

MEN TORTURED IN GERMAN CAMPS

RUSSIAN TELLS OF PUNISHMENT TO PRISONERS.

Civilians, Including Women, Forced to Do All Sorts of Laborious Tasks.

For three and one-half years I was a prisoner in a German prison camp. At the end of that time I was fortunate enough to escape. Although I am a Russian, the peace of Brest-Litovsk did not give me my freedom. Like the enemy subjects who were in the same camp I had to wait my chance to make a dash for liberty.

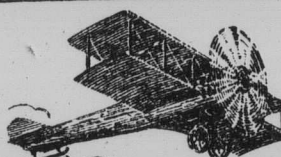
Although much has already been written in the press of all countries about the treatment of war prisoners in Germany, I believe I have had experiences which are worth relating. The camp in which I was confined is Camp Holzminde on the Weers. At this place a great number of civilians who have in no way participated in the war are held captives. It is not a camp for military prisoners; it is a camp for enemy civilians.

The regime at Holzminde was fairly mild until the beginning of 1917. When General Haehnisch, a despot, was named general of the Tenth Army Corps, to which district Holzminde belongs, the camp conditions were utterly changed. In the place of the former commanding officer, General Pfugradt, who had treated the prisoners with decency and a certain amount of consideration, Colonel Gallus was appointed. He had years of experience as a prison director. With the help of a group of his underlings, more ruthless than himself, the Colonel succeeded in establishing a German prison regime at Holzminde.

Heaviest Work Required. This regime involved forcing the prisoners to do the heaviest kind of labor. Every day they were required to break up and haul stone, build roads and work in the fields. The road building was at a distance of from five to six kilometers from the camp. Work in the factories of Holzminde was looked upon as camp duty. Because of the fact that the prisoners were for the most part students, engineers, merchants and so on, who were unused to physical labor of this sort, the tasks were particularly onerous. Furthermore, the guards were instructed to keep nagging at the prisoners.

The manner of these guards is indescribable. They received from the prisoners the most outrageous speed the work of the prisoners was told to strike them with fists and with clubs. At trivial offenses they were instructed to shoot. If a guard was so rash as to be friendly with one of the captives he was severely punished. To make the guards more zealous in their work, Colonel Gallus informed them that all of the civilians incarcerated at Holzminde were pirates and criminals, deserving of the most violent treatment. The result is inevitable. There were almost daily cases of physical mistreatment.

A Dreary Day. The day's program was a dreary one. We were awakened at 3.30. At 5 we went to work. Often we could not return to the barracks at noon because we were working far away from the camp, and we were obliged to remain out-of-doors in the wet and the rain until 7.30 in the evening. At 9 p.m. we were locked up in the barracks. We had not sufficient time for sleep, rest or even for meals.



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In spite of the constant activity demanded of the prisoners, the food was poor and contained little nourishment. We did have a sort of commissary committee, composed of three prisoners. But if it for a single time ventured to complain of the soup as "unsatisfactory," the most disagreeable things always happened. Mail was frequently held up by way of retaliation for alleged misdeeds. Mail was not allowed to be kept beyond eight days, and if a postcard older than that was found upon the person of a prisoner he was rigorously punished. There was not enough clothing to make one comfortable. As we had to work out-of-doors regardless of weather or season, our clothing was often wet through, and the next morning we had to put it on while it was still damp. Colds were unavoidable. The medical attention given to us was absurd. The colonel made a point of being present at almost all medical examinations and completely dominated the physicians, who cringed before him. He was fond of saying that only the lazy ones pretended to best sanatorium and hard work the best cure-all.

Cruelty to Women. Camp Holzminde was frequently visited by General Haehnisch and other officials. They never looked at the prisoners' quarters except in the most perfunctory way. They strutted through the barracks, watched the laborers at work, and then directed all their attentions to the camp pigs. These pigs, the especial interest of Colonel Gallus, were royally treated in their pens, and led a much happier life than the prisoners, until they were slaughtered for the officers' mess.

