

Mar. 22, 1918.

YOU DOW

got rid of the
hands by using
Ham Elstone, of
rites—
hands were very
ed a lot of dif-
medies, but my
to get worse
e great herbal
which complete-

son, of Souris,
have used Zam-
ands, and know
al its wonderful
g powers."
unequaled for
tes, cold cracks,
well as eczema,
wounds, ulcers,
les, burns, and
ll skin injuries.
drugists and
Co., Toronto.

BUK

r Farm Work.

Food Board is
s for the mobi-
labor for spring
erations. Men
handling horses
ly needed and it
at they be secur-
the land. For
employers of such
an centres, will
to consider the
co-operation me-
ry in order to
capable of driv-
especially those
erience.

OND'S SON WON

Friday, March 8
stances under
William Archer
of the late John
member of par-
ast Tyrone, won
Service Order
in the London
Captain Redmond
"for conspicuous
devotion to duty
and of a company
of posts.

a heavy barrage,"
ed continues, "the
ed in strength and
his post knocking
occupants. He
led the survivors
e the enemy back,
d him to establish
ive line and hold
eated attacks un-

34 persons killed
ed in Paris as the
nday's air raid by
. In addition to
ctims 66 persons
ed in a panic.

ent Cures Colds, Etc.

U A
BERI
in line
r pro-
people

ISER

twice

k A YEAR

D IN

E

A LIFETIME OF SUFFERING

Prevented by "Fruit-a-tives"
The Wonderful Fruit Medicine

53 MAISONNEUVE ST., HULL, QUE.
"In my opinion, no other medicine
is so good as 'Fruit-a-tives' for
Indigestion and Constipation.

For years, I suffered with these
dreaded diseases, trying all kinds of
treatments until I was told I was
incurable.

One day a friend told me to try
'Fruit-a-tives'. To my surprise, I
found this medicine gave immediate
relief, and in a short time I was all
right again".

DONAT LALONDE

50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or from Fruit-a-tives
Limited, Ottawa.

ENGLISHMEN ARE TRAVEL- LING AND CANADIAN ARE WITH THEM.

"Englishmen," says the Lon-
don Daily Express, "know more
of the earth than they ever did.
Today some four million Brit-
ishers are looking at the world
in the intervals of looking after
the trenches. In the eight-
teenth century young men of
good family were sent abroad
to complete their education by
travel in foreign countries. This
was called making the grand
tour. Today young men of
all sorts and conditions are
completing their education in a
different way. They are
scattered all over the terrains
of the Seven Seas. They are
leaving their footprints in nearly
every quarter of the habit-
able globe. They know all
about the manners and customs
of France and Belgium. They
have viewed the rough con-
figurations of the Balkans.
They have adventured at large
along the lines of Russia. They
have seen death at the Dar-
danelles. They have been back
in the original home of John
Company. They are in Egypt,
where the strange gods sleep.
They are smoking fags in Mes-
opotamia, and have marched
with reverence into Jerusalem.
They have been at home in Brit-
ish East Africa, and have made
German South-West Africa no
home for Germans. They have
made Gallipoli their washpot.
They are bearing witness that
there are more things done in
Italy than the eating of Macar-
oni. Decidedly the young Eng-
lishmen of today have been
and are making the grand tour.
Their children will be able to
learn geography at first hand."

FRUITFUL FRANCE.

(From the New York World.)
France is a wonderful coun-
try. With the foe on her soil

and millions of men in arms,
her food is reported today as
far more plentiful than in Eng-
land, and she is perhaps not
much nearer than we should be
to general compulsory ration-
ing. There must be very few
people in France who are not
working at some useful task.

CAUTION REQUIRED.

(Exchange.)

Mr. Moneybags was a rich
man and a generous one, but
he did not like to be "done."
On one of his visits at a fash-
ionable resort the hotel proprietor
took advantage of his visitor's
wealth and the bill he pre-
sented was exorbitant.

Moneybags, however, paid
without a murmur. Then he
said, as he folded the receipt:
"By the way, have you got
any one-cent stamps?"

"Yes, sir," said the manager.
"How many would you like?"
"Er," said Mon eybags, mild-
ly, "how much are they apiece?"

Minard's Liniment Co., Limited.

Have used MINARD'S LINIMENT
for Croup; found nothing equal to it
sure cure.

CHAS. E. SHARP.

Hawthorn, N. B. Sept 1st, 1905

Food Value of Potatoes.

Canadians who eat them free-
ly can help to save wheat
flour.

