

**Crown Syrup in "Perfect Seal" Quart Jars.**  
Holds 3 lbs. syrup — when empty use for preserves.

**CROWN BRAND CORN SYRUP** — the pure, wholesome table syrup, with the delightful flavor.

Also sold in 2, 5, 10 and 20 pound tins — at all grocers. Write for free Cook Book.

THE CANADA STARCH CO. LIMITED, MONTREAL.

**Start Tomorrow and Keep It Up Every Morning**

Get in the habit of drinking a glass of hot water before breakfast.

We're not here long, so let's make our stay agreeable. Let us live well, eat well, digest well, work well, sleep well, and look well. What a glorious condition to attain, and yet, how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach can, instead, feel as fresh as a daisy by opening the stapes of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver and bowels the previous day's indigestible waste, sour bile and poisonous toxins. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast.

The millions of people who are bothered with constipation, bilious spells, stomach troubles, others who have yellow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store. This will cost very little, but is sufficient to make anyone a pronounced crank on the subject of inside-bathing before breakfast.

**For Women's Ailments**

Dr. Martel's Female Pills have been ordered by physicians and sold by reliable Druggists everywhere for over a quarter of a century, don't accept a substitute.

**Have You Tried Oleomargarine Yet?**

If not, we carry the best grade, along with full stock of choice groceries, at

**Thompson's Grocery**  
294 Princess St., Phone 397.

**Fresh Haddock and Cod, Whiting, Tom Cods, Smelts, Oysters.**

**Dominion Fish Co.**

**For LIFE ACCIDENT FIRE INSURANCE.**

**J. B. COOKE**  
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**Maple Leaf Grocery**

Cooked Meats of All Kinds. Baked Ham, Corned Beef, Pork Sausages, Cooked Sausages, Headcheese, Ham, Frankfurters, Jellied Tongues, Corned Ham, Ham Bologna, Jellied Steak.

Fresh assortment always on hand.

**Alex Potter**  
Phone 722. 12 Ridgeway St.

**MAKING MORE SAILORS**

**HOW THE BRITISH TRAIN NEW CANADIAN MATERIAL**

Boys From the Dominion Are Drilling in Beautiful Devonshire and a Programme for the Future Service of the Bluejackets Has Been Mapped Out by the Naval Authorities.

FOUR years ago, when the naval debate occupied Parliament at Ottawa, an argument frequently heard against the "Canadian Navy" proposal was that, so far, Canadians had not shown any inclination for this calling. This recollection came to my mind as an express train bore me over the wild moorlands of Devonshire, where I was to see some Canadian Naval Reserve recruits in training. The naval instinct is natural in such a country, where the sea beats on three sides of it, but is it to be found in men who live in Ontario and Saskatchewan? One has become accustomed to the Canadian in khaki; but "Jack Canuck" as a bluejacket has not as yet a marked individuality.

True, they were Neophytes, those whom we saw in the gunnery school at Devonport; the Admiralty authorities said there were no Canadians on any of the ships around that base, hence it was impossible to see the men in their real atmosphere. Nevertheless, the 60 Canadians whom we picked out from various stages of instruction showed a ready aptitude for gunnery which, in these days, is the first essential of naval warfare.

Devonport, an adjacent and younger sister borough of Plymouth, will always be interesting in Canadian annals as the port of arrival of the 1st Division; in fact, my previous visit dates back to mid-October three years ago. It is not an attractive city as regards streets and buildings, but the naval establishment is excellently organized; the buildings are spacious, clean, and well adapted for their different purposes. The grounds are well laid out on the banks of a navigable river, banked by soft green hills.

The primary plan for Canadian recruits in the Royal Naval Reserve was that they should be trained for patrol duty on the Atlantic and Pacific coasts of the Dominion, but as the requisite establishment for this work is now in training are being drafted to this duty at the European seat of war. The period of training ashore covers 60 days, and the course covers:

1. Musketry or field training.
2. Drill and stripping (guns).
3. Shooting and pistol practice.
4. Study of ammunition.

At the end of this course they have five days' actual firing practice in the gunboats, and thereafter they are available for being drafted to patrol duty. If not required on sea, they come back for further instruction.