Even the women are not spared. They are forced to do all sorts of burdensome things. For instance, they are put at braiding and unbraiding fish nets, and the only purpose of the taskmasters seems to be to make their fingers sore. Every Sunday a weird walk is undertaken to a wood about six kilometers away, from which they bring back wood on their backs. Hundreds of men and women are put at this work every Sunday, although it could easily be done by a wagon and two horses. In fact, the biggest part of the labor demanded of the prisoners is almost wholly unproductive, and serves no purpose save to torture. If any one of them dare to complain they are subjected to certain peculiar punishments, of which the most frequent is confinement in an extraordinary cell called the "bugroom," a place filled with old straw mattresses and sacks, which simply swarm with vermin.

Among the prisoners none was more badly treated than the group of young Russian students, of which I was one. Their moral and physical sufferings scarcely were to be depicted. For four years they have been shut out of the world. The priceless, splendid years of youth have flown by. Joy, health, strength and education have been denied to them. The war relief organizations would undertake a great and wonderful work of brotherhood if they could obtain the release of these wholly innocent war captives by putting the matter before the proper authorities.

IRISH MOSS A VALUABLE FOOD

British Food Ministry Is Taking Sea-weed Into Consideration.

The food control committee of Dundee, Scotland, has had its attention directed to the value as a food of carrageen or Irish Moss, and it has brought the matter to the attention of the British Food Ministry, which is considering what may be done to ward off the danger of a shortage of food.

The value of carrageen as a food has been recognized by Scotch and Irish people for generations and until a comparatively recent period it occupied a prominent position in the daily food supply of the poorer classes. Of late it has gained favor among the better off middle classes.

Carrageen is known in various parts of Scotland as hen's dulse; its scientific name is Chondrus crispus. It grows abundantly on rocks and stones within the littoral zone, flourishing in salt water which has a dash of fresh in it.

In its natural state it has the appearance of dwarf dulse, the small flag being soft and cartilaginous, and in color ranges from a greenish yellow to a purplish brown.

Among the poorer classes of Scotland it is boiled in water until it assumes the consistency of porridge and is served in a like manner with milk. It forms a jelly in from twenty to thirty times its weight in water, but is more commonly used in making various kinds of puddings. It has 55 per cent. of mucilaginous matter, 10 per cent. of albuminoids and 15 per cent. of minerals, being rich in iodine and sulphur.

This sea weed is often confused with several others which have been used as food by the Scottish people, but neither in its natural nor its prepared state has it any resemblance to them. Little doubt is felt that carrageen, if methodically collected and properly used, would help in augmenting the national food supply.

In the bays and creeks on the west coast of Scotland it grows profusely, but the labor of collecting it in marketable quantities is great. On the east coast it can be found in any of the inland bays and on the coast generally. It can be picked up on both sides of the Tay.

Buy War Savings Certificates.

THE ADMIRAL COMES ABOARD

A War-Time Visit of Inspection To a Ship of the British Navy.

The barge is seen approaching. The rich blue paint, polished brass, and white flag, with a red St. George's Cross neatly painted on the bows, speaks the word: "Admiral."

As it nears the chosen destroyer the bowman springs up smartly with the ladder in hand. This is a signal. A burly petty-officer, stationed near the ladder, with a shrill pipe calls all hands on upper deck to attention. The officers also assume the same attitude. A few moments later the barge is alongside, and the admiral mounting the ladder, steps on board, immediately followed by his flag-lieutenant. The petty-officer again pipes loudly, all officers smartly salute, and the barge lays off.

The admiral himself is an imposing figure. His left breast is smothered with ribbons of honor, his sleeves and cap covered with sparkling gold lace and laurel-leaves. He has, as a man, a strong personality, and one feels somewhat afraid.

Nowadays, despite what some people say, an admiral has no time to waste, and so he proceeds on the tour of inspection.

The officers, standing on the small quarter-deck, are one by one presented by their captain—himself no more than a lieutenant-commander. This short ceremony over, the admiral makes his way forward, followed by the captain and first-lieutenant. With quick glances he takes in everything—the condition of guns, torpedoes, and smoke-making apparatus, asking here and there short, decisive questions that turn upon the fighting strength of the ship. The Navy loves paint and polish, but demands efficiency first.

Nor does the great man spurn the men's quarters. Taken over the small mess-deck, he shows a keen interest in the men's comforts, suggesting improvements here and there. The tour is finished, and he is again coming aft. No time has been wasted, and the inspection has been most thorough. Evidently the ship has created a good impression, for though naturally, no compliments are passed, the V.A., as he is termed, looks pleased.

