

Greater food value—increased palatability

In making chocolate cakes use

BAKER'S CHOCOLATE



with barley and buckwheat flour.

The chocolate covers the color and taste of the dark flour so it is practically as good as when made with all white flour.

This use of cocoa or chocolate increases the food value of the prepared dish.

Walter Baker & Co. Limited

Established 1780
DORCHESTER, MASS. MONTREAL, CAN.
CANADA FOOD BOARD LICENSE No. 11-690

Flowers for Winter.

Place your orders now

Bulbs, Ferns and Potted Plants for the Home

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TO GET

Good Salt Herring.
Boneless Cod.
Extra Choice Molasses.
Malaga Grapes.
Sweet Potatoes.
Cape Cod Cranberries.
Baldwin and Bishop Pippin Apples.

FARMERS STORE, PRINCE STREET
Canada Food Board License 8-6259 M. T. Crowe, Prop.

Merry Christmas

The Christmas Season draws nearer and nearer every day and the time in which to choose Christmas Gifts grows shorter.

Its always wise to make selections early when you can do so leisurely and satisfactorily, and while the picking is at its best.

We're in splendid trim for Holiday Trade. Showing just the things that men and boys are always delighted to receive as Christmas gifts.

A FEW ITEMS

Neckwear, Mufflers, Gloves, Shirts, Hosiery, Underwear, Pajamas, Handkerchiefs, suspenders, arm bands, collars, Sweaters, Umbrellas, Suits, Overcoats, Caps, Silk Gloves for Ladies, etc. etc.

Buy your Boy an Overcoat. Special Prices on Boy's Overcoats until Christmas.

A. E. HUNT & CO.

Artistic Footwear



BUY SHOES FOR CHRISTMAS

Useful gifts give as much pleasure as others and more satisfaction. We have a gift for every member of the family.

Smith's Shoe Store
INGLIS STREET

PRESERVE WAR DATES FOR FUTURE USE.

We would suggest to teachers all near the Truro News constituency that the "Dates of the War" in to-day's News be cut from the Home Paper and preserved for future reference.

Many more dates could be added, but the ones printed are sufficient to give a good outline history of the Great War.

Get to work in your schools and teach the boys and girls all about this war from this chronological information furnished by the Truro News.

PER. S. S. OLYMPIC.

By the transport Olympic some 5000 soldier veterans returned to Canada. As the trains sped thru Truro they were met by the Reception Committee, given refreshments and cheered on their way. The Band Sunday evening was on hand and gave the returning heroes a welcome, too.

Among those who arrived by the Olympic here:

Pte. O. Drysdale, Elmsdale.
Pte. J. Edey, Tangier.
Pte. F. Geldert, Truro.
Pte. H. Morwick, Parrsboro.
Pte. H. C. Pitman, Central Ayrley, Yarmouth.
Sgt. R. L. Nillion, Truro.
Spr. L. Barnhill, Belmont.
Spr. W. J. Dean, Musquodoboit.
Spr. C. A. Feetham, Truro.
Spr. R. S. Giles, Oxford.
Pte. H. Ferdinand, Pugwash.
Gnr. W. P. Moore, Truro.
L-Cpl. L. W. Smith, Tatamagouche.
Spr. W. J. Sutton, Truro.
Pte. J. H. Fraser, Truro.
Pte. R. Moore, Oxford.
Pte. P. L. Skarrey, Londonderry.
Sgt. H. McMullen, Londonderry.
Cpl. F. Graham, Stewiacke.
Pte. B. H. Merriman, Parrsboro.
Pte. J. Mortimer, Truro.
Pte. A. Reader, Truro.
Gnr. G. Solomson, Parrsboro.
Pte. M. L. Brown, Parrsboro.

DEATH OF MRS. W. S. BRAGDON TRURO, N. S. DECEMBER 15TH.

The death of Mrs. W. S. Bragdon, aged 47 years, occurred, very suddenly, at her home on Foundry Hill, Truro, N. S. December 15th.

Her death was due to Heart Trouble. She had been in failing health for some time, but her sad and sudden death came as a great shock to her family and friends.

On Saturday she was up and able to attend to her household duties, as usual, and on retiring at night, seemed to be feeling as well as usual.

Early on Sunday morning, hearing no movement downstairs, one of the sons hurried down to find his mother cold in death.

Mrs. Bragdon was formerly Miss Bessie McCann, Windsor, and for years has been a valued member of the 1st Baptist Church, Truro.

She is survived by her husband; three sons, Ralph, employed at C. E. Bentley and Co; Willis and Clyde, all at home; also three brothers, Fred McCann, foreman of the "Journal" Office, Windsor, Edward in Windsor, and William in Halifax.

Mrs. Thomas Seymour, Windsor, is a sister of the deceased.

MARRIED.

MARKS—WEBBER.

The Rev. T. H. Perry, rector of St. Matthias' Church, Halifax officiated at the marriage at 8 p. m., Tuesday, Dec. 3rd at 5 p. m. Williams Street, Halifax, of Lawrin Greer Marks, of Ship Harbor, and Greta Marion Webber, of Oyster Pond, Jeddore. The bride wore a becoming suit of navy blue serge and picture hat. The bride and groom were unattended. After the ceremony the happy couple were driven to the King Edward Hotel. The groom's present to the bride was a set of fox fur. Later Mr. and Mrs. Mark's left on the Ocean Limited for their future home in Oshawa, Ontario.

