

A leading authority on cocoa says:

"In order to have the cacao products most useful and to have the protein best appropriated, you must not take out too much fat. Hence, in my view, Baker's Cocoa (from which only the excess of oil is extracted) is an ideal food.

Its Use Saves Other Foods

TRADE-MARK ON EVERY PACKAGE Book of Choice Recipes sent Free.

# WALTER BAKER & CO. Limited

DORCHESTER, MASS.

MONTREAL, CAN.

man some things. "If you think,"

said he. "I've taken up this work a-

mongst my fellow-commerical trav-

ellers because I get paid for it you are

wrong. The office is a purely volun-

I get nothing out of it-but a lot of

work, which of course I don't mind,

because it places me in a class with

several other business men who are

tary one.

## IERE'S A NASTY ONE.

The Canada Food Board appointed Chairman of the Commerical Travlers' Section Mr. Harvey Pulford. is a volunteer worker doing what can, like many thousands of good tizens, to help win the war. me ago, with the object of interestng his fellow-commercial travellers food conservation and production, Ir. Pulford sent out a circular letter them together with a reply postard for those who were interested and esired to co-operate. One of the ostcards came back to him from a tizen of Truro, Nova Scotia, with he following written upon it.

'None of your vaunted information is wanted. I usually size up a a situation without outside help.

'Query-How much are you costing the country per diem? "Query-What intrinsic service

do you render?

"Query-Are you of any real value to it"

Mr. Pulford, upon receipt of this ook pen in hand and told the Truro

attacked to the Canada Food Board in a similar honorary capacity; and although I am dealing with the 32,000 commercial travellers of Canada, and

so far have over 6,000 reply postcards from them to handle, these men have a far bigger propositions. I wouldn't bother to answer your note, but 'tis possible that you, like some pernicious parasite afflicted with a pestilent dis ease, may impose your views on othr ers and so prevent them doing theirbest in the important work of food conservation and production.'

Whereupon, from Truro, silence There are still deep and enduring. a lot of people in Canada who cannot conceive the possiblity of any man giving his services to his country without a salary or hope of reward. Mr.

Pulford's letter will do them good. The habit of serving one's country as a volunteer spreaks in all circles. Dean Keppel of Columbia College, New York, a man of great administrative experience, was appointed Assistant Secretary of War at Washington the other day at a salary of \$1 per month. Some pernicious para-site over there may object even to that dollar and ask the Dean if he is of dollar and ask the Bean it he is of any real value. It is as easy to ask foolish questions in war time as at any other time. Occasionally the Pulford way of answering them becomes necessary—Toronto Globe.
April 22-1918.

We can hardly believe it possible that from the "Hub of Nova Scotiathis boasted Athens of the Maritime Provinces—a reply post-card such as mentioned above, was sent out; O Tempora! O Mores! O Tempora!

MR. B. MCKITTRICK PRINCI-PAL OF ACADEMY AT LUN-ENBURG., N. S., RESIGNED TWENTY EIGHT YEARS IN SERVIS

Mr. B. McKittrick, B. A., the veteran teacher, who for the past twenty eight years has held the position of Princi-pal of the Lunenburg Academy and the Public Schools of the town of Lunenburg, N. S., has tenderd his resignation which wil take effect at the end of the present School year in July next.

Mr. McKittrick was skild and very efficient teacher and Academy Principal. His good work in his profession in Lunenburg Schools was highly appreciated by the School Board and Citizens generally of Lun-

When accepting Mr. McKittrick's resignation recently, the School Board unanimously voted hima retiring an-nuity of \$200.00 in view of his long

and faithful servis.

For six months in 1888 Mr. McKittrick was Principal of Colchester County Academy.

## A Rare Old Bird.

It is a bird. but of what species? W. J. Lupton, greenkeeper of the golf (Boston) finds it "disgusting, not to links, Dan Martin and a number of say horrifying, to every right-mindamateur authorities on birds have been unable to propound the problem and since they have been unable to do so phrases that come under the category with some other man interested in birds and their markings to throw light on the subject. The to throw light on the subject. The bird was described by Mr. Lupton, as "an offece against common detenty during a visit to the Post, as being of a size between that of a duck and a gainst cent," the Baptist journal wonders if this is "any less true when the ofders if the order when the order whe bill carrying pretty lines of coloring, and dark tail feathers. The beak is pulpit and the occasion or the excuss shaped like that of a gull and there is a ring of gold around the neck. cannot fly, as it is believed to have been shot, but it can run. The biped have now on exhibition in the barn of Mr. Martin, near McLean's Crossing. Sydney Post, April 23.