The barge is alongside, and the flag-lieutenant steps in. As the admiral follows him over the side the burly petty-officer once more shrilly calls all hands to attention. The barge is away, the bowman ships his boathook, and the final salute is piped.

FIGHTING FIGURES.

Which Country is Spending the Most Money?

Which country of France, Great Britain, and Germany, is spending the most money? This is one of the questions answered in "German War Profits," where a table is given, based upon the expenditure during the first three years of warfare. Great Britain spent \$557.33 per head of population during this period. France comes next, with \$442.24, and Germany next, with \$321.22.

Assuming Germany's financial burden to be 100, France has to bear 138, and Great Britain 174. An American statistician, writing in the "Century Magazine," carries these figures a step or two further. He estimates that, if the countries could devote every cent of their income to the National Debt, it would take France the longest time to pay it off. She would require three and one-third years to do it. Germany would take over two years. Great Britain would take just under two. The United States could settle the job in two or three months!

It is impossible to calculate a nation's income with any degree of exactness, but the following may be taken as approximately correct: United States' income, \$10,000,000,000; Great Britain's income, \$12,500,000,000; Germany's income, \$11,000,000,000; and France's income, \$6,000,000,000.

When we consider the cost of the war in the bulk, and compare it with the above incomes, we enter truly bewildering realms. During the first three years of the war, the Central Empires spent roughly \$38,000,000,000, or an average of \$12,665,000,000 odd a year. The Allies—excluding the war outlay of Serbia, Roumania, Greece, Japan, and the United States—spent \$66,500,000,000, averaging \$22,280,000,000 odd a year!

The belligerents have a credit as well as a debit account, and Germany has temporarily gained a great deal of potential wealth. Besides "movable booty," of which there is a vast quantity, she has secured possession of 212,000 square miles of territory in France, Belgium, Italy, Russia, Roumania, Serbia, and Montenegro. Before the war the value of these vast tracts was estimated at about \$32,000,000,000, but probably this figure is too low.

Against this, the Allies have little more than the German colonies in Africa. These undoubtedly contain much potential wealth, but they do not compare commercially with the gains of the enemy.

Must Not Burn Straw Stacks. Because of the serious situation developing in Alberta and Saskatchewan so far as feed for live stock is concerned, particularly for next winter, an order in council has been passed prohibiting the burning of all straw stacks remaining over from last year in the three prairie provinces.

The Weekly Fashions



A real soldier's outfit for the small boy who envies his big brother. McColl Pattern No. 8506, Boy's Suit. In 4 sizes, 2 to 8 years. Price, 15 cents.



A charming dressy suit developed in satin for mid-season wear. The smartness is attained through its simplicity. McColl Pattern No. 8495, Ladies' Coat. In 7 sizes, 34 to 46 bust. No. 8518, Ladies' Four-Piece Skirt. In 7 sizes, 22 to 34 waist. Price, 20 cents each. These patterns may be obtained from your local McColl dealer, or from the McColl Co., 70 Bond St., Toronto, Ont., Dept. W.

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 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.

Possible Diving Depth. The fact that oxygen when subjected to sufficient pressure, becomes poisonous to breathe, limits the depth to which a diver can go with safety. It has been found that 297 ft. below the surface of the water there is real danger for the diver from oxygen pressure, if he remains at that depth long. Investigation also shows that 1½ cubic ft. of air per minute is the minimum supply with which a man can breathe and work.

This is to certify that I have used MINARD'S LINIMENT in my family for years and consider it the best liniment on the market. I have found it excellent for horse flesh.

(Signed) W. S. PINEO. "Woodland," Middleton, N.S.

If examined under a glass the thread of a piece of khaki will be found to consist of a mixture of fine hairs, of bronze, light olive green, lavender and brown.

Minard's Liniment for sale everywhere.