People who wish to help in
food conservation should con-
sider potatoes as a partial sub-
stitute for wheat flour. Potatoes
are the chief staple of the
semi-perishable foods. Cana-
dians do not eat their fair
share of potatoes even in nor-
mal times. We have been large-
ly a wheat, beef and pork con-
suming people. These staples
are now required for overseas
and it behooves us to substitute
other foods for them whenever
possible. We consume, perhaps,
two and one-half bushels of
potatoes per capita per year, or
about one-third of a pound per
day—equal to one fair-sized
potato. In some European
countries one pound per day per
capita is consumed, and in some
districts four pounds per day,
and nearly twenty-five bushels
per year.

Despite the increase in price
since the war, potatoes are still
among the cheapest of foods.
One pound of roast beef costs
ten times as much as a pound
of potatoes, and twenty per cent
of beef is bone. Three and a
third pounds of potatoes supply
1,000 calories of energy, at a
cost of less than 10 cents, while
about 2,500 calories are requir-

ed for full grown persons work-
ing indoors. That is to say,
if all foods were as cheap as
potatoes we could live on 25
cents a day. Healthy men have
lived and worked for months on
a diet of nothing else than pota-
toes, oleomargarine and a little
fruit. Potatoes contain pro-
tein of the very best kind. They
also contain mineral salts which
neutralize harmful acids in the
body. The food material in
potatoes is 98 per cent digesti-
ble.

Canadians have large suppl-
ies of potatoes, carrots, onions
and turnips and by consuming
these vegetables freely, they
can economize with bread.

More than 300 ways of cook-
ing potatoes are known. They
combine well with many flavors.
They can be used to economical
advantage with meat and fish,
in stews, croquettes, hash
chowders, meat pies, etc. One
half a cup of mashed potatoes
and two cups of flour make a
bread mixture that helps the
bour go farther.

Good cooks know the ways
of using potatoes are various—
boiled, steamed, lyonnaise,
baked, chipped, fried hashed
brown, creamed, scalloped,
stuffed, au gratin, and scores of
combinations.

Canada has plenty of pota-
toes and, although the price is
high compared to normal times,
it is not high in comparison
with other foods in war time.

FAIR PLAY.

Possibly your best cow earned
over two hundred dollars for
you last year; possibly, too,
your poorest cow proved to be
well worth keeping, for your
records of each individual may
have re-assured you.

But if no records were kept, if
the total income from all the
milk was just credited up to the
whole herd showing simply the
average income from each, have
your cows been treated fairly?

For on studying individual
records it has of ten been found
that some cows earn three and
four times as much as others.
So if one cow brought in only
forty dollars but another brought
in one hundred and sixty,
is it fair to say the average in-
come was one hundred dollars?
Evidently it is not: Yet that
is precisely what happens every
time only the average is known.
Give the cows fair play: they
may have the best of feed and
care, but go a step further and
see that your best cow, the most
valuable food producing machine,
is getting full credit for her mag-
nificent work.

Then by retaining the best
cows, as shown by their respec-
tive records, the whole herd can
soon be made to give a far bet-
ter return at no greater outlay.
A letter to the Dairy Commis-
sioner, Ottawa, will bring you
milk record forms free of
charge.

C. F. W.

The Pacific Coast is now en-
gaged in sending forward grain
to Great Britain. A steamer
completed in 1917 at Portland,
Ore., and which was taken by
the English Government as a
trial ship to carry wheat from
Vancouver to England via the
Panama Canal, has arrived
safely at her destination, after
a voyage of 52 days. She had
100,000 bushels on board. Other
grain laden ships are following.
This is a distance of over 8000
miles. Formerly before the
Panama Canal was opened the
distance from Vancouver to
England by water was over 15,-
000 miles.

FARMERS AND DAYLIGHT SAVING.

A Hector Cutten, farm inspec-
tor for the Nova Scotia govern-
ment, is at the Halifax. Last
evening to a Herald representa-
tive he said: "I hear a lot of talk
among the farmers in regard to
what O'Brien, MacMahon and
Black said on daylight saving.
The farmers certainly are op-
posed to the idea. For my part
I believe that in a matter of such
far reaching importance there
should be a plebiscite. The
people should rule."—Herald.

THE LATEST ECONOMICAL RECIPES CONTAINED IN THE PURITY FLOUR COOK BOOK

have been reviewed and approved by the
DOMESTIC SCIENCE DEPARTMENT
of the famous McDONALD INSTITUTE

Mailed post paid for 20 cents
Western Canada Flour Mills Co. Limited
TORONTO.

SEAPLANES FOR U. S. ARMY.

Washington, Mar. 14—Amer-
ica's first fighting seaplane
equipped with liberty motors has
been tried out and accepted, it
was learned last night, and a
number of craft are now being
delivered for use of naval air
service. They are the advance
guard of a big fleet which has
been added to the forces engaged
in submarine hunting in the
war zone. The second type
of fighting plane for the Ameri-
can army, known as the Bristol
model, also has now reached the
production stage and a consid-
erable number will become avail-
able during the present month.
Still another type of a two-
seated machine is being manu-
factured.

