

# The Food Value of Milk

Prof. M. J. Rosenau, professor of preventive medicine and hygiene, Harvard Medical School, is recognized as America's foremost pure milk authority and author of "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. It contains all the ingredients needed to nourish the body. It contains the best 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 to do its work. The water and salt are necessary for life. Milk also contains antioxides, useful cells and other substances that are of great importance, especially to the infant. It 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, etc."

"When compared with other articles of food, the value of milk is approximately equal to two large eggs, a large serving of lean meat, two moderate sized potatoes, five tablespoonsful of good cereal, three tablespoonsful 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 beef, five lbs. of turnips, one-sixth lb. of butter, one-third lb. of wheat flour, one-third 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."

"The armhole and low round or pointed neck edge. Many of the crepe de Chine camisoles have a little added sleeve of lace just long enough to conceal the sleeve protector or to veil the under arm a bit. This short sleeve is often slashed on the outside to the arm and the lace rounded up to the shoulder. This gives a more graceful effect through the outside blouse."

"The new white organdie blouses often have a bias band of pale indigo blue or reddish pink. It is not much more than half or three-quarters inch wide and is fastened to the blouse edge, collar and cuffs. Sometimes the two tones are used together, one overlaying the other."

"One or two of these new washable models do not open in front, but quite a bid to one side, the opening being hidden yet accentuated by a bias band of the colored tulle or organdie."

"The double ruffle on the blouse in front is noted on several new models; it is a shape ruffle, widening from nothing at the waist line to the fullest width at the top. It is closely pleated, only falling into jabot folds after one has snipped out the invisible stitches that hold it so the pleats will stay almost horizontal."

"Why Taffy 'Pulls' White. Taffy made from sugar or molasses becomes white by pulling. Do you know why? The exposure to the air and the friction evaporate the syrup, which contains most of the coloring matter. The carbon in the sugar, which is always white, contains eleven atoms of oxygen to twelve atoms of carbon and eleven atoms of hydrogen."

"The syrup drained from the same sugar in the refining process only contains more or less coloring matter, but has a smaller proportion of oxygen to the amount of carbon."

"Still another reason why sugar is whitened in pulling is that this operation, like the crushing process when applied to rock candy, one of the purest forms of sugar, destroys or impairs its power of absorbing light, and causes it to reflect all the elementary colors in each ray, which, of course, results in white light."

"Weel Worth Trying. During a tour of Scotland an American, thinking to get a rise out of a Highland minister, remarked: 'Don't you think if a man left enough money to you that he would get into Heaven?' 'Aweel,' was the cautious reply, 'I wadna say that for a fact, but it weel worth tryin.'"

# The Duty of Spending

One of the causes of the present industrial depression is the short-sighted economy of those whose spending power has not been seriously curtailed. The fact is easily established by the bank returns showing increases in deposits. Since thousands of manufacturers' wholesalers and retailers' employees have been thrown out of work, or have had their wages reduced, it is evident that their bank accounts must have either disappeared or decreased. Consequently the total savings bank deposits could only increase by substantial additions to the accounts of those whose incomes have escaped the general cut. These persons are putting their surplus into the banks instead of spending them. This means that they are going without clothes, furniture, machinery, and many other articles in order to increase their savings.

The effect becomes apparent in our imports entered for consumption as follows: year ending March 31st, 1913, \$670,000,000; year ending March 31st, 1914, \$185,000,000;

year ending March 31st, 1915, \$455,000,000. These decreases in our purchases abroad indicate that there must be correspondingly great decreases in our purchases at home. It is true that our borrowings from England have been seriously curtailed, but it is also true that they have been replaced to a certain extent by sales of bonds in the United States which, since the outbreak of war, have amounted to about \$70,000,000. The people of Canada, after three years of great extravagance, have gone suddenly to the other extreme and have been frightened into a fit of rigid economy. The result has been a serious decrease in manufacturing output. If every man in Canada determined to do without neckties for a year, for example, the effect would be severe to the manufacturers who make neckties. If those who have money would spend it within reasonable limits, our factories would be benefited to an almost incredible extent, employment would be furnished to many who need it and the return to prosperity would be hastened.

cheese, etc. It has been figured out by Government experts that 18% 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.

