For Your Family For Your Country

Every jar of fruit you preserve this summer will be like money in the bank for you in the winter. Private economy and public spirit both require you to prepare as large a stock of homemade preserves as possible for any emergency. To reduce loss from spoiling and to get the highest nutritive value in your preserved fruit use

Lantic Sugar

"Pure and Uncolored"

The sugar which contains no beets, no dyes, nothing but the pure juice of the sugar cane refined by modern cleanly methods

NOTE—The recent ruling of the government forbidding the use of artificial coloring in sugar required no changes in our refining processes in which coloring matter has never been used.

Ask your grocer for LANTIC SUGAR

2 and 5-lb. cartons 10, 20 and 100-lb. sacks 128

ATLANTIC SUGAR REFINERIES, LTD.

"The Sweetheart of the Corn"

This picture and slogan has been familiar to Canadians for over eleven years. It tells the story of the corn used in

Kellogg's TOASTED **CORN FLAKES**

Only the finest corn is used and our secret process converts it into a light, appetizing and sustaining food.

MADE IN CANADA.

The Battle Creek Toasted Corn Flake Co., Limited. Head Office and Factory: London, Ont. 9

FREE Magnificent Phonograph and Records and Handsome Gifts of Jewellery

Complete with 6 Double Records 12 SELECTIONS

To quickly advertise and introduce "Fairy Berries," the delightful new Cream Candy Coated Breath Perfume, we are prepared to give away ABSOLUTELY FREE 1000 presents of handsome jewellery and an equal number of high grade imported Hornless Cabinet Phonographs each complete with 6 new double-sided records —12 selections—band and orchestral music, comic, grand opera, and sacred vocal selections, etc. This phonograph is not a toy but a high grade, large size cabinet machine that will play any make of Victor, Columbia, or Edison records. It will do everything you would expect of a $50.00 machine, is absolutely guaranteed, and will give a lifetime of pleasure to all the family.

Plays ANY MAKE DISC RECORD

The beautiful gold filled jewelled LaValliere or pendant, is the very newest style and has a fine 15-inch neck chain and safety clasp. For men and boys there is this handsome useful gold filled set of Cuff Links with Tie Pin and Tie Clip to match. You will be proud to own such beautiful jewellery. Just send your name and address to day and we will send you FREE a big sample package of "Fairy Berries" and just thirty handsome packages to introduce among your friends at only 10c each. Open your sample package, try "Fairy Berries," yourself, and ask all your friends to try them. They'll like them so much that everyone will buy a package or two at once. Just one or two little Fairy Berries will purify the mouth, sweeten the breath and leave a delightful lasting fragrance. They are irresistably delicious and you'll sell them all very quickly. Then return our $3.00 and we will at once send you either the beautiful LaValliere or Link Set and the fine Phonograph and Records complete, you can also obtain without selling any more goods by simply showing your grand premiums to your friends, and getting only six of them to sell our goods and earn our fine premiums as you did.

SEND NO MONEY. Just your name and address to day, and you will soon be the proud owner of these grand prizes. We pay all delivery charges right to your door. Address:— 6A

THE FAIRY BERRY CO., Dept. P 19 TORONTO, ONT.

FRIDAY

A correspondent in the Boston Journal says: "There are 52,000 male subjects of the British Empire resident in Massachusetts who have not become American citizens," and asks. "Should these not be required to fight for Great Britain before Americans are?" The Journal answers: "The bulk of these are Canadians and apparently for them the day and hour approaches. As regards the others, presumably some arrangement will be made which will require the presence of those of military age in the British army."