Rule Britannia (Aerial). When Britain faithfully at heaven's command Arose in righteous wrath, her treaty to maintain, Arose in righteous wrath, her treaty to maintain; Forth went the mandate, the mandate that shall stand, And guardian angels sang this strain:

Rule Britannia, Britannia rule the air; Britons evermore on wings shall dare. The spacious firmament in azure wave Shall yield new paths of glory for her sons to share. Shall yield new paths of glory for her sons to share; In freeing nations, the War Lord did enslave; Then sing right royally, the truth declare:

Rule Britannia, Britannia rule the air; Britons evermore on wings shall dare. Where lightning's gleam and thunders roll, In aerial combat dauntless, they shall victory attain. In aerial combat dauntless, they shall victory attain; Sound forth the mandate, encircling pole to pole, Britons everywhere shall right maintain.

GIRLS! WHITEN SKIN WITH LEMON JUICE Make a beauty lotion for a few cents to remove tan, freckles, sallowness.

Your grocer has the lemons and any drug store or toilet counter will supply you with three ounces of orchard white for a few cents. Squeeze the juice of two fresh lemons into a bottle, then put in the orchard white and shake well. This makes a quarter pint of the very best lemon skin whitener and complexion beautifier known. Massage this fragrant, creamy lotion daily into the face, neck, arms and hands and just see how freckles, tan, sallowness, redness and roughness disappear and how smooth, soft and clear the skin becomes. Yes! It is harmless, and the beautiful results will surprise you.

The Bible Answers the Kaiser. From the Book of Job, Chap. xviii. 5. Yea, the light of the wicked shall be put out, and the spark of his fire shall not shine. 11. Terors shall make him afraid on every side, and shall drive him to his feet. 12. His strength shall be hunger-bitten, and destruction shall be ready at his side. 18. He shall be driven from light into darkness, and chased out of the world. 20. They that come after him shall be astonished at his day, as they that went before were affrighted.

Minard's Liniment Relieves Neuralgia. A Royal V.A.D. Princess Mary as a V.A.D. nurse has spent much time lately in learning the routine work at Devonshire House.

Princess Mary has received a thorough and comprehensive education, and as the Queen is a great believer in practical knowledge, domestic arts are not neglected. When the Princess was only a very small child she was taught how to sew, and she is quite an accomplished needlewoman. Cookery, too, finds a place in her studies, and the personal interest she takes in it was shown by her naive reply to the question as to what she liked cooking best. "Oh, something that I can eat myself afterwards," she said.

MONEY ORDERS. Send a Dominion Express Money Order. They are payable everywhere. The Ravages of Peach Canker. In passing through the peach orchards of Niagara Peninsula, or elsewhere in Ontario where peaches are grown, one constantly meets with large, dark, gummy lesions on the trunks or limbs of the trees. This diseased condition of the branches was formerly given the name of "gummosis" on account of the gum exudations which are so regularly associated with it, but a closer study of its nature indicates that this disease clearly belongs to the type of affection known as canker, for which reason the latter name is now adopted, according to Mr. W. A. McCubbin, M.A., Assistant in charge of Fruit Diseases of the Dominion Plant Pathological Laboratory, St. Catharines, Ont., in bulletin No. 87, second series, entitled "Peach Canker," that can be had free on application to the Publications Branch, Department of Agriculture, Ottawa. Mr. McCubbin proceeds to give a description of the disease, some account of the extensive damage caused by it, its prevalence in the Niagara Peninsula, Lambton, Essex, and Kent, Ont., the nature of the trouble, and steps that should be taken to control and remedy the evil. The bulletin, which is both timely and exhaustive, contains six full pages of plates, showing exactly the progress of the canker, with explanatory notes of each stage.

Minard's Liniment Cures Dandruff. The latest coal-field discovered is a tract of some 2,000 square miles in Niger.

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Foch's Faith. Before the first battle of the Marne Ferdinand Foch said to one of his chaplains: "We are to make our supreme effort in arms to-morrow. Do you also make a supreme effort in prayer. All my trust is in God." After the victory he wrote to the Bishop of Cahors: "Monsieur, do not thank me, but Him to whom victory alone belongs." Such is the spirit of the Commander-in-Chief of the Allied Armies whom we salute to-day.

Minard's Liniment Cures Burns, Etc. De-Hydrating Saves Space. By de-hydrating fruits and vegetables transportation costs are saved, storage reduced to a minimum, and less packing material is needed. There is a saving of 75 per cent. in tin plate, cases and shipping space.

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