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So accurate are Lantic package weighing machines that half an ounce underweight stops the machine. Every Lantic Sugar carton and bag is weighed at the Refinery, and full net weight is guaranteed.

Avoid the "spilly" wasteful paper bag, by asking for Lantic Sugar in original packages. They are easily identified by the red ball trade mark.

Lantic Granulated is packed in 2 lb. and 5 lb. Cartons. Also in 10 lb., 20 lb. and 100 lb. Bags.

Atlantic Sugar Refineries Limited MONTREAL, QUE. ST. JOHN, N. B.

Lantic Sugar

German Spy's Data Is Found In Italy

Tuesday May 25.

Facts are coming to light regarding the extent of the German espionage system in Italy. A striking example of this has just been revealed at Milan. Rudolf Herod, a native of Berlin, had been for three years a dentist's assistant at Milan. He was a poor dentist, but an excellent alpinist, and made constant excursions into the mountains along the frontier. He was recalled to Germany to do military service and was wounded.

When war between Austria and Italy became probable he wrote from a hospital to a friend asking that documents left in his lodgings be forwarded to him immediately. They were examined by the authorities and were found to include plans and photographs of Italian fortifications, barracks, railways and roads, and also a letter to a German

A Fine Complexion

May Be Had Through the Rich Red Blood Dr. Williams' Pink Pills Actually Make

A girl's complexion is something more than a matter to concern her vanity. It is an indication of the state of her health. Pallor in a growing girl means a thinning of the blood. Parents should be watchful of their daughters' complexions and should see to it that these danger signs are corrected. When a girl in her teens becomes pale and sallow, if she shows an inclination to tire easily, is listless and inattentive to her work or studies, she needs Dr. Williams' Pink Pills, a tonic which directly and specifically corrects the condition from which she is suffering. A chemical analysis of the blood of such a girl would show it to be deficient in just the elements that Dr. Williams' Pink Pills can supply, and which restore brightness to the eye and color to the cheeks. Miss Delia Arsenault, Urbainville, E. E. I., is one of the thousands of anaemic girls restored to health by the use of Dr. Williams' Pink Pills. She says: "I was attacked with anaemia, and was in such a miserable condition that I had to consult a doctor, and was under his care for several months, but without getting better. I was growing thinner every day, had dark circles around the eyes. I could hardly sleep at night, but tossed restlessly and got up in the morning with black anticipation of the day's miseries before me. I was always bothered with headaches and pains in the back and limbs. My appetite was poor and I frequently vomited what I did eat. My friends feared that I would not recover. I had often seen Dr. Williams' Pink Pills advertised and finally I decided to try them. I used altogether nine boxes and they made me as well as ever I was in my life. All the pains and aches disappeared; my appetite returned. I could sleep soundly at night, and the color returned to my cheeks. I also gained seventeen pounds in weight. I am now always well, and for this happy condition I have to thank Dr. Williams' Pink Pills."

Get these Pills from any medicine store by mail at 50 cents a box, six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

who, it is presumed, employed him for that purpose, describing where he could find documents buried near the frontier, as well as a list of the sums received in payment for information forwarded to Germany.

Ye Who Strike The Defenceless

(By Theodore Goodrich Roberts, Lieutenant, 12th Battalion, Canadians, in The Canadian Magazine for June.)

Not yet the reckoning; but soon the day of your doom. Ye who strike the defenceless out of the misty gloom! Not yet our answer; but short is your time to wait, [Ye who crawl in the dark and strike in bestial hate] For the hands of an outraged world to crush you with their weight. Surely we press upon you, marching by day and night, Fired by grief and anger, armed and steadied by right. Surely we draw to the finish, closing in on the day. When the spears of the hunters shall strike the desperate wolf at bay, And the torn world's horror will pass with the death of the Beast of Prey.

Where One "Sleeps Like The Devil"

An officer in a Welsh regiment at the front writes: "We have just finished our first eight days—divided between the supports and the firing line. I had the worst bit of trench to look after with my platoon and did all right, but had a good few casualties considering the 90 hours I was actually up—two killed and nine wounded.

