Montreal Daily Star.

MONTREAL, WEDNESDAY, OCTOBER 2, 1918

WHAT SOLDIERS WANT.

A suggestion to those who are sending gifts to soldiers overseas comes from Lt.-Col. (Canon) Frederick George Scott, Senior Chaplain of the First Division, in a cable received by friends in Montreal. He says "The men want playing cards and chewing tobacco."

CHEW STAG TOBACCO

"Ever-lasting-ly Good"

THE ARMY FOOD DRIVE

FOOD WASTAGE WAS A SCANDAL OF EARLY WAR DAYS.

To-Day There is Hardly an Item "Left Over" That is Not Put to Some Use.

In the summer of 1916 a definite movement was inaugurated to conserve and control Army food consumption, but most of all to put a check on the hideous waste that was sacrificing untold tons of supplies every year, says a war correspondent.

The only way to get efficient cooks was to train them, so schools of cookery were started. The course of instruction lasts four weeks, at the end of which he is required to pass an examination. If he meets all requirements he is given a small card, which certifies that he has completed the course in the School of Cookery, and it becomes his passport into the zone of full-fledged Army cooks. Since the establishment of these schools 42,000 graduate cooks have been turned out.

The stock-pot is a very important first aid to Army food saving. It is usually a huge kettle, in which all surplus meat and bones are dumped, and which becomes the sanctuary of the justly famous Army stew.

This constant supervision of cooking not only reduced waste, but enabled the British Army to curtail its rations considerably during 1917. Two ounces a day were pinched off the allowance of breadstuffs, except in the cases of soldiers under nineteen, who have the prize appetites of the Service. The salt ration was cut down by one-fourth of an ounce per man a day, and a considerable saving was effected in the consumption of tea.

Kitchen Refuse.

Although this whip-hand over waste reduced the ration, and eliminated extravagance in the preparation of food there was still an enormous sacrifice in the kitchen. Every day in the hundreds of Army cook-houses the leavings were dumped indiscriminately into the garbage heap. These represented, in the course of a year, thousands of tons of bone and fat which had commercial value.

As long ago as 1915 England realized that she was paying an excessive price for glycerine, which is one of the essentials in the making of high explosives. The soapmakers in the United Kingdom notified the Government that, owing to the abnormal price for glycerine—it was $1,250 a ton, against the pre-war price of $250 a ton—the American soapmakers were in a position to sell their product abroad at a price with which the British manufacturers could not compete.

Glycerine From Fat.

In order to understand the connection between soap-making and glycerine (from which nitro-glycerine is made) you must first know that animal fat produces soap. One of the by-products of soap-making, in turn, is the much needed and now highly-prized glycerine. One hundred pounds of fat produces ten pounds of glycerine. Before the war, and when there was only a normal demand for high explosives, glycerine had to be content to occupy a place in the industrial catalogue as a mere by-product. Since the war the tail wags the dog, and glycerine is as rare and almost as precious as gold. Now you can see why the American soapmaker could afford to sell his product for a song in the United Kingdom.

No wonder the British soapmakers were up in arms. The government at once got busy. It prohibited the importation of soap from the United States, and decided to collect all the fat from the Army camps, and use it for the double purpose of producing British-made soap and British glycerine for British shells. Here you have one of the many side-lights on that growing self-sufficiency of the Empire, which will be a tremendous weapon now that the war is over.

An agreement was entered into between the Army, the Government, and the soapmakers. The Army agreed to turn over all the by-products of camp and kitchen to the soapmakers, and the soapmakers, on their part, undertook to supply the Ministry of Munitions with all the glycerine extracted from the fat at the pre-war price of $250 a ton. The scale of prices for all refuse would depend upon the market variations, and would be fixed each month by a group of manufacturers known as the Committee for the Purchase of Army Camp Refuse.

Now began the great mobilization of waste products. It was easier said than done. Here was the problem. In thouands of camps the grease and bones were dumped out every day. Obviously, all this litter could not be conveyed to England.

Waste Products Utilized.

