

RULES FOR TROOPS ON THE MARCH

AS FOR EVERY OTHER PHASE OF MILITARY LIFE.

March Discipline Carefully Worked Out Adds to Soldiers' Comfort in Covering Long Distances.

To the uninitiated I dare say marching seems to be nothing more complicated than the progressive operation of putting one foot in front of the other a given number of miles. If the soldier took that view, the long marches which British battalions in the field have to cover every week of their lives at the front would be an impossibility. There are rules for marching the same as there are for every other phase of the soldier's career, and the measure in which those rules are enforced is the difference between a good and a bad battalion.

"Show me troops on the march and I'll tell you what they are," is the maxim of one of our most distinguished British soldiers. No matter how great the distance traversed, no matter how severe the weather, no matter how exhausted the men, march discipline will show itself in their demeanor and gait at the last as the first milestone of their tramp.

Purely Mechanical.

March discipline is essential in the interests of the troops themselves. It is a truism, but in the Army men are made to march in step because experience has shown that, when a number of men do the same thing in the same way, the physical and mental strain on the individual is appreciably lessened. And that is why in a good battalion on the march you will find that the men, though marching "at ease"—that is to say, with their rifles not at the correct slope—keep in their proper files, maintain the correct distance between companies, and do not slouch along with their shoulders humped up and their heads down.

A good battalion on the march keeps up a steady, unvarying pace. The leading troops of a column have always a tendency to step out too long and this reacts most unfavorably on the tail. For some reason, which I have never been able to fathom, it is much more of a strain to march at the tail of a column than at the head. For one thing, even with the best marching battalion that ever was, an incline, however slight, always tends to make the column sag. The leading troops plod steadily up the hill, their pace mechanically relaxing as they approach the top.

Once the ridge is topped, however, then they automatically step out again—a purely mechanical action, inspired by their satisfaction at reaching the level once more. But both these actions—the relaxation and then the quickening of the pace—go rippling down the column and react most unpleasantly on the men in the rear. For while they are on the level the pace ahead slackens and throws them out, and when they begin their trudge up the slope the pace gets brisker, and they have to gallop to keep up.

Little Things That Matter.
Troops on the march actually march only from fifty to fifty-five minutes in the hour. The difference is allotted to them for a brief rest to ease the weight of their packs on their shoulders and stretch their limbs. In this matter of packs, too, it is curious to find how good discipline invariably tends to promote the greater comfort of the soldier. In a good battalion, where strict attention is paid to the appearance of the men, packs must be tidily packed and equipment properly adjusted. If properly hung, the British soldier's pack and equipment, though heavy, are not uncomfortable. If carelessly adjusted, however, they are positive torture. More than once it has befallen me to have carried a man's pack and equipment for him on a long march, and so I know what I am saying.

Troops who follow the simple rules for the maintenance of march discipline, find that half the rigors of marching disappear. After every half mile are changed—that is to say, in each four the inside man, who has been walking on the slope of the road, moves up one and the outside man takes his place. In this way every man gets his fair share of walking in or near the gutter. And the fruits of good march discipline are seen when a battalion, in the course of a weary march, hot and tired and dusty, halts for its hourly rest, and stands at ease with a snap on the officer's whistle. Seeing that, as I have seen it scores of times in France, one realizes that march discipline husbands a reserve of strength in the individual which, on occasion, enables troops to go into action and fight stoutly after a long and weary march.

Fined for Wasting.
Magistrate Kingsford, of Toronto, imposed a fine of \$100 and costs upon a dealer who was found guilty of dumping forty cases of eggs on one of the city dumps after nightfall.

Hold No Wheat Back.
In view of the grave need overseas every Canadian farmer should deliver all surplus wheat to the market at once. The Allies are dangerously short until the coming harvest brings relief.

TITTO WAD

SHOES LIKE A RUBBER
The Original Rubber Putty—It repairs Hot Water Bottles, Punctures, Bicycle, Auto Tires, Rubber Boots. Guaranteed to satisfy. 25 and 50 cents Postpaid. Mail your order to-day. B. Schofield, 620 Dominion Bank Bldg., Toronto.