"I made two right expeditions by myself with some bombs, which I successfully dropped into the German trenches; during my first one I met a German gentleman apparently on the same job as myself. My revolver accounted for him all right, as we were only about two feet apart. The trenches are from 30 to 75 feet apart in most places, and sometimes closer.

"We are now off on a four days' rest, which is absolutely ripping. It is splendid to get out of the noise and get some proper food and sleep. I think if anything I am rather enjoying myself. Cold feet are the worst part of the show, but my men are all such rippers it makes up for lots. I hate having them lit; otherwise it is quite cheery.

"I had a sing song in my trench the other evening, which did not please the Germans. I sat down on a chair, which collapsed, and I went straight to sleep where I lay. The strain is fairly big up there, and when one gets into rest for a time one sleeps like the devil."

The Army-worm

The Army-worm probably above all other kinds of insects which increase in enormous numbers periodically, causes widespread anxiety among farmers when it appears suddenly in a locality, and in a very short time completely destroys fields of oats and other grains.

The Entomological Branch of the Department of Agriculture has just issued Bulletin No. 9, on The Army-worm, prepared by Mr. Arthur Gibson, Chief Assistant Entomologist, who has charge of investigations on insects affecting

field crops. In this publication of 34 pages a full description is given of the remarkable outbreak of this notorious caterpillar which occurred in eastern Canada in 1914. The recent outbreak was the most severe of any which occurred in Canada, and the damage caused is estimated at \$300,000 five-sixths of which took place in the province of Ontario. The value of the trenching method of control was amply demonstrated. No matter how big the advancing army of worms were, it was shown that crops could be saved from their ravages. In the bulletin the insect is described in all its stages, and methods of controlling it are given. A full discussion is included on the life-history and habits of the worm, its food plants, natural enemies, etc. The bulletin has 19 useful illustrations, several of which show clearly the digging of proper trenches and the results obtained in controlling the worms. Copies of this bulletin may be obtained free of charge on application to the Chief of the Publications Branch, Department of Agriculture, Ottawa. Enquiries relating to injurious insects should be addressed to the Dominion Entomologist, Department of Agriculture, Ottawa.

ECONOMIC THOUGHT.

"I am convinced," said Mrs. Twickenbury, "that we should save largely on dentists' bills if we should buy each of the children one of those new pyrotechnic tooth brushes."

A reliable man to sell HARDY CANADIAN GROWN STOCK in Woodstock and Carleton Co.

Start now at the best selling time. Send for list of SPRING OFFERS, and terms to agents. Liberal commissions. Handsome free outfit. STONE AND WELLINGTON (The Fonthill Nurseries) (Established 1887) TORONTO

Mrs Robert Simpson

Mrs. Robert Simpson, aged 51 years, died at her home in Watson Settlement, on May 18th, after nine days illness of pleurisy and stomach trouble, deeply lamented by many friends.

Besides the bereaved husband, deceased leaves two sons and one daughter, all at home, to mourn her loss.

Mr. and Mrs. Simpson came from Sunderland, County Durham, England, about four years ago and purchased the Bart Watson farm, better known as the James Stewart farm.

Louise Dickinson

Louise, the 13 year old daughter of Wm. Dickinson, died on Sunday deeply regretted by many friends. She is survived by her father, two brothers, Arthur of Woodstock and Hugh of town, and sisters, Mrs. Edwin Porter of Woodstock and Mabel of town.

The funeral took place on Tuesday morning, the burial being held in Meductie.

BORN

THOMAS—Lindsay, N. B., May 6, to Mr. and Mrs. Harry Thomas, a daughter. THOMAS—A. Everson, Washington, May 7th, 1915, to Mr. and Mrs. James Thomas, a son (Gordon Porter Thomas.)

At a meeting of the Directors of the Houlton Fair Association held recently it was voted to have races July 12th. Races to be decided upon later. "Races open to the world."

Is Bulgaria to Join Allies?

