

## Do This Each Morning, You Won't Need Cascarets

Great exercise! Keeps Stomach, Liver and Bowels active. Nothing like it! Splendid!

But if you insist upon taking your exercise in an easy chair you simply must take a laxative occasionally. The very, very best laxative is Cascarets—10 cents a box. "They work while you sleep."



Nothing else works the bile, sour fermentations and poison from the liver and bowels like harmless Cascarets. When Headachy, Bilious, Constipated or if Breath is Tainted, Complexion Sallow, Stomach Sour, just take a Cascaret at night. Wake up next morning looking rosy and feeling fine. Cascarets never gripe or sicken. Cause no inconvenience!

## THE GERMAN RETIREMENT FROM COAST

Belgian Army Headquarters in Flanders, Oct. 27—When the Germans withdrew hastily from the North Sea shore of Belgium they left behind a series of fortifications all the way from Zeebrugge to Nieuport. The entire shore is one continuous line of redoubts, reinforced concrete dug-outs, trenches and barbed wire entanglements with gun pits about every fifty yards. The Germans carried off most of the guns, but they retired so hastily that they had to leave a large number behind.

The German abandonment of the Belgian North Sea was thorough and deliberate in the vicinity of Ostend

where they left behind little of their material. The haste of their movement, however, increased from Blankenburge northward.

Zeebrugge is a city of barbed wire concrete, steel and ruins. From the breakwater to points about a mile inland there are five lines each of from four to five rows of barbed wire. They had also dugouts and blockhouses craftily camouflaged. Two huge guns still stand guard over the breakwater pointing across the sea toward England, but the breaches are gone.

At the centre of the entrance to the locks lie two British ships sunk by the British in the gallant action of last June. The job was thoroughly done, the entrance being completely blocked except about ten yards on either side where the Germans had sunk two small sloops. The unrepaired breakwater remains as proof of the further success of the British foray into Zeebrugge.

## EXPLORER STEFANSON ACCOMPLISHED GOOD WORK

Spent Three Years in the Polar Regions—Is Now at Ottawa Making His Report to the Department of Naval Affairs—Much Information of Scientific Value was Collected—Many Experts Were with the Expedition.

Ottawa, Oct. 30—After a period of over five years, spent in exploring the vast, previously unknown territory of the Arctic regions, Vilhjalmur Stefansson, commander-in-chief of the Polar expedition which left Canada in June, 1913, arrived in Ottawa yesterday and reported officially to Deputy Minister Desbarats of the Department of Naval Service. Stefansson's work has resulted in the collection of valuable scientific information and data.

Stefansson left Ottawa in the month of May, 1913, and proceeded to the coast leaving Victoria in June. He was commissioned by the Department of Naval Service to explore the then unexplored regions north of Alaska and west of the known Canadian islands. He has not only accomplished this, but in addition has done for more in the way of geographical survey and correction.

The main vessel of the expedition was the ill-fated Kiriuk, and, in addition, smaller gasoline vessels were added to the expedition at Nome, consisting of Alaska, Polar Bear and Challenge.

Stefansson left yesterday afternoon for New York and will later proceed to his home in Saskatchewan. He has been granted a month's leave by the Government. He will make a lecture tour and give the entire proceeds to the Canadian Red Cross. This arrangement has been made by the Government.

### Ice Was Greatest Enemy

The expedition was financed entirely by the Canadian Government and during the period of exploration there were approximately one hundred men in the service. The average number of men with the expedition

at any one time was between sixty and seventy.

"Many of the news reports carried may have implied that sickness was our greatest enemy," said Stefansson. "That is erroneous. The greatest enemy of the north is the ice. From Nome we went directly north, and it was not long before we encountered ice difficulties. The most serious blow we sustained was the loss of the Kiriuk. The vessel got caught amid the ice floes and was eventually broken up."

"On board the Kiriuk was what was probably the finest scientific apparatus and equipment of any Polar expedition. The Government spared no expense in fitting us out with the most modern equipment, and all this was lost. Thus our expedition was badly crippled. Our source of supplies was cut off by this disaster, and we lived on the country, travelling by sled."

Asked of the approximate area of the region visited, Stefansson said it was about 1,000,000 square miles of which perhaps 400,000 square miles had been explored.

### Scientists From All Over World

There were thirteen scientific specialists attached to the party, and it was necessary the explorer explained to go all over the world to secure these technical experts. New Zealand, Australia, England, France, Denmark, the United States and Canada all contributed their share of the brains that were to make the expedition the success that it has proved to be. Six of the scientists hailed from Canada, viz Dr. R. M. Anderson, Ottawa; Kenneth Gordon Chipman, John J. O'Neill, Mr. Malloch, of Hamilton, and J. R. Cox, geographical survey.