In the gunnery instruction exercises were proceeding with guns such as would be operated on an armed merchantman and on trawlers, but as ammunition is needed to leave his mark on Hun ships, these gun exercises are taught with small dummy devices, which while requiring the same calculations and sights, waste no powder and shot, so that instead of heavy explosions, one only hears a click like a toy pistol. In successive groups men were studying submarine sighting taking guns to pieces and putting them together again, anti-aircraft gunnery, battery work, the nature of various kinds of ammunition, and so forth. Officially their course of instruction was designated G. L. T.-gun laying for trawlers.

**OLD FOLKS NEED "CASCARETS" FOR LIVER, BOWELS**

Salts, colomel, pills acts on bowels like pepper acts in nostrils.

Enjoy life! Don't stay bilious, sick, headachy and constipated.

Get a 10-cent box now.

Most old people must give to the bowels some regular help, else they suffer from constipation. The condition is perfectly natural. It is just as natural as it is for old people to walk slowly. For age is never so active as youth. The muscles are less elastic. And the bowels are muscles.

So all old people need Cascarets. One might as well refuse to aid weak eyes with glasses as to neglect the bowels to weak bowels. The bowels must be kept active. This is important at all ages, but never so much as at fifty.

Age is not a time for harsh physics. Youth may occasionally whip the bowels into activity. But a laxative can't be used every day. What the bowels of the old need is gentle and natural tonic. One that can be constantly used without harm. The only such tonic is Cascarets, and they cost only 10 cents per box at any drug store. They work while

**Mother and Children**

**Had Awful Coughs**

Were Cured by DR. WOOD'S NORWAY PINE SYRUP

Mrs. Arthur Appleyard, Novar, Ont., writes: "This past winter my children and I had awful colds and coughs which we got by being in drafts. I tried a number of different remedies for us, but got no relief. I thought I would try Dr. Wood's Norway Pine Syrup, and I found it a most excellent and sure cure. It gave relief to the tickling in the throat and stopped the cough and with a few bottles we were all cured."

There are a lot of imitations on the market, so when you ask for "Dr. Wood's" see that you get it. Put up in a yellow wrapper, three pine trees the trade mark; price 25c and 50c; manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

**CAN DEMOCRACY BE BEATEN**

Sir Edward Carson Sums Up the Present State of the War.

London, Feb. 4.—Sir Edward Carson, addressing the British Empire Producers Organization, said the present was a critical time, both for ourselves and our enemies. He believed the position had resolved itself into this: Would autocracy discipline for war show a greater endurance and courage than a league of democracies trained for peace? The real issue was: Could democracy when attacked defend itself? We all wanted peace but the recent speeches of the Austro-German leaders had not offered an honorable peace. We were told we must give up Aden, Gibraltar, the Falklands, Hong Kong and Malta. "As long as this is the enemy dream," Sir Edward declared, "this country down to the greatest pacifist, will have nothing to do with it."

**Humor in the Trenches.**

The laughable truth is out concerning the fur coats which were supplied to the British soldiers two winters ago in France. Ian Hay, in his new book, "All in a Lifetime," describes the coats and the way in which they were received by the men.

"There has been an issue of so-called fur jackets, in which the Practical Joke Department (officially the Army Ordnance Department) has plainly taken a hand. Most of the garments appear to have been contributed by animals unknown to zoology, or a syndicate thereof. Corporal Mucklewame's costume gives him the appearance of a St. Bernard dog with a astrakhan forelock. Sergeant Carrae is attired in what looks like the skin of Nana, the dog-nurse in 'Peter Pan.'

"Private Nigg, the undersized youth of bashful disposition, creeps forlornly about his duties disguised as an imitation leopard. As he passes the fatuous persons pull what is left of his tail. Private Tosh on being confronted with his winter trousseau observed bitterly: "I find the Army for me to be a sojer, but I doot they must have pit me down as a mountain goat!"

**Greatest Hoax of War.**

Probably the greatest hoax of the war—one which millions believed for a time at least—was the story that from 100,000 to 200,000 Russian troops had arrived in England from Archangel. These troops, so the early stories ran, had been sent to fight across the United Kingdom in cars with the shades drawn down, and at any moment were likely to appear on the western front with the troops of the Great Britain, France, and Belgium.

