



MAGIC BAKING POWDER
CONTAINS NO ALUM.

The only well known medium priced baking powder made in Canada that does not contain alum and which has all its ingredients plainly stated on the label.

E.W. GILLET COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

MAGIC BAKING POWDER
CONTAINS NO ALUM.

FROM MONSTER TO GOOD KING

Life of Lewanika, King of African Barotsse.

A Monument to Work of One Good Man.

In the heart of the sombre African jungle there died recently one of the greatest and last of the kings of the unknown, though not undiscovered, world—a ruler of one of those spaces bright to your fancy, dim on the map, black in truth, a part of "heart of darkness." The dead king was called Lewanika, head chief of the Barotsse, and he was autocrat of the lives and destinies of some millions of black men dwelling in the forbidding valley of the upper Zambesi. Excepting Abyssinia, his was the greatest native empire on the barbaric continent, and the man himself perhaps the last of those picturesque and terrible monarchs whose doings and undosings took on a frightful shadow from contrast with the encroaching light of the world outside.

Lewanika, dead at 56, saw his country emerge from the wildest, murkiest savagery to a place literally within the slow sun of civilization. Beginning life as butcher, outrager, and wholesale assassin, he closed it a constructive and beneficent old barbarian, in love with the brilliant and mysterious great lands across the seas.

In his lifetime he abolished savage punishments, brutal sacrifices and

with quiet, conciliatory way, who had come to take nothing, and was decidedly anxious to make friends. Lewanika long repulsed this visitor, but eventually yielded, received him and permitted his overtures.

This man was Francis Collard, the famous Zambesi missionary. When he went to his first meal with the king, that worthy squatted on the ground in complete nudity, and devoured ducks with his hands and teeth. Toward the end of his life the king had learned even an excellent taste in European foods, wines and table fittings.

Collard, by unshakable patience, got himself admitted to the confidence and trust of the king, who in time treated him with high honor and consulted him about the government of his tribe.

"What," he cried out one day in the face of recurring trouble, "shall I do with my people?"

Collard's reply is preserved in his diary, left on his death at Lewanika's court in 1904:

"Take the secret spear from under your cloak and throw it away; renounce vengeance once for all, attach your people to yourself by making their welfare your first object; put a stop to theft; give them justice, quiet sleep, and good food to eat."

In 1902 Lewanika, attired in good European clothes and invariably equipped with a silk hat, attended the coronation of King Edward—Barotseland having before that time become a voluntary British protectorate. King Edward received him with great interest and British society took him up and lionized him.

Lewanika went home with his head unturned, but with several new notions piled into it. He worked on the problem for four years before he dared anything so revolutionary as freeing the slaves. Then, even two years after Collard had died and his guiding hand had been removed, Lewanika abolished

mark. Another reason for the furrows around a woman's mouth is her nervous temperament and the consequent volubility of her speech. Actors and public speakers invariably have these wrinkles in the vicinity of the mouth as an inevitable outcome of the extra effort which the perspiration of their careers brings to bear upon the facial muscles in that region.

No beneficial effect can be accomplished without the abolition of the harmful cause. It you will avoid doing the things which are detrimental to the beauty of the lower part of the face, such as making faces when you talk, you can, by the aid of careful and persistent massage with astringent lotions, prevent appearance of the marks. Apropos of astringent lotions, it should be borne in mind that in all treatments of the face three things are absolutely necessary: First, the thorough cleansing of the epidermis; secondly, the softening of the tissues; and while they are in this state the moulding takes place through massage and the application of bandages, and finally friction with astringent preparations, which cause the parts under treatment to become fixed in the desired location.

