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is a delicious and wholesome drink of great food value and absolute purity.

"Chocolate and cocoa add flavor and energy giving material to a diet and their use will help in many ways in the preparation of palatable, nourishing dishes from those foods of which there is an abundance."

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Wonders of "White Coal."
The World's Work Done by Water. Britain owes her industrial position to her supply of good black coal; she may lose it by failing to take advantage of her "white coal."

A typical instance of this wonderful driving force is supplied by the harnessing of the Puyallup River at the Puget Sound power-station. The river rises in the Rocky Mountains from a glacier 14,000 feet above the Pacific. A flume ten miles long and eight feet square carries the water over the power-station, and eight steel pipes, called penstocks, 6 feet wide at the top and 3 feet at the bottom, suddenly drop this water 1,730 feet on to the mighty dynamo.

Power From Niagara.
And what does all this do? It lights and heats the cities of Seattle and Tacoma and practically runs every wheel in every workshop and mine. Besides Puget Sound there are in the Rockies dozens of power-stations now established, and the wires that stretch from them, carrying giant strength from the roaring penstocks to hundreds of factories and mines, pass from post to post, sometimes making spans of 2,000 feet across profligate gorges.

One of the first waterfalls to be thus utilized as a source of driving power was Niagara itself. Although but a hundredth part or less of the stupendous power of the falls is harnessed, yet it does the work of 4,000,000 horses, providing light, heat and power to cities like Buffalo and Longport, and a hundred other townships in a radius of 150 miles.

Minneapolis and St. Paul, the greatest flour-milling centres in the world, have raised the old mill-wheel of the countryside to its highest power by harnessing the upper waters of the Mississippi. The Falls of St. Anthony account for these twin towns and are the source of all their power.

Water Instead of Coal.
Even where plenty of coal of the

black and smoky variety is to be had, as in the New England States, America has preferred to use clean water, and tens of thousands of looms and spinning frames in Fall River, Manchester, Lowell, Lewiston, and other New England towns are run by water-power generating electricity.

The Victoria Falls on the Zambesi were discovered by Livingstone, and already they are turning machinery and lighting cities. It is estimated that there is enough waste energy running there every day to run half the machinery of the world, for the falls are 2,000 yards wide and 450 feet deep.

It would be a queer turn of fortune's wheel if countries like Norway and Switzerland were to become the manufacturing centres of Europe. Yet stranger things have happened; Sussex was once the centre of the British iron trade. Electric lighting is almost universal in Norway by reason of its countless waterfalls; the smallest villages in Switzerland are similarly blessed, whilst the large town of Geneva has harnessed the Rhone to provide power for tramways, factories, and lighting.

Going! Going! Gone.
Furniture which belonged to a notorious woman spy recently departed, was sold by auction, and the last item in the catalogue was a coffin made to her order which she kept in her luxurious apartments in the West-end. It was of solid mahogany, was lined with pink silk, and had a hinged top. A massive brass plate bore the woman's name. It was knocked down for £8, probably mainly for the wood of which it was made.

The mummy of an Egyptian princess, said to be 3,000 years old, was knocked down for a few guineas recently at a London auction room, as well as the head, little larger than a good-sized pullet's egg, of a Central Mexican pigmy.

But these auction "lots" have been

beaten. We read of such gruesome "lots" as a piece of the tanned skin of a notorious pirate and a strip of the epidermis of a famous highwayman. A hangman's rope, a donkey's skin in pickle, and relics of prisons have found ready purchasers.

When Newgate, on the site of which the now "Old Bailey" stands, was demolished a few years ago, some of its trappings were sold by auction. The door of the condemned cell fetched the unlucky figure of £13; the fittings of the cell with the old bell, coat of arms, and the old cell door, whilst the steps by which so many poor wretches had mounted the scaffold found a purchaser for 32s.

A few years ago a New Zealander on a visit to the Motherland entered a well-known auction room just in time to bid, had he so desired, for the mummy of a Gaeltacht chief who had once died as a guest at his own table!

