

GERMAN MORALE BROKEN BY DRIVE

Letters Say British Artillery Fire Unbearable

No Food From Homeland Now; People There Write That Meal Tickets Issued by Government Are Often Unredeemable

Letters to and from German soldiers confirm and amplify previous evidence of the same kind as to the physical and moral effect of the British bombardment of June 24 to 30 between the Ancre and the Somme, and also as to the growing dearth of food in Germany and the unrest which it is causing in some German towns.

One of the latest letters gives a German soldier's account of the fighting in the Fricourt and La Boisselle region early in July. It was written from Guendecourt, on July 11, by a man of the 100th Regiment, part of a division transferred from the Champagne to the Somme area between July 3 and 6. He says: "To the front and back again, always backward and forward. Yesterday we marched from Beaumont to Vailly, today from Vailly to this place, camping in the open all the time, with no sleep, and with feet burning so that we can hardly stand up."

"What our regiment has accomplished and suffered here you can learn from the papers. Between Fricourt and La Boisselle the most severe fighting in the English offensive took place. We were at Contalmaison. To the right and left the English advanced, but not where the 100th Regiment was. But what is left of this fine regiment? The whole of the first battalion has scarcely 130 of its 1,100 men left. The dead and redoubtable ones have lost more than 100."

"Now we are again directly behind the lines, this village being fired at now and again. There is no thought of leave at present. I hope this awful business will soon stop. It is simply dreadful here."

"If the enemy offensive would only come to a standstill peace would not be far off."

"English Play the Game"

Another letter of interest was written on July 16 by a man of the 8th Company of the 10th Regiment of the 10th Division Infantry Division. He is clearly an educated man; he writes soberly and with precision.

He relates how his regiment has been transferred to the Somme region and has been in an unbroken position since July 1. "There," he says, "the English have been in to play the game properly." He continues:

"Our trenches have been completely overgrown and what we have suffered under the English artillery fire can scarcely be described. It put the greatest strain on the physical strength and endurance of our troops and one after another of them fell. It is not possible for men to hold up under such things."

He describes carefully the effect of English gas shells on himself and two of his comrades. They suffered extreme bewilderment, and one of them, intense pain or very long disorientation. At the same time he says that gas shells "the worst means of fighting that one can think of," and asks: "What are ordinary soldiers or sharpshooters doing in the front to German civilians it is a common complaint that official food tickets do not always secure an issue of food itself."

Guard Baby's Health

Especially During Summer Months

The health, growth and even the life of the bottle-fed baby depend on his food. If it cannot actually be mother's milk, it should duplicate it in composition and in germ-free purity.

Cow's milk, particularly in hot weather, is seldom free from dirt and harmful germs and so is usually dangerous to baby's delicate constitution.

In happy contrast, the 'Allensburg' Foods provide a progressive dietary that is absolutely safe. The Milk Foods, Nos. 1 and 2, are prepared from clean, fresh cow's milk, modified to the composition of mother's milk, and entirely free from germs. The 'Allensburg' Malted Food No. 3, is equally pure and safe, and adapted to babies from 6 months old upward.

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Milk Food No. 1 From birth to three months From three to six months From six months to one year

the juices of oranges and grapes, and from meat juice so beneficial to baby, can be given with good results.

"Infant Feeding and Management" is the title of a valuable sixty-page booklet which we will be glad to send you free.

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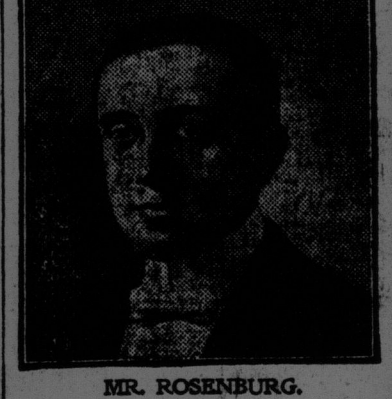
Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home

Philadelphia, Pa. Do you wear glasses? Are you a victim of eye strain or other eye troubles? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the prescription. One man says after trying it: "I could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed heavy with or without glasses, but after using this prescription for fifteen days everything seemed clear. I can now read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitude more will be able

NOTED MUSICIAN OF MONTREAL

Advices the Use of "FRUIT-A-TIVES," the Famous Fruit Medicine



MR. ROSENBERG.

889 Casgrain St., Montreal.
April 20th, 1916.
"In my opinion, no other medicine in the world is so curative for Constipation and Indigestion as 'Fruit-A-Tives'. I was a sufferer from these complaints for five years, and my sedentary occupation, music, brought about a kind of intestinal paralysis—with nasty headaches, belching gas, drowsiness after eating, and pain in the back. I tried pills and medicines of physicians, but nothing helped me. Then I was induced to try 'Fruit-A-Tives', and now for six months I have been entirely well."