CHILDHOOD AILMENTS

The ills of childhood come swiftly and too often before a doctor can be called in or medicine obtained the mother will always safeguard her little one by keeping Baby's Own Tablets in the home. This medicine always does good—it can never do harm. Concerning it Mrs. Napoleon Lambert, St. Ignace, Que., writes: "Baby's Own Tablets are an excellent medicine for childhood ailments and I am well pleased with their use." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

MILITARY HOSPITAL LANTERN SLIDES

An Ontario minister the other day borrowed from the Military Hospitals Commission a set of lantern slides. These slides show what goes on at the hospitals and sanatoria. That is, they show something of how our injured soldiers are being restored to health and to power for self-support, however serious their injuries may be. The minister exhibited the slides at three country churches under his charge. In returning the set he writes:

"My recording steward, who is also the postmaster and chairman of the local recruiting league, says they should be shown in every community. They meet the unrest in many families who have feared that the maimed who return will be forced to sell land parcels or such like."

"What I should have done was to ask for them for a longer period and put them on in every available church in this district. A man with a well-prepared lecture and a few local slides could render a valuable service to the country, both in allaying the unrest referred to and in removing the prejudice in some families from which recruits might be secured."

The slides, with explanatory notes, may be borrowed by ministers and other responsible persons free of charge. Application should be made to the Military Hospitals Commission, 22 Victoria street, Ottawa.

PATENTS IN ALL COUNTRIES

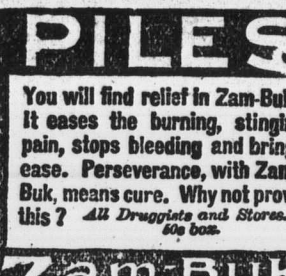
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BABCOCK & SONS
Formerly Patent Office Examiner, Estab. 1877
99 ST. JAMES ST., MONTREAL
Branches: Ottawa and Washington

Baking Bread for the Army

"Bakers, attention!"
At the front the words of command ring out in the great hall. From their position, bent double over long troughs, 200 men straighten bolt upright, head erect, eyes steady, hands rigid at their sides.

"Carry on!"
Immediately 400 hands plunge into the billowy dough and the work of kneading begins again. A man clad in a sleeveless shirt, wearing a cook's cap, passes by him, bearing a heavy load of fresh dough, which he flings down a "shoot" to the floor below.

We are inspecting briefly the process of providing bread for an army. Here, in a former factory, the bread of the British armies in the field is being made. One hundred and twenty thousand two-pound loaves of bread are each day baked in the ovens of this bakery. I was given a slice of the bread, it was crisp, appetizing and excellent. Day and



PILES
You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores—50¢ box.

Zam-Buk

night the work is carried on by enlisted men of the army—men who wear their khaki as proudly as any of the troops in the front-line trenches. The division of labor is admirable. Every device which tends to increase the efficiency of the men has been installed. Yet it is handmade, one might also say homemade, bread that is delivered to the men at the front.

Here in the long shed, the flour that has just come in from Canada is stacked, and, passing through the hands of skilled workmen, is turned into bread as if by magic. A steady stream of kneaded dough, fresh leavened, is being carried to the shoots; below it is gathered up and slung on flour-sprinkled tables, cut into round lumps about eight inches in diameter, each lump forming a loaf; each is carefully weighed to make all loaves of identical size. Then the loaves are shoveled into the ovens, baked to a turn, drawn out, carted into the adjoining storeroom, where they are left to cool; when cooled the fresh bread is packed into sacks, loaded into goods vans, which wait right at the door of the building, and twelve hours from the time it has left this bakery the bread is in the hands of the quartermasters ready for distribution to the men.

Industrialism in its highest state of perfection never produced a more efficient organization. The men work at high speed. Military discipline prevails. There is no talking or chaffing. Here there is none of that atmosphere of personal irresponsibility so prevalent in industrial enterprises. I watched for a long time these men at their work, straining every nerve and muscle to do their best as efficiently as possible, and as we passed from hall to hall the command, "Bakers, attention!" brought the men instantly to the rigid position demanded by the drill regulations.