The scientists with the party included a stratigraphical geologist, a geological mineralogist, two topographers for the making of maps, one terrestrial magnetician, one oceanographer to sound the depths and make reports on the sea bottom, etc., one marine zoologist, three anthropologists to study the people, one mammalogist, and the expedition surgeon, Dr. McKay, of Edinburgh.

The universities represented on the expedition were Toronto, McGill, Massachusetts Technical Institute, Boston; Yale, State College of Iowa, Oxford, Glasgow, Edinburgh, University of Paris, an engineering institute in Sydney, Australia, and Harvard, which was represented by the explorer. Mr. Stefansson took a post-graduate course at Harvard, and was for some time a lecturer in that university.

"The biological matter alone," stated Mr. Stefansson "will comprise ten volumes of from 400 to 500 pages each, with many elaborate plates."

### Heard of War From Whaler

Asked when he had received news of the great war the famous explorer stated that he first knew that there was a war twelve and a half months after it started. This information was only received by luck. A whaler which had gone a long way out of its ordinary course, brought the news to Stefansson, otherwise he would not have heard for two or three years, as he received no official mail for three years.

Regarding living conditions in general, Stefansson stated that he could be quite as comfortable in the northern regions as elsewhere. "I merely adjust my living to the conditions," he said with a smile. "Hardships and sickness are largely a matter of the mind. If one thinks or imagines that he is suffering terrible privation and worries about imaginary illness then he will worry himself into the real thing."

"But the spirit of optimism is the right spirit. I made up my mind that I was comfortable, and that I had a work to accomplish, and with that thought uppermost I got through. I can remember when I visited Copenhagen last, that I wrote more letters complaining about the food, etc., there than I ever thought of in the north."

Mr. Desbarats, Deputy Minister of the Department of Naval Service, paid tribute to the explorer and the manner in which he had accomplished his objective. TWO STEFANSSON DID . . . . .

He stated that he was highly pleased with the results of the expedition.

"The publication of the scientific matter is under way," said Mr. Desbarats, "and the amount of matter is enormous."

"Stefansson has added to Canada several unknown lands in the Arctic regions; he has done exceptionally valuable work by exploring oceans."

## Girls! Have Wavy, Thick, Glossy Hair, Free From Dandruff

Save your hair! Double its beauty in a few moments—try this!

If you care for heavy hair, that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine. Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff; you cannot have nice, heavy, healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots famish, loosen and die; then the hair falls out fast.

If your hair has been neglected and is thin, faded, dry, scraggy or too oily get a small bottle of Knowlton's Danderine at any drug store or toilet country; apply a little as directed and ten minutes after you will say this was the best investment you ever made.

We sincerely believe, regardless of everything else advertised, that if you desire soft, lustrous, beautiful hair and lots of it—no dandruff—no itching scalp and no more falling hair—you must use Knowlton's Danderine. If eventually—why not now?

He has discovered at certain points that there was only ocean where land was supposed to exist. His experiments and his work of sounding the ocean and studying the currents and of studying the behavior of the ice fields, will be most valuable. He has shown the possibility of living on ice floes in the Arctic."

Of the commercial possibilities Mr. Desbarats stated that the explorer found that musk ox existed in certain regions and had a theory that there might be some industrial possibilities there. Stefansson had discovered coal. Also there was copper in great quantities and the members

## WOULD GET RID OF THE KAISER

(Canadian Press direct wire.)

London, Nov. 1.—Independent Socialists throughout Germany are about to start an agitation for the immediate abdication of Emperor William, the dismissal of Field Marshal Von Hindenburg and the withdrawal of commands from the crown princes of Prussia and Bavaria, according to an Amsterdam despatch to the Exchange Telegraph Company, quoting the Volks Zeitung, of Leipzig.

Ottawa, Oct. 31—The Department of Militia and Defence again urges people who are recorded as next of kin to members of the C. E. F. to notify the director of records, militia headquarters, Ottawa, when they change their place of residence in order that communications may be delivered without delay.

of the southern expedition had reported favorably to their leader of this valuable mineral. The Geological Survey of Canada had cooperated with the Department of Naval Service in the expedition and had made a careful study of the minerals in that section of the north.

Asked if many men had been lost on the expedition Mr. Desbarats stated that, with the loss of the Kiriuk, there had been a serious loss of life.