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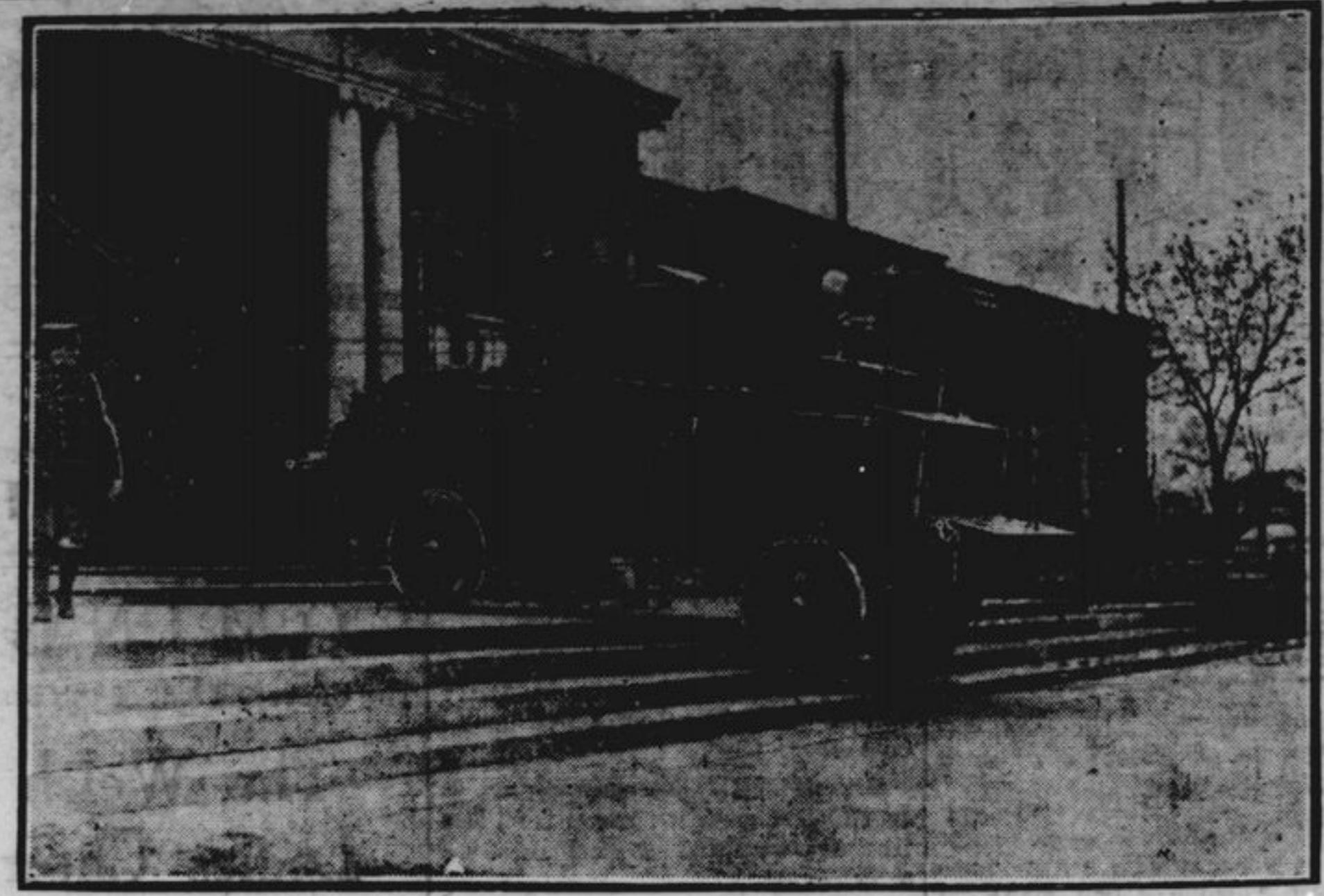
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One of the Armored Cars of the Eaton Battery Doing a Climbing Stunt at the Exhibition Camp, Toronto.

