

YOU NEVER CAN TELL

What may be the result of cold in a wound or skin injury. Cold very soon sets up inflammation and festering, and unless Zam-Buk is promptly applied blood-poison may follow. Sometimes even amputation proves necessary. Zam-Buk will safeguard you against such serious possibilities.

Miss Belle Grant, of Brazil, La., N.S., writes: "I burned my hand badly and then accidentally caught cold in it. The pain I suffered was terrible and the wound was badly inflamed and festering. I tried different kinds of salves, but nothing brought relief. I was by this time suffering so that I could not sleep at night, and I feared blood-poisoning was setting in."

"Zam-Buk was recommended to me, and I commenced applying it. Before long I experienced the greatest relief; it drew out all the inflammation, the pain was ended and I could see the sore place was gradually healing. It was a complete cure. Zam-Buk is certainly a wonderful balm and should be in every home."

Zam-Buk is also best for eczema and all skin diseases: ringworm, running sores, ulcers, abscesses, pimples, boils, cuts, etc., etc. 50c. box, 3 for \$1.25. All dealers or Zam-Buk Co., Toronto. Send 1c. stamp for postage on free trial box.



MORE EVIDENCE OF GERMAN BRUTALITY.

Russian Prisoners on West Front Inhumanely Dealt with—Another Agreement Broken.

Another proof of the German disregard of promises and agreements has been furnished in the British advance towards Cambrai. Some time ago Germany signed a solemn agreement with Great Britain providing that no prisoners of war would be employed within nineteen miles of the front line. But two Russian prisoners were found by the British in German dugouts at Anneux, which was barely four miles from the lines as they lay at the opening of the Cambrai attack. Moreover, these Russians had seen a part of 300 to 400 British prisoners at work near Cambrai, about eight miles from the front line.

The Russians told a pitiful story of ill treatment and suffering. They had to subsist, under German regulations, on a half pound of bread and some grass soup daily. As punishment for minor offences they were strung up to poles with their feet just touching the ground. Men were bayoneted or shot for refusal or inability to work, until, from one cause or another, only 250 men remained out of a camp of 500 prisoners.

NO HIGHER PRICE FOR POTATOES

Higher prices for potatoes than those now prevailing will not be permitted. The Food Controller is sending a letter to this effect to all wholesale dealers of potatoes, stating that any attempt to secure higher prices will be dealt with promptly.



MENTHOLATUM
A Healing Salve
Quickly Relieves
Headaches
Neuralgia
Hay Fever
Catarrh

Anyone troubled with sore, tired or aching feet should use Mentholum according to the directions with the jar.

Always keep a jar handy.

Mentholum
Is sold and recommended by the leading druggists throughout the Maritime Provinces.

2 sizes—25c and 50c.
Send 3c in stamps for a generous size sample.

The Mentholum Co.
Bridgetown, Ont.
11422

LIFE IN BELGIUM UNDER GERMAN; STORY OF AN ESCAPED CIVILIAN

Sentences Were Imposed On At Least 100,000 in Single Year—Little Girl Plays Patriotic Air as Father Goes to Death.

Some pacifists abroad, following the end of Mr. Morel, having recently exploited the suffering of the Belgian population as an argument for an early and premature peace, the German newspapers hastened to reproduce the news. It did more harm to the popularity of the Allies than the bombs dropped by British airmen on the army's communication lines, which necessarily cause a certain number of casualties among the civilians. While realizing that air raids are unavoidable, we have often wondered why they were limited to Belgian territory. The raids carried recently into Germany will no doubt relieve the feelings of many. I should mention here the case of a young friend of mine, a boy of eighteen, who crossed the wire quite recently. A British bomb had fallen on his house at Bruges. His father had been killed. His mother and sister, both seriously wounded, were lying in hospital. "The only thing left for me was to join the army," he said to me when we met in England. He is now in an instruction camp in France.

