

OUR FOREFATHERS purged themselves often and lived long. They used mild but efficient purgatives like

"RIGA"

PURGATIVE WATER

which flushes out the intestines and ensures normal bowel action without causing colic, cramps or discomfort.

On Sale everywhere: 25 cents the bottle.

RIGA PURGATIVE WATER CO. MONTREAL.

HUNS ARE LIKE THUGS OF INDIA

SAYS RUDYARD KIPLING IN A RECENT ADDRESS.

Germans Taught From Birth to Regard Crime as Legitimate Means of Serving Fatherland.

Rudyard Kipling says that the atrocities committed under the German policy of frightfulness were paralleled to some extent a century ago among the people of India, only on a smaller scale. In an address recently in the English town of Folkstone, which has been bombarded from the air several times, the author told his audience that the nations of the earth have banded together to down the Kaiser and his minions just as the Indian Government had to take measures to wipe out Thugs.

Suggestions of peace, Kipling asserted, originate among Boche agents and confederates who are active not only in England but in every other country with which Germany is at war. Compromise, he said, would mean nothing less than defeat and "nothing we may have to endure now will weigh one featherweight compared with what we shall suffer if we fail."

The Thugs of India.

"One hundred years ago there was a large and highly organized community in India which lived by assassination and robbery," continued Kipling. "They were educated to it from their infancy; they followed it as a profession and it also was their religion. They were called Thugs."

"Their method was to disguise themselves as pilgrims or travellers or merchants and to join with parties moving about India. They got into the confidence of their victims, found out what they had on them and in due time—after weeks or months of acquaintance—they killed them by giving them poisoned food—sweetmeats for choice—or by strangling them from behind as they sat over the fire of an evening. Then they stripped the corpse of all valuables, threw it down a well or buried it and went on to the next job."

"At last things got so bad that the Government of India had to interfere and after many years in tracking down and hanging up the actual murderers and imprisoning their spies and confederates, who included persons in all ranks of society, it put an end to the whole business of Thuggee."

"The world has progressed since that day. By present standards of crime those Thugs were ineffective amateurs. They did not mutilate or defile the bodies of the dead; they did not torture or rape or enslave people; they did not kill children for fun and they did not burn villages. They merely killed and robbed in an unobtrusive way as a matter of education, duty and religion, under the patronage of their goddess, Kali the Destroyer. One International Department.

"At the present moment all the

Powers of the world that have not been bullied or bribed to keep out of it have been forced to join us in one international department to make an end of German international Thuggee, for the reason that if it is not ended life on this planet becomes insupportable for human beings. Even now there are people in England who find it hard to realize that the Hun has been educated by the State from his birth to look upon assassination and robbery, embellished with every treachery and abomination that the mind of man can laboriously think out, as a perfectly legitimate means to the national ends of his country.

"He is not shocked by these things. He has been taught that it is his business to perform them, his duty to support them and his religion to justify them. They are, and for a long time past have been, as legitimate in his eyes as the ballot in the eyes of an Englishman."

"This, remember, was as true of the German in 1914 as it is now. People who have been brought up to make organized evil in every form their supreme god because they believe evil will pay them are not going to change their belief till it is proved that evil does not pay. So far the Hun believes that evil has paid him in the past and will pay him better in the future. He has had a good start."

"Like the Thug the Hun knew exactly what he meant to do before he opened his campaign against mankind. As we have proof now, his poisoned sweetmeats and knotted towels were prepared years beforehand and his spies had given him the fullest information about all the people he intended to attack."

Right in German Eyes.

"So he is doing what is right in his own eyes. He thought out the hell he wished to create; he built it up seriously and scientifically with his best hands and brains; he breathed into it his own spirit that it might grow with his needs; and at the hour he judged best he let it loose on a world that till then had believed there were limits beyond which men born of woman dared not sin."

"Nine-tenths of the atrocities Germany has committed have not been made public. I think this is a mistake. But one gets hint of them here and there—Folkstone has had more than a hint. For instance, we were told the other day that 14,000 non-combatants, men, women and children, had been drowned, burned or blown to pieces since the war began."

