

## STARVATION OR MERCILESS TORTURE

A choice between starvation or merciless torture is the dismal prospect before all victims of indigestion, for although they are in need of food to nourish the body, they are afraid to eat because of the long periods of pain and discomfort that follow even the lightest of meals.

The urgent need of all who suffer from indigestion is to gain strength so that the stomach can extract nourishment from the food taken. Pain after eating is the way the stomach signifies its protest that it is too weak to do nature's work. To take purgatives is only to aggravate the trouble. Dr. Williams' Pink Pills give new strength to weak stomachs because they enrich and purify the blood supply, thus enabling the stomach to digest food naturally. Almost from the first the appetite revives; then food can be taken without pain and the burden of indigestion disappears. The following case proves the truth of these statements.

Mr. W. H. Silver, a well-known farmer living in the vicinity of Hemford, N.S., says: "For upwards of seven years I was tortured with indigestion; sometimes I was so bad that I would not taste a bit of hearty food, but would have to content myself with a bit of stale bread. At times I suffered excruciating pains in my stomach, and could hardly sleep at night. I tried various prescriptions, but got no benefit from them and naturally I was in a very reduced state of health. I had come to believe that I was doomed for the balance of my life to this most constant torture, when I read of a case similar to my own cured through the use of Dr. Williams' Pink Pills. This gave me new courage, and I decided to try them. To make a long story short, the use of the Pills for a couple of months completely cured me. This is some two years ago, and I have had no return of the trouble, and am able to eat as hearty a meal as anyone."

You can get Dr. Williams' Pink Pills through your medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Where rain water cannot be obtained, ordinary water should be stood out of doors for some hours before use.

## The Food Value of Milk

Prof. M. J. Rosenau, professor of preventative medicine and hygiene, Harvard Medical School, is recognized as America's foremost pure milk authority and author of "The Milk Question," etc. Writing in "Safe Milk," published by City Dairy Co., Toronto, Professor Rosenau says:

"Milk is one of the cheapest foods on the market. It is also one of the best. It is best because it is so easily digested, and because it is one of the most nourishing of all our standard articles of diet.

"Milk contains all of the ingredients needed to nourish the body. It contains these ingredients in just the right proportion which experience and science show should be contained in a well-balanced ration. Thus, it contains:

Albumin, like white of egg ..	1.5%
Sugar, like cane sugar ....	7%
Fat, like butter ...	3 to 4%
Salt, like com. table salt	0.2%
Water .....	87%

"The albumin furnishes the materials which build up the body and keep it in repair. The fat and sugar provide fuel to keep the body warm and furnish it with power needed to do its work. The water and salt are necessary for life. Milk also contains antitoxins, useful cells and other substances that are of great importance, especially to the infant. It must be plain, then, that milk is an enormously complex substance—it is both food and drink. The infant thrives on milk alone, and the adult can live for months with nothing else.

"Milk may be served in a number of different ways, as custards, puddings, sauces, cream, ice cream,

cheese, etc. It has been figured out by Government experts that 16% of the ordinary American diet consists of milk or milk products. This figure is an evidence of the very important place milk has on the family dining table as well as on the family purse.

"When compared with other articles, the food value of milk normally contains a large proportion of water—87%. When, however, the portions ordinarily served at meals are considered, the high worth of milk is clearly shown. Thus, the food value of a glass of milk is approximately equal to two large eggs, a large serving of lean meat, two moderate sized potatoes, five tablespoonfuls of good cereal, three tablespoonfuls of boiled rice, or two slices of bread.

"One quart of milk is about equal in food value to one of the following: two lbs. of salt codfish, three lbs. of fresh codfish, two lbs. of chicken, four lbs. of beets, five lbs. of turnips, one-sixth lb. of butter, one-third lb. of wheat flour, one-third lb. of cheese, three-quarter lb. of lean round beef, eight eggs, two lbs. of potatoes, six lbs. of spinach, seven lbs. of lettuce, four lbs. of cabbage.

"Milk varies somewhat in composition, especially in amount of butter fat (cream) it contains. Certain cows furnish richer milk than others, therefore, it is customary in good dairy practice to mix the milk of several cows immediately after it is drawn. In this way the consumer is assured a more uniform product from day to day.

"In the household, milk should always be kept cold, clean, and covered."

