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"During August last I went to Montreal to consult a specialist as I had been suffering terribly with Stone in the bladder. He had decided on an operation and was assisted by another doctor. They said the calculus was larger than a bean and too hard to crush and they could not take it out. I was recommended by a friend to try Gin Pills. I bought a box and found relief from the pain at once. I did not expect that they would relieve me of the stone, but to my great joy I passed the stone on October 2nd and am now a well man and very happy."  
J. ALBERT LEBLANC  
Gin Pills are the greatest solvent for uric acid ever offered. Proven by Mr. Leblanc's experience if you have Stone or Gravel, Rheumatism or other Kidney or Bladder disorder.  
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## German Aims In Africa Outlined

London, Jan. 29.—Lieut. General J. C. Smuts, lecturing before the Royal Geographical Society on East Africa, last night, contrasted the British and German colonial viewpoints. Germany was not looking for homes for settlers and had no population, particularly farmers, for emigration, Germany's colonial aims, the General said, were dominated by a far-reaching conception of world politics. Her real aims were military and in getting strategic positions for exercising world power. Germany's ambition, he said, was for a great east and central African empire, embracing the colonies now owned by the British, Belgian, French and Portuguese, lying south of Lake Chad and north of the Zambezi river.

This territory, General Smuts

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declared, was, first, to supply raw materials for the German empire, but was mainly for raising a great African army to carry out her schemes of world conquest. "Suppose that German East Africa remains a part of the British empire after the war," said General Smuts. "Cries of 'it will and must' interrupted him, after which he continued:

"Germany's colonizing method really means a policy diametrically opposed to that of the British empire, which has found its symbol in the union of South Africa. I do not want to speak about the disposal of German East Africa after the war, but the law of self-preservation must apply to that country, where Prussian militarism must never be allowed to take hold.

"The East African campaign may be found to be a most important factor in developing the future and permanent peace of the world."

Germany, General Smuts said, proposed to have harbors on the Atlantic and Indian coasts of Africa for naval and submarine bases, from which both ocean routes could be dominated and Anglo-American sea power brought to naught. The native armies would be useful in the next great war, to which Germany already was giving attention, declared the general, who added: "The untrained levies of the union of South Africa will go down before these German trained hordes of Africans, who will also be able to deal with Northern Africa and Egypt without any help from white troops from Germany. They will also mean a great army planted on the flank of Asia, and whose force could be felt throughout the middle east as far as Persia, perhaps farther.

"Great Britain's objects in Africa are inherently pacific and defensive. Looking to the future from the broader viewpoint and looking further upon Africa as a half-way house on the road to India and Australia, the British empire seeks only internal peace and the security of its external communications.

"It cannot allow a return to conditions which mean the militarization of the natives and their employment for a scheme of world power. It cannot allow naval and submarine bases to be organized on both coasts of Africa to the endangerment of the sea communication of the empire and the peace of the world. It must insist upon through land communications from one end of Africa to the other.

"As long as there is no real change of heart in Germany, no irrevocable break with militarism, the law of self-preservation must be considered paramount. No fresh extension of Prussian militarism to other continents and seas should be tolerated and the conquered German colonies can only be regarded as guarantees for the future peace of the world."

### How The Boys Can Help

A novel and practical plan to use school boys to assist in keeping pigs and thus to help in the campaign for increased hog production in Canada has been taken up by the Council of the Hamilton Board of Trade.

The river Queenland, in Australia, is a swollen torrent and miles of country is flooded. The downpour continues, making the outlook still more grave.

## Alfalfa As An Edible Product

(Milwaukee Journal)

We may be eating alfalfa before long if the price of food continues to mount. But let it be said in haste that we may also enjoy the experience, although most of us probably have thought of alfalfa as grown exclusively for animals. Alfalfa flour long since passed the experimental stage. Alfalfa honey has been produced of good quality and delightful taste; and alfalfa syrup deserves the same description.

A movement is under way in Iowa City to establish a big plant for the special purpose of transforming alfalfa into edible products. Its output would include besides the articles, candies, cakes and—"tea and coffee."