The story was first printed in New York. It spread throughout America, and was cabled abroad and doubtlessly sent by wireless to Berlin. The English censorship offered no official denial or affirmation of the story, but for a time every steamship from New York brought some individual who imagined he had seen the train. Kitchener let the hoax run without doing anything to stop it. Whether it had any effect on the Germans it is hard to tell, but amateur strategists conducting the war from office chairs saw great possibilities in it to stop the great German drive on Paris.

**TOO MUCH COAL TO CANADA**

Complaint Made by New York State Fuel Administrator.

New York, Feb. 4.—Criticism of the action of shippers and producers in sending coal to Canada at a period when factories throughout New York State need fuel to carry out Government war contracts is contained in a statement issued here by C. E. Robertson, deputy state fuel administrator.

As an instance of the flagrant violation of the law of equity and fair distribution," he said, Mr. Robertson quoted figures indicating that Canada last year received about 28 per cent, or nearly 3,000,000 tons of coal, "in excess of her proportionate share" from the United States as compared with the increased production of anthracite in this country in 1917 over the 1916 production.

"Wretched distribution" of coal was declared to have resulted in a situation today where 20 per cent of the state's factories will close, entirely or partly, unless fuel is available at once. Weather conditions over Pennsylvania and New Jersey, where coal trains are declared to be buried in snowdrifts, will make the situation even graver next week, it was asserted by fuel authorities.

**Is Bismarck's Book in London?**

Can it be possible that Great Britain has in her hands a weapon more powerful than sword, rifle, grenade, or cannon which she refuses to use against the enemy who would chain all mankind as slaves to the Kaiser's military machine? There is reason to believe that this question can be truthfully answered in the affirmative, and the fact opens certain very interesting pages of history bearing on the present war.

The weapon in question consists of the manuscript of the third volume of the memoirs of Bismarck, the iron chancellor, to whom, more than to any other man who ever lived, is due the unification of Germany and the growth of her power until she thought it strong enough to master the whole world. Everyone knows that after Bismarck had for life devoted his great talents to the services of Germany and the Kaiser's family, the latter turned him out of office in his old age, with every circumstance of ignominy, and even made threats of shameful punishment in case the ex-chancellor should publish facts in his possession that would set the case the true light before the world.

Bismarck was a master of the pen, had a store of wit and humor, was familiar with several languages, possessed a marvelous memory, and had an unsurpassed knowledge of public affairs in the world during that important era in which he was the most masterful statesman in Europe. His published memoirs, the record of his sayings and action during the Franco-German war by Bismarck, to say nothing of what general history tells of his achievements, suggest what an act of lunacy it was for the Kaiser to provoke the enmity of such a man. His dismissal by the Kaiser exasperated the veteran statesman to the utmost, and he determined to take vengeance by completing his autobiography in which his relations with Kaiser Wilhelm II. are fully set forth. The book was written, but never published, yet enough is known of its contents to awaken the keenest desire all over the world to read its every page.

It is said to detail the treatment of his parents by the Kaiser with a frankness that shows the son in a most odious light. But more important than this unflinching conduct toward both his parents are the revelations of his intrigues against Austria and the house of Hapsburg, which are said to be of such a character that if they were made public the Kaiser would never dare to visit Vienna again. It is Bismarck's intention to publish the volume in his lifetime. But knowledge of its contents reached the Kaiser, and he threatened the author with such dire penalties in case of its publication during his life that Bismarck, fearing its seizure by the emperor, secretly sent the manuscript to London, and it is now in the Bank of England.

When Bismarck died the Kaiser warned his sons, Herbert and William, not to publish the book, and they were prudent enough to obey the order. He also tried to get possession of the manuscript, but failed in the attempt, and there is little doubt that the work will some day come to light, a consummation, it may be said, devoutly to be wished by everyone interested in the affairs of this moving world.

The bearing of the case on the present war consists in the fact that as the Kaiser is the head and front of the German offensive against the rest of mankind, and as the Bismarck book would beyond doubt do him irreparable damage all over the world, including his own country and Austria, there are many who urge that the English Government should seize the manuscript as an enemy property and publish it as a war measure. The only reason why it has not been seized and published is said to be that such action would injure the reputation for security now enjoyed by the Bank of England. When one reflects on how little concern an agreement on a "scrap of paper," given under the most solemn circumstances, has for the Kaiser and his hordes, it tries one's patience to have our British ally balancing the reputation of a bank against the cause of the world's democracy. The Kaiser would sacrifice an army corps if he could thereby get the Bismarck manuscript. Perhaps the persistent attacks on London by zeppelins and airplanes are aimed at the Bank of England, in hope of destroying the hated copy of the Iron Chancellor. Why take any risk with an enemy in whom no faith can be placed? The world has a right to know all that can be known about the greatest enemy the human race has produced in recent years.