Could Not Work

ON ACCOUNT OF

SEVERE HEADACHES.

Headaches are generally caused by some disturbance of the stomach, liver or bowels, and although not a serious complaint, the cause should be removed before they become habitual and make your life miserable.

You will find that Milburn's Laxa-Liver Pills will remove the cause by moving the bowels gently, safely and surely, refreshing and strengthening the stomach, toning up the liver, and thereby banishing the headaches.

Mrs. J. Armstrong, 7 Harris St., St. John, N.B., writes:—"I take pleasure in writing you concerning the good I have received from using Milburn's Laxa-Liver Pills. I had such severe headaches I could not do my work, but after using two vials of your pills, I can now do my work with comfort and pleasure."

Milburn's Laxa-Liver Pills contain purely vegetable matter and do not gripe like harsh mineral purgatives do. Price 25c. a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

G. W. V. A. PROVINCIAL EXECUTIVE IN SESSION IN TRURO.

A meeting of the Provincial Executive Nova Scotia, Great War Veterans Association, was held in Truro December 14th and 15th and 16th. The meetings opened informally at the Stanley House on December 14th, and were carried on from 10 a. m. on the 15th until 1:40 on the morning of the 16th.

The officers present were:— Provincial President, J. W. Maddin, Sydney; First Vice President, F. C. Gillingwater, New Glasgow; Second Vice President, A. S. Jenks, Halifax; Parliamentary Representatives, B.W. Russell, Halifax; Provincial Secretary Hugh Hamilton Sydney.

The Executive Committee consisted of:—

S. Robinson, New Glasgow.
J. Semour, Amherst.
R. W. Murray—Springhill
S. Crowe, Sydney;
D. McDougall—Glace Bay.
T. Nicholson, Sydney Mines.
J. A. Rudland, Dartmouth.
S. W. Chambers, Truro.

In view of the urgent matters, that had to be discussed, the demobilization of the army soon to take place and the majority of overseas men returning within six months it was necessary for the G. W. V. A. to meet, and bring their schemes into operation.

Their purpose is that all men able to return to Canada, shall become members of this Association, and several matters pertaining to their welfare were discussed such as Federal Labor Schemes, The Land Settlement Question, with which, as a Provincial Command, or body, they are entirely dissatisfied, as it stands at present.

Many promises have been made by both Federal and Provincial Governments, but no results have been obtained of a satisfactory nature. The matter of Pensions also came in for severe criticism. Standing Medical Board re it is alleged, have not been reliable.

It is the intention of the Association to see that these Boards carry out their duties, efficiently, and also, instead of the amount of money paid out, on the question of disability, being left to the Board at Ottawa, that this matter be left to the Judicial Board, and that the decision of the local A. D. M. S. be final, in all matters.

New branches of the G. W. V. A. have been organized with-

in the past month at New Waterford, C. B. and at Yarmouth. Other branches are to be formed in the Valley, stretching from Halifax to Digby, and along the South Shore, from Yarmouth to Halifax. A large number of returned men are in these districts, desirous of becoming members.

The strength of the G. W. V. A. men in Nova Scotia is now 3,800.

At this meeting the matter of Memorials, for returned soldiers, led to a long and interesting debate. The public in general, but especially those wishing to contribute to subscriptions for memorials, etc. etc. are asked to watch for a notice, that will be made public within a few days, in reference to this matter.

It is hoped that Nova Scotians will be united, in making this object a grand success.

The importance of a Ladies Auxiliary was discussed at length. This Auxiliary admits the mothers, wives, sisters and daughters of men who have served overseas.

In other cities and towns, these ladies have taken an active part in providing Club Rooms for the men, in making after dependant families, and in sending comforts to the men overseas. It is hoped that Truro will soon form a Ladies Auxiliary.

The books and accounts of the local branch in Truro, were examined by the Provincial Secretary and everything found in perfect order. The Branch at Truro, at the present time, is sadly in need of better accommodations, and a large room or rooms should be provided for their use. In other cities and towns throughout the Dominion, rooms have been given free with the lightning and heating also provided.

Some patriotic citizen or citizens of Truro might well place a large comfortable room at the disposal of the G. W. V. A. where they could meet in comfort and carry on the fellowship and comradeship, gained in the defence of their country.

The Association has every noble object in view and a form for the purpose of bettering the conditions confronting the returned men, and helping the women and children and all those left unprovided for, whose men have fallen on the Field of Flanders.

At the final session the G. W. V. A. Executive extended hearty thanks to Mayor and Council for the use of the Council Chamber for the meetings, to those who entertained the Delegates at Supper on Saturday night and to the Proprietor and Staff of the Stanley for favors and kindnesses received.

Minards Liniment Cures Diphtheria.