"But we have no conception—and till the veil is lifted after the war we shall have no conception—of the range and system of these atrocities. Least of all we shall realize, as they realize in Belgium and occupied France just across the river, the cold, organized miseries which Germany has laid upon the populations that have fallen into her hands, that she might break their bodies and defile their souls. This is part of the German creed."

"What understanding is possible with a breed that has worked for and brought about these things? And as long as the Germans are left with any excuse for thinking that such things pay can any peace be made with them in which men can trust? None."

"For it is the peculiar essence of German culture—which is the German religion—that it is Germany's moral duty to break every tie, every restriction, that binds man to fellow man if she thinks it will pay. Therefore, all mankind are against her. Therefore, all mankind must be against her till she learns that no race can make its way or break its way outside the borders of humanity."

GULLS AS FOOD FOR MAN.

In Iceland Gull Flesh Forms Principal Winter Diet.

"The flesh of gulls," says one of the best-known "Encyclopedias," "is rank and coarse." So it is. You have only to shoot a gull and cook it to find that this is the case, and that as a dinner dish it is a complete failure.

Yet in Iceland gull flesh is one of the principal winter foods of the people. There, in early summer, when the cliffs swarm with nesting gulls, parties are organized and men are let down over the lofty precipice by ropes. They catch young gulls, which are as fat as butter, and send them up to the top in sacks. The moment they reach the top the birds are skinned. A great cauldron of boiling water is ready, and into this the bodies are dipped and held for a few seconds. This completely does away with the fishy taste, and the birds are then taken home and hung in smoke until they are thoroughly dried.

When winter comes they are cooked and eaten, and are as delicate as any chicken or game bird, but far more fat and nourishing. This spring it is expected that steps will be taken along the English coast to secure a good supply of young gulls, which will be treated in the Icelandic fashion.

The Weekly Fashions



A dainty little dress for a dainty little girl. McCall Pattern No. 8170, Child's Dress. In 5 sizes, 6 months to 6 years. Price, 10 cents.



There is quite a vogue for the dress that ties on. McCall Pattern No. 7901. Ladies' Tie-On House Dress. In 3 sizes, small, medium and large. Price, 20 cents.

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

LEMON JUICE IS FRECKLE REMOVER.

Girls! Make this cheap beauty lotion to clear and whiten your skin.

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

A Great Lone Land.

The biggest and loneliest land on the globe is Siberia, of which at the present moment there is so much talk. Anyone who would set about its conquest by invasion would find the task a herculean one, for it contains nearly five million square miles, and is about forty-five times as big as the British Isles!

In these vast spaces there is a population less than London contains by a couple of millions, and there are hundreds of thousands of square miles of territory where no human being is to be seen. The mighty rivers of Siberia are almost rendered useless by the fact that they flow mostly into the Arctic Ocean, and their lower courses are ice-bound during the greater part of all times very difficult of access. Arctic Siberia is a vast country in itself, but very inhospitable. Nevertheless, under progressive government, it could, like the Great North-West of Canada, be opened up and largely cultivated, and there ought to be a great future for colonists if ever the conditions are brought under more enlightened influences.

Siberia, it is said, is destined to be the granary of the world; and the opening of the railway across its entire breadth has certainly done much to develop its resources.

Minard's Liniment Lumberman's Friend.

The Test.

This war will be the test of us, And kill some of the best of us, But make men of the rest of us, And leave no east or west of us.

ED. 7. ISSUE 18-18.

SMOKE TACKETTS T & B CUT

THE LITTLE DUCHESS.

Pathetic Story of a Victim of War's Cruel Experiences.

The mascot of the First French Foreign Legion, says Mr. Sterling Heilig, is a little girl nine or ten years old, wiry, plain-featured, with deep-sunk eyes, high, wrinkled forehead and a severe expression. The soldiers found her guarded by an aged deerhound in a shell-torn part of northern France that had recently been held by the Germans. As she was apparently deaf and dumb from the shock of her experiences, she was unable to give any information about herself or where she came from. Some of the men declared her to be a peasant child; but others insisted that she was a child of birth and title, lost from some northern chateau.