I advise any one who suffers from that horrible trouble—Chronic Constipation with the resultant indigestion to try 'Fruit-A-Tives', and you will be, as I was, surprised at the great benefit you will receive."

A. ROSENBERG.
Box, a box, 6 for \$2.50, trial size, 50c. At all dealers or sent postpaid by Fruit-A-Tives Limited, Ottawa.

from Major von Reitz, apparently commanding the battalion, to Oberst Lieut. Kummle. It was sent on July 11.

"It has been ascertained that the line on my left flank, where recruits of the 10th Infantry Regiment were stationed, is absolutely unoccupied. The trenches are completely shattered and numbers of dead are in them. Presumably the survivors have got away."

"I must refrain from any request for troops that are of use for fighting, since the recruits, even those of my own regiment, have completely failed. If I do not get such troops I cannot guarantee the holding of the second line."

Transportation Difficult

In letters received by German soldiers from home one now finds repeated mention of the difficulty of continuing the despatch of parcels of food to the front.

On May 2, a soldier's relative writes to him from Nuremberg: "I am not sure whether I can send you any more sausage or cheese, as the meat and cheese tickets cannot always be exchanged for food."

Similarly a Munich friend writes on June 27 to a lance corporal in the 10th Bavarian Infantry regiment: "Next week I will send you a parcel. This week I am not able to get any more parcels. I am sorry, but nothing is obtainable. I cannot bake any cakes for you, as I am not able to procure any sugar or flour, and one cannot buy cakes any longer."

In a letter from Meuselheim on June 26, a woman asks her brother at the front to send her food. In these letters from German civilians it is a common complaint that official food tickets do not always secure an issue of food itself.

The Longevity of Total Abstinents

over Moderate Drinkers is proven by our statistics which cover a period of almost thirty years and embrace many thousand lives. Space will not permit a record of each year, but our experience in 1915 was but a repetition of previous years, the actual death loss in our Abstinents' Section being 42% of the expected, as compared with 66% in the General Section. Our little booklet 'Total Abstinents vs. Moderate Drinkers' contains a history of the favorable experience of our Company. Copy will be gladly mailed upon request. Why not ascertain the special advantages we have to offer you, if you are an abstainer, before placing your insurance? Write us to-day for further particulars.

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Insurance Company
HEAD OFFICE, TORONTO
THE E. R. MACHUG CO. LIMITED,
Managers for the Maritime Provinces. St. John, N. B.

To ENGLAND

Via WHITE STAR DOMINION Line

For example, a woman writes from Kadotsberg on June 11:

"If the war lasts much longer I shall be utterly prostrated. As no one der, with these hard times. We have to procure tickets for bread, meat, soap and now even for butter. But what is the good of issuing these tickets when there is nothing to issue them for?"

On the 11th day, she adds, everything else has been hard to get, too.

building genius balked at discipline, and that the routine of the three R's proved too confining.

Mud spots may be readily removed from dress skirts, trousers, rubber coats or for children's clothing by rubbing the spots well with sliced raw potato.

When dusting have the duster slightly damp and finish off with a dry one.

When a Man Gets to be 50

The man of 50 has to slow up a little. He begins to realize that he has a stomach and liver. He can't eat and work and hustle with the same disregard of health as he did 20 years ago.

He turns to ABBEY'S EFFERVESCENT SALT. Abbey's Effervescent Salt helps nature do part of Nature's work—prevents constipation, biliousness, indigestion, uric acid poisoning—regulates the elimination organs—keeps the whole system in a normal healthy condition. ABBEY'S EFFERVESCENT SALT in a tumbler of warm water first thing every morning will keep you fit and full of energy throughout the day.

Made in the Abbey Effervescent Salt Company's own laboratories in Montreal.

Abbey's Effervescent Salt

To cleanse the stomach and regulate the bowels and kidneys. Sold by J. Clinton Brown, 217 Union Street.

CARPET CLEANING AND RUGMAKERS

The manufacturing of fine rugs from your old carpet.

Send for free booklet containing valuable information, prices, shipping instructions, etc. PUT YOUR NAME ON THIS COUPON NOW

THE MARITIME RUG WORKS
368-370 Main Street, St. John N. B. Put your name on this coupon and send it in.

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Bring Out Your Hidden Beauty

Beneath that soiled, discolored, faded or aged complexion is one fair to look upon. Mercurial Cream gently abrades the dirt-laden surface skin, revealing the youthful, fresh, white and beautiful skin underneath. Used by refined women who prefer complexion of true naturalness. Mercurial wash in one ounce package, with directions for use, is sold by all druggists.

