


An economy that is a pleasure to exercise

Drink a well-made cup of delicious

BAKER'S COCOA



with a meal, and it will be found that less of other foods will be required, as cocoa is very nutritious, the only popular beverage containing fat. Pure and wholesome.

Walter Baker & Co. Limited
Established 1780
DORCHESTER, MASS. MONTREAL, CAN.
CANADA FOOD BOARD LICENSE No. 11-499

Estimates For The County Are \$43,953 Higher

The county estimates for the year 1919, of which the city pays roughly eighty-six per cent, were passed yesterday afternoon and last evening by the finance committee of the municipal council. They amount to \$286,838, as compared with \$242,877 for the year 1918. The gross increases in comparison with last year's figures, were \$66,775, and the gross decreases \$22,923, leaving a net increase of \$43,953.

The chief cause for the increase, the county secretary explained, was the expense incurred by the board of health and the two epidemics during the year, smallpox and Spanish influenza. Some of it was attributed, too, to wage increases. The cost of the two epidemics was actually \$25,755, and \$11,899 was for the ordinary work of the board of health and \$4,000 for the inauguration of the new public health act, making the "local board of health" item for the year \$42,654.

With reference to the General Public Hospital for which \$66,646 will be assessed this year in comparison with \$63,530 last year, it is pointed out that the estimated expenditure for 1918 was \$84,274, while it actually was \$99,489. The estimated income from outside was \$19,989 while it actually was \$37,182. For 1919 the estimated receipts are \$106,996 of which the county is asked to provide \$86,646.

The total estimates which follow do not include a default of \$2,530 on patriotic assessment in previous years, which item was left open and will probably be taken up at the municipal council meeting Tuesday.

The committee, of which Mayor Hayes was chairman, sat during the afternoon and late into the evening before completing its work.

The estimates follow:

Estimates 1918.	
St. John County Hospital	\$ 30,400
Contingent	42,697

General Public Hospital	86,646
Municipal Home	36,000
Local Board of Health	42,654
Children's Protection	2,300
Valuators funds	3,000
Children's Aid	5,000
County school fund	16,972
Interest and Sinking Fund.	
St. John County Hospital	6,698
Municipal Home 3rd Series	650
Hospital loan	1,500
Hospital improvements	1,200
Jail debentures on goal improvement	650
Hospital re issue	980
Isolation (old)	300
Revisions	280
Interest and sinking fund on Municipal Home lights	145
Interest and sinking fund on hospital balconies	683
Morgue	161
Interest and sinking fund on 2nd Isolation Hospital	934
Lancaster Specials.	
Sewerage interest and sinking fund	7,000
Police and police district	2,000
Fire district	1,200
Lights, fire districts	2,200
Fire debentures fire district	500
Children's Aid.	
Children's Aid building	1,413
Total	\$398,539

"77" COLDS

Humphreys' "Seventy-seven" breaks up Coughs, Colds, Influenza, Cold in the Head, Croup, Sore Throat, Quinsy, Tonsillitis and Grip. At all Druggists.

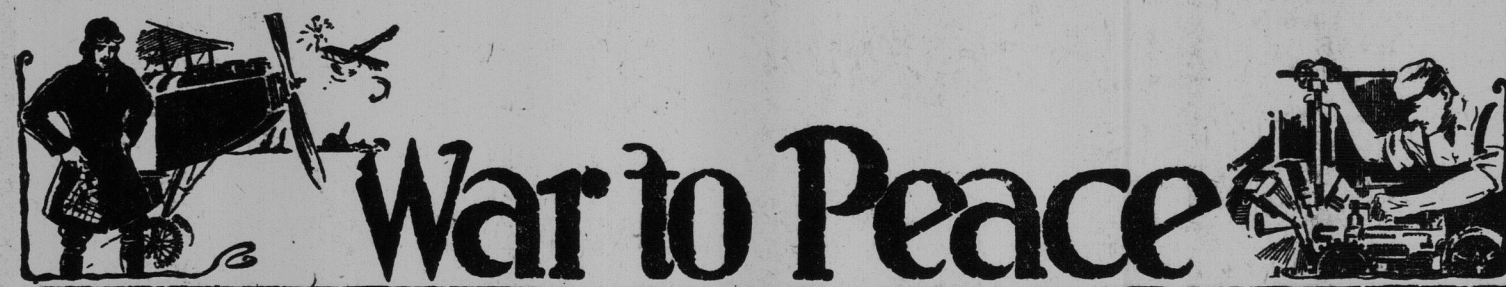
THE WELCOME TO OUR BOYS

will be vociferous and enthusiastic but no warmer than the welcome back to the Canadian breakfast table of

Shredded Wheat

the favorite whole wheat breakfast cereal. Of course you couldn't get all the Shredded Wheat you wanted during the war. We paid a heavy toll for doing a restricted business—but we paid it gladly. The war is over. It is the same Shredded Wheat you have always eaten—clean, pure, wholesome and nutritious. For any meal with milk or cream

MADE IN CANADA



Article No. 4
Cut out for
Reference

Pensions

CANADA'S yearly pension bill is estimated by the Minister of Finance at \$30,000,000. This is a minimum figure. How is this vast fund to be administered? To whom will pensions be paid? Everyone is asking these questions. Here is the official answer.