Looking over the long rows of faces I was not a little astonished to find such a variety of ages. Gray-haired men at work side by side with

I ET a woman ease your suffering. I want you to write, and let me tell you of my simple method of home treatment, and you try my free trial, post-paid, and put you in touch with women in Canada who will gladly tell what my method has done for them.

If you are troubled with weak, tired feelings, headache, backache, neuralgia, aching, bearing down, pain in the side, regularly or irregularly, bloating, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write me to-day. Address: Mrs. M. Summers, Box 3, Windsor, Ont.

what seemed to be mere boys. On inquiring, I learned that fathers and sons often enlisted together for this special service, skilled men of the trade, who, before the war, had carried on their work for the most part in individual shops.

Those of us who have been taught to believe that the Englishman is a confirmed individualist, that he is incapable of organization in the German sense, must revise our notions. Those who have been led to believe that the British workman is opposed to compulsory military service and that trade union men are submitting recalcitrantly to army regulations must change their point of view. As a soldier here, a trade union man, said to me, "The finest union in the world is the army."

This great bakery is but a model of many other such establishments which I visited. Nearly are warehouses filled with stores for the troops in the field. The amount of goods handled in one consignment is stupendous; 50,000 tins of jam, 20,000 boxes of meat, cases of onions by the thousand, bags of sugar by the 10,000, boxes of tea by the ton, and the like, brought in from all parts of the world direct by transport the goods are stored in the warehouses, stacked in piles so arranged that a glance the exact amount of the goods on hand can be counted. The supplies are so vast that no matter how great the requisition may be it can be instantly filled. I walked through long rows of goods stacked up in blocks as high as city houses. The different types of wares are arranged in squares resembling a city street. Here is a square all of sugar; close by,

one of jam; beyond, another of marmalade and so on. All the goods bear British trade marks, with the exception of the tinned meat. We walked for half a mile through this strange and silent city of foodstuffs. "Le pays de Cocagne" (the land of plenty), as a Russian companion remarked to me, starting up at a high edifice made of bags of sugar.

It is a fact admitted by everyone that no army in the field is better cared for or fed than the British troops in France, but at the same time it is a current belief that no army is as extravagant. This latter opinion, which is widely held not merely in neutral countries, but even in England, would not seem to be during a brief sojourn, I found everywhere signs of rigid economy.

Minard's Liniment Co., Limited.

Dear Sirs,—Your MINARD'S LINIMENT is our remedy for sore throat, colds and all ordinary ailments.

It never fails to relieve and cure promptly.
CHAS. WHOOTEN.
Port Mulgrave.

borne out by the facts. On the contrary, as far as could be observed, a regimental cook at a base told me that he had saved 8,000 rations during the last month. This does not mean that the men are stinted in any way, but the allowance of fresh meat, bread, butter, cheese, jam and tea is greater than needed to satisfy the appetite of the average man, and as the rations are pooled, the saving is made without anyone noticing it, while the economy to the nation in pounds, shillings and pence is enormous.

Efficiency and economy are the two dominant factors of success in modern warfare, as in modern industry. The old spirit of "muddle" to which many clung so tenaciously during the first and even the second year of the war has been swept by the board. The third, and as many hope, the last year of the war is opening auspiciously. The signs of success are not to be read exclusively in the bulletins from the fighting front, nor estimated by the number of prisoners taken or miles of trenches captured, but rather by watching how smoothly, silently, irresistibly the great machine of the army, now perfected in every part, is gearing up the speed of efficiency, economizing and conserving its energy and resources.—London Mail.

Ask for Minard's and take no other

Too Scientific.

The city-bred boy's parents had just moved into the country and "arrangements" were being made for him to attend the public school. One day he saw electricity at work there.

"What are those fellows doing?" he asked his father.

"Putting in an electric switch," was the reply.

"Well, I am going back to town at once," was the boy's astonishing comment. "I won't stand a school where they do their lighting by electricity."—Youngstown Telegram.

Had Fourteen Fits In One Afternoon

BUT IS MADE WELL AND STRONG BY DODD'S KIDNEY PILLS.