It would be rash to say which is the most valuable lot of hair in the world. But if George Washington's barber had had the sense to save all his clippings his successors would be rich beyond the dreams of avarice; for recently a single lock fetched £26 from some ardent admirer of the Man Who Never (well, hardly ever) Told a Lie.

What President Wilson Reads.
A newspaper-writer recently found that President Wilson looks over eight newspapers more or less regularly. They are the Baltimore "Sun," Washington "Star," New York "Post," "Times," and "World," Springfield (Massachusetts) "Republican," the Philadelphia "Record," and the Newark (New Jersey) "News."

Each day the President's private secretary and two assistants clip from many papers, and the clippings deemed of interest to the President are pasted on sheets of paper, thirty or forty pages of which are fastened together. Striking cartoons are often cut for his special attention.

Of English papers President Wilson reads the weekly edition of the "Times" regularly. French and Italian journals he knows through translations, and translations from German papers are supplied to him regularly. For intimate information from Europe he depends on ambassadors, ministers, and consuls.

Twice every week the secret service submits a report to him. The army and navy intelligence bureaus also report regularly. Individuals who believe themselves possessors of important information are told to put it in writing. A great number of these unofficial memoranda are sent to the White House, and it is said the really valuable ones always reach the President.

Real King Re-Enters His Capital.
(From the New York Sun.)
Albert of Belgium has re-entered his capital, Brussels, more than four years occupied by the invaders, has been recaptured. The valiant Belgian army has triumphantly made good its obligation. To the world Albert embodies the principles for which millions of men have given their lives since August, 1914. He has been steadfast, loyal, honorable. He has been untiring in labors, undismayed in defeat. He faced disaster without fear, and by his simple courage drew to his suffering nation, for which he gave constant thought, the sympathy and support of the civilized world. Belgium's King has become a household word. How is it inside the land that was the Kaiser's? Is there none in what was the German empire who see in Albert of Belgium, faithful to the last, confronting a catastrophe without fear, identifying himself for well or ill with his people and his country, a better figure than that of the braggart who fled to save his skin when defeat engulfed his fatherland? If there is none now, there will be many soon. For civilization King Albert has been worth armies. He has inspired and sustained hope, comforted those who despaired, and upheld the confidence of those who were inclined to doubt. The shouts of joy that made Brussels ring were echoed in the hearts of millions who hold it honor to honor Albert of Belgium.

New Skin Remedy.
Since the old-fashioned theory of curing eczema through the blood has been given up by scientists, many different cures have been tried for skin diseases. But it has been found that these cures only clog the pores and cannot penetrate to the inner skin below the epidermis where the eczema germs are lodged.

This—the quality of penetrating—partially explains the tremendous success of the wonderful new liquid eczema remedy, the D. D. D. Prescription.

D. D. D. is now recognized as the only absolutely reliable eczema remedy, for it penetrates to the pores, washes away the disease germs and leaves the skin as clear and healthy as that of a child.

This scientific antiseptic wash has been found to be specially effective in all forms of Eczema, Bad Leg, Ulcers, Pimples, Ringworm, Sores and Rash, Salt Rheum and all other skin diseases. One bottle will prove it to you.

Don't delay; get a bottle of D. D. D. Prescription to-day. Sold Everywhere.

Lake of Salt.
In South Australia there is a wonderful lake of pure salt. It is a large depression in the earth which fills up in the winter months. In the summer the water quickly evaporates, leaving a thick deposit of pure salt. Seen from a distance the surface of the lake has all the appearance of being covered with a sheet of ice.

The salt is so thick and strong that men and even carts and ploughs can traverse it with perfect safety. Yet below the crust there is a considerable body of sluggish water.

After the rays of the summer sun have played their part, the salt is gathered. This is a simple operation, the salt being raked into heaps, making pyramids that are a striking feature of the landscape. The salt is then shovelled into cars and conveyed to various works to undergo the process of refining.

Gathering the salt is trying work on account of the great heat and the dazzling reflection, and it is often necessary for the workers to wear coloured glasses to protect their eyes.