SCHOOL TEACHERS AND CARTOONISTS

(From Cartoons Magazine)

Perhaps, after all, school teachers are not as black as they are painted. It is only in order to be funny that the cartoonists persist in making them out perfect villains. Possibly that is because certain school teachers discouraged caricature that was anything but complimentary to the party of the first part. But teachers shouldn't take themselves so seriously. Read any cartoonist's biography. Surprisingly blackboard drawings of "teacher" were the foundations of success.

A boy's dislike for school has grown almost into a tradition. The modern school, even in the country, is not so attractive that the average young American should welcome the familiar ding-dong of the bell when September again calls to duty. We can't believe that so many of the cartoonists went to the kind of schools they picture. We surmise rather that the

GREEKS MURDERED ALLIES' SENTRIES

Returned Nurse Says Treatment of King Constantine Too Lenient

Serbia is Worth Saving—Titled British Ladies Do Menial Work in French Hospitals For Glory of Empire.

Miss Mary A. Crowe, a professional nurse, who was attached to the Scottish Women's Hospital organization during the early stages of the war, going to Serbia and thence back to France, returned home to Montreal this week.

At her home, 1806 Esplanade avenue, she related to The Gazette many interesting details of the work being done by women in the various theatres of war.

Serbia, she says, well worth fighting for, and her people are worthy of protection and reconstruction by the Allies at the end of the war. She found them ill-fed and over-worked, and will never forget the white-faced soldiers of Serbia when they left Salonika for Corfu and Corsica. Recent advice say that they will give a good account of themselves in the campaign now opening against Austria and Bulgaria. Returning to Salonika, Miss Crowe's experience taught her to place little confidence in the Greeks, and especially the dirty, long-coated soldiers. Miss Crowe says that when the British first landed and placed their sentries, many of the latter were assassinated by the Greeks, no doubt in the pay of the Austrians or Germans. These infamous attacks became so common that in many cases the sentries were doubled. The people, however, had a mortal dread of the British, their fear being increased by the presence of so many British warships in the harbor. Miss Crowe said she knew very little about Greek politics, except to say that the British and French were far too lenient in their handling of Greece, as they should have put the pro-German king and his advisers under arrest and sent them off early in the game. From Salonika to Toulon Miss Crowe made the trip on a hospital ship, which brought hundreds of poor fellows to France. Later she was attached to a hospital at Roumanou, some twenty-five miles northwest of Paris, and twenty miles or more from the firing line, it being the nearest hospital to the firing line in the country. The French, she says, are very grateful towards these Scotch women doctors and surgeons, for apart from Red Cross or similar training, the French women are not given surgical and medical instruction as in Great Britain. At first the French surgeons operated, but finally, seeing they were quite as capable as men, the Frenchmen were found in their practices, and frequently a surgeon would call the attention of his assistants to some method in surgery adopted by the ladies. There were three hundred beds at Roumanou, and Miss Crowe learned, after going over to England, that the operations had greatly increased daily, following the recent movement along the Somme.

The Powers-Algeria

Her experiences with the Algerians were interesting, as these fierce fighters are not more than half-civilized, and when a leg or arm was amputated, the sufferer got the impression that, instead of being a surgical necessity, there were other reasons which prompted the work.

If Your Throat Is Husky, Catarrh May Be Starting

A weak or irritated throat is the first step towards Catarrh. Everything depends on your remedy. A cough mixture slips quickly over the weak spots, drops into the stomach and does little but harm digestion. It's altogether different with Catarrhosol—it cures because it gets right at the trouble. You inhale Catarrhosol, breathe in the vapor of healing balsams that strengthen and restore the weak throat tissues. You'll never have colds or coughs. Throat trouble and catarrh will disappear with the use of Catarrhosol. Get the large dollar outfit which includes the Inhaler, it lasts two months and is guaranteed to cure. Smaller sizes 25c. and 50c. Sold everywhere.

of the British women. The French soldier, Miss Crowe states, is a splendid sufferer, and decidedly grateful for any kindness shown him. While the officers are reserved, they are courteous in the extreme, and even go out of their way to teach a little French to the foreigners. The women employed as orderlies in the hospitals of mental work, all for the glory of the Empire and her soldiers. These orderlies are also for the greater part expert linguists and act as interpreters in the hospitals of France, to the great delight of both officers and men.

Miss Crowe found a great similarity between the French villages and those

in the vicinity of Montreal and elsewhere in the province of Quebec, their appearance and customs being much the same. The one long street, with a church at the end, made her think much of Canada, especially when the old parish priest put in an appearance. The wonder of the French country people is the splendid appearance of the British troops, constantly passing through their villages and proceeding to the front to give their lives, if necessary, that France might live.