No Luck for Him

This child won't play or smile. He is real sick. His tongue is white, breath feverish, stomach sour. He fears he is in for a dose of awful castor oil, calomel or pills. How he hates them. He would rather remain sick. No! He won't tell mother! If his mother would only learn the value of candy "Cascarets." How children love this candy cathartic—how surely it acts on liver and bowels.



TO MOTHERS! Each ten cent box of Cascarets contains full directions for dose for children aged one year old and upwards. Nothing else "works" the nasty bile, sour fermentations and constipation poison from the tender little bowels so gently, yet so thoroughly. Even cross, feverish, bilious children gladly take Cascarets without being coaxed. Cascarets taste just like candy. Cascarets never gripe, never sicken, never injure, but above all, they never disappoint the worried mother.

MAIL AND PASSENGER TRAFFIC IN MUSQUODOBOIT VALLEY.

Middle Musquodoboit, Dec. 9th. Peace still prevails in Musquodoboit, and the promised revolution regarding improved mail and passenger service is still one of the events of the future.

The matter has not died out by any means—and there is talk of the Dartmouth people taking it up. There is no question but that the people who are pushing this scheme have the interests of the Musquodoboit Valley at heart, but at the risk of being called unprogressive, unpatriotic, or a knocker. I am taking the stand that we had better be very careful about any changes we get in our Railway Service.

I am not alone in my opinion that unless we can get a very sweeping change, we had better not have any, excepting better time according to schedule. A good many seem to forget that a new railway is built strictly on the freight possibilities and the passenger and mail business is a secondary consideration.

Now what I contend, is this, "Our present Service is as well arranged as it possibly can be while we can only support one train a day." If there is business enough to warrant another daily train by all means let us have it, but anything like a compromise, short of that will be detrimental. Even if we have the proposed morning express train I am afraid that our mixed train service will suffer, because the mixed train will naturally become more of a freight train, and its present usefulness as a passenger train will be destroyed. As it is at present we often have special trains to relieve the congestion of freight, this is done to help out the passenger end of the service. In the proposed change it is natural to suppose that the mixed train will have to handle the freight. This will mean that going to the City and coming home the same day will be impossible.

As it is at present, the large majority of the passengers to the City in the morning and come home the same day, the only expense outside of R. R. ticket being for lunch. To use the proposed passenger train will mean to break up three days, at an added expense of two nights and one day in town. The very best way that we can figure on, is to use the freight train one day and the passenger the next. This means one extra night in town.

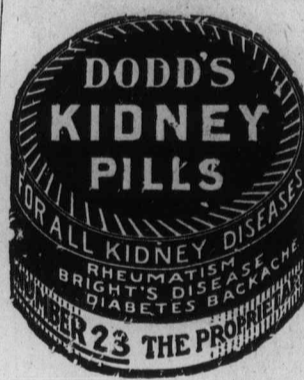
Another very important source of revenue in this line is the "week-end" passenger trade. Anyone who has seen the Musquodoboit train, pulling out of Dartmouth on a Saturday evening during the summer months will understand what a loss it would be to interfere with that accommodation. By the present conditions people can work on Saturday and go out to the country in the evening, and come back on Monday morning in time for a day's work. If the Monday morning train has to pick up freight the "week-end" business will be about ruined. A most important feature on this line that means more regular cash in the pockets of the farmers—than anything else is the "dead meat and produce trade."

It is most important that this goes in on a morning train mostly on Friday. In my mind the slightest change on our present service, excepting of course better time—will be hurt unless it is a train clear and independent of what

we have now and that is why I think we should be very careful.

That there are some advantages in the proposed new service I am ready to admit but "The old lumbering coach that should not be tolerated" has some very good features. It is very regular in its habits, and people all along its line from Shubenacadie get their morning paper thrown off at their door, and the big argument of people not being able to answer their mail the day they receive it, does not amount to much, as almost everyone has a telephone, which is more satisfactory in matters of importance. Also the most important mail is usually from the Banks. Now that we have a well managed Bank in Middle Musquodoboit. Patronize the home Bank and save postage.

COM.



SPIES SHOT IN TOWER OF LONDON.

London, December 11. During the war, twelve spies were shot in the Tower of London, according to the report now current. Carl Hans Lody, alias Charles A. Inglis, who at one time was a resident of Omaha, was the first to be executed.

Two women spies were sentenced to death, but both were reprieved, the sentences being commuted to long prison terms. One of the women, Lizzie Werthe, regarded as very dangerous, was tried in company with a man named Rowlands. Rowlands was executed. The couple made frequent journeys between London and Rosyth, Scotland, and obtained information regarding the movement of the British fleet. This information, however, it is declared, never reached Germany.

The other woman spy was Eva de Bournouville, who is now under going penal servitude for life.

One spy hanged himself in Brixton Prison, while many others convicted of espionage escaped the extreme penalty.

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W. L. Chas. H. Tuttle

The Masonic Lodge of Westville, Western Star, No. 50, celebrated its 50th birthday on Tuesday evening. There was a large attendance of Masons from the local lodges and Grand Master John Hay, of Truro, was also present. A very enjoyable evening was spent and many interesting addresses were made. A splendid and comprehensive historical paper was read by Mr. Percy Gordon, recounting the records of Western Star since its organization—Westville Free Lance.