Mr. R. J. Thompson, of Uxbridge, Tells the Story of His Terrible Trouble and Almost Miraculous Escape.

Uxbridge, Ont., March 15.—(Special)—Mr. R. J. Thompson, living near here, had fourteen convulsions in one afternoon. The doctors did not think he could live. To-day he is well and strong. He says Dodd's Kidney Pills did it. But let him tell his own story.

"I am delighted with Dodd's Kidney Pills," Mr. Thompson states. "I have only taken eleven boxes, and I feel like myself again."

"I was taken ill very suddenly. I ate my dinner and went to take a nap. I just got about three-quarters of a mile when I was taken with a convulsion fit. I had fourteen that afternoon and the third day I had nine more."

"The doctors said I could not live and if I did I would never be able to do anything again. As I had chronic Bright's Disease. But, thank God, I am doing my own work once again, by the use of Dodd's Kidney Pills."

Bright's Disease is the most advanced stage of kidney disease. It can be avoided if the earlier stages of kidney trouble are remedied by the use of Dodd's Kidney Pills.

Kickball for Baby.

We've football.
We've basketball.
It's a great game.
But they're not baby games.
Kickball is quite another matter. First one buys a big, light rubber ball.

It may be almost as large as baby's head.
Then one crochets a cover, the whole being suspended by ribbon or cord. It should reach down to the calves when baby, lying down, has his feet stuck straight up.
Just watch the lively feet of the 2-year-old as he lies in his bed and kicks and kicks.

Minard's Liniment Used by Physicians

Where Dictionaries Fail.

"I don't always get stenographers who can spell."
"Refer 'em to the dictionary, old chap."
"But I'm in the motor business. And that has produced a flock of words that haven't gotten into the dictionary as yet."—Louisville Courier-Journal.

Unfortunately a girl isn't apt to return a fellow's love if she has no use for it.

ISSUE NO. 11. 1917

HELP WANTED.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

WANTED—COOK-HOUSEMAID: FINE home for suitable girl; wages, \$20.00. Address, Mrs. Goring, 20 Aberdeen Ave., Hamilton, Ont.

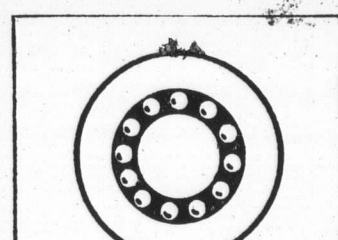
MONEY ORDERS.

SEND A DOMINION EXPRESS Money Order. They are payable everywhere.

THE GRIFFON.

Almost within hearing of the roar of Niagara Falls is a little village on the line of the New York Central called LaSalle, and few of the thousands who daily fly through its very door-yard know that this unassuming little town was the birthplace of commerce on the Great Lakes.

In January, 1867, a French nobleman, Robert de LaSalle, came to this point on the Niagara River, and at once began to build a sailing vessel, with which he hoped to carry on trade with the western Indies. On the 7th of the following August the craft was launched. She bore the name of Griffon, was of 80 tons burden and carried a crew of thirty-four men, all but one of whom were Frenchmen. The vessel was armed with seven small cannon and was an object of wonder and alarm to the neighboring Indians, who regarded it as a floating fort. On the day of the launching the Griffon set sail and in due time reached the mouth of Green Bay, Lake Michigan, where the return trip began. The voyage had been successful and with a load of fine furs they started on their homeward way; but disaster overtook them and in a severe storm the pioneer foundered with all on board.



MICA AXLE GREASE
Makes your wagon run as if it had ball bearings. It is the Mica that does it. Mica makes a smoother bearing surface and a longer wearing grease. Dealers everywhere.

THE IMPERIAL OIL COMPANY Limited
BRANCHES THROUGHOUT CANADA

TRADE BRIEFS.

Two mills with a total daily capacity of 400 tons are now in operation near the recently discovered deposits of tungsten in Inyo county, California.