"She eats like a lady," said one. "Let us see what she will do with a napkin."

Somehow they managed to get half a dozen napkins, and luncheon was spread on the ground. The Little Duchess, as the soldiers called her, looked indifferently at the napkin beside her plate, and then, without haste or curiosity, placed it in her lap. Then one of the men tucked his under his chin and another tied his about his neck. In two minutes they noticed that the Little Duchess had tied hers round her neck.

"It was the act of a lady," said one group of men. "Not to correct another or be different in small matters when you sit at his table shows that you are well-born."

Then they tried her in the drawing-room of a ruined chateau. One of them led her to the sofa; the child did not stop there but seated herself composedly on a battered ottoman.

"That settles it! Children in old French families are taught to sit upon such stools in the presence of their elders."

"But no," was the reply. "In Bohemia well-brought-up children seek a stool when they sit in the presence of their elders."

Then a Frenchman motioned the little girl to the old piano. She sat on the piano stool, perplexed, troubled, wrinkling her forehead. The hulking legionnaires held their breath. What strain of effort might there be to remember an elusive something, sweet and peaceful, far off, through a purgatory of confusion, fright, blood, hunger, loneliness and awful explosions that had hurt her poor head!

Or had they merely set before a poor peasant child an impossible task?

One of the men started to rescue her, but at that moment the child's hands reached the keyboard, and she struck a chord, a single chord, but a true one.

"That's enough for to-day!" they cried, and they all piled out of the gutted chateau into the springtime sunlight, laughing and petting the Little Duchess.

Since then the little girl has returned several times to the piano and has played bits of tuneful exercises. Of course she proved not to be deaf and dumb at all. Her condition was the result of the terrible artillery concussion and the nerve-racking scenes through which she had passed. She is learning to talk again, aided by the rough legionnaires, and sometimes she learns ten new words in a morning; but the men will not let her be "pushed" too rapidly.

Ask for Minard's and take no other.

Climbing outworms may eat out the buds on young or newly-set trees, if you don't watch out. A little paper "fence" around each tree trunk—three inches high and not touching the trunk—will prevent such damage. Or use poisoned bait. This paper-fence idea also works nicely as a protection for cabbage and other plants set in the field.

DELIGHTFUL

Driving with

STOPGLARE LENS

SEND FOR CIRCULAR \$3.00 PER PAIR ALL SIZES

at your dealers or direct

STOPGLARE LTD.

HAMILTON, ONT.

USE BRITISH BOOTS. American Soldiers Find Home Product Too Light for Battlefield.

American soldiers in Europe are wearing British boots. The boots provided by the military authorities have proved too light for the rough battlefields of the war zone.

British army boots are of great strength and heavily ironed. They will stand heavy wear and tear and are specially designed for the stones, mud and damp of the battlefield.

The specifications for the boots supplied to the American forces have had to be modified and strengthened. Meanwhile pending the arrival of the new pattern the American Expeditionary Forces will wear the British article.

The British military authorities have placed 1,000,000 pairs of boots at their disposal and can supply further millions of pairs if necessary. There are ample resources to meet all new demands, and the present issue has been produced without the factories working overtime.

There are two kinds of tea: ordinary tea and Salada. Salada is more economical since it takes so much less to make a satisfying infusion.

New Law Enforced

Several restaurant men who have either willfully or innocently ignored the regulations recently passed by the Canada Food Board covering the conservation of food stuffs in public eating places have been heavily fined.

Minard's Liniment Co., Limited.

I was very sick with Quinsy and thought I would strangle. I used MINARD'S LINIMENT and it cured me at once. I am never without it now.

Yours gratefully,
MRS. C. D. PRINCE.
Nauwigewauk, Oct. 21st.

Some retired farmers are so tired of retiring, that they'll jump at the war call for more farm help. The country needs them all.

Keep Minard's Liniment in the house.

Tie your coat to the implement seat so you will not get wet by the April showers when you are on the far side of the field.

