,770 against 466,800; hay and clover 7,974,000 against 7,575,000; alfalfa 89,900 against 92,530. Of late sown crops the averages are as follows: Buckwheat 355,500 against 343,800 in 1915; flax 723,900 against 806,600; corn for husking 183,700 against 253,200; beans 34,490 against 43,310; potatoes 448,800 against 478,600; turnips etc. 156,200 against 172,700; sugar beets 15,000 against 18,000 and corn for fodder 297,070 against 343,400.

Condition of Grain and Hay Crops.

The reports show that the prospects for grain crops are excellent throughout the West but owing to the lateness of the season there will be a greater risk of damage from early frosts than last year. For all Canada the condition of the principal grain crops, expressed in percentage of the standard, ranges from 82 for peas to 91 for rye; but in the Northwest provinces the condition is well over 90, and for Manitoba and Saskatchewan it is even higher than at the same date last year, when the high promise at the end of June was so abundantly fulfilled. Converting the figures in per cent of a standard of 100 to the scale in which 100 represents the average condition on June 30 of the past eight years 1908-1915, the condition becomes for wheat, rye, barley and oats as follows: Fall wheat 99.2, spring wheat 100.2, all wheat 100.2, rye 103.6, barley 98.5, oats 96. That is to say, if conditions between June 30 and the date of harvest are not abnormal, the anticipated yield per acre is about equal to the average for wheat 3.6 per cent above average for rye about 2 per cent below average for barley and 4 per cent below average for oats.

Estimated numbers of Farm-Live Stock

It is estimated from the reports of correspondents that the numbers of farm live stock in Canada on June 29 were as follows: Horses 2,990,635; milch cows 2,603,345; other cattle 3,826,519; sheep 1,965,101; swine 2,814,672. As compared with 1915 these figures represent decreases of horses by 5,464; of milch cows by 63,501; of sheep by 73,561 and of swine by 297,228 but an increase of "other cattle" by 427,364. The decreases apply principally to Eastern Canada; in the West all descriptions show increases over last year, except swine in all three provinces, and "other cattle" in Manitoba.

SCHOOL OF METHODS FOR SUNDAY SCHOOL WORKERS

The Interdenominational School of Methods for Factors, Sunday School teachers and Christian workers which is to be held at Berwick Campgrounds, August 10 to 17, presents the most attractive program ever prepared in Nova Scotia. The very best talent will teach every day in the various departments. It will beside be an ideal outing in the woods for a whole week under the finest auspices and with the choicest companionship. The whole necessary expense will be less than \$9.00. Comfortable accommodation for everybody.

Persons who are not holders of season tickets will be admitted to the services on Sunday, August 13th, by presenting a single 10 cent ticket. These can be secured in any quantities at the ticket office any time before Sunday. Meals will be provided for visitors on Sunday.