A chemist in the Royal Army Medical Corps—Captain Ellis by name, who was an Assistant Inspector of Catering—invented an apparatus known as the Ellis Field Fat-Extracting Plant. In this process the rough fat and bones collected from the camps are treated in boiling tanks, through which superheated steam is passed. The fat is run out, put into barrels or kegs, and despatched to England to the Committee for the Purchase of Army Camp Refuse.

The conversion of actual meat refuse into fat for soap-making is only one phase of the utilization of waste products. Bones compete with dripping in salvage importance. After all the fat is boiled out of the bones—one hundred pounds of bones produce ten pounds of fat—the remains are used for the manufacture of tooth and nail brushes, while the small pieces are crushed and sold for fertilizer.

Even the scraps from the soldiers' plates are utilized. When you go to an Army mess-hall you will observe that every soldier files out plate in hand. Outside the door he stops at a tub, and scrapes all the leavings on the dish into it. These leavings are dried and chopped up for chicken food. Breadcrumbs are treated in the same way.

Facts and Figures.

I can give you no better idea of the results of these salvage operations than to say that last year enough glycerine was obtained from Army fat to provide the propellent for 18,000,000 eighteen-pound shells. This means that approximately 1,800 tons of glycerine were obtained from the refuse of the camp-kitchens.

The gross income from the sale of by-products alone last year was $3,850,000. Add to this the saving in the cost of glycerine, and the value of the reduction in rations brought about by the supervision of cooking and other economies, and you get a total saving estimated to be not less than $30,000,000. A larger phase of this conservation lies in the fact that it enabled a considerable amount of food to be released to the general public. At the same time, the Army and Navy got all its soap free of charge.

War is not all waste!

The handiest kind of lunch for a hungry boy or girl, is a dish of Grape-Nuts

Eaten direct from the package it doesn't bother Mother and with milk or cream it's delicious.

Have you ever eaten Grape-Nuts?

Canada Food Board License No. 2-026

Comrades In Arms.

(The following lines were written by a Chicagoan last Spring for private circulation among acquaintances. As the sentiment shown is interesting even yet in victory, perhaps it may not be amiss to publish them as showing how Americans felt during the great German endeavor to crush the Canadians, English, French and their Allies before American aid in strength could reach them.)

Ho, Freemen, sound the last advance,
Ho, bugles, blow to-day,
Before the Allied front in France
The Hun is giving way;
Now glory to the Lord of Hosts
Unto God glory be—
Who gives us victory in the fight
For human liberty.

Now many a mile of khaki-line
Beneath "Old Glory" cheers,
Ho, maidens, lift your hearts to-day
And, mothers, steel your fears;
Our Brothers of the North went first,
We follow where they led,
To fill the thinning ranks of war
Above their hero dead.

Ho, men of Canada, we come
As brothers at your need,
For common speech and common home
And common life and creed;
The Union Jack and Stars and Stripes
Have joined to win the war—
Now glory to Almighty God
From Whom all glories are.

Ho, Freemen, sound the last advance,
Ho, bugles, blow to-day,
Before the Allied front in France
The Hun is giving way;
Now glory to the Lord of Hosts
Unto God glory be—
Who gives us victory in the fight
For human liberty.

—Hugh Malcolm McCormick.

SUBSTITUTES FOR GLASS

Enormous Quantities Needed in the Reconstruction of Europe.

The shortage of glass, of which enormous quantities have been destroyed, is likely to be seriously felt in the reconstruction of Europe, and recent fairs at Lyons and Paris have exhibited numerous substitute materials, including some translucent ones that may be used for the windows of such places as cellars, stables and garages. Transparent, though somewhat costly, are siloxide, a bluish glass of silica and such acid oxides as those of zirconium and titanium, and artificial mica, an electrically fused mixture of green sand bauxite, magnesia, and alkali.

Excellent substitutes of somewhat imperfect transparency are numerous cellulose products, sheet gelatin, various products of casein and albuminoid substances, and a synthetic resin of phenois condensed with formol.

A very cheap material consists of two sheets of paper united by translucent glue, with strengthening hemp strands between, the outside being coated with flexible waterproof varnish.

A better waterproof substitute, which is known as "vitro-cellose," and may be made into glass-like panes, consists of light metal lattice work coated with non-inflammable film, and a similar material—"flexible glass," made by coating muslin, gauze or fine metal cloth with a flexible film—may be rolled up when being transported.