WITH THE FINGERS!

SAYS CORNS LIFT OUT

WITHOUT ANY PAIN

Sore corns, hard corns, soft corns or any kind of a corn can shortly be lifted right out with the fingers if you will apply on the corn a few drops of freezone, says a Cincinnati authority. At little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain or soreness or the danger of infection.

This new drug is an ether compound, and dries the moment it is applied and does not inflame or even irritate the surrounding tissue. Just think! You can lift off your corns and calluses now without a bit of pain or soreness. If your druggist hasn't freezone he can easily get a small bottle for you from his wholesale drug house.

KEEP YOUR SHOES NEAT

2 IN 1

WHITE SHOE DRESSING

For MEN'S WOMEN'S AND CHILDREN'S SHOES

How to Purify the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Selgel's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case. Got the genuine at druggists."

ROYAL YEAST CAKES

The best yeast in the world. Makes perfect bread.

MADE IN CANADA

E.W. GILLET COMPANY LIMITED
TORONTO, ONT.
WINNIPEG MONTREAL

Soldiers' Rations Reduced.

The shortage of wheat in France has become so serious that the bread ration of the French soldiers has been reduced. 18,000,000 bushels of wheat were promised Europe from North America per month. Since January 1st, the shortage has been 35,000,000 bushels, according to the Hon. Everett Colby, Senator for New Jersey, in his speech delivered at Ottawa the other day.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five Dollars costs three cents.

One pound more of wool, one dozen more eggs, on every farm of this country will help to keep somebody from going cold or hungry.

Minard's Liniment used by Physicians.

A slice of lemon or a dash of vinegar added when boiling meat or fish improves the flavor.

FOR SALE

WEEKLY NEWSPAPER IN WESTERN Ontario. Doing a good business. Death of owner places it on the market. A great chance for a man with cash. Apply Box 82, Wilson Publishing Co., Limited, Toronto.

WELL-EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance capital \$1,500. Will go for \$1,200 on quick sale. Box 89, Wilson Publishing Co., Ltd., Toronto.

MISCELLANEOUS

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

HIRST'S PAIN EXTERMINATOR

The Good Old Family Friend

For over 40 years Hirst's Pain Exterminator has been taking the pain out of rheumatism, lumbago, lame back, neuralgia, sprains, toothache and similar complaints. Buy a bottle, read the directions on the circular in the package. At dealers, or write us.

HIRST REMEDY COMPANY
Hamilton, Canada

HIRST'S Family Salve, (50c).
HIRST'S Precursor Syrup (50c).
Sore and Eczema, (50c) BOTTLE

DON'T CUT OUT A Shoe Boil, Capped Hock or Bursitis FOR ABSORBINE

will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. \$2.50 a bottle delivered. Box 8 R Free.

ABSORBINE, JR., for mankind, the antiseptic liniment for boils, bruises, sores, swellings, Varicose Veins, Allays Pain and Inflammation. Price \$1.25 a bottle at drug stores or delivered. Will tell you more if you write.

W. F. YOUNG, P. D. F., 516 Lyman Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

Cuticura Heals Pimples On Face

That Itched and Burned. Scratched Constantly.

"I had pimples and blackheads on my face which were caused by bad blood. They came to a head and were hard and red causing disfigurement for the time being. They itched and burned so much that I constantly scratched and made them worse."

"I sent for a free sample of Cuticura Soap and Ointment, and afterwards bought more. Now I am completely healed." (Signed) Miss Josephine A. Wetmore, 35 Sheriff St., St. John, N. B., Aug. 10, 1917.

Keep your skin clear by using Cuticura for every-day toilet purposes. For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

At the Factories Where Postum is Made

great numbers of the high-waged, skilled employees buy and drink

POSTUM

A tribute, if you please, to honest materials and sanitary surroundings in manufacture, but best of all a preference based on true knowledge of its healthfulness and attractive flavor.

"There's a Reason" — at Grocers.

SMOKE-TACKETTS ORINOCO

CUT FINE FOR CIGARETTES — CUT COARSE FOR PIPE