It is easy to speak of crossing the frontier, it is less easy to do so now that it is barred by a double fence of electrified wire and guarded by a sentry every fifty yards and patrols during the whole night. Many have failed and tried over and over again, ten, fifteen times even, before succeeding. A large number of those who make the desperate bid for liberty are killed by the sentries or captured and deported to prison camps. There is perhaps some exaggeration in the statement current in Belgium that the enemy needs a whole army corps to keep up from slipping through the prison gates but if we consider that the Dutch-German frontier must be guarded as well as the Dutch-Belgian, and that thousands of spies and secret agents are kept busy in the occupied territory, this estimate does not seem very far from the truth.

Obstinate Resistance.
Nothing can give a better idea of the obstinate resistance opposed by the Belgians to German edicts and regulations than the statement of a German newspaper—the Deutsche Justenzeitung—which estimates at no fewer than 100,000 the number of sentences inflicted on the people during one year only (1915-1916). Most of them, of course, are fines or short terms of imprisonment. Formerly we used to have the choice, and many rich people preferred to go to the St. Gilles prison rather than help the enemy by paying their fine. But the prisons have become so crowded and the financial situation of the empire has become so bad that only the destitutes preserve the privilege of sacrificing their liberty. The others, if they refuse to pay, have their watch taken from them are obliged to give up a piece of valuable furniture. In Brussels these things are sold by auction in a shop in the Rue de la Limite.

Now that the winter has set in I should like to say a word about the food question. It is impossible to realize the spirit which inspires the Belgian people if one does not take into account their economic situation. In their attempt to break Belgian nationalism the enemy has found a forceful ally, hunger, and the moral power necessary to resist the former is nothing beside that which is required to resist the second. Mainly on account of the submarine menace and of the torpedoing of a number of relief ships the import of the commission for relief have fallen this year far below the average. The workmen must live on a daily ration of 300 grammes (about one pound) of bread a day and the platter of soup provided by the communal authorities. This is about half the food necessary to keep alive in ordinary times a man who is not doing any physical work.

Neither Sugar or Fats.
If the shop prices were not so prohibitive, and if the Germans had not commandeered for their Zentrale all potatoes, sugar and fats—so that the direct sale of these foodstuffs entails great risks for the trader—then those who work at half wages or receive

TIED, NERVOUS HOUSEWIFE TOOK VINOL

Now She is Strong and Well

Berkeley, Cal.—"I was nervous, irritable, no appetite, could not sleep, and was always tired, so my housework was a great effort. After many other medicines had failed Vinol built me up and made me strong. I have a good appetite and sleep well. Every nervous, weak, ailing woman should try it."—Mrs. N. Edmunds, 2107, Dwight Way, Berkeley, Cal.

We ask every nervous, weak, run-down, ailing woman in this town to try this cod liver and iron tonic on our guarantee to return their money if it fails to help them.

RECIPROCITY WITH

Potatoes Soon on Free List With General Breaking Down of Tariff Barriers.

Ottawa, Jan. 6.—In order to meet the food shortage and high cost of living problem which promises to become even more acute than at present in consequence of the urgent demand of the Allies for more food from Canada and the United States, there is likely to be a real pooling of food resources on this continent with free trade in foodstuffs.

There is already free trade between Canada and the United States in wheat and wheat products. Potatoes will probably be the next staple to be added to the list with other food staples included gradually as economic conditions of production and marketing are considered and adjusted. The whole question, it is understood, is under consideration by the Ottawa and Washington governments and their food control departments.

The Liberals in the union government are, of course, already committed to free trade in foodstuffs and now that an election is over and "politics" are dropped, the Conservative members of the cabinet are, it is said (falling in line with the policy which they opposed in the last parliament, but which the altered economic and political conditions now make both easy and popular.

The prospective action will probably not be taken for some time yet, pending further consideration of the whole problem by the full cabinet council until Sir Robert Borden's return next Wednesday, and pending also further negotiations with Washington. But it is fairly certain that there will be a letting down of the tariff bars on food products and a natural and economic pooling of Canadian and United States field crops making for cheaper living and better marketing conditions.