# POULTRY

Remove Male Birds. Eggs which have been fertilized constitute the greatest proportion of the inferior stock which, when examined, proves unfit for food. It is not necessary that these shall have remained for a time under a broody hen, a temperature of seventy degrees being, in itself, sufficient to cause the germ to commence to grow. If the heat is constant the development of the chick will continue, but if it ceases or is intermittent, putrefaction at once sets in and the egg becomes bad. On the other hand infertile eggs which are free from the active germ cell, do not, under ordinary conditions, deteriorate seriously.

Few farmers seem to realize these facts, and consequently very few make any effort to insure infertile. The impression prevails among many, that the presence of the male bird in the flock is essential to the production of a maximum number of eggs. This assumption has been proven, time and time again, to be absolutely without foundation.

Farmers and others selling eggs for market are recommended to kill off or dispose of the male birds after the breeding season. As a result of their remaining with the flock after June 1st, Canadian farmers lose each year at least a million dollars, through the presence of partially incubated eggs in the produce which is marketed. The fact that the best trade in many cities in Canada now offers the premium of from one to five cents per dozen, for non-fertilized eggs, suggests an additional financial consideration which but few can afford to overlook.

Disposing of Eggs. 1. Study carefully the rules for the production and marketing of new laid eggs. 2. Remember that only the strict observance of these simple rules will bring the highest prices and improve the quality of eggs generally. 3. Be careful to stamp the eggs on the large end only. 4. In stamping do not bear too heavily upon the ink pad when inking the stamp nor on the egg when stamping. 5. Never wet the ink pad, if it becomes dry speak to the collector and he will re-ink the pad for you. 6. If the stamp becomes detached from the wooden handle, it can be readily repaired with a good mucilage. 7. Do not allow the children to stamp the eggs until you have taught them to do so properly, by allowing them to practice on the eggs to be used at home. 8. On wet mornings it is a good plan to throw down a little clean straw on the floor of the poultry house. The number of dirty eggs can be materially lessened if the hens scratch in the straw before going to the nests to lay. 9. Do not stamp the very small or the very dirty eggs. They may be packed separately and marketed as a second grade through the egg circle. 10. Be a good co-operator by always being ready and ready for the collector when he calls. 11. Do everything in your power to support your egg circle. Remember that you are a vital unit in it and that it is necessary for each member to be loyal to the association to enable it to succeed. 12. Remember that the reputation of your circle depends upon quality. 13. Strive to make your circle the best in the Dominion.

"Safety First" Candle. Candles can be easily fitted with attachments to extinguish the light at a set time. To determine the length of time it is necessary to mark a candle of the size used and time how long a certain length of it will burn. Then it is enough to suspend a small metal dome or cap to which a string is attached directly over the flame and run the opposite end of the string over nails or through screw eyes, so that it can be tied around the candle such a distance from the flame end that the part between the flame and the string will be consumed in the time desired for the light to burn. When this point is reached the string slips off the candle and the cap drops on the flame.

# RED CROSS SOCIETY.

Socks and Handkerchiefs Will Be Needed While the War Lasts. Toronto, May 10.—The following interesting letter has been received by Mrs. Plumptre, secretary of the National Service Committee, from Mrs. McLaren Brown, secretary of the Ladies' Committee of the C.W.C.A. The people of Canada, who have taken a great interest in the work of the association throughout the Dominion, will read this letter with interest.

The letter, which is dated London, April 21, is as follows:—"We have to-day finished the week's work of unpacking about 80 cases received from Canada, most of which have come through your Halifax office."

"Col. Ryerson has paid several visits to the Ladies' Committee of the association and is, I think, quite satisfied that we at our end are doing our best to finish worthily the work which is begun and carried through at your end."