When alfalfa leaves are baked in a certain way they are said to make an excellent substitute for tea or coffee, depending upon a different treatment in either case. Not only do they produce a beverage that has the taste of tea or coffee, but one which is said to possess a rich nutritive quality, whereas, all tea and coffee is more or less poisonous.

Alfalfa would seem to be the most wonderful of plants from a food standpoint. When wheat flour is mixed with alfalfa flour, the latter varying from 40 to 70 per cent, bread-made with this combination is pronounced as equal to wheat bread. It can be made of alfalfa flour alone, but the result is not quite so good. The alfalfa flour has a greenish tinge that has aroused home prejudice against it, but the manufacturer now claims that they can produce the flour bleached white.

So it may be possible that we will have alfalfa pancakes for breakfast, sweetened with alfalfa syrup and served with a cup of alfalfa coffee.

## British Raid Spreads Terror

(New York Times.)  
LONDON, Jan. 28.—The Geneva correspondent of The Daily Express telegraphs:

"The British air raid on Mannheim Thursday night gave the German people a hint of the penalties they may have to suffer for attacks on open towns in England. Several travellers in hot flight from Mannheim, including one injured German who arrived at Basle, state that it was a night of terror. Panic-stricken people, in spite of police instructions, rushed into the street half clothed. One bomb-fell directly on a barracks. The raid lasted barely ten minutes.

"When the British airmen departed an angry crowd, shouting: 'Down with the war! Give us peace!' gathered in the principal streets. The local news papers were forbidden to publish accounts of the raid.

"It may be mentioned that after the last raid the Mannheim authorities sent a petition to the government demanding greater protection from air raids or the abandonment of attacks on unfortified towns, in order to prevent reprisals. No reply has been received. This demand probably explains why Germans always talk of air attacks on 'the fortress' of London.

"German newspapers recently announced the return of the Crown Prince and his staff to their headquarters, which are at Treves. This place was also bombed Thursday night."

Italy's food situation has become so serious that restaurants in the province of Rome are prohibited from serving pastes and noodles. This is an indication of the sacrifices to which the Italians are obliged to submit in order that the necessary rationing for the troops may be provided.

## Eat More Poultry and Eggs

"We are short of red meat. Our soldiers and our allies require more than ever before. We are advocating in every household, every hotel and restaurant in this country the substitution of poultry for red meat. Increased production of poultry can be effected much faster than beef, pork and mutton. While we want increase in all the latter, we must have a quick response in poultry and poultry products. There is a great waste of poultry feeds from every household and farm. It requires little labour. Cannot the poultry raisers of the country help us by providing the increased supply we need?"

These are the words of Herbert Hoover in an appeal directed to the American Poultry Association and producers of poultry and eggs in the United States. The words are just as applicable to Canadian Poultry Producers. More meat must be provided for the fighting men. Less of the meats that can be shipped must be eaten at home. Something else must be substituted for the red meat. Poultry and eggs make the best and cheapest substitute at the present time and should be used more than they are for that purpose.

The prices asked for these are reasonable when compared with the prices of other meats. At present rates poultry, either fresh or stored, is one of the cheapest meats on the market. Though new-hatched are high, the stored eggs are reasonable in price and quite palatable. Fresh poultry is selling on many markets at from 15c to 21c per lb., and good stored eggs from 40c to 50c per dozen. These prices are practically the same as before the war but when compared with the present price of other meats prove conclusively that they are no longer a luxury.

The prices of eggs and poultry were formerly comparatively high, and consumers, to a certain extent, discontinued eating poultry products, now, when the relative prices have changed the impression remains that poultry and eggs are still a luxury. As a result the consumption of these is not as large as it usually is.

There are several good reasons why poultry and eggs should be used much more than they are as a substitute for beef and bacon.—The soldiers and the Allies must have meat and we cannot send them poultry and eggs. We have a good supply of poultry products in Canada at present. They make a palatable and a cheap substitute for the red meat required by the soldiers. Poultry are more easily grown and can be produced in less time than other live stock. The young and the old can supply all the labour necessary for this work.