War necessities, union government, a one-party representation in parliament, and the appearance of the United States as an ally rather than a rival of Canada, now clear the way for the reciprocity which was defeated in 1911 for causes political rather than economical.

A QUARTETTE OF SUGARLESS DESSERTS.

Why is a cook book like a map? That is the sort of home-made conundrum that any woman might ask any other woman these days. The answer obviously, is because both are being constantly altered. Never were the blank pages in the back of the family cookery books more in demand and appreciated than they are in these days, when loyal and patriotic cooks are saving this and substituting that and discovering the value of some other hitherto not particularly popular or well-known ingredient, in order that the world's harvests may be equally shared by all. Like the map, the cookery book is really getting famous.

Everywhere food committees and commissions are scattering far and wide new recipes among housekeepers who are eager for something different. Here are four sugarless desserts from New York, given by the food committee of the Mayor's Committee of National Defence, to the bulletin issued by the Women's City Club and allied organizations:

Lemon Pudding.
The ingredients are: 4 egg yolks, 1/2 cup honey 1 lemon (juice and rind) 1 1/2 tablespoons gelatine soaked in 1/2 water, 4 well-beaten egg whites, a few grains of salt. Beat the egg yolks until thick and lemon colored, add the honey gradually and continue

beating until a creamy mass. Add the lemon juice and rind and the gelatine, which has been soaked in the cold water 5 minutes and dissolved in boiling water. Stir mixture until it begins to thicken, then fold in the stiffly beaten whites to which the salt has been added. Pour into a wet mould or moulds. Chill. Serve cold with whipped cream.

Steamed Pudding.
The ingredients are: 2 cups of Graham flour, 1 teaspoon soda, 1/2 teaspoon salt, 1 cup milk, 1 egg dates. Measures mix and sift the dry ingredients, add the liquids, raisins, cut into small pieces, and the dates stoned and cut into small pieces. Steam 25 minutes in individual moulds, or two hours in a large well-greased and covered mould.

Baked Custard.
The ingredients are: 5 eggs, 1/2 cup maple syrup, 4 cups scalded milk, 1/2 teaspoon salt, a few gratings of nutmeg, 1/2 teaspoon cinnamon. Beat the eggs slightly, using a fork; add the maple syrup and the scalded milk gradually. Four mixture into well-greased custard cups. Sprinkle a little grated nutmeg and cinnamon on top of each cup. Place custard cups in a pan containing hot water, and bake in a moderately hot oven until custard is firm. The custard is done, when, cut into with a silver knife, the mixture does not cling to the knife when drawn out.

THE POTATO SURPLUS.

Dr. Kientz says that there is surplus of two million bushels of potatoes in New Brunswick according to date in the food controller's office, and a still larger surplus in Prince Edward Island. He therefore advises farmers to market their product.

There is also a surplus of butter and of eggs in Canada at large, but it is held in cold storage. There is an abundance of food of all kinds in Canada, and there has been too much hoarding of holding for speculative purposes.

With regard to potatoes, if they had been put on the market at a reasonable price last fall, all the people might have been eating more potatoes and saving more wheat to be sent overseas. And this would have been done if the food controller had done his duty. It is not too late yet to take such action as will encourage the substitution of potatoes for wheat without depriving the farmer of what would be a reasonable war-time profit. In England the people are to be put on rations.—St. John Times.

SAVE FOOD

In a time needing food economy many people are not getting all the nourishment they might from their food. It is not how much you eat, but much you assimilate that does you good.

The addition of a small teaspoonful of B.O. to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

WRIGLEY'S

The goodie that is beneficial to teeth and stomach is best for all ages.

WRIGLEY'S

massages and strengthens the gums. Keeps teeth clean and breath sweet, always thirst, aids appetite and digestion.

Keep YOUR boy at the front supplied.

The Flavour Lasts

MADE IN CANADA

Memories

of "the nicest cup of tea I ever tasted"

KING COLE ORANGE PEKOE

The "Extra" in Choice Tea

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