Laugh When People Step On Your Feet

Try this yourself then pass it along to others. It works!

Ouch ! ? ! ? ! ! This kind of rough talk will be heard less here in town if people troubled with corns will follow the simple advice of this Cincinnati authority, who claims that a few drops of a drug called freezone when applied to a tender, aching corn stops soreness at once, and soon the corn dries up and lifts right off without pain.

He says freezone is an ether compound which dries immediately and never inflames or even irritates the surrounding tissue or skin. A quarter of an ounce of freezone will cost very little at any drug store, but is sufficient to remove every hard or soft corn or callus from one's feet. Millions of American women will welcome this announcement since the inauguration of the high heels.

TO PLEAD HER CAUSE.

Germany Systematically Canvassed French Prisoners.

When it was evident that the end of the war was near, Germany made a systematic canvass of French prisoners of war in an effort to find men who would plead the case of "New Germany" in France, according to statements made by soldiers who have returned from enemy prison camps.

This work began late in October, but the efforts of the Germans were redoubled early in November, it is said. The French prisoners were told that the German Socialists wished nothing more than to live on friendly terms with their French comrades. German agents said they wanted to get in touch with French deputies to announce the complete triumph of Socialistic ideas in Germany, and to convince them of the necessity of clearing up difficulties between the two countries, the prisoners say.

George Ledebour, the German Social Democratic leader, asked a subordinate French officer to impress upon his comrades the importance of uniting the proletariat of Germany and France and impressing the French Government with the plea that the armistice terms be made less onerous, it is said. Later, another French officer is reported to have been brought before Dr. Edouard David, one of the German Secretaries of State, who received him cordially and urged that Germany must be fed, and said there was a necessity of mitigating the terms of the armistice, especially as to the clause calling for the delivery if railway material.

Beets for Influenza.

An Austrian doctor, having discovered that beets were a preventive of and remedy for influenza, gave his patients a plateful of beet salad as soon as the fever set in, and within eight hours after they had eaten the beets the fever would leave them—so he asserted. According to a report from the Hague, this alleged cure on becoming known in Holland led to such a demand for beets that the price advanced to 40 cents each, whereas before the war they had cost about two cents.

Minard's Liniment Cures Diphtheria.

A Curious Plant.

In the desert of Sonora, Mexico, there is a plant, the guarequi, which husbands its water supply. The guarequi is a relative of the squash and pumpkin, and inhabits a locality in which practically all the rain falls within a period of six weeks. The base of the stem is swollen to form a hard, woody structure which in time attains the size of a large squash. It is really nothing more than a vegetable resrvoir designed to hoard up the scanty moisture and dole out the precious fluid in time of need.

A Health Saving Reminder. Don't Wait until you get the Spanish Influenza. USE

Minard's Liniment

At the first sign of it. Its Healing Qualities are amazing. THE OLD RELIABLE.

MINARD'S LINIMENT CO., Ltd. Yarmouth, N.S.

Quebec's Great Drydock.

Quebec's new drydock, which is one of the largest in the world, is practically complete. It has been under construction for the past four years. The structure is situated on the south bank of the St. Lawrence River and has a length of 1,150 feet and a breadth of 120 feet. It is divided into two compartments, the inner of which is 650 feet long. A floating caisson closes the interior entrance while a rolling caisson has been provided for the outer one. Although four hours may be required for filling the dock, its pumping equipment, designed to deliver 6,300 gallons a minute, is expected to empty it is about two and a half hours.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

Origin of Khaki.

Several years ago in India, a company of English troops grew weary of exposing themselves in white cotton uniforms to the fire of the enemy snipers. So they adopted nature's good old law of protective coloring and daubed their uniforms with mud from the banks of one of the sluggish streams. Those who direct the affairs of the army in India heard of this camouflage and proceeded to make some interesting experiments. What they discovered evidently pleased them, for eventually a uniform of this color as a standard was adopted for all the troops in active service in the East. Khaki, the name given the color of the new uniforms, is the Hindu word for muddy.

Minard's Liniment Cures Distemper.

