



**EVERY  
TIME YOU  
BREATHE**

You inhale cold germs, some of which are bound to lodge in the throat and breathing passages. You cannot prevent this. You can, however, prevent their development which sets up inflammation resulting in coughs, colds, bronchitis, sore throat and laryngitis.

To avoid these troubles, keep the throat, nasal and breathing passages bathed with the medicinal and germ-destroying vapor that is released when Peps are dissolved in the mouth. This vapor mingles with the breath and reaches the remotest parts of the throat, breathing passages and lungs, destroying all germs and preventing infection.

Safeguard yourself by keeping a supply of Peps on hand. 50c box. All dealers or Peps Co., Toronto.

**FREE TRIAL** package will be sent you upon receipt of this advertisement and 1c. stamp to cover return postage.

**PEPS**

**The P. R. Feed Co.**

Have got in a New Season's Supply of

**Bulbs, Hyacinths, Daffodils, Tulips, Crocus, Easter Lilies**

Make the home beautiful  
**Have Some Winter Blooms!**  
Indoors and Outside.

**908 Third Ave.**  
Phone 58. P.O. Box 333

**Hotel Hyder**

Portland Canal, B.C.

M. R. JAMIESON, Proprietor

Gateway to the famous Bush Mine

**Now Open for Business**

**The Gurvich Transfer**

Phone Green 548  
P.O. Box 102 Office, Fraser St.

**We : Sell : Coal**

**Barsalou's Motor Transfer**

Furniture Moving  
Express and Baggage

**WE HANDLE COAL**  
Night and Day Phone 182 P.O. Box 188

**Pure Cream  
Makes the  
Richness**



There is a pure cream richness about Pacific Milk that is the only secret behind its goodness for cooking.

You see, all we do to the rich, fresh milk as it comes from the farm is to evaporate water out of it.

This leaves the natural butter fat and other cream solids as they were.

Then we seal it up so it remains fresh and sweet.  
Try it in the next recipe which calls for milk or cream.

**Pacific Milk Co. LIMITED**  
332 DRAKE STREET  
Factory at Ladner, B.C.  
Canada Food Board License 14-156.

## MUCH FRUIT ON MARKET

Practically All Restrictions of the Food Board are Removed on Groceries and Provisions.

The importation of green vegetables is very limited just now, owing to the fact of the cost of telegraphing, getting the permits and paying duty, etc.

The apple market is more than likely to firm up, as the prices are rock bottom at the present time. The Stamen winesap, winesaps and Newtons are the best on the market. The Jonathans and Spitzenbergs are nearly over now.

The orange market is very poor, on account of heavy frosts. The lemons are the same way, and the grape fruit is suffering from a peculiar form of scab. Bananas are advancing steadily.

There is a new kind of butter on the market. It is extra choice creamery, the flavor and appearance is much the same as New Zealand butter and it is selling at 60c. per lb.

The new Hawaiian pineapple (canned) has arrived, and can be had in any size. Sugar restrictions were removed January 1, so that the public can now buy any quantity of sugar without restriction. There soon will be for sale once more a complete line of fancy biscuits and cakes, etc. The market on cheese is very firm and before long it is expected to rise to 40c per lb. The Swiss brick cheese is again on the market.

The following are current prices:

Fish.	
Fresh salmon	25c
Cod, salt, Alaska	15c
Cod, 2 lbs.	25c
Cod fillets	15c
Fresh black cod, 2 lbs.	25c
Finnan haddie, lb.	18c
Halibut, lb.	25c
Herring kippered, lb.	15c
Soles, lb.	10c
Skate, 2 lbs.	25c
Oolichans, salt	10c
Salt Acadia Cod, 2-lb. boxes	50c
Crabs, large	20c to 25c.
Fruits and Vegetables.	
Onions, dry	4c
Lettuce	20c; 2 for 35c
Brussels Sprouts, per lb.	25c
Bananas	60c
Grapefruit (California)	10c
Grapefruit (Florida)	2 for 35c
Apples, per lb.	6c to 12½c
Celery	15c
Grapes, per lb.	40c
Carrots, per lb.	3c
Parsnips, per lb.	4½c
Cauliflower	15c to 30c
Sweet potatoes	10c
Lemons	40c
English walnuts	50c
Australian Currants	30c
Comb honey	50c
Figs, per pkt.	20c and 40c
Cranberries	40c
Oranges (Jap) per box	\$1.25
" " per doz.	30c
Oranges (navel)	50c to 75c
Dates, per box	30c and 50c
Meats.	
Beef, pot roasts, lb.	30c.
Beef, check roast, lb.	32c to 35c
Beef, rib roast, lb.	37½c.
Beef, boiling, lb.	25c and 30c
Hamburger, lb.	30c
Stewing, lb.	30c.
Lamb, leg	50c
Lamb, loin	50c.
Mutton	45c
Pork sausages	30c.
Tomato sausages	35c.
Pork, leg	45c.
Pork, shops	45c to 55c
Pork, shoulder	40c.
Ayrshire bacon, lb. sliced	60c
Bacon, piece	60
Bacon, sliced	60c to 70c
Ham, Smoked	50c
Ham, sliced	55c
Salt backs	45c
Turkeys, per lb.	50c
Chicken, per lb.	50c
Fowl, per lb.	45c
Dairy Produce.	
Butter, lb.	60c.
Butter (cooking) lb.	50c
Cheese, lb.	35c.
Eggs (case)	75c
Strictly new-laid eggs	90c
Margarine	45c

See the classified ads. on page five.

**FOR ELECTRICAL WORK**  
Go to  
**Geo. Waddell**  
Phones  
BLACK 367 — GREEN 394  
P. O. Box 452



Article No. 3  
Cut out for  
Reference

# War to Peace



## Demobilizing Canada's Army

THE actual work of bringing back our soldiers to Canada and getting them out of khaki is in the hands of the Department of Militia and Defence. Complete plans have been made and machinery organized to handle the work. Every detail has been considered. The plan is harmonious and will work smoothly. It is described here. Notice how every contingency has been considered. How the soldier is cared for at every step. How everything is done for his comfort and to inform his waiting relatives and friends.

### From France to England.

Peace is not yet signed. The victorious Canadian Corps is still a fighting unit. But as fast as the situation permits the Canadian Corps in France will be returned to Canada by units allotted, as far as possible, to the areas from which they came. These units will be reconstructed so as to include only men desirous of returning to the area to which the unit has been allotted.

The remainder of the Canadian forces overseas will be returned in drafts of 500 men for each area. Married men first, according to length of service. Then single men, according to length of service.

### Preparing to Leave England.

Canada has been divided into 22 dispersal areas for demobilization, with a dispersal station for each.

1. The province of Prince Edward Island—Charlottetown.
2. The province of Nova Scotia—Halifax.
3. One half of New Brunswick—Moncton.
4. One half of New Brunswick—St. John.
5. The north country of Quebec down to Three Rivers—Quebec.
6. The remainder of Quebec—Montreal.
7. The Ottawa Valley and Ontario down to the Thousand Islands—Ottawa.
8. The Kingston district west to Oshawa and north to the Madawaska River—Kingston.
9. The Toronto district north to the French River and the north mining country—Toronto.
10. The Niagara Peninsula—Hamilton.
11. Southern Ontario—London.
12. From White River to the Lake of the Woods—Port Arthur.
13. All of Manitoba except the Brandon territory—Winnipeg.
14. The Brandon territory—Brandon.
15. Southern Saskatchewan—Regina.
16. Northern Saskatchewan—Saskatoon.
17. Southern Alberta—Medicine Hat.
18. From Calgary north to Nordege—Calgary.
19. Northern Alberta—Edmonton.
20. All of British Columbia except 21 and 22—Vancouver.
21. Vancouver Island and the immediate mainland—Victoria.
22. Cariboo, Kootenay and Gale—Revelstoke.

