

**Grandmother made delicious things to eat**

SNAPPY, brown cookies, coffee cake with fruit and spices put in with a generous hand, pumpkin pie with the genuine old-time flavor, and many more. All these good things Grandmother made with brown sugar. Her granddaughters can make them just as successfully to-day if they use

**Lantic Old Fashioned Brown Sugar**

Pure brown sugar gives to baking and desserts the characteristic molasses taste which is a great improvement to many dishes. Brown sugar, as well as white, should be kept in the pantry of every household which appreciates old-time goodies.

Brown sugar is economical. It costs a little less per pound than other pure sugars and it flavors as well as sweetens. Grocery sell as much as you wish.

For fear Grandmother's recipes might be forgotten, we have reprinted a number of the best of them in the booklet illustrated at the top. We will send it to you upon receipt of 2c. stamp.

**ATLANTIC SUGAR REFINERIES LIMITED MONTREAL**

**CANADIANS ENJOY KAISER'S GAME**

Troops in the Cologne District. Shoot Deer in the Former Emperor's Forest.

According to letters from a Halifax officer, Canadian soldiers are enjoying their mess with venison from the Kaiser's hunting forest near Cologne. The men show as much skill at bringing down deer as they did at sniping Germans, and one party of men stationed at Imnekappel succeeded in bagging six within a single week. Venison replaced turkey on their Christmas menu. This forest was preserved for the use of German royalty alone, and last April the former Crown Prince took a holiday from his valourous exploits at the front to hunt there. He must feel very bitter if he knows that Hohenzollern game forms the piece-de-resistance of the larder of Canadian troops.

**TERRIBLE STORY OF CANNIBALISM**

Constantinople, February 2.—The little news that has been received from the Asiatic provinces of Turkey indicates that there is considerable distress among the population owing to the shortage of foodstuffs, high prices, and great insecurity and lawlessness prevailing. The winter is fortunately mild thus far, which tends to alleviate somewhat the precarious situation of the people. Four American relief ships, bringing large cargoes of flour and clothing are under way. Reuter's correspondent reports a terrible story of cannibalism which occurred eight months ago at Mosul, where six small children were sacrificed and their flesh roasted for food. There would seem to be no doubt as to the truth of the story which is confirmed by a photograph showing the execution of the men and women at Mosul, who perpetrated this horrible crime. The heads of the unfortunate little victims were found in the house of the two culprits.

**FEBRUARY CANADIAN.**

A number of articles on subjects of national importance appear in The Canadian Magazine for February. One is an "Educational Program" by Prof. I. A. Mackay, of the University of Saskatchewan. It is a very timely article, and while it discusses the place that education must take in the advancement of any country, it takes Canadians to task for their indifference to it as a national factor and gives a warning that if Germany had been regarded as the master of the world, it is now incumbent on other countries to see that she is not suffered to assume that role again. Prof. Mackay's warning, in brief, it that unless we advance education we cannot advance at all.

**A Slight Difference.**

"Of course, there's a big difference between a botanist and a florist," he remarked.

"Is there, really?"

"Yes. A botanist is one who knows all about flowers, and a florist is one who knows all about the price people will pay for them."

**GIVE 'SYRUP OF FIGS' TO CONSTIPATED CHILD**

Jellious "Fruit Laxative" can't harm tender little Stomach, Liver and Bowels.

Look at the tongue, mother! If coated, your little one's stomach, liver and bowels need cleansing at once. When peevish, cross, listless, doesn't sleep, eat or act naturally, or is feverish, stomach sour, breath bad, has sore throat, diarrhoea, full of cold, give a spoonful of "California Syrup of Figs" and in a few hours all the foul, undigested waste, undigested food and our bile gently moves out of his little bowels without griping, and you have a well, playful child again. Ask your druggist for a bottle of California Syrup of Figs, which contains full directions for babies, children of all ages and for grown-ups.

**ASCARIS' WORMS WHILE YOU SLEEP**

Sick Headache, Sour Stomach, Bloating Liver and Bowels—Take Cascarin tonight.

"Arrow" Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Ill-health—some have a "squirly" liver, which causes you to feel as if you were being pulled to pieces in a small barrel. That's the sign to look for—indigestion, I use, bad breath, yellow skin, meanness, everything that is horrible attending. A Cascarin tonight—use you congealed bowels a thorough cleansing and straighten you out tomorrow. They work while you sleep—10-cent box from your druggist will keep you feeling good for months.

