

**Grandmother's RECIPES**  
For the Old Fashioned Brown Sugar

## 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

### Evangeline Returns to Grand Pre

**Evangeline's Well.**  
(2) 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 Banquet? Many have realized this ambition for Nova Scotia is 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. Pleasant, secluded, still, the little village of Grand Pre.

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

... or down, on the slope of the hill, was the well with its moss-covered

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 artist finds an inexhaustible supply of subjects ranging from many-mile long vistas of apple blossoms to uncouth but picturesque fisherfolk; the romantically inclined find a land of legends and sleepy beauty; the sportsman finds fishing and hunting such as is seldom equalled and never excelled.

### NEW APPOINTMENTS

## CANADIAN NATIONAL RAILWAYS


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

Jellison's "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, his or her's, 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 little gently moves out of its 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.

### 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 Immenkappel 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 valorous 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. There were six small children were sacrificed and their flesh roasted for food. These 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. Mrs. 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, is 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."

**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 3,235,594. The individual national losses in dead thus far announced are:

ASCARETS' WAR WHILE YOU SLE	
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 in killed, wounded and prisoners lost 320,000 men.	
Sweet Grass Scarce.	
Richard Bishop, an Oldtown Indian, who has spent his summers at Old Orchard Beach for 23 years, has probably manufactured more sweet grass articles than any other person in Maine has done in the same time. He says he uses 300 pounds of grass a year, so that in 23 years he 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.	

### 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 be not much, if at all, reduced," said an authority in the clothing trade in Toronto. "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."

"Conditions are as yet so unsettled and indefinite that it is very difficult to make any exact predictions as to the course of the clothing business, which depends entirely on the condition in the market for textile woollens. This market is, for all practical purposes, dominated by the English market, both for raw wool and for textile woollens."

"The current supplies of raw wool in England are very low, but in Australia and the Argentina, which produces the great bulk of the raw wool, supplies are quite large, it is believed. Owing to shipping conditions, they could not be transported to England for the last three or four years. This condition will be shortly overcome, to a very large extent. The conditions of the market for textile woollens or cloths is the important thing in reality, and the supply of these goods is unprecedently low. Not only this, but the clothing of most of the European nations is in what might be termed a threadbare condition."

"No military uniforms to any considerable quantity will be required now, but the men who have been wearing uniforms up to now will have to be refitted with civilian clothing. All these demands will obviously make a very heavy drain upon the capacities of the woollen mills, not only in England and Scotland, but every other country which has them."

"In so far as in the textile woollen or cloths and the garments made from them are concerned, it is to be remembered that there is no likelihood at any time of a return to the prices which prevailed before the war. Wages in England have doubled, or more than doubled, and the indications are that the workers will not tolerate a return to the scale which prevailed in ante-bellum days. In regard to the garment workers who convert the cloth into clothing in this country the situation is nearly the same. Of course, the wages in England before the war were relatively much lower than on this continent, and the increase has been correspondingly greater there. But in neither the European countries nor on this continent will there be a return to the scale which governed, perhaps, the soldier over 60 years of age, the cost of the loths and of the completed garments it will be seen that the soldier's wages are high, but the use of fresh breeches for making tea is a pleasing novelty. They are also recommended for their satisfactory substitute than any yet discovered, but perhaps that is not an official recommendation of it from British headquarters, though it is conceivable that the German purveyor might have sufficient reason for giving no information as to the whereabouts of such an influential leader as the German officer, the hero of the Gallipoli campaign in 1915, is known to be dead. He was killed in Moscow. Ruzsky, too, is reported to have been assassinated.

### SUBSTITUTE FOR FOOD.

German Soldiers Eat War-time Shortage.

Practical chemistry was long one of the German specialties, and it cannot be denied that they turned to it for the solution of their food problem 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 her search for substitutes for the ordinary commodities of life. The expeditions to which resort has been had are good evidence of the death from which Germany has long been suffering, but while they do credit to the ingenuity of her 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 reed-mace or bulrush.

The pollen of the reed-mace is the most valuable part of the plant, and its stems are said to be consumed by the Cossacks as a succulent vegetable, but Germans have been trying to use the root-stocks. The supplies are unlimited, as the reed-mace is grown in many parts of Germany and Austria for thatching and making of rush-matting. It is said that 20 per cent. of the reed flour can be used in bread-making. And so the Germans found the bulrush not entirely a broken reed for splicing the staff of life.

Tobacco proved a particularly difficult problem to the searcher for substitutes for food. It is much in favor, but the smoking mixture which was made of them proved too strong even for German lungs.

In the Reichstag Herr Muller stated that the new beech leaf mixture supplied to the soldiers had to be thrown away as quite unpalatable, and another speaker declared it to be more noxious and injurious than the enemy's gas. The Bunderrath also authorized the use of the leaves of the lime, the maple, the plane, the chestnut, the vine, and the Virginia creeper as substitutes in the manufacture of tobacco, but doubtless with equally distressing results.

The use of acorns by the Germans as a substitute for coffee was largely developed, as our unfortunate children have learned to their cost, but the use of fresh breeches for making tea is a pleasing novelty. They are also recommended for their satisfactory substitute than any yet discovered, but perhaps that is not an official recommendation of it from British headquarters, though it is conceivable that the German purveyor might have sufficient reason for giving no information as to the whereabouts of such an influential leader as the German officer, the hero of the Gallipoli campaign in 1915, is known to be dead. He was killed in Moscow. Ruzsky, too, is reported to have been assassinated.

### 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, their names now stand in reports of their deaths, or later in denials that they have been assassinated. Hardly a single Russian who was prominent in the war is known definitely to be living, and taking any part in public affairs. Despite conflicting reports the czar is probably dead. With the czar has disappeared most of the grand dukes, a dozen or more of them. They have been murdered or discovered by the Bolsheviks, and if they are not dead they are in hiding or making their way painfully in the direction 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 this 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 from 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 German purveyor might have sufficient reason for giving no information as to the whereabouts of such an influential leader as the German officer, the hero of the Gallipoli campaign 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 Golitsyn, 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. His successor, a weakling, Sturmer, whom Trofimov succeeded in office, is dead, and nobody mourns him. He was a traitor by inclination, who contributed more than the czar to the unpopularity of Czarism. 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 monarchy survived he would have tried to do for Germany what Trotsky and Lenin were able to do after it 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 tyrant and 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. Struve 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 generals, 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 and interfere 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.