GERMAN CRUELTY TO PRISONERS

CAREFUL RECORD BEING KEPT BY GOVERNMENT.

Cases of Gross Inhumanity and Incredible Brutality Being Noted For Day of Reckoning.

It is a great satisfaction to know that the British Government, and we presume, all the Entente Powers as well, is keeping a careful record of cases of inhumanity and brutality of which its nationals in German prison camps are the victims. There will be an accounting some day, and we can only hope that those made to suffer for the outrages will be the ruffians who inflicted them and not German autocracy or some other abstraction without a body to be flogged or a soul to be damned.

Some of these prison camp horrors are published in the London Times, the particulars having been collected by a special correspondent in Amsterdam. He relates at least one case of cold-blooded, deliberate murder which occurred on February 27 at Kommando No. 168, Witten 2, which is based on Minden. The murdered soldier was Private J. Desborough, of the Second Battalion of the Suffolk Regiment. This kommando is considered perhaps the worst in Germany, and sends a continual stream of its prisoners into hospital at Minden.

Murdered in Cold Blood.

On the date mentioned Desborough took the part of a French prisoner of war who was being bullied by a German civilian. The German sentry ordered him to go away. He obeyed the order immediately, and as he walked away the sentry shot him in the back, death being instantaneous. A fortnight later he was officially reported to have died in a hospital.

About 60 British prisoners work in this kommando, and it is said that civilian workmen often try to make the prisoners do their work for them, striking them with iron bars when they refuse. The more cultured civilian foremen do not use iron bars, but have provided themselves with rubber piping filled with lead, with which they canves the heads and arms of the British prisoners. These weapons do not leave cuts and gashes as do iron bars, they are lighter, more convenient to carry, and in every respect more suitable to the foremen's station in life.

No Medical Attention.

Another horrible German prison camp is at Langensalza. To this camp last April were brought some 4,000 wounded British officers and men. They were put on the bare floor without anything to cover them. For the first three days they still wore their first field dressings, and naturally there were many cases of septic poisoning. The wounded received no hospital diet, and on the third day were put into a wire-fenced compound at one end of the camp. No body was allowed to visit them except one British soldier who was expected to attend to the 4,000 cases needing urgent surgical care. The fish given to the prisoners, was putrid, and though the men were ravenous, they could not eat it. For three consecutive days they had no bread.

About the same time, 200 wounded British arrived at Gardelengen. Most of them had broken limbs. Not one of them had been set. Special medical chests sent out to the prisoners by Mrs. Bromley Davenport were confiscated by the German Government. One wounded man got hold of one of the bandages for a head wound, but

it was immediately taken away from him, and he was given a pad of ordinary newspaper with a paper bandage.

Punishment Camps.

There are certain of these camps which are known as punishment camps. Here are sent not only prisoners of war, but German soldiers undergoing punishment, and presumably German civilian criminals. The German soldiers are in charge of the prisoners, and the more work they get out of them the sooner they expiate their own sentences and are permitted to resume their rank in the army. The brutalities they inflict upon their helpless charges in these circumstances can well be imagined.

The Hameln Kommando is one of these, and is in charge of the notorious Gen. von Hanisch. Here it is said that in June, 1917, a British soldier was stripped to the waist and held by two sentries before an open furnace until his body and face were covered with blisters. It appears from what the Times correspondent writes, that all the camps under the jurisdiction of Gen. von Hanisch, who commands the Tenth Army Corps, famed for its brutality, are simply fields and pens of torture for the allied prisoners who are committed to them.

Parcels Withheld.

There is now no powerful neutral left to see fair play between the prisoners and their captors. Dutch, Swiss, and Spanish inspectors of prison camps undoubtedly try to do their duty, but they have no authority to enforce their demands, and if they become too urgent in their demands for reform they would simply be escorted out of the country, and the lot of the prisoner would be worse than ever.