Each soldier overseas chooses the dispersal area in Canada to which he wishes to go.

A report of the number of men for each dispersal area is cabled to Militia Headquarters.

As fast as they can be absorbed by the dispersal areas—a cable is sent to England for drafts.

Prior to sailing, a cable is sent from England stating how many men are coming and giving their occupations.

In this way arrangements are made to handle the men, to care for them, and to find employment for them.

Before a man leaves England he is medically examined, his discharge papers and other documents are made out. All delay in Canada over these details is avoided.

### On the Ship.

The transport staff check the medical and pay documents. The Y.M.C.A. provides recreation and entertainment. Twenty-four hours before arrival in Canada a wireless is sent to the port giving details of any men who are sick and in need of hospital care, and general information that will ensure speedy transport from boat to train.

### Wounded Men.

Wounded men are brought

back on hospital ships in the care of Army Medical Corps. They are taken on hospital trains to the various military hospitals and are in charge of the military authorities until medical treatment is complete.

### In Port.

Halifax and St. John, are the ports of disembarkation in winter. Quebec and Montreal will also be used in summer. Immediately upon arrival of troops, the officer commanding wires a list to the Soldiers' Aid Commission in each province who notify the men's relatives. He also wires the Dispersal Station to prepare to handle a certain number of men. A third wire is sent to the general officer commanding each military district, through whom the dispersal station is again notified. This gives the dispersal station a double check.

Various voluntary organizations and the citizens of Halifax, St. John, Quebec and Montreal all give soldiers every assistance. Canteens and club rooms are open. Coffee and cigarettes are provided. Telegrams are sent for the men.

A permanent transportation committee of railroad experts, representing the C.P.R., the G.T.R., and the Canadian National Railways, arrange for special trains to meet every transport.

### On the Train.

Troop trains consist of colonist, tourist, commissariat, standard sleeping and dining cars. A Y.M.C.A. representative is on every train.

Should a stop-over or delay become unavoidable, the men are provided for. Barracks and an ample food supply are available at the following divisional points: Halifax, Amherst, St. John, Mount Joli, Lévis, Megantic, Quebec, Montreal, Cochrane, North Bay, Port Arthur, Winnipeg, Brandon, Regina, Calgary, Edmonton, Revelstoke, Vancouver.

### At the Dispersal Station.

The principal city in each area is the dispersal station. When the troop train pulls in, the relatives and friends of the men have been notified and are on hand. Voluntary organizations have motor cars at the station. Municipal reception committees are also on hand.

In each city the military have provided every accommodation for men staying overnight—barracks, rations. Out-of-town men who are given overnight leave and do not wish to remain in barracks can find the best of accommodation at hostels provided by voluntary organizations.

### The Discharge.

Men taken sick en route are immediately received by the District Depot for medical treatment and receive pay as part of that unit.

All other men are paraded at the dispersal station. The offices here are so arranged that each man can pass quickly from one to the other and get away in the shortest time.

First comes the ordnance office. Here the men turn in their equipment, except steel helmets and clothing, which they are allowed to keep.

Next is the office of the Department of Soldiers' Civil Re-establishment. Here each man is given advice and information on the many questions relating to his return to civil life—employment, housing, vocational training, medical treatment.

Men who are unfit for their former employment are taken on the strength of the Soldiers' Civil Re-establishment for vocational training. They are paid during this period and their dependents receive separation allowance.

Third is the paymaster's office. Here the men receive their back pay, clothing allowance of \$35.00 and first month's War Service Gratuity.

Finally the officer commanding issues each man his discharge certificate, and in the same office is a railway ticket agent who gives each man a ticket to his home town. The man is now a civilian.

Here also is an information and complaint office. All complaints are dealt with and information given by an officer specially chosen for that purpose.

The dispersal station will supply quarters and meals for men until train time.

The Government's care for the soldier does not end when he passes through the dispersal station. The important work of other departments will be covered in reports immediately following this.



**The Repatriation Committee**

*W. J. Duff*  
Director of  
Repatriation  
OTTAWA