The Organization

A huge organization has been built up to handle pensions promptly, smoothly, fairly.

At its head is the Board of Pensions Commissioners. This Board is to be developed as a civil rather than as a military body. It consists of three men, each appointed for ten years, each devoting his whole time to his duties as a Commissioner. The Head Office of the Pensions Board is at Ottawa; and there are seventeen branch offices in the principal centres throughout Canada. An important branch is in operation in London, England.

These local branches receive applications from soldiers' dependents for pensions; send "Visitors" to call on pensioners in their homes; hold medical re-examinations; handle complaints.

The Board keeps a representative travelling from coast to coast interviewing pensioners and addressing organizations interested in their welfare. He has already conferred with more than 30,000 pensioners.

At present 60,000 pensions are being administered by the Board.

A Pension—What it is

A pension is not a gift, gratuity or reward for service done. It is compensation—money paid as a right by Canadians, through their Government, to offset in a measure the handicaps suffered in war by their fellow-citizens—a debt that the country owes to our returned men, and to the dependents of those who have fallen.

It is in this spirit that Orders-in-Council governing pensions are framed. It is in this spirit that the Board of Pensions Commissioners administers these Orders-in-Council.

To Whom Payable

Pensions are not awarded for service. Broadly speaking, any soldier or sailor who was disabled during his service is entitled to a pension—provided medical treatment fails to restore his full normal capacity.

The amount of the pension is based on the extent of the physical handicap he has suffered.

The physical condition of the disabled man is described on his discharge from the service by a Medical Board. Pension is awarded according to the amount of disablement from which he is then found to be suffering.

The percentage of handicap has been carefully and thoroughly worked out for every disability. It is both accurate and fair.

The relationship between the Medical Board and the pension applicant is that of doctor and patient. Every opportunity is given to have the man's condition judged from his point of view.

Amount of Pension

The pension is awarded to a soldier or sailor so that he can live in decent comfort, despite his handicap.

The money he may be able to earn, or the money he earned before the war, does not affect the amount of his pension. The extent of his handicap alone in the general labor market is considered.

Every man who has increased his income by Vocational Training will not have his pension decreased or discontinued.

The amount of the pension varies also according to the soldier's rank; but his trade or profession is not considered. The minimum pension for a totally disabled unmarried soldier or sailor of the lowest rank is \$600 a year.

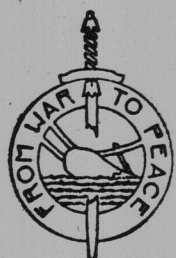
Pensions to Dependents

Widows of soldiers or sailors who have died during or as a result of service, are entitled to pension so long as they do not remarry.

Children of soldiers or sailors are entitled to pensions up to the age of sixteen, if boys, or seventeen, if girls.

Pension is awarded to the parents of a soldier or sailor according, (a) to the degree of their dependency on the deceased soldier and, (b) according to their needs.

A complete schedule of the pensions granted to disabled soldiers and sailors, and to their dependents, will be sent to anyone interested. Apply to Board of Pensions Commissioners, Ottawa.



The Repatriation Committee

Director of Repatriation

OTTAWA



Keep Them Smiling

Soldiers Home Coming Campaign

The "Welcome" sign still hangs high on the doors of the Salvation Army Hostels. Help them to keep it there! While our soldiers have need of the comforts—spiritual as well as bodily—DON'T shut the doors in the boys' faces—Keep them smiling!

The Salvation Army appeals for a Million Dollars for the boys who won the Victory. This is the first time the Salvation Army has made a general appeal for its work. We urge you now, for the sake of the soldiers, and as a VITAL factor in the solution of Canada's Reconstruction problems, with the Homecoming of her boys, to give and to give liberally!

Our men in Khaki may not all be home for another year. While there is a company of Canadians in uniform over there or over HERE, there is work for the Salvation Army Lassie.

The weary waiting and the relaxed discipline spell dangers that MUST be guarded against. A happy smile and a comfortable body help to keep trouble at a distance. Do not let the Hostels shut for lack of funds!

The Salvation Army Million Dollar Fund

January 19th to 25th

"FIRST TO SERVE—LAST TO APPEAL"

A WORD ABOUT THE HOSTELS! Have you ever been inside a Salvation Army Hostel? If not, ask a returned man about the Hostels in Paris, London, Toronto, Hamilton, or any others that he has stayed in over HERE.

Let HIM tell you about the REAL beds, the home cooking, the fried eggs, and hot coffee—and hot baths. If he knows you very well, he may give you a hint about the spiritual comfort the Salvation Army Lassies give these men far from home and all it means!

Keep them smiling! We will not turn the men adrift after they have won so glorious a Victory! We will redeem our PLEDGE—"We will keep the home fires burning, till the boys come home!"

Next week the Campaign will be on! Help twice! First, by your liberal contribution—"To whom much is given, of him much is required." Second, urge upon your friends and neighbors the pressing needs of the soldiers, right up to the time they are safely settled once more into civilian life.



THE SALVATION ARMY MILLION DOLLAR FUND COMMITTEE