One form of cruelty which the men find particularly hard to endure is mentioned by the correspondent. He writes that at the end of April, 1918, there had accumulated at Friedrichsfeld about 75,000 parcels, the majority being for British prisoners working behind the German lines. Repeated applications had been made for names of the kommandos in which these men worked, but they could not be ascertained. Many parcels arrived in October, 1917, for unknown men, and not until March, 1918, did a list finally arrive from Berlin which contained 350 names; 35 of the men were stated to have died. About 10,000 parcels have accumulated, for one kommando, known as No. 403, and believed to be situated near Antwerp. All the bread in the parcels had naturally gone bad.

7,000,000 TONS EACH MONTH.

This Amount of Shipping Enters or Leaves the British Ports.

The necessity of keeping an eye upon the importance of sea power in the present conflict, despite the close attention claimed by the land battles, is emphasized by Archibald Hurd, the naval expert, writing in the London Daily Telegraph.

"We have been apt, during the recent offensives on the Western front," Mr. Hurd writes, "to overlook other aspects of the war—notably the fundamental factor, which is sea power. After a period of fifteen months, during which our strength in ships steadily declined, the downward tendency has now been definitely arrested. Not only is our sea power increasing, but our grip on the enemy is firmer than at any previous period of the war."

"Seven million tons of shipping enter or leave our ports monthly. Each ship is the target for enemy submarines, yet there have been days in the present week when the enemy has not secured a single ship."

"Twelve months ago we were with difficulty maintaining one stream of traffic, namely, that which brought us food and raw material. To-day supplies are flowing through this main artery in greater volume than a year ago. At the same time another stream of traffic has started, and merchant shipping has been made available for the greatest transport movement which has ever been carried out."

"For three months past American troops have been coming across the Atlantic by tens of thousands, far faster than at one time was thought possible. That means that the balance between the allies and the central powers is being adjusted in favor of the former."

A MESSAGE IN VERSE.

British Prisoner Conveys the Information That Huns are Starving.

A British soldier, at present a prisoner of war in Germany, has cleverly defeated the censor by sending home to his parents a letter containing the information that the people in Germany are in dire straits with regard to food. The young soldier wrote his letter in blank verse, a fact which at first caused surprise to the parents, and it was some time before his reason for doing so became apparent.

A sharp young cousin observed that by reading in a downward direction the initial letters to the lines the soldier had succeeded in conveying the reassuring information that "Germany is starving."

The communication, which in itself is interesting reading, is as follows: "God bless you, my mother. Every day I am thinking you. Recollections of home sustain me. Memories being so sweet. Always my thoughts are of you—Nothing else would console me."

Rub ink spots on linen with half a ripe tomato, and when washed they will disappear entirely.

For the Summer Wardrobe



Tunics are very popular and this one of figured material, the same as the waist section, is exceptionally smart. McCall Pattern No. 8046. Misses' Dress. In 3 sizes, 16 to 20 years. Price, 20 cents.



This simple dress has the unique feature of having no fastenings and can be slipped on over the head. It is worn over a dainty waist as illustrated. McCall Pattern No. 8861, Ladies' Waist. In 7 sizes, 34 to 46 bust. No. 8348, Ladies' Jumper Dress. In 6 sizes, 34 to 44 bust. Price, 20 cents each.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You say to the drug store man, "Give me a small bottle of freezeone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up, and can be lifted off with the fingers. This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezeone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

Don't let father die of infection or lockjaw from whittling at his corns, but clip this out and make him try it. If your druggist hasn't any freezeone tell him to order a small bottle from his wholesale drug house for you.

Forty British Prisoners Murdered.

The slow murder of British prisoners sent by the Germans to work under fire on the Russian front is related by a member of the Royal Naval Division who reached England on June 6, after escaping from Germany. It had been decided, he says, that thirty-six should die in consequence of an allegation that thirty-six German prisoners had been murdered by their British sentries. They were taken from working parties at the end of the day, made to mount on a block and then tied to a pole. The block afterwards was kicked away, leaving the men suspended with their feet a little off the ground. In this position they were kept for two and a half hours each night for fourteen nights in intense cold. Forty men died under the treatment.

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PEERLESS STARTER

A Guaranteed Starting System for Ford Cars. Sells for \$22.50.