After the loose salt has been collected from the surface a plough is run over it, when another harvest of the valuable material can be reaped.

The yield of salt from this strange lake amounts to several thousand tons a year, and it is amongst the finest obtainable. The lake is several square miles in area and is naturally a very valuable property.

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AT THE BALSAM.—The following are guests at Balsam Place: M. Laite, English Hr., Trinity; James Rorke, Carbonara; Capt. J. Pettie, English Hr., Fortune Bay; Mrs. J. Pettie, English Hr., Fortune Bay; Rev. E. Andrews, Cception Bay.

A Big Shipment of BEDSTEADS, White Enamel, Single and Double. The C. L. March Co., Ltd., cor. Water & Springdale Sts.

Bedsteads: \$9.50, \$11.50, \$14.50, \$15.50, All Good Values.

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We make them from Bunk Size up. Prices from \$2.00 to \$18.50.

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In 49 Pound Bags. No weighing--No Trouble.

Colin Campbell, Ltd., Distributors.

Quilting Is Ever Popular.
A very handsome frock of midnight blue taffeta, worn the other day, had a tunic bordered with 8 inches of quilting, and the pattern was repeated on the sleeves and on panels at back and front of the bodice.

To make quilting of this sort the material is underlaid with very thin sheet wadding, and the quilting stitches are set through the outer material and wadding. Then the quilted portion is faced with thin silk or with the material of the frock, if it is not too heavy. Quilted angora is smart just now. Vests of quilled angora show in the open front of cape coats, and there are many suits.

Such a waistcoat accompanied a taupe cheviot suit, the wadding in lighter taupe shade, and quilting is done with still lighter shade. A blue cloth cape is lined with satin and has a blue angora quilted elaborately with white

WIN this Real-Gasoline Auto
Boys and Girls
50% other Prizes
SOLVE THIS PUZZLE

8	5	14	-	7	3	18
1	2	6	-	9	4	9
3	6	5	1	2	5	4
1	4	4	-	14	15	20
1	-	6	9	14	21	20
2	5	6	15	13	5	

THE PRIZES
1st—Five Horsepower
2nd—Motorcycle
3rd—Bicycle
4th—Chest of Drawers
5th—English Doll
6th—Locket
7th—Cup
8th—Cup
9th—Cup
10th—Cup
11th—Cup
12th—Cup
13th—Cup
14th—Cup
15th—Cup
16th—Cup
17th—Cup
18th—Cup
19th—Cup
20th—Cup

HOW TO SOLVE IT
The puzzle consists of 40 words, each containing four letters. Each letter is represented by a number. As it is first in the alphabet, A is represented by 1, B by 2, C by 3, D by 4, E by 5, F by 6, G by 7, H by 8, I by 9, J by 10, K by 11, L by 12, M by 13, N by 14, O by 15, P by 16, Q by 17, R by 18, S by 19, T by 20.

Leading The Fight
(By Isaac Marcrosson in "Answers")
wearing the "over the top" helmet. Shells still rent the air. There was tension all up and down the line. Nearly all the casuals were "cleared," but the list was very heavy. Across "No man's land" the ominous white that indicated impending engagements. There might be a moment. It was still a corner for a civilian to find only the appalling odour of smoke the nostrils, overcame the smell of smoke that came from the trench. It was like a message. "The show," spoke up young Canadian. "The words out of his mouth were 'dixies,' and all of war was forgotten in the music consumption of beef steaks, washed down with tea. The German guns boomed "tra-foe."

Little picture you visualized and hardship that attend the battle-line that I have seen is happening every day right wherever the British sets up his fighting above. The deadly storm that met him, he never misses a

Behind the Army.
behind the Army is the British Corps, the unsung hero of the hard-fought battles of mud, rain, shells, and evasive manoeuvre that besets the supplies under actual conditions.

Men are now used in the work of younger men. all this patriotism confined to the commanding officer of the base supply depots in France, erect, white haired man,

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