"Three prominent scientists and two other scientific experts died on Wrangle Angle from exposure. Malloch, of Hamilton, died there. Then Dr. Mackay, Murray, and Beauchag, all noted scientists, left the party after the wreck and in their attempt to gain land they were lost in the Arctic night and have never been heard of since."

"The expedition was a complete success," said the Deputy Minister, "and even more than we hoped for has been accomplished."



## NOTICE

### Military Service Act, 1917.

### EMPLOYMENT OF MEN IN DEFAULT UNDER THE MILITARY SERVICE ACT.

The following Regulations, recently approved by the Governor General in Council, impose strict obligations upon every employer TO ASSURE HIMSELF THAT EACH OF HIS EMPLOYEES OF MILITARY AGE AND DESCRIPTION IS IN POSSESSION OF DOCUMENTS PROVING THAT HE IS NOT IN ANY WAY IN DEFAULT UNDER THE MILITARY SERVICE ACT.

An employer who is charged with having a defaulter in his employ must be able to prove THAT THE MILITARY SERVICE PAPERS ISSUED BY THE REGISTRAR OR MILITARY AUTHORITIES TO THE EMPLOYEE IN QUESTION WERE PRODUCED FOR HIS INSPECTION at the time when the employee was taken into his employment, and that it was reasonably established to his satisfaction that the man was not in default under the Military Service Act. It should be clearly understood that the Canadian Registration Certificates given on June 22, 1918, at the time of general registration, in no way define the status of a man under the Military Service Act.

### REGULATIONS.

"106. Every person who employs or retains in his service

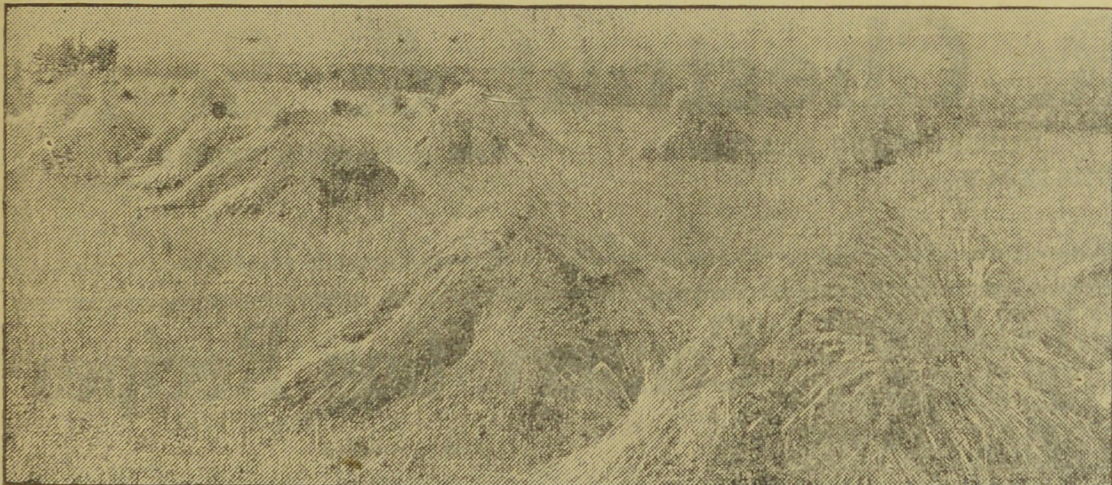
any man who has deserted or is absent without leave from the Canadian Expeditionary Force, or who is in default in the performance of any obligation or requirement for reporting or for military service, imposed upon him by the Act or Regulations, or any proclamation thereunder, shall be guilty of an offence punishable on summary conviction by imprisonment not exceeding six months, or by a penalty of not less than One Hundred Dollars, and of not more than Five Hundred Dollars, or by both such imprisonment and fine, unless such person prove that he made due inquiry and that THE MILITARY SERVICE PAPERS ISSUED BY THE REGISTRAR OR THE MILITARY AUTHORITIES TO THE MAN SO EMPLOYED OR RETAINED IN HIS SERVICE WERE PRODUCED FOR HIS INSPECTION, and that it was reasonably established to his satisfaction by such inquiry and papers that the man was not a deserter or absent from the force without leave, or in default in respect of any of the

obligations or requirements aforesaid."