AGENTS WANTED
THE MORGAN SALES CO.
415 Yonge Street, Toronto

HUNS PUT BOMBS IN BODIES.

To Kill the Allies While Burying Their Dead.

The following letter was written by a member of the United States Tank Forces in France:

"I have been working from a quarter past six a.m. to eleven p.m., and have had little opportunity to write. Well, I've been through it—a little over two weeks of it at the hottest part of the line, where the Hun is putting on his big show. I was on detached service with the French—as a comstant, not as an observer. Tanks, of course.

"It's like nothing one can describe. Some one said that the most difficult thing he could think of would be to describe an orange to an Eskimo. I can no more describe the front to you. For four nights in one week I did not go to bed. For one week I did not have my clothes off, and at no time could I remove anything but my coat, since the Hun was always shelling us with high explosive or gas—and one has to be ready to move instantly. During my stay I was never out of shell fire and often being shot at with machine guns and rifles. I lived ten years during that fortnight, but beyond my control, so there was no use worrying.

"I ran the gamut of all sensations from fear to hatred, and the latter was what I carried away. Any nation that fills the bodies of the dead with bombs in order to kill the chaps that come out to bury them, has no consideration for me, and that is what the Huns do, among other things.

"I got a rap on my steel hat with a bit of shrapnel, but it was a high burst and did not penetrate.

"Summed up, this show over here is 'kill or be killed.' If a few pacifists could get under fire, live like a hunted rat for weeks, wear gas masks for fourteen hours and have all sorts of fiendish cruelties practised on them they'd stop palavering for peace with a crowd of murderers that understand nothing else. But the Hun is courageous, just the same. I don't see how he stands it. He probably thinks the same about us.

"Now I am back for a long time—and I am not saying it to keep you from worrying—it happens to be true. I lost all my equipment at the front and came back with what I had on—and was lucky to keep that. This is a very expensive war."

Minard's Liniment Co., Limited.

Gents—I cured a valuable hunting dog of mange with MINARD'S LINIMENT after several veterinarians had treated him without doing him any permanent good.

Yours &c.,
WILFRID GAGNE.
Prop. of Grand Central Hotel,
Drummondville, Aug. 3, '04.

Employers' Responsibility.

In view of the lack of farm labor, managers of factories and industries of all kinds should plan to release all men and women they possibly can who are willing to help with the harvest. The agricultural industry is of prime importance to the world to-day.

Minard's Liniment Cures Garget in Cows

Nearly Five Millions Have Starved.

It has been estimated up to a recent period that 4,790,000 people in Europe have been starved to death since the beginning of the war. Unless the 1918 harvest is saved starvation will become general throughout Europe and the suffering among the civilian populations of our Allies unprecedented in the history of the world.

"When a strong brain is weighed against a true heart, it seems to me like balancing a bubble against a wedge of pure gold."—O. W. Holmes.

KEEP YOUR SHOES NEAT

2 IN 1

SHOE POLISHES

LIQUIDS and PASTES

BLACK, WHITE, TAN, DARK BROWN OR OX-BLOOD SHOES

PRESERVE the LEATHER

THE FLY DALLY CORPORATION, 100, KINGSTON, CANADA

SMOKE - TACKETTS

ORINOCO

CUT FINE FOR CIGARETTES - CUT COARSE FOR PIPE

FOR GERMAN READING.

British Drop Pictures and Information Over the German Trenches.

A curious part of the war appears in the dropping by balloon or aeroplane by the Germans and the Allies of matter tending to weaken the morale of their enemy. A Toronto man recently received some samples of pictures and matter that the British had dropped over the German lines. The pictures show the effect of the British fire on German trenches when they were taken after British advance and showed the dead Germans in the torn-up dugouts. With the pictures was an article descriptive of the view the German Crown Prince took of the war as a sport, and the German soldier was merely a necessary part to his sport.

LEMONS WHITEN AND BEAUTIFY THE SKIN

Make this beauty lotion cheaply for your face, neck, arms and hands.

At the cost of a small jar of ordinary cold cream one can prepare a full quart of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whiteners and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quart pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

Watch For Egg Clusters.