Published Bismarck's book and discuss the propriety of the act at The Hague.

Portugal's Contribution.

Captain Ferrero Simas, C.M.G., Portuguese military attaché in London, who has just returned from a visit to the British front, spoke in an interview with Reuters' representative of Portugal's great effort in the war.

"Portugal," he said, "now has nearly 30,000 men in France, comprising two corps of heavy artillery. Besides, since the war we have mobilized more than 40,000 men for service at home and in our colonies, especially in East Africa. A great part of our mercantile fleet is being employed in the transport of men and munitions to East Africa."

A sudden change of temperature contracting the metal may sometimes cause the main spring of a watch to break.

At New York, a company, in which T. Coleman Du Pont is financially interested, has been formed to take over the Waldorf Astoria.

It can always give the law at actual costs.

**Government FISH**

FRESH EVERY DAY OLEOMARGARINE DAIRY and CREAMERY BUTTER

Buy Here and Save Money.

**C. H. Pickering,**  
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"The Ready-to-use Chocolate" Contains the Chocolate, Milk and Sugar.

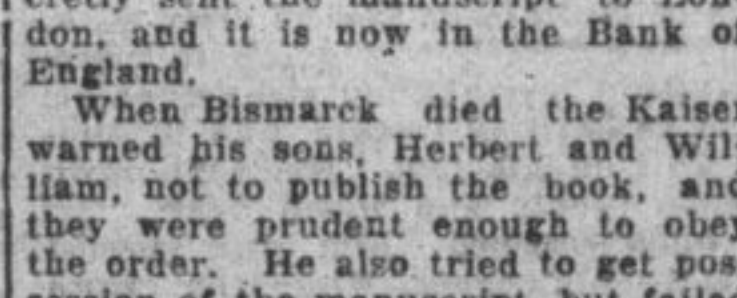
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No Cooking or Milk Required. For Sale By

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Phone 78. 841-3 Princess St.

**ADAMS BLACK JACK**

At Ypres—where Canadians wrote history, the wounded and weary found comfort in the chewing gum that thoughtful friends had supplied. And, in most cases, it was—Adams Black Jack. A stick a day keeps the soldiers' homesickness away. When you buy some for yourself, buy some for a soldier.



**ADAMS Pure Chewing Gum**

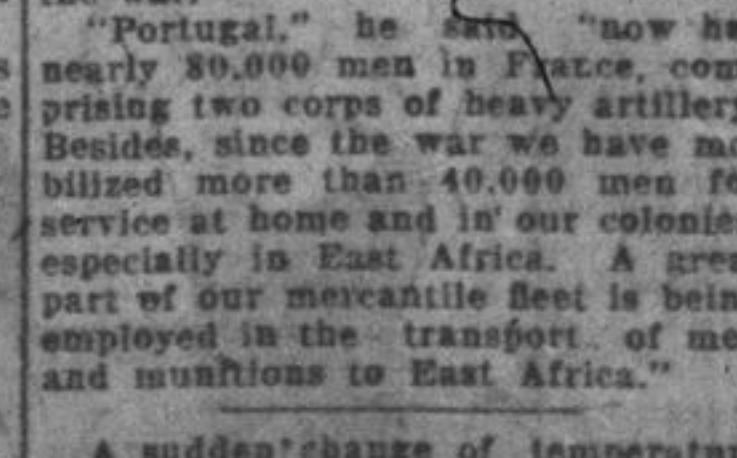
**GOOD THREE TIMES A DAY**

Parched corn, during the United States Civil War, dry and unpalatable as it was, furnished many a wholesome meal and sustained the endurance and courage of many a brave soldier.

Corn contains all the elements for tissue building and energy making.

Put up as Kellogg's Toasted Corn Flakes, it is a delicious, appetizing, three-times-a-day food—not merely a breakfast food.

Sold only in the original red, white and green package.



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