SOLDIERS OF THE SOIL.

Mr. L. A. Buckley, Maritime
Province Secretary for Y. M.
C. A. work among boys has
been appointed to act as direc-
tor of the plans to recruit Mari-
time Province boys for working
the soil this Spring and Sum-
mer. Two thousand boys are
expected to enroll in the
province as a whole. Each boy
who serves as a "Soldier of the
Soil" will be given a suitable
medal by the Dominion Govern-
ment and it is expected that
in Nova Scotia the provincial
government will present each
boy with a bar to go with the
medal indicating that he served
on a Nova Scotia farm.

While Mr. Buckley's field is
the Maritime Province, he will
give special attention to the
enlistment of the young "Sol-
diers of the Soil" in Nova Scotia,
acting in co-operation with the
provincial department of Agri-
culture and the Provincial De-
partment of Education, as well
as with local committees. The
enlisting will commence March
7th, and the boys will be on the
farm in early May.

The loss by fire of Midway
Hall, Lunenburg the property
of R. C. S. Kaulbach, will a-
mount to \$20,000. This fine
residence was built by the late
Senator Kaulbach. There
were destroyed a fine lot of anti-
que furniture and family me-
mentoes of at least three gen-
erations which were most valu-
able and impossible to replace.
The fire is a mystery, as no one
was occupying the property.

Two Newfoundland schoo-
ners—Lottie A. Silver and Maid
of Harlech—have been torpedo-
ed and sunk. The former was
in midocean and Capt. Rod-
gers and crew of six Newfound-
land at New York. She was
130 tons and was built in Nova
Scotia four years ago. The
Harlech was sunk in the Medi-
terranean. No word of the
crew has been received. An-
other schooner—the Matanzas
—has been given up as lost, as
she is long overdue. Capt.
Oickle and crew of seven men
belonged to the Maritime Pro-
vinces.

PROHIBITION IN CANADA APRIL 1ST.

Prohibition regulations have
been prepared by the govern-
ment and with the exception of
a few technical points, are now
complete. At the same time
the government has prepared
regulations governing packing
houses. These likewise will
be issued shortly.

While no official announce-
ment is yet to hand, it is anti-
cipated that the regulations in
both cases will, in the main,
follow lines laid down some
time ago. An official state-
ment issued in December de-
clared that the importation of
intoxicating liquors would be
prohibited after Dec. 24, 1917,
except in the case of liquor al-
ready purchased and on the
war. It was also announced
that the transportation of liquor
into any part of Canada where
in the sale of intoxicants is il-
legal, will be prohibited on

and after April 1, 1918."
20,000 CANAIAN TO COME.
HOME.

Between now and June 1st
nearly 20,000 soldiers will ar-
rive in Canada medically or
physically unfit for active ser-
vice. About 7000 will arrive
during the next 4 weeks. The
principal laid down that men
are not to be kept on the pay
roll unless usefully engaged and
that invalided men are not to
be kept in England is being
rigidly adhered to. There is
to be no more allowing of men
to stay comfortably in England
at the expense of the country.
They must come home and re-
enter civilian life.

POTATOES 65 CENTS A BUS- HEL.

WINDSOR, Ont., March 11
—Four carloads of potatoes
from New Brunswick have just
arrived here. The price in
New Brunswick was 65 cents a
bushel, but the rate here is a-
bout 50 cents a peck.

A detachment of more than
100 recruits for the Jewish bat-
talion training at Windsor, N.
S., passed through Yarmouth
from Boston, Saturday March
2nd. The battalion after a
course of training, will form
part of the British army on
garrison duty in Palestine.

At the conference between
members of the Governmt and
representatives of transporta-
tion companies and harbor
commissioners at Ottawa it was
decided that the Atlantic ports
of Halifax and St. John would
be used to a greater extent this
summer than they have been in
the past.

It is possible that a battalion
of men, made up of soldiers
lower in category than A will
be detailed for guard duty at
Halifax. This may be done in
order to relieve men who are fit
for overseas, but who cannot be
spared unless other men are
provided.

A Good Impression.

First impressions are tenacious. The customer who gets an unpleasant impression on his first visit to a store, is not likely to be a permanent customer. On the contrary, a favorable first impression will insure a steady patronage.

First impressions are often obtained from a firm's advertising, even before the store is visited. A frank, straightforward statement of values and advantages, will create an impression of fair dealing, and bring the customer to the store in a receptive state of mind.

Our advice to merchants is to give careful thought to their advertising and to advertise regularly.

REGISTERED TRADE MARK