"As you know, the British War Office has now requested that only socks and handkerchiefs be forwarded to the troops at the front. The warm weather coming on and the prospect of the terrible trench life coming to an end makes it unnecessary to supply supplementary garments in such quantities. But socks and handkerchiefs we still need and shall continue to need week by week so long as the war lasts. All over the United Kingdom the various societies for sending comforts to the front are busily engaged in ripping up woollen garments so that the wool obtained can be converted into socks."

"It sounds rather terrible that the result of so much time and labor should be thus ruthlessly pulled to pieces, but wool is scarce and dear. Body belts, scarves and helmets will not be needed for many months to come, and socks are needed every hour of the day. So we have fallen into line and interested our friends in knitting for the Canadians and most generous has been the response to our call for voluntary workers."

"Every woman on the committee has her whole household busily engaged in winding wool. Then the balls are brought back here, sorted and arranged according to weight and color, then weighed out into five and ten pound lots. These are sent to the hospital. It is perfectly astonishing what we get through. Of course, we have not depleted our stores entirely, and the last two weeks the Ladies' Committee have been tremendously busy repacking for summer storage."

"We keep a large emergency supply in our store-room here. The garments for storage are numbered and packed in layers of tar paper and carbon and sent off to our various depots in the country. In the cases we have unpacked during the last ten days we have found a number of individual names written on cards attached to the various garments. These cards we, of course, leave pinned on, and no doubt the recipients are doubly pleased to get a little personal message attached."

"This last consignment consisting, I am thankful to say, largely of socks, comes from many places. The following seem to be the principal ones: Langford; Mrs. Barrett, B.C.; Lucy Smith Chapter, Sackville, N.B.; Mrs. Kay, Nicola Valley, B.C.; Municipal Chapter, I.O.D.E., Montreal; Mrs. Barrett, The Manor, Langdon; Port Elgin, N.B.; Mrs. Green, Greenwood; Women's Institute of Ontario, and others."

"I am writing to the individual chapters of the Daughters of the Empire wherever the name and address is given, but I should be very glad if you think it worth while if you would let your splendid band of workers, which extends from the Atlantic to the Pacific, know how very grateful the Canadian War Contingent Association is for all that they have done and are doing."

Ryerson said it delighted him more than he could say to see how swiftly and carefully the things that Canadian patriotic leagues sent to us were speeded on the last stage of their journey to the men who needed them, whether at the front, at the base, in camp, or in hospital."

"I do not know whether I told you that the Queen's Canadian Military Hospital is putting on two additional with 100 extra beds. We are also installing a new surgical bed, and so many Canadian friends have sent me \$25 to name and equip one of these beds that I will be able to put them in all

over the hospital and call for 116-inch sheets."

"These are, of course, 6 inches longer than the ordinary hospital sheet, and have to be made to order. The Scottish branch of the Red Cross Society has been like a guardian angel to us, and when they heard of the addition to our hospital had 100 of these sheets and quilts to match made to our order and sent them off to us with a splendid donation of other hospital supplies as well."

"In our hospital, as in all others, we find that towels have to be got in literally by the cartload, and, of course, the bedding wears out very fast owing to the frequent and strenuous washing. However, we are doing splendidly, and already Canadians at the front are trying to get the wounded who come back put under our care."

"The hospital is in a beautiful spot, and on the warm sunny days which come to the south coast about this time we are able to carry all but the very sick patients down on stretchers and put them on the lawn where they can enjoy the sea breezes and the bright sunshine."

"I am directed by my committee to thank you most gratefully for your wonderful kindness on behalf of all the Canadians on this side of the Atlantic and to thank you specially for all that you have done for the Canadian War Contingent Association."

"I wish you could see our rooms downstairs. It is quite a sight to watch the baling of the things for the front and the counting and sorting and labelling and storing of things for the hospital, things for emergency. Sometimes we get as many as 27 cases down in a morning, and some of us work in the afternoons too. Of course it is a bit of a strain to put in more than three or four hours at a stretch."

Red Cross Notes. Work on the Duchess of Connaught Hospital at Cliveden, Tottenham, England, is being rushed to completion day, night and on Sundays, according to a cablegram received by the chairman of the Executive Committee of the Canadian Red Cross Society by the Commissioners in London. Colonel Hodgkins says there were recently 117 patients in the institution, all of whom are doing well. The Commissioner also says he has sent 1,000 cases of supplies to Boulogne.