The graduating exercises of the Falconwood Training School were held yesterday afternoon. Those invited were the Premier and Mrs. and the Misses Mathieson, Dr. and Mrs Conroy, Hon. Murdock and Mrs. McKinnon, Hon. Mr. McNeil, Dr. and Mrs. McMillan, Mr. and Mrs. Frank Heartz and friends. The hall was well filled with patients and guests. Dr. Blanchard occupied the chair and opened the exercises, with a few remarks. The graduating nurses were Miss Margaret Campbell, Miss Florence McIsaac and Miss Lena Young. The very beautiful bouquets which were presented to the graduating nurses with their diplomas by Miss Ruth Heartz were the gift of Mr. Frank Heartz who has lately been appointed a member of the Board of Trustees. In the unavoidable absence of the Premier the diplomas were presented by Dr. Conroy who afterwards gave the nurses some excellent advice regarding their duties. He was followed by Dr. McMillan who in a very pleasing address emphasized the advice given by the former speaker. Mr. Frank Heartz also spoke in a very amusing vein and the exercises closed with "God Save the King," led by Dr. Conroy.

Tea was afterwards served by Mrs. Blanchard, the same being poured by the Superintendent of Nurses, Miss Hetheridge. The graduating nurses were guests at this meeting.

One of the most successful and enjoyable concerts given in the city for sometime was held in St. James' Hall last night. There was a very large attendance, and the performers who were Mrs. (Dr.) Myers, Mrs. Hinton, Miss Dinnis, Rev. F. H. Littlejohns; Prof. Hinton, and Mr. W. T. Watkis, all received hearty and repeated encores. No stronger combination of musical talent has possibly ever appeared on one platform here. Mrs. Myers was the star artiste, and she responded again and again to the cheers which were enthusiastically given her. Mrs. Hinton contributed a delightful rendering of "The Rosary" and also responded to an encore. Prof. Hinton was in excellent voice and captivated the audience with "Mother Machree." The violin solos of Mr. Littlejohns were artistic masterpieces; while Mr. Watkis, as usual, gave finished interpretation to his piano solos. The recitations given by Miss Dinnis were appropriately chosen to show her powers of contrast in grave and gay. The programme was as follows:—

Piano Solo, Selected, F. T. Watkis.

Solo, "Mother Machree", Mr. Hinton, Ernest H. Bauld.

Reading, Miss Dinnis.

Aria, "The Jewel Song," (Faust), Mrs. Dr. Myers, Gounod.

Violin Solo, (A) "Berceuse," Hauser; (B) "Springtime," Troostwyk,— Rev. Mr. Littlejohns.

Solo, Italian Folk Song, "Funicola, Funicolo," Denza; by request with guitar,— Mrs. (Dr.) Myers.

PART II.

Piano Solo, Selected, F. T. Watkis.

Solo, "The Rosary," (by request). Mrs. Hinton.

Violin Solo, "Walthau's Prize Song," Wagner,— Rev. Mr. Littlejohns.

Solo, "Angels Serenade," Braga,—(with violin obligato) Mrs. (Dr.) Myers.

God Save the King.

The proceeds of the concert are to go to missionary and patriotic objects.

QUEBEC,— Spoken to about the question that he had been called to be a member in the coalition cabinet at Ottawa, Sir Lomer Gouin, Premier of Quebec, today said he had not heard of it and said: The Canadian people may rely on Sir Wilfrid Laurier in this grave crisis." Asked whether he had met Sir Wilfrid in Montreal yesterday, he answered that he had.

(Canadian Press Despatch)

LONDON— British casualties as published in the main show a total of 5,092 officers and 106,331 men.

ST. LOUIS— Tornadoes in Missippi and Southern Illinois yesterday caused the death of at least ten persons and the injury of fifty or more, according to advices today from the various communities over which the storm passed. At Mineral Point, Mo., four were killed and thirty injured; at Palmer three are known to be dead and a number injured, and at Eye, one man was killed. In Alexander Co., Ill., two men were killed and another fatally hurt. Four other Missouri towns Graniteville, Bonne Terre, Dieplesladt and Bysmarck, were reported struck by the storm, but definite information has not yet come from these points. The twister, which took the four lives at Mineral Point, flattened every structure in the village with the exception of a schoolhouse.

FRECKLES

Don't Hide Them With a Veil; Remove Them with Othine Prescription.

This prescription for the removal of freckles was written by a prominent physician and is usually so successful in removing freckles and giving a clear, beautiful complexion that it is sold by any druggist under guarantee to refund the money if it fails.