### His Stomach First.

Mr. Doublechin was the despair of his socially ambitious better-half. They had been dining with some friends, at whose abode they had, unfortunately, arrived a little late, and now, on the homeward journey, it was quite patent that the lady was not in the best of tempers.

"Whatever were you thinking of, John!" she said, "to make your way to a seat at the table without first greeting the hostess?"

"Well, missus," replied the husband, with a broad smile, "I reckoned the hostess, as you call her, would keep; but, judging from the rattle of the knives and forks, the 'grub' seemed in danger of disappearing."

### COLICKY CHILDREN

Colicky children can be promptly cured by Baby's Own Tablets because these Tablets act directly on the stomach and bowels and cleanse them of all impurities. Concerning them Mrs. Jas. C. Slater, Summerville, N.S., writes: "I have used Baby's Own Tablets and am glad to say I have found them an excellent medicine for colic and loss of sleep." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### VIVE LA FRANCE.

A Marshal's Baton May Be Found in the Knapsack of Jacques Goujon

A good deal is heard of brave deeds that win the Iron Cross and the Victoria Cross, but the heroism that calls for an award of the Medaille Militaire by the French Government seldom reaches us in the despatches. This token of valor is the highest mark of distinction a French soldier can receive. As in the case of the Victoria Cross, only intrepid souls may aspire to the Medaille Militaire. The wearer is among the bravest of the brave, and he finds himself in a select company. He is honored with that generous envy characteristic of the rank and file of the French army. One of the youngest soldiers upon whose breast the decoration has been pinned in the great war is Jacques Goujon, a boy of 17.

Jacques volunteered at the beginning of the war. He knew nothing of the school of the soldier. He was simply the raw material of which heroes are made, and he soon proved himself one. The opportunity came when, with some of his comrades, he was ordered to locate machine guns of the enemy that had been very troublesome. The little party discovered the hiding place of the guns, but only after two German sentries were shot down. Before the quick-firers could be seized the French were attacked by a superior force and all but Goujon were killed. The lad disappeared into a hollow made by a shell, and remained there for 3 hours until the coast seemed to be clear. Emerging from his hole in the earth Jacques did not immediately return to his own lines, but decided to execute the orders given him.

Being an inexperienced soldier, Jacques spent no time in speculating about the reason why the machine guns, of which there were three, had not been removed by the Germans. Two of the guns he at once destroyed with bombs, and in the very act the boy was taken prisoner. But Private Goujon was not done yet. With ready wit and a pair of nimble legs he made his escape while being conducted to the rear. Later Jacques, pulling the remaining quick-firer, appeared in the French camp. No details are given in the meagre dispatch of how the boy achieved this coup. Probably darkness favored him. We know only that the Medaille Militaire was bestowed upon him, that he was mentioned in an order of the day by the adjutant of his regiment, and that he was promoted to corporal.

We have an idea that there is a marshal's baton in the knapsack of Jacques Goujon, although since he was honored in the presence of his comrades a shell has blown off one of his arms. However, it is only an incident in his career as a soldier—that splendid veteran General Pau has but one arm.

### War's Terrible Aftermath.

The ground to the west of the now shattered town of Neuve Chapelle, from which the British drove the Germans with terrible loss of life for both sides, is described as "literally cobbled with German skulls." The dead lie buried in shallow graves everywhere, and the vicinity is strewn with wreckage and debris, like the site of a town after it has been razed by a cyclone.

Neither the Germans nor the British dare attempt to remove the corpses, and unless some situation develops to alter the relative position of the opposing lines they are likely still to be there when the summer comes. Many of the trenches and the dugouts where the men live harbor the bodies of thousands of men which were covered with earth after the British rush. Many have been buried by both the Germans and the British, and little white crosses to-day dot the landscapes between the lines.

So quickly did the British break through the German line that full details of the action are only now becoming known. The suddenness of the advance was such that many of the men were so dazed that all they knew was that they got through. In fact, British staff officers say that it was too quick for the best results, the German line giving way so suddenly that the British found themselves like a man who hits his opponent with all



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his might, and encounters but slight resistance, and is thereby thrown off his balance.

Said one officer with a smile:—"At any rate, we gave the Germans the worst drubbing of the war, and the effect all along our front has been incalculable. Every man in the British army believes sincerely we can break the German line if we want to, and that is a mighty comfortable feeling."

Cats will never re-enter a garden if, from a concealed place, they are treated to a syringing of paraffin.



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