**CLOTHING TO REMAIN HIGH.**

Demand is Much Larger Than the Supply.

The indications are that for some time to come, and probably all during this year, the price of woollen goods and of cloth will not much, if at all, reduce. It is an authority in the clothing trade in Toronto, recently, indeed, reports have appeared in the newspapers that an increase in the price of woollen goods might be looked for, but there does not seem to be any real reason why any such increase should take place.

**SUBSTITUTE FOR FOOD.**

German Scientists Find a Substitute for Wheat.

Practical chemists are looking for the German specialists, and it cannot be denied that they turned during the war, and especially during the last two years, they found a wide field for the application of chemistry and biology. The field was created by lack of the usual foodstuffs, and the British blockade largely caused, and which went far to bring about the marvellous surrender of the nation.

Germany ransacked the botanical world in search of substitutes for the ordinary commodities of life. The expeditions of which report has been had are now the evidence of the death from which Germany has long been suffering, but while they do create a false hope of a scientific men they did not bring much solid comfort to her people. The chief difficulty, of course, has been to find a palatable substitute for bread flour.

All kinds of materials such as peas, beans, potatoes and other more questionable ingredients have been used for wheat in supplementing the limited quantities of wheat flour available. But the most remarkable substance which has yet been devised for this purpose is a kind of flour made from the seed-mace of birch.

**A Possible Sea Tale.**

What a theme for a novelist is suggested by these three words, "The Last Submarine." The story is a deathless tale of "Twenty Thousand Leagues Under the Sea," and the adventures of Jack London and Morgan Robertson—all these thrilling narratives—would pale their own before a grand conception such as might well be furnished by "The Last Submarine." The story is the story of Germany—some viking of the under-seas—leading a sturdy crew, and hiding that crew and his submarine, giving no heed to the terms of the armistice, vanishing quietly into the sea, and carried on the Wilhelmshaven books as "missing" forever after.

**Dead in the War.**

With the issue of the official figures of the French losses in the war it is possible to arrive at the approximate estimate of the appalling toll of life. The dead, so far, number 3,235,504. The individual national losses in dead thus far announced are:

British	705,726
French	1,071,200
American	58,478
Russian	1,700,000
Austrian	800,000
German	860,000

The total German casualties are given by the Berlin Vorwaerts as 6,330,000, and the Austrian total was placed at 4,000,000. Serbia is killed, wounded and prisoners lost 320,000 men.

**Sweet Grass Scarce.**

Richard Bishop, an Oldtime Indian, who has spent his summers at Old Orchard Beach for 23 years, has probably manufactured more sweet grass articles than any other one person in Maine has done in the same time. He says he uses 300 pounds of grass a year, so that in 23 years it must have used about 10,000 pounds. Sweet grass now, he says, is very scarce, because so much of it is pulled up by the roots.

**Former Russian Leaders, With But Few Exceptions, Killed by Revolutionists**

WERE the men whom we considered the greatest of living Russians two or three years ago? No, they were not. They have been murdered or discovered by the Bolsheviks, and if they are not dead they are in hiding or making their way painfully on the streets of some neutral country. Their estates have been confiscated, their wealth either seized by the alleged government or distributed by the high Grand Duke Michael, brother of the late Czar, is said to be in Siberia.

There is a report that the Grand Duke Nicholas, the commander-in-chief of the Russian armies, and considered the greatest military leader developed by the war up to that time, is hiding in Southern Russia.



GEN. BRUSILOV.

There is probably no Russian who played any considerable part in the war who made such an impression upon the outside world as the Grand Duke.

Another able Russian general was Alexey, formerly chief of staff, who reorganized the armies after the defeat of 1915. He was recently reported in command of some troops opposing the Bolsheviks in the Don, but his fate is uncertain. Gen. Korniloff, another hero of the war, may be alive. He was reported to have escaped through the Caucasus and Persia and to have joined Gen. Allenby. It is odd, if this report is correct, that there would not have been an official confirmation of it from British headquarters, though it is conceivable that the Czar's court might have sufficient reason for giving no information as to the whereabouts of such an influential leader as Korniloff. Brusiloff, the hero of the Galician victories in 1915, is known to be dead. He was killed in Moscow. Ruzsky, too, is reported to have been assassinated.