Don't hide your freckles under a veil; get an ounce of othine and remove them. Even the first few applications should show a wonderful improvement, some of the lighter freckles vanishing entirely.

Be sure to ask the druggist for the double strength othine, it is this that is sold on the money-back guarantee.

MAGIC BAKING POWDER

NO ALUM

MADE IN CANADA

E.W. GILLETT COMPANY LIMITED

WINNIPEG TORONTO, ONT. MONTREAL

(Canadian Press Despatch)

ROME,via London— Italian troops in Albania have occupied the villages of Cenevoda, Velirest, Osoja and Cafa, the War Office announces today. The towns occupied by the Italians are in the central part of Southern Albania. This extension of the Macedonian front westward to Ayolna on the Adriatic has been long held by the Italians. Their advance is reclaiming more of the Albanian front from the Austrian influence.

(Canadian Press Despatch)

PETROGRAD— The Provisional Government on the proposal of the Finnish Senate has proclaimed complete or partial remission of the sentences pronounced on all Finnish citizens for crimes or offenses committed prior to March, 1917. The Government has also decreed repressive measures against the abuse of alcohol. Persons getting drunk or drinking to excess in public places are liable to 18 months' imprisonment. Persons while drunk committing robberies or acts of violence or other offenses will be liable to penal servitude for six or eight years.

HALIFAX— While he did not hesitate to express the opinion that he believed the situation in Canada demanded as much unity as possible, Premier Murray when interviewed today regarding the published report that he was to be invited to enter a coalition and win-the-war cabinet, declined to discuss the proposed personnel of the new Government He said that the opinion he advanced a few days ago on the subject of conscription was still his opinion and he felt more strongly convinced than ever that a party administration of public affairs under existing conditions was impracticable and would only lead to undescribable results. The Premier said that in his opinion a coalition Government, in order to be efficient, should be constructed on fair and bona-fide lines and that any attempt toward party preponderance or control was not the kind of coalition that the public were looking for. Coalition, continued the Premier, means the takug in of men who have the confidence of their respective parties.

NATIONAL CRAFT AND SAVING

The following written by Miss Mary Johstone, 104 Richmond Street, Charlottetown won the 3rd prize in the Heaney Contest.

A PEACE PREPARATION FOR CANADA

OUTILINE
I MOTIVES
II METHODS
III EFFECT

I. Britain is at present engaged in the most gigantic struggle that has ever taken place in the History of the World. She is fighting for the protection of small nations, the safeguarding of international interests, and the establishment of the world's peace on a true and solid foundation. It is therefore the duty of all her colonies to make every sacrifice in order that she may bring this war to a succesful issue.

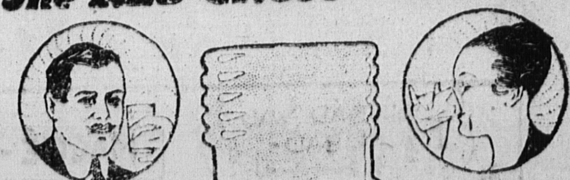
For the past three years England's production has been steadily decreasing, and by incessant submarine warfare waged against her, she has lost enormously in tonnage and transport. This loss cannot be easily replaced, as the greater number of her sons, who formerly engaged in agricultural pursuits at home, are now fighting in the trenches; and her iron and steel previously used in shipbuilding, are now needed for the manufacture of munitions. Canada is in a position to build ships, if she had sufficient ready money to carry on the work. But although immensely rich in her natural resources, most of which are yet undeveloped, she cannot dispense with the pecuniary assistance of her people. This she is endeavouring to obtain in the form of loans, payable at the end of the war. It is therefore the duty of each individual to save as much money as possible in order to lend to the government. She does not ask these loans gratis, but will pay a higher rate of interest than could be obtained in any other way; hence the investment is the safest that could be made. These loans need not be immense sums of money from those who cannot lend thousands, hundreds will be readily accepted; and certificates for even smaller amounts may easily be procured. According to the opinion of Lloyd George another urgent need of England at present is food for her soldiers. Shall we, who have plenty at home, see our heroes suffer needlessly the pangs of hunger, when a little thrift and extra exertion on our part, could relieve their suffering, and provide them with some of the comforts of home? Surely there are heroic souls left in Canada who can generously sacrifice themselves to lessen the burdens of those who are doing such glorious work for the Empire at the front! As conditions promise to be so difficult after the war, on account of our immense expenditure, we should endeavor, by our economy and thrift, to prepare for the heavy burden of increased taxation and the high cost of living, that must necessarily ensue.