The same bug that ravages the potato plant often finds its way to the tomato plant and works havoc there. Last year this pest was particularly active and it is quite time to be on the look out for it now. Most people think that if the bugs are taken off, all is well. This is a mistake. Much more dangerous than the well-known potato bugs are the orange colored egg masses which cling to the leaves on the under side. Hundreds of small bugs are hatched from these clusters. Life should be promptly crushed out of the egg masses whenever they are discovered.

Minard's Liniment Cures Colds, Etc.

When silage costs \$3 per ton to raise and store and other feeds are valued at present wholesale market prices 100 pounds total digestible nutrients in corn silage has a net cost of 54 cents, in bran \$2.31, corn \$4.02, oats \$4.29.

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Orders. Five Dollars costs three cents.

In gathering early cabbage from the garden cut off the heads instead of pulling up the roots. New leaves will grow on the stump and these can be boiled for table use and they can also be used for green feed for hens.

Minard's Liniment Cures Diphtheria.

In England seed potatoes are sold by the pound, not by measure.

An American potato-grower says that, according to his observations, blight on potatoes appears only in moist, moderate weather, 65 to 77 degrees being the most favorable temperature. At temperatures lower than 50 degrees and higher than 78 degrees it does not seem to develop.



For Hair and Skin Health Cuticura is Supreme

If you use Cuticura Soap for everyday toilet purposes, with touches of Cuticura Ointment now and then as needed to soothe and heal the first pimples, redness, roughness or scalp irritation you will have as clear a complexion and as good hair as it is possible to have.

Sample Each Free by Mail. Address postcard: "Cuticura, Dept. N, Boston, U. S. A." Sold by dealers throughout the world.

MAKE PERFECT BREAD

ROYAL YEAST CAKES

MADE IN CANADA

WAGHESTER COMPANY LIMITED

Think It Over.
Economy in food means:
1. Support and encouragement for the men at the front.
2. More food for our Allies.
Extravagance in food means:
1. Prolonging the war.
2. Increasing suffering.

Minard's Liniment Cures Distemper.

FOR SALE

WEEKLY NEWSPAPER FOR SALE
In New Ontario. Owner going to France. Will sell \$12.00. Worth double that amount. Apply J. H. c/o Wilson Publishing Co., Limited, Toronto.

WELL EQUIPPED NEWSPAPER
Ontario. Insurance carried \$1,500. Will go for \$1,200 on quick sale. Box 69, Wilson Publishing Co., Ltd., Toronto.

MISCELLANEOUS

CANCER, TUMORS, LUMPS, ETC.
Internal and external cure without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

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WANTED 100 GIRLS
to work in knitting mills. All kinds of operations on Underwear and Hosiery. Good wages paid while learning. Write or phone

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HIRST'S PAIN Exterminator

Pain? Hirst's will stop it! Used for 40 years to relieve rheumatism, lumbago, neuralgia, sprains, lame back, toothache, and other painful complaints. Have a bottle in the house. All dealers, or write us.
HIRST REMEDY COMPANY, Hamilton, Can.
HIRST'S Family Salve, (50c) 35¢
HIRST'S Peppermint Cure, (50c) 35¢
Bottle and 10c package, (50c) 35¢

"BEST MEDICINE FOR WOMEN"

What Lydia E. Pinkham's Vegetable Compound Did For Ohio Woman.

Portsmouth, Ohio.—"I suffered from irregularity, pains in my side and was so weak at times I could hardly get around to do my work, and as I had four in my family and three boarders it made it very hard for me. Lydia E. Pinkham's Vegetable Compound was recommended to me. I took it and it has restored my health. It is certainly the best medicine for woman's ailments I ever saw."—MRS. SARA SHAW, R. No. 1, Portsmouth, Ohio.

Mrs. Shaw proved the merit of this medicine and wrote this letter in order that other suffering women may find relief as she did.
Women who are suffering as she was should not drag along from day to day without giving this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice in regard to such ailments write to Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its forty years experience is at your service.

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CUT FINE FOR CIGARETTES - CUT COARSE FOR PIPE