Save the bacon rinds and cook them with lentils or dried peas for soup, or broil them with beans or cabbage to give these vegetables a good flavor.

The Weekly Fashions

The Gertrude serves as either a slip or a petticoat, buttons on the shoulders, and the drawers are either plain or gathered at the knee. McCall Pattern No. 8680, Girl's Set of Underwear. In 6 sizes, 2 to 12 years. Price, 15 cents. Transfer Design No. 356. Price, 10 cents.

When one desires a combination of materials, this design offers an excellent opportunity to contrast two attractive fabrics. McCall Pattern No. 8665, Ladies' Semi-Fitted Dress. In 6 sizes, 34 to 44 bust. Price, 25 cents. Transfer Design No. 924, price, 15 cents.

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

Minard's Liniment Cures Colds, &c.

Old wallpaper can easily be removed by applying to it freely with a brush a liquid made by adding one heaping tablespoonful of saltpeter to a gallon of hot water. The water should be kept hot. A whitewash brush is best to use.

How to Purify the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Seigel'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." Get the genuine at druggists. 4

FOR SALE

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 68, Wilson Publishing Co. Ltd. Toronto.

WEEKLY NEWSPAPER FOR SALE in New Ontario. Owner going to France. Will sell $2,000. Worth double that amount. Apply J. H. c/o Wilson Publishing Co., Limited, Toronto.

MISCELLANEOUS

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

Baby's First Christmas.

They took away my bottle
And they gave me toys and drums—
I wonder do they act like that
Whenever Christmas comes?
I'm glad it's only once a year—
They make such noises in my ear.

Minard's Liniment Cures Garget in Cows

ASTHMA INSTANTLY RELIEVED WITH ASTHMADOR OR MONEY REFUNDED. ASK ANY DRUGGIST or write Lyman-Knox Co., Montreal, P.Q. Price 65c.

DON'T CUT OUT A Shoe Boil, Capped Hock or Bursitis FOR ABSORBINE TRADE MARK REG. U.S. PAT. OFF.

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. Book 6 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 druggists or delivered. Will tell you more if you write.

W. F. YOUNG, P.D.F., 516 Lymans Bldg., Montreal, Can.

Absorbine and Absorbine, Jr., are made in Canada.

DON'T NEGLECT A RHEUMATIC PAIN

Go after it with Sloan's Liniment before it gets dangerous

Apply a *little*, don't *rub*, let it *penetrate*, and—good-by twinge! Same for external aches, pains, strains, stiffness of joints or muscles, lameness, bruises.

Instant relief without mussiness or soiled clothing. Reliable—the biggest selling liniment year after year. Economical by reason of enormous sales. Keep a big bottle ready at all times. Made in Canada. Ask your druggist for Sloan's Liniment.

Sloan's Liniment Kills Pain

30c., 60c., $1.20.

FACE A FRIGHT WITH PIMPLES

Also On Back. Kept Awake. Cuticura Healed at Cost of 75c.

"My face and back were all broken out with pimples, and my face was a fright to look at. The pimples festered and were scattered, and were so itchy that I scratched until the skin was sore and red. They kept me awake at night.

"When I saw Cuticura Soap and Ointment advertised I thought I would try them. I was completely healed after using one box of Cuticura Ointment and one cake of Soap." (Signed) Miss Mary Hastedt, Cottam, Ont., August 19, 1917.

Keep your skin clear by using Cuticura Soap and Ointment for every-day toilet purposes. Nothing better.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

HIRST'S PAIN EXTERMINATOR

DON'T SUFFER PAIN—BUY HIRST'S!

and be prepared against attacks of rheumatism, lumbago, neuralgia, toothache and earache. Equally effective for relieving swollen joints, sprains, sore throat and other painful ailments. For over 40 years a family friend. Don't experiment—buy Hirst's—always have a bottle in the house. Has a hundred uses.

At dealers or write us. HIRST REMEDY CO., Hamilton, Canada.

35¢ BOTTLE

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Where the balmy yet invigorating climate makes possible the enjoyment of outdoor sports throughout the Winter months.

POLO, GOLF, TENNIS, MOTORING, FISHING, BAY AND SURF BATHING

Write for Winter Folder and Golf Program.

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