Although the French soldier is not as martial looking as his British ally, there can be no question as to his fighting qualities.

Miss Crowe became a nervous wreck and secured leave of absence, it being uncertain if she will return to hospital work in France.

ADVICE TO DYSPEPTICS WELL WORTH FOLLOWING

In the case of dyspepsia, the appetite is variable. Sometimes it is ravenous, again it is often very poor. For this condition there is but one sure remedy—Dr. Hamilton's Pills—which cure quickly and thoroughly.

Sufferers find marked benefit in a day, and as time goes on improvement continues. No other medicine will strengthen the stomach and digestive organs like Dr. Hamilton's Pills. They supply the materials and assistance necessary to convert everything eaten into nourishment, into muscle, fibre, and energy with which to build up the run-down system.

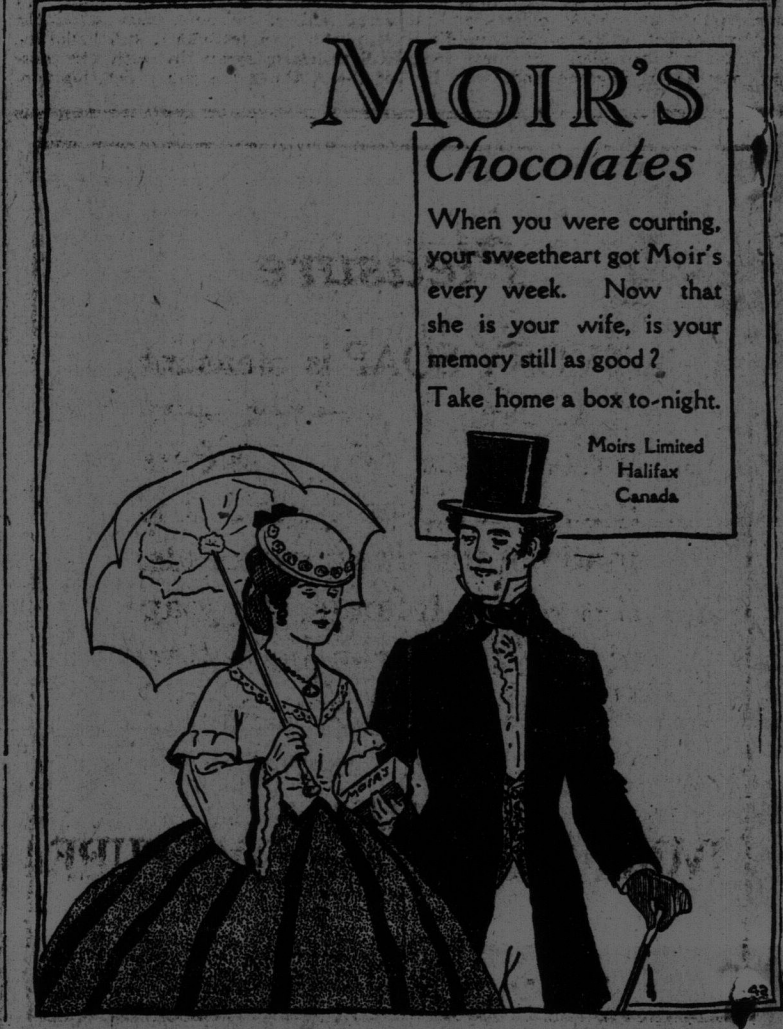
Why not cure your dyspepsia now? Get Dr. Hamilton's Pills today, 25c. per box at all dealers.

Moir's Chocolates

When you were courting, your sweetheart got Moir's every week. Now that she is your wife, is your memory still as good?

Take home a box to-night.

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The Cat's Paw Idea



Please study these interesting pictures. No. 1 and No. 2 show a cat's paw, front and bottom views. No. 3, the famous Cat's Paw Rubber Heel.

A cat's paw is a wonderful shock absorber. It is also slip-proof. Note the "tread"—the ridges and grooves that grip the ground. Now note the canvas plug in the rubber heel. See how it resembles the "tread" of a cat's paw?

CAT'S PAW CUSHION RUBBER HEELS

embody the cat's paw idea. They take up the shock of your walking, and make each step safe. The best live rubber is used in Cat's Paw Heels. The Canvas Friction Plug makes its wearing qualities far superior to ordinary rubber heels, and is slip-proof on wet, icy or polished surfaces.

Cat's Paw Heels at all first class dealers—50c. attached. All sizes for men, women and children. Look for the black cat on the orange-colored box.

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