Paris, May 29.—Important changes in the Bulgarian diplomatic service just announced are considered here to be highly significant. The Matin seems to think that Bulgaria will be the second neutral nation to join the Allies. D. Rizov, minister to Italy, and a firm supporter of the Triple Alliance, has been replaced at Rome by M. Stancioff, diplomatic agent in Paris, who in turn is succeeded by M. Grocow, confidential secretary of King Ferdinand.

Stockholm, May 29.—The Swedish government has prohibited the export of all kinds of cotton.

Paris, May 29.—Aviator Lieut Von Buelow, believed to be a relative of Prince Von Buelow, the former German Imperial Chancellor, was killed near Fismes, according to the Matin, in an air duel with a French aeroplane belonging to the newly formed rapid squadron M. S. 12. The French pilot, describing the battle, said:

"Wednesday morning I saw an Albatross machine coming from the German lines headed for Paris, and I gave chase. He was 8,000 feet up. I went up to 9,000 feet, rapidly overhauled him and the fight began. We were now less than thirty feet from the Albatross, but we were under such headway that we overtook him and I got a bullet in the shoulder, but it did not prevent me from continuing the chase.

"The Germans tried to escape by dropping, but I flew over them again. Apparently one of them was wounded. Suddenly my lieutenant got in a volley at point blank range, and the Albatross tipped forward, shooting nose down wards 6,000 feet to the earth. We followed them with our eyes. When the machine struck the earth it seemed to crumble into a ball and bounded along the hillside like a wounded rabbit running. We followed them down, descending in spirals. The pilot lay some yards away, where he had been thrown out. In one of his pockets were found a paper bearing the name 'Lieut. Von Buelow, Imperial Guards.' We found in the wrecked aeroplane ten large bombs and forty grenades."

The pilot, given his choice of the Legion of Honor or the Military Medal chose the latter.

Berlin, May 29.—Replying to a question at a sitting of the budget committee of the Reichstag on Monday, as to whether the army administration had taken measures to ensure a supply of raw materials and textiles in the event of a long duration of the war, the deputy war minister made this precise statement: "Even a new winter campaign would find us prepared in every way. All the raw materials are at hand in sufficient quantities for it. It must be declared out

of the question, therefore, that the efficiency of our army could be impeded owing to some deficiency."

LONGEVITY OF ANIMALS

Is Laziness of Tortoise Responsible For the Age it Attains?

Quite erroneous is the popular belief that a toad can live for hundreds of years, even when buried in rock or earth. According to scientists the toad cannot live without food and air for more than two years, its span of life being usually limited to about forty years.

The average person is apt to confuse the toad with the tortoise and turtles, which live for hundreds of years. There are tortoises at the Zoo so old that no one knows their exact age, which may be anything between two and three hundred years. A few years ago one of the tortoises which died must have been well over 300 years old.

In the animal world the elephant holds the record for longevity. An elephant is not full grown till it is about thirty, and it will live for 120 to 150 years, but the average age is eighty. Camels live for thirty to forty years, but lions in captivity will live sixty or seventy years, although in their wild state they die at the age of fifteen to twenty-five.

It has been humorously suggested that the extraordinary age which tortoises attain is really due to their amazing laziness. It is pointed out by an authority at the Zoo that in order to arouse a tortoise from its extreme lethargy it is necessary at times to beat it heartily on the back with a hammer.

Talking of laziness, however, the Zoo championship seems to be held by the boatbill, which has been described as the laziest bird in the world. Timed for half an hour, its only movement consisted of the lifting of an eyelid. It was even too lazy to move out of the rain, and perched motionless in its cage during a storm, and head sunk on its chest, letting the raindrops run down its beak.

The whale-headed heron, too, might almost share the honors with the boatbill. This bird will stand motionless for hours, although it should, in fairness to the birds, be mentioned that their laziness is really the outcome of natural habits, for in their usual haunts they stand in streams on the look-out for fish, and the least movement would frighten these away. Mention might also be made of the anteater porcupine, from New South Wales, which is almost too lazy to breathe. It hates the bore of breathing, and holds its breath as long as it can and then breathes in a great gasp and returns to somnolence.

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