Will some of our ornithologists tell the News what manner of bird this is? Is it an auk?

## PARCELS FOR U. S. TROOPS IN EUROPE.

Ottawa, April 24-The following memorandum has been issued by the deputy postmaster general:-

ited States war department, parcels ponsible for this wicked war entirely for members and individuals connectith the United States expeditionary forces in Europe, must contain in these days for smooth sayings and such articles only as are being sent mincing words; no excuse for a man in by the request of the addressee, approved by his regimental or higher ommander, or an executive officer fierce determination arainst of the organization with which he is

to furnish the postmaster with an assurance that all the articles contained in the parcel are sent at the addressee's approved written request, and that such a request is enclosed in the par-

#### DASH ON HUN SUBMARINE BASES.

A fleet of light cruisers, with torpedo boats, monitors and on the 23rd raided the Hun submarine bases at Ostend and Zeebrugge. The object was to block the entrances to these ports so that submarines could not leave or en

A thrilling battle was fought in the darkness and great damage was done to these enemy basew, and old ships fild with concrete were sunk so as to block the channel.

It was a daring and dangerous experiment and a raid that was full of heroism from first to last; and were encounterd considerable loss. The brave offiser in charge of this raid was killed unfortunately.

In this "extremely gallant and haz ardous raid" French destroyers op erated with British forces.

The cruiser Vindictiv carried storming parties and landed them on the

The volunteers for this expedtion were from different vessels in the Grand

The casualties were hevy, considering the number engaged, but of the approaches to them submarine boats been effectivly destroyd, we have gained enormously.

#### PREPARING FOR ANOTHER M. DRIVE.

The Germans, who have been held n different places on the western batle front are now getting redy for ano-

ther big drive in their present offensiv They are massing new Division with more hevy guns for another drive. This assault will likely b made this week. The point of the attack is known only to the enemy, but from present artillery activity it looks as if the positions, immediately north of Arras, where our Canadian troops are stationd, may be the next objective

of the enemy.
On Tuesday the enemy raids were repulsed in several places by the British north west of Fetubert the Hun capured one of our advanced posts.

Further south in the region of Mondidier and Noyon there has been an increase of artillery activity, and so markt, that the enemy may perhaps be considering another drive in the direction of Amiens.

The enemy cannot afford to stop and "dig in," where he is; he must advance; or the Germans at home wi be inquiring why they are not, as promised, "on to Calais," or to Paris.

## MINISTERS, DON'T SWEAR

Literary Digest.)

At first blush it seems an extravagant idea to caution ministers and himself his strong words by the plea of aganst encouragreligious leaders ing swearing, but in a world so many things have come about that one-half the people, at least about universally damn, it is not strange that profanity creeps into the pul-pit, too. The Watchman-Examiner say horrifying, to every right-mind-ed person to note the increasing use of the profane." This, of course to the non-clerical part of applies society, but when we brand profanity fender is a minister and the place the heat of passion against an inique tous nation and an upright war."

"Years ago Dr. Joseph Parker, the London City Temple, started and shocked the world by exclaiming in the midst of an impassioned denunciation of Turkish atrocities, "God, damn the Turks! Such an invective, and others of a similar character, with another ap plication and objective, have become o common nowadays that they neithe startle nor shock us as the original utterance did. But ought we not to be startled and shocked? Are such expressions in the pulpit or in supposedly religious speech in accord with the spirit and temper of the gospel for which the pulpit stands? Would it not be well to leave the matter of dealing 'Under an order issued by the Un-, with the eternal destines of those res in the hands of a God who is almighty, merciful, and just? There is no excus ous hatred for the iniquitous war, and whose cruel ambitions and lustful passions have thrust it upon us. But "The public is, therefore, cautioned there is no excuse for the minister who in his endeavor to declare that hatred gains allows himself to use words and phrase that in any other connection and directed toward any other objective he would the first to condemn as pro

## HAD TO GO TO BED KIDNEYS SO BAD COULD NOT STAND STRAIGHT.

Women should not despair even if they are troubled with severe pains in the side or back, and not able to attend to their household duties.

The kidneys of course, are to blame nine times out of ten, but they can be promptly and permanently made healthy by the use of Doan's Kidney Pills.

Mrs. H. M. Jansen, Pathlow, Sask., writes:—"I feel it my duty to recommend Doan's Kidney Pills to anyone having weak kidneys, as they have been a great help to me. A month ago my kidneys were so bad that I had severe pains in my sides and back, and it was impossible for me to stand straight. I then got so bad I had to go to bed, and was that way for a week. We sent for some Doan's Kidney Pills, and I have taken just about one box, and now I am able to be up and do my own work. I am certainly grateful for the good they have done me."