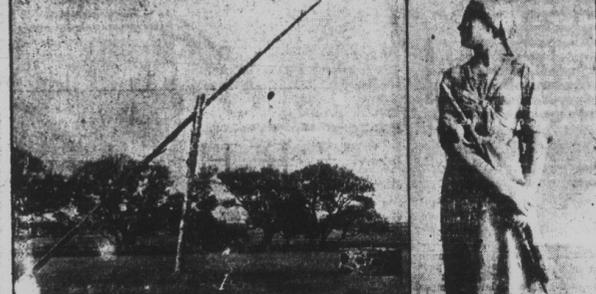
Turning now to the civil heads of the nation, it is known that Premier Gollitsyn, who held office before Kerensky seized power, is in hiding with a heavy price upon his head. He will be remembered for his failure to oppose the revolution when it came. His predecessor, Trofimov, is in Stockholm and is supposed to be trying to organize some opposition to the present regime. Little need be expected of him. He was a bureaucrat, but a weakling. Sturmer, whom Trofimov succeeded in office, is dead, and nobody mourns him. He was a traitor, a German by ancestry and a German by inclination, who contributed more than the Czar to the unpopularity of Czardom. He sold out the Russian army, and tried to lead Russia into a separate peace. He had no more principle than either Lenin or Trotsky. Had the army survived he would have tried to do for Germany what Trotsky and Lenin were to do after the war had been destroyed. Sturmer died in prison.

One of the most despicable of Russians is one of the few who was able to escape from the country. This is Sukhomlinoff, former Minister of War, who betrayed Romania and tried to deliver a Russian army into the hands of the enemy. He was arrested and put on trial for high treason by the Provisional Government, but when the Bolsheviks overthrew Kerensky he was released, since he had been a good friend of Germany's and was permitted to leave the country. Protopopoff, formerly Minister of the Interior, who was an unscrupulous traitor and a traitor, died in an asylum. Most of the leaders of the Provisional Government which preceded the Bolsheviks are either dead or fugitives. Prince Lvov is in Paris. Surovich is said to be on his way there. Guchkov was assassinated. It is said that military leaders who were distinguished in the war, some of them generally, are supporting themselves by selling matches and shoe laces in Petrograd and Moscow. Notable service in the war against Germany is the most dangerous badge in Russia to-day.

**The Cause of Heart Trouble**

Faulty digestion causes the generation of gases in the stomach which inflate and press down on the heart, interfering with its regular action, causing faintness and pain. 15 to 30 drops of Hatcher's Peppermint Syrup after meals sets digestion right, which allows the heart to beat full and regular.

**Evangeline Returns to Grand Pre**



Evangeline's Well. Philippe Hebert's Statue of Evangeline.

WHAT lover of poetry has not dreamed of visiting the place made immortal in song? And what song has roused this longing more intensely than the story of the Acadian and their Great Basin? Many have realized this ambition for Nova Scotia in easy to reach and each succeeding summer sees more hundreds making the pilgrimage to

The Acadian land, on the shores of the Basin of Minas. It is a beautiful, secluded, still, little village of Grand Pre.

There they find the meadows, dunes and orchards of which Longfellow sang, and they try to retrace the steps of the poet by using as a guide the still remaining wall which is described as

... on the slope of the well with its moss-

grows Buckle, fastened with iron and near it is a trough for the horses.

The place of ground at Grand Pre on which the well of Evangeline, to which the old willow, has been bought by the Canadian Pacific for the purpose of preserving it for posterity.

Before he died last year, Philippe Hebert, the greatest of French-Canadian sculptors, was engaged on a statue representing Evangeline leaving the land of her childhood and looking back in sorrow.

Philippe Hebert was himself an Acadian and, although a perfectly happy exile in Montreal, entered into the spirit of the poem as no other sculptor could. The model of his statue has been purchased by the Canadian Pacific who have commissioned Philippe's son, Henri Hebert, also a distinguished sculptor, to complete it. Its size is bronze to be erected beside the famous well.

This will be added one more attraction to a land full of attractions for artists, devotees of romance and matter-of-fact sportsmen. The artists find an inexhaustible supply of subjects ranging from many-mile long vistas of apple blossoms to uncouth but picturesque fishermen; the romantically inclined find a land of legends and sleepy beauty; the sportsmen find fishing and hunting such as to excite and never equalled.

**NEW APPOINTMENTS CANADIAN NATIONAL RAILWAYS**

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