Then let us be loyal as well as economical and eat that which we have and save for the soldiers and the Allies that which they must have.

## Sees The Writing On The Wall

Amsterdam, Jan. 25.—The Cologne Gazette, in reporting a debate in the Prussian Lower House, says that a great uproar arose over the speech of Herr Hoffmann, independent Socialist who said that the government was dancing on a volcano. "The events in Austria are the writing on the wall and here, as in Austria, we are within close range of a catastrophe. The people have had enough of being goaded to war."

In consequence of the disturbance of meetings of the fatherland party at Stuttgart, the deputy general of the thirteenth Wurttemberg Army Corps has prohibited all public meetings in Stuttgart and the surrounding district for the discussion of political or military matters.

What the Socialist organ, the Vorwaerts, terms "a spontaneous movement to show the fatherland party what the masses of the fatherland think of their activities," has compelled the party to take the strictest precautions to obtain a hearing anywhere. Only known sympathizers are admitted to their meetings.

## More Raids on German Cities

LONDON, Jan. 26.—Aerial activity on a large scale on Thursday owing to favorable weather conditions is recorded in the British official statement issued today. It follows:

"More than 300 bombs were dropped on the Courtrai, Ledege and Dour railway stations, the air-drome near Courtrai and on German billets west of Cambrai. The enemy's hangars at Dour and other ground targets were bombed by airplanes. Seven hostile machines were brought down fighting and five others were driven out of control. Two British machines are missing."

"As soon as it was dark British night flyers bombed a German air-drome south east of Ghent and other air-dromes near Courtrai and billets around Reulers. All of the machines returned. At the same time other machines raided several objectives in Germany, making direct hits on factories, docks and in the town of Mannheim."

"The barracks and railway station at Treves, the steel works at Thionville, and the railway stations at Saarbrucken and Oberbiling were also attacked with excellent result. The pilots report large explosions at all objectives and a big fire at Treves. One of our machines failed to return."

Helsingfors, Jan. 26.—The Finnish senate has sent an ultimatum to the Russian government demanding that Russia cease supplying arms to Finnish rebels, who assisted by Russian soldiers are committing acts of violence every day, or otherwise war will be proclaimed immediately. The Russian answer just published contains a promise to demand that the arms be returned.

## Serious Revolts In Germany's Navy

London, Jan. 25.—A German naval engineer, with the rank of lieutenant, who has deserted from Kiel, according to an Amsterdam despatch to the Daily Express, states that dissatisfaction among the men of the German fleet is much more serious than in the army. He asserts there have been important revolts, generally among the crews of mine sweepers.

Three weeks ago a squadron of mine sweepers trawlers entered Hamburg after an expedition in which three men were lost in an encounter with the British, and one of the trawlers was damaged. Before the men were permitted to go ashore, according to this account, they were notified that they must report back for duty within an hour. They asked time for rest. The Hamburg commandant refused, whereupon 150 men declined to obey the order.

One hour later a lieutenant named Wagner arrived and ordered the men to return to their boats. They refused. The lieutenant swore at the men, and struck two of them, the despatch continues. He was thrown into the water, and left to drown.

The commandant, who had watched the mutiny, despatched a boat carrying two machine guns, which were fired into the crowd of sailors killing 40 and wounding 73. The others were arrested and sentenced to terms of imprisonment varying from five to twenty years.

## WANTED

**Male Help Wanted**  
Men wanted everywhere to show samples or mail circulars for **Large Mail Order House**. Permanent position. Will pay \$20 weekly.  
The Consumers Association, Windsor, Ont.

## Riots in Germany And Austria

London, Jan. 28.—Reports of disturbances in Germany again are current in England and several outbreaks are said to have occurred in the Rhinish industrial districts. Troops with machine guns have been summoned to Mulheim, at the Rhine, opposite Cologne, but there are no details.

Munich, Jan. 28.—Three thousand persons took part in a riot in a suburb of Prague on Friday against reduction of the flour rations, a Vienna despatch says. Shop windows were smashed and the mob had begun to plunder the docks when the police intervened. The rioters were dispersed with difficulty.