II We shall next consider some methods by which all may assist in this great campaign of national thrift. England's need for food being so great, the colonists should do their utmost to put every square inch of territory under cultivation; even individuals in cities can raise sufficient vegetables for home consumption. If each family in this way became self sustaining, Canada could send more exports to the mother country. Much of this work could be carried on by the children, who would delight in the novelty, and be proud of the responsibility. In the matter of home improvements, for the time being, all extra expenses should be cut down, and the strictest economy practiced in household matters. The careful housewife will know how to utilize things left over from a previous meal; and further, to help along the good cause, will do her own dressmaking, millinery, lace-making, and knitting. She will also teach her daughters to make and care for their own garments, and to dress on as small an allowance as possible. Boys can easily obtain positions during vacation, which will afford them sufficient revenue for clothing and pocketmoney. In a word every move that can increase the private or general fund should be encouraged; and with this end in view all luxuries, costly amusements, and superfluous commodities should be generously dispersed with.

III And now it behooves us to ponder well the effects which this campaign of thrift is capable of producing on the cause of peace, the interests of the Empire, the national integrity of our own land, and last, but not least, the beneficient influence on the individuals who have so nobly and generously sacrificed on the altar of this country's need, their legitimate inclinations and desires. The sooner we, by our industry and thrift can help to bring about a condition of unequal balance between the forces of the Allies and those of our enemies, the sooner will the note of peace be sounded. If at the end of the struggle Engalnd's financial superiority completely overshadows her opponents, she will be able, from her elevated pedestal to dictate terms of peace to the rest of the world. Even England's position among the Allies, when the division of the spoils shall have begun, can be maintained supreme by means of the almighty dollar. Canada's national indebtedness can remain within her own confines unhampered by foreign obligations, and she will therefore be free to develop to their fullest extent her magnificient natural resources. The burden of taxation, either direct or indirect will fall lightly on shoulders that have been prepared for the weight. The increased production will have succeeded in keeping prices down, and prosperity will smile throughout the length and breadth of our fair Dominion. Our people, trained to trample underfoot every selfish instinct, will be models of industry, sobriety, thrift and of all the other homely virtues which will make of our country a veritable paradise of prosperity and peace.

TERESA AVILA
Age 17
Last birthday March 2, 1917.

The **RED CROSS** *of the* **HOME**



Abbey's Effervescent Salt

for Men

WHO are not generally feeling up to the mark. A glass of ABBEY'S every night and morning will keep you fit —feeling like a new born.

¶ Stimulates and strengthens the digestive organs and removes from the stomach the causes of nervous depression.

Take a Bottle Home with You To-day

A Gentle Acting Laxative for
—Constipation, Kidneys
—Liver, Dyspepsia
—Indigestion, Headache
—Impure Blood
—Pimples, Boils
—Complexion
—Loss of Appetite
—Uric Acid Etc., Etc.

AT ALL DRUGGISTS

for Women

ABBEY'S SALT is the one best tonic. Run-down systems, sick and bilious headaches may be overcome by the daily use of ABBEY'S night and morning.

¶ The only regulator that will steer you straight to health, clear the complexion and keep you physically normal.

Really a pleasing drink

For pale, nervous people ABBEY'S VITA TABLETS will be found beneficial. 50 Cents a Box

WRIGLEY'S

THE PERFECT GUM

Let us make you acquainted with the new, luscious flavour—

It's all that the name suggests!

Wrigley quality— made where chewing gum making is a science.

Now three flavours

Chew it after every meal

Sealed Tight — Kept Right!

MADE IN CANADA

The Flavour Lasts

JF 1