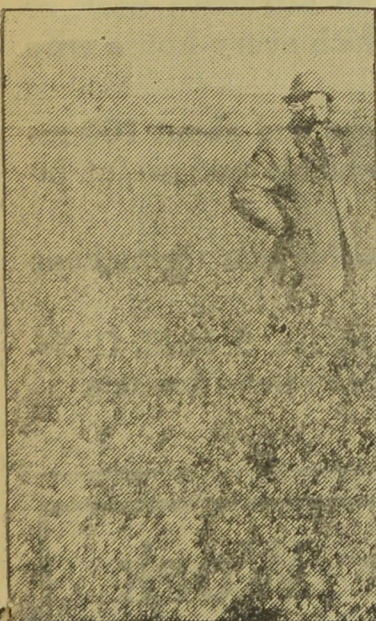
"106A. Every person who HARBOURS OR CONCEALS OR IN ANY WAY ASSISTS ANY MAN WHO IS A DESERTER OR ABSENT WITHOUT LEAVE FROM THE CANADIAN EXPEDITIONARY FORCE, or who is in default in the performance of any obligation or requirement for reporting or for military service imposed upon him by the Act or Regulations, or any proclamation thereunder, shall be guilty of an offence punishable on summary conviction by imprisonment not exceeding six months, or by a penalty of not less than One Hundred Dollars and of not more than Five Hundred Dollars, or by both such imprisonment and fine, unless such person prove that he was not aware and had no reasonable ground to suspect that the man so harboured, concealed, or assisted was a deserter or absent from the forces without leave or in default in respect of any of the obligations or requirements aforesaid."

MILITARY SERVICE  
BRANCH.

## THE VALUE OF IRRIGATION



Irrigated Wheat, 1918, Brooks, Alberta.



Alfalfa, Brooks, Alberta, 1918.

THE finest crops in the country are to be seen on the irrigated land in Southern Alberta. This is a remark invariably made by those who have travelled through Western Canada. And there is no doubt that this remark is true if all the crops on irrigated land in Alberta are as good as those near Brooks. This is a small town on the main line of the Canadian Pacific Railway, about a hundred miles from the city of Calgary, and the centre of one of the most fertile pieces of country on the continent. Though sparsely settled, it is estimated that a quarter of a million bushels of wheat will be harvested from irrigated lands in this district this year. Many fields will yield from thirty to forty bushels to the acre. While there is nothing extraordinary about yields of this kind, such being obtainable every year, the fields upon

which water has been applied afford a very striking contrast to those to which no water has been applied. The summer having been exceptionally dry and hot has made the crops on non-irrigated land in this territory in some cases almost a total failure. But where water has been applied healthy crops will not only remunerate the farmer for his labor and the capital invested in his land, but will also help to fill the Allies' granaries.

It is not only the older settlers who have these large crops. South of Brooks a farmer who came to Alberta last fall had about two hundred acres sown to wheat on new breaking. Parts of it were irrigated in the fall and twice in the spring and summer. Here a yield of forty bushels to the acre is assured. Other parts which were irrigated twice this spring and summer but not at all last fall, should yield up to thirty-five bushels to the acre. Still other parts were irrigated once only, this year, and the yield will not be so good. Altogether this farmer's crop on two hundred acres should average about thirty-five bushels to the acre, the returns from which at present market prices being not at all bad for the first year's working. One of the best yields is that of a farmer who settled in Alberta not quite two years ago. This field consists of ninety acres of wheat which the owner anticipates will thresh out at forty bushels to the acre. Two brothers who came from Nebraska two years ago with very little capital expect to thresh from their crop of two hundred acres of wheat at least thirty bushels to the acre. Doubtless there are several other cases similar to these.

Large crops of oats, barley, all kinds of grasses, clovers and alfalfa are also to be seen on land where water has been applied. The diversity and abundance of the crops that can be grown here surprise one. It is not difficult to realize the immense boon water is. Grains, grasses, alfalfa, vegetables, small fruits yield plentiful crops under its magic spell. Assuming the farmer, as it does of remunerative crops every year, it will



Cantaloupes, grown with Irrigation, Duchesne, Alberta.

make this part of Alberta one of the most prosperous districts on the continent.

These irrigated lands have immense possibilities in the raising of live stock, and their importance in this respect cannot be too greatly emphasized. The enormous crops of alfalfa and other fodder crops that can be grown, combined with the healthy climate, make the country an ideal one for the raising and finishing of cattle, sheep and hogs. Already there have been some great successes that indicate what can be done in this branch of farming. Unquestionably there is a great opportunity for the development of this industry here, conditions being ideal, less capital being required than on higher priced land in other parts of the continent, while results are satisfactory as anywhere may be looked for.