It has been announced by Mr. Noel Marshall, chairman of the Executive Committee of the Canadian Red Cross Society, that the 500 beds at the Duchess of Connaught Hospital at Cliveden, Bucks, England, have been fully subscribed and the fund is there, freely closed.

Fifteen nurses from all parts of the province and western Canada spent the week end two weeks ago in Toronto, and on Saturday they were entertained to luncheon by Mr. Noel Marshall, chairman of the Executive Committee of the Canadian Red Cross Society, at the Old Country on Wednesday. On their arrival at the port of embarkation they were met by seven more nurses, and on their reaching London were received by the St. John's Ambulance Association. They will be sent where their services are most urgently required. The second contingent of nurses will sail on May 13.

S. Instruments in War Zone. Surgeons in European hospitals are using a machine for removing splinters of iron and steel from wounds incidental to the war. It is a magnetic machine that has met with great success in some of the industrial plants of Pittsburgh for more than a year.

The machine is really an electromagnet. Four thousand watts are required for its operation, or enough power to supply 100 thirty-two candle power Mazda lamps.

It was necessary to probe for a steel splinter before this machine was installed. The magnet removes such particles instantly and painlessly. One of the workmen at East Pittsburgh tried to drill one of his own teeth, says Dr. O. A. Dauffer. The drill broke off about half an inch from the end and remained stuck in the cavity. It looked as if the only way to remove the drill would be to pull the tooth. But the magnetic machine drew out the drill instantly.

# Death An Integral Part of Life

In Our Ignorance of Dissolution We Assume It to be Something Terrible.

"Fear not the sentence of death \*\*\* this is the sentence from the Lord over all flesh. And why dost thou refuse, when it is in the good pleasure of the Most High?"—Ecclesiasticus, xii, 2-4.

The fear of death is undoubtedly at bottom an instinct—an inversion of that most powerful of all instincts, self-preservation. This instinct, like other instincts, could be conquered and fear of death thus banished from our hearts were it not that we ourselves complicate the situation by projecting into the future, about which we know nothing, all manner of vain imaginings. The fear of death thus becomes not so much a natural inheritance as it is an arbitrary creation which we suppose to be attached to the process of dissolution, we shrink from thought of the inert body, the open grave, the lonely cemetery, with which we, as living spirits, are haunted, like children in a darkened room, by the uncertainty which enshrouds this whole mystery of dying. In our ignorance of the death we assume it to be something terrible and thus ourselves conjure up the spectre which affrights us. If we sit down in calmness of mind, however, and look at death just as it is, what do we see?

First of all is the fact that we are face to face here with a universal phenomenon—a cosmic process like gravitation. Life is made up of a succession of episodes, and one among these is death. Such a universal occurrence cannot be regarded as an accident, a penalty, a climax, or even an end. On the contrary, it must be regarded as only one of the many changes which life undergoes as it moves from stage to stage of its development—some of its many transitions in form which distinguish an animate from an inanimate object. To single it out as something which has a

unique and therefore dreadful significance is to distort the good custom of the universe. What we need is a right perspective—to see death as an integral part of life. Then shall we think no more of dying than of sleeping. We shall die, as we have lived to live—naturally, and as a plain matter of fact! But we should die not only calmly, but gladly! For consider the solemn fact that all the millions of men who have preceded us upon this planet have, each in his good time, gone forth upon the silent ways of death. The great, the good, the strong, the brave—all have met this end. And shall we, now, rebel against receiving what all men have received since time began? On the contrary, shall we not be proud to walk in the footsteps of the generations that have gone before? Would we not rebel if we alone were to be denied this universal lot? Suppose some angel should descend to earth and say that we were to be spared this fate of time! At first we might shout for very joy. But at second thought we would not weep, for the company of the dead! Would we not say as did Marjess, when, offered endless life upon the earth, she thought: "Of men that die believe, women that loved \*\*\* and now are dead. Since they have died, their death is ever mine. I would not lose it." Thus should we, not with pride, but bravely; not with reluctance, but "quite in our ordinary way," not reluctantly,

"like the quarry-slave at night Scourged to his dungeon." But gladly, proudly, as one who lays him down "with kings, the wise, the good. All in one mighty sepulchre."