Cochineal, which was formerly shipped from the Canary Islands to this country by way of London, is now exported direct. Much of the 1916 crop, which amounted to 72,500 pounds, was sold in the markets of Barcelona and Marseilles. Seventy American vessels are being fitted out to join the halibut fishery fleet which makes its headquarters at Prince Rupert, British Columbia. It is expected that the average catch will be doubled by the addition of these boats.

The winter tomato crop of the Canary Islands, valued at \$600,000, has been allowed to rot in the fields because of the scarcity of vessels available for this trade.

American shipyards are under contract to build 62 vessels of 2,000 to 3,000 tons. Most of these vessels are already under construction.

Due to the high cost of fodder for horses and mules, motor trucks are coming into general use in Antofagasta, Chile.

The chief of police of Rio de Janeiro, Brazil, will grant temporary licenses to American automobile salesmen who visit that city. This favor will be appreciated by all American exporters of automobiles.

Prices of wheat and coal are to be regulated in Spain as a result of the efforts of the Spanish Provisions Board. The maximum price for wheat will be \$2.50 per 100 pounds.

Shaving brushes of real and imitation badger hair are being made in the Rosario consular district.

Keep Minard's Liniment in the house

All in a Hurry.

A little girl from a more leisurely part of the country was walking with her mother along that part of Broadway in front of the Woolworth building. It was the noon hour, and the crowd was out and in rapid motion. The wind was fresh, and gusts of it hurried past as they often do in that vicinity.

"I don't like New York, mother," said the little girl. "Everything is in such a hurry—even the wind."—Evening Post-Saturday Magazine.

"Opportunity calls once at every man's door." "Hard luck is a whole lot more sociable."—Pittsburg Post.

You Can Do Your Bit in the trenches, in the home, in the office, in the factory, in the store, when the body is nourished with foods that build healthy muscle without overtaxing the digestive organs. Shredded Wheat Biscuit contains the greatest amount of body-building nutriment at lowest cost. It strengthens the muscles of the stomach and intestines by making them do their normal work in a natural way. A better-balanced ration than meat or eggs, more easily digested and costs much less. Ready-cooked and ready-to-eat. For breakfast with milk or cream, or for any meal with fruits. Made in Canada.

The New Series CHEVROLET

STANDARD EQUIPMENT

Valve-in-head motor.
Electric lighting and starting system.
Selective sliding gear transmission, 3 speeds forward and reverse.
Staunch frame.
New front and rear spring brackets.

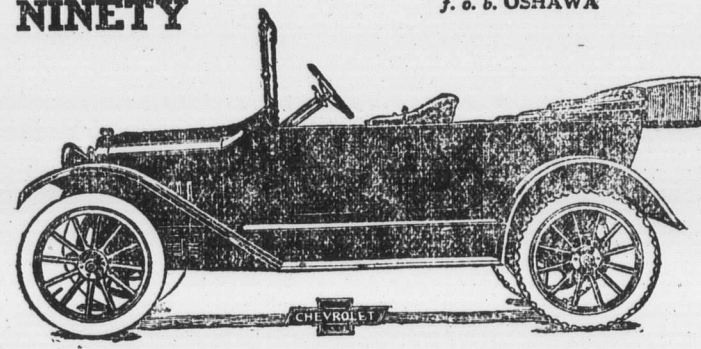
New front spring suspensions.
New accelerator foot rest.
Oil indicator light equipment.
Ample road clearance.
Cantilever Springs.
Improved Upholstery.
Mohair top.
Non-skid tires on rear wheels.

THE CHEVROLET MOTOR COMPANY OF CANADA, LIMITED
OSHAWA, - - - ONTARIO
WESTERN SERVICE AND DISTRIBUTING BRANCH: REGINA, SASK.

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There is a Chevrolet dealer in your locality anxious to give you a demonstration. See him before you buy your 1917 Motor car. Write to Oshawa for a new catalogue showing all Chevrolet Models.