To ensure getting Doan's Kilney Pills when you ask for them, see that they are up up in an oblong grey box with our trade mark of a "Maple Leaf" on the label.

Price 50c. per box at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Children Cry for Fletcher's

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant: It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has and has been made under his per-

age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying F-verishness arising therefrom, and by regulating the Stomach and Bowels aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacez—The Mother's Friend.

GENUINE CASTORIA ALWAYS

In Use For Over 30 Years The Kind You Have Always Bought

fane. Even though he might justify extreme provocation it would not be strange if the average boy in the congregation before him failed to catch the essential and saving distinction between damning the Kaiser and damning loudly anything else against which for any reason resentment might arise. Men who stand as representa- two months tives of religion should be ever on the alert against anything that smacks of

Every line of the above is true and we hope it will be taken to heart by these few flippant "sky-pilots," that ever and anon burst a out before us in

extravagnce.

pulpit profanity, that is most detestable We have read of a former Nova Scotia clergyman, now in a big city in the United States, addressing working men in language that not only "smackt of extravagance," but borderd mighty lose on the profane —Ed News.)

## GREAT GERMAN DRIVE IS NOW ON.

The Western front of the great Euopean battlefield is now the scene of another German offensiv, and the enemy both north and south is hammering away, with Amiens, as the nain objectiv.

For days there has been hevy artilery bombardment; and in the moving of the 24th the infantry was cut loose or attacks all along the line.

At points, some 10 miles or so south east and east of Amiens, the enemy exulted great pressure, and they made gains at Villers-Bretonneux; in this a gain of probably a mile.

At the same time the British force were assaild in the Ypres Salient and from Bailleul to Merville there has been fierce fighting.

In the fight last of Amiens the infantry of the enemy was accompanied with three tanks and here they made some progress; in other parts of this long line of attack the Allies made The third big offensiv is fully de-

velopt.

Louis Dundas, a Hungarian, got off some Seditious remarks, when he vas forced on his knees to kiss the American flag before 300 workmen at a Foundary doing work for the government at Port Chester. This same Hungarian should be removed from this Government work shop, or dir-

ectly we will hear of an explosion.

BRITISH FLEET IS READY.

London, April 25—Naval author ities emphasize the fact that the aid on Zeebrugge and Ostend was not a dangerous adventure but a deliberate ly planned action. It was built on strategy of the highest. "If the German fleet," it is stated, "contemplates another sally out from here it will be powerless of effectiv action without ts support from the left wing or the

OBITUARY.

Miss Marion McCulloch.

On April 4th, at the residence of her arents, Mr. and Mrs. Adam McCulch, Noel Road, after but two weeks illness there passed away Miss Marion McCulloch, aged nineteen years and

Her presence will be much missed and her loss keenly felt; she was thoughtful and generous. Her mem-ory will be held ever dear in the hearts of those who had the privilege of knowing her.

Many friends and relatives gatherd at her fathers residence on April 8th to pay their last respects to the depart-The funeral service conducted by Rev. C. A. M. Earle, was most mpressive.

The casket, covered with flowers, was followed by a long cortege t Kennetcook where the body was laid to rest.

The pall bearers were, Messrs. Henry White, Norman Neil, Harry Mc-Culloch, William McCulloch, Braden White, and W. W. Ettinger.

There are left to mourn in the imnediate family a father and mother; two older sisters, Cassia and Ruby, who both returned from Halifax to be home with their sister during her illness, one younger sister, Lena, and three brothers, Graham, Norris, and Rossiland. Much sympathy is extended to a

## THANKS TO I. O. D. E.

The Truro Citizen's Returned Soliers Reception and Welfare Committee acknowledge with many thanks the generous donation of \$50.00 from 'The Scotia Chapter" I.O.D.E., part of proceeds from the Allies Fair.

# Complexion Lotion! Use Fresh Lemons and Strain Juice

Any grocer will sell you two fresh lemons and your drug store will supply you with three ounces of orchard white Put these in a bottle and shake well.

Put these in a bottle and shake well. Here you have a whole quarter pint of the most wonderful lemon lotion at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the juice thru 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, smoother and beaut iffer.

ts support from the left wing or the ear. It was a splendid intimation to ear many that the British fleet is redy" to support from the left wing or the large support from the left wing or the large support from the left wing or the roses and beauty of any skin. It works marvelously on rough red hands. Try it and see for yourself.