—Rev. John Haynes Holmes.

# HEALTH

About Colds. A cold is one of the most common ailments. Most people do not take ordinary precautions to guard against it. It is communicable, and readily passed from one person to another.

A cold or "just a little sore throat," especially in children, should be taken seriously. Measles and whooping cough generally begin like head colds. Diphtheria and scarlet fever are often "just a little sore throat" at the beginning.

Colds are caused by germs, and when you develop a cold it means that you have become infected and the germs have begun to grow and develop in your nose and throat, producing poisons that are being absorbed into your body, making you feel at times miserable.

Some vigorous people who live an outdoor life and care for and strengthen their bodies with cool baths and exercise never seem to "catch cold," while others who take no exercise and keep housed in hot, close rooms, are very prone to attack on exposure.

Colds often act like other communicable diseases. Someone in the family "catches cold," and brings the germs home, and one after another the members of the household become infected.

To avoid this, watch for the first victim and keep the germs from spreading by making the person sneeze or cough in his or her handkerchief, as coughing without such protection is the most common way of spreading the germs. After the handkerchief is soiled it should be boiled from twenty to thirty minutes.

"At this season of the year, with pleasant out-of-door weather at hand, we are all apt to neglect some precautions and catch cold. No illness is more widespread or more neglected than these common colds, and, when neglected, consequences are often serious.

Colds are largely preventable. That they are caused by germs is undoubtedly true, but we have these germs with us always. It is only when the system is weakened in its normal resistance that the germs succeed in breaking down the defences, and, entering the tissues, produce that acute inflammation of the throat and nasal passages known as a head cold.

Children frequently "take cold" at this season of the year by sitting upon the ground. A cold may be contracted by going without the customary wraps or bareheaded, wetting the feet, violent muscular exertion without proper after-purification.

Both the love and the friendship of life. Catch glimpses of faces we better would know, Yet pass them like ships of the night.

A word, a smile, maybe clasp of a hand, Or we see through eyes to the soul— We cannot explain, but there is a bond Which we feel would through lifetime hold.

Or it may be the paths for one brief day Will lead us along side by side— Just a glimpse in each life before the way Causes the paths to diverge far and wide.

And somehow there's left an ache in the heart That we wish again and again— As these paths would not lead so far apart— Heart hungry for love and a friend!

# Grain, Oil

Prices of the Market

Wheat	1.44
Corn	1.10
Rye	1.00
Oats	0.80
Barley	1.20
Sorghum	1.10
Flour	1.80
Wool	1.50

# GOOD PROGRESS IN DARDAN

Strang Positions Still Way to the Narrows

However,

A despatch from the Gallipoli front reported, although they have not yet captured the positions which bar the Narrows of the Dardanelles.

An official despatch from the Gallipoli front also has been received, reporting that the Gallipoli troops for weeks have lacked ammunition, have abundant supply of supplies from the Mediterranean.

The following has been from the Mediterranean:

"General Cox's brigades with heavy loss an advance position north of the Gallipoli peninsula of Gulluk has a half a mile. The ground was consolidated during in spite of very strong attacks."

The Lancashire terraced have made considerable progress. Our howitzer ammunition weapons of heavy howitzers, and direct hit on one of the front of the Australian Zealand army corps' trenches and a new movement were demolished.

Every day now an Anglo-French country are reported as very heavily.

# LEFT AUTOMOBILES

Heavy Shell Burst Kaiser's Chances

A despatch from the German Emperor had a narrow escape from the operations in the River San, in Galicia, from a despatch from heavy shell burst 500 feet fell among some of

# GERMANS

All the Big Gun Coast T

A despatch from the Daily Mail's correspondent Amsterdam cables that the German fleet had been sent east by the Kaiser's orders to bring reserves of men and art