

## NO MORE NERVOUS HEADACHES

Since She Tried "FRUIT-A-TIVES",  
The Famous Fruit Medicine.



MISS ANNIE WARD

112 Hazen St., St. John, N.B.  
"It is with pleasure that I write to tell you of the great benefit I received from the use of your medicine, 'Fruit-a-tives'. I was a great sufferer for many years from Nervous Headaches and Constipation. I tried everything, consulted doctors; but nothing seemed to help me until I tried 'Fruit-a-tives'."

After I had taken several boxes, I was completely relieved of these troubles and have been unusually well ever since."

MISS ANNIE WARD.  
'Fruit-a-tives' is fresh fruit juices, concentrated and increased in strength, combined with finest tonics, and is a positive and reliable remedy for Headaches and Constipation.

50c. a box, 6 for \$2.50, trial size 25c.  
At all dealers or Fruit-a-tives Limited, Ottawa.

## 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 53. P.O. Box 333

## DANCING LESSONS

**LATEST DANCES**  
Private instruction by one of  
Seattle's best known teachers.  
Single lessons ..... \$2.00  
Three lessons ..... \$5.00  
Seven lessons ..... \$10.00

PHONE BLUE 339.  
**LEONA BUSHNELL**  
WALKER'S MUSIC STORE, 2nd AVE.

## TOM LEE CO.

840 Second Avenue, West.

**VEGETABLES**  
Wholesale and Retail  
General Contractors and  
Labor Exchange.

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## AN AGENCY

**WORTH FROM \$2,000.00 TO  
\$5,000.00 A YEAR** in any  
small town or rural com-  
munity can now be arranged  
for by men with energy.  
Write NOW to Canadian  
Automatic, Ltd., 424 Cham-  
bers of Commerce, Winnipeg

## 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.

## MEAT PRICES TAKE A DROP

Mutton Chops and Fresh Eggs  
Will Soon Be Within Reach  
of All.

There is a downward tendency  
in the price of mutton which is  
most encouraging in view of the  
tendency for a drop in wages.  
Mutton has gone down ten cents  
a pound and is now selling at 35c  
instead of 45c. Pork and other  
meats have also responded to the  
bearish movement which is af-  
fecting many lines of produce.

Fresh eggs are coming in in  
large quantities and will be lower  
very soon, so that the staple of  
bacon and eggs for breakfast will  
again be within the reach of those  
whose incomes are but moderate.  
Some of the grocers have dropped  
the prices, but others are holding  
them up.

Sweet potatoes are now off the  
market.

The following are the prices  
which are being quoted:—

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
Lemons .....	40c
English walnuts .....	50c
Australian Currants .....	30c
Comb honey .....	50c
Figs, per pkt., .....	20c and 40c
Cranberries .....	40c
Oranges (navel) .....	50c to 75c
Dates, per box, .....	30c

Meats.	
Beef, pot roasts, lb. ....	30c.
Beef, chuck 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 .....	35c
Pork sausages .....	30c.
Tomato sausages .....	35c.
Pork, leg .....	35c.
Pork, chops, .....	45c.
Pork, shoulder .....	40c.
Ayrshire bacon, sliced, 50c to 60c	
Bacon, piece, lb. ....	65c
Bacon, sliced, lb. ....	45c to 70c
Ham, Smoked, .....	50c
Ham, sliced, .....	55c
Salt backs .....	45c
Turkeys, per lb. ....	50c
Chicken, per lb. ....	50c
Fowl, per lb. ....	45c
Pickled Pork per lb. ....	35c
Bologna per lb. ....	25c
Head Cheese, per lb. ....	25c
Cooked Ham, per lb. ....	55c to 60c
Spare Ribs per lb. ....	25c

Dairy Produce.	
Butter, lb. ....	60c.
Butter (cooking) lb. ....	50c
Cheese, lb. ....	35c.
Eggs (case) .....	75c
Strictly new-laid eggs .....	90c
Margarine .....	45c

## DUAL LEADERSHIP AGAINST GOVERNMENT IN BRITISH HOUSE

London, Feb. 6. — The new  
British parliament elected last  
December at its first session re-  
elected James W. Lowthier speak-  
er. None of the Sinn Feiners  
appeared.

Apparently the much discussed  
question of whether the Inde-  
pendent Liberals or the Laborites  
were to be the official opposition  
has been settled by a compromise,  
as, both William Adamson, Labor  
leader, and Donald McLean, the  
newly-elected chairman of the  
Asquithian Liberals, sat on the  
front opposition benches with  
their chief lieutenants.

## ARRIVE IN ENGLAND

(Special via G. T. P. Telegraphs.)

London, Feb. 7. — The Canadian  
Third Division on leave arrived  
in England today.



Article No. 12  
Cut out for  
Reference

# War to Peace



## Land and Loans—to Help Soldiers Become Farmers

IT is anticipated that a great many soldiers who have served with the Canadian, British or Allied forces may want to become farmers in Canada. The vital need to-day is to increase production and the acreage under cultivation. It is thus in Canada's best interests to give these soldiers every assistance. The Government has therefore been developing a programme that includes the providing of land, the granting of loans and the training and supervision of those inexperienced in farming.

### The Present Plan.

Under the Soldier Settlement Act, 1917, an eligible returned soldier is entitled, in addition to his ordinary homestead right, to a free grant of one quarter-section of Dominion Lands on homestead conditions.

For this purpose the Government has suspended homestead entry by others than soldiers on all remaining homestead lands in the Western provinces within fifteen miles of railway transportation, pending enquiry into their suitability.

As soon as a soldier goes on the land, the Board has power to grant him a loan up to the maximum of \$2,500.

This loan is granted to settlers to help them acquire land for farming, discharge incumbrances, undertake improvements, erect buildings and secure necessary live-stock, machinery and equipment.

It is not given as an actual advance of cash, but in the form of payment for expenditures. In this way the settlers' transactions are carefully supervised.

The loan is made at the low interest rate of five per cent. It is to be repaid in twenty annual instalments. The first two payments may be deferred by the Board when desirable.

### The New Proposal.

The Government have found it neces-  
sary to broaden these original plans for  
the following reasons:

(a) It has been found that only a  
limited amount of suitable homestead  
land is available for soldier settlement.

(b) Some Crown lands are held by the  
Provinces.

(c) Homesteading may not suit all the  
returned soldiers.

It is now proposed that the Provincial  
Governments co-operate with the Sol-  
dier Settlement Board in acquiring suit-  
able lands at present held uncultivated  
by private owners. The Dominion Gov-  
ernment has announced its intention of  
introducing necessary legislation along  
these lines at the opening of the next  
Session.

The lands so bought will be re-sold to  
the soldier at cost price. It is suggested  
that the purchaser be required to make  
a cash payment of one-tenth of the pur-  
chase price. The balance will be payable  
in equal annual instalments extended  
over twenty years or longer.

The amount of the land purchased by  
this plan, if it is approved by Parliament,  
will be limited in value to \$5,000. Interest  
will be charged at a low rate of five  
per cent.

When these new proposals for land pur-  
chase become effective the Board will be  
able to loan the soldier settler up to a  
total of \$1,500 for the purchase of live-  
stock and equipment in addition to the  
loan for the purchase of his land. It will  
be granted on practically the same terms  
as the loans now allowed.

As the soldier improves his farm the  
Board may advance him a further  
\$1,000.

### Who May Apply

The Act applies to any one who has  
served with an honourable record in the  
Canadian or Imperial forces in the present  
war, or to any Canadian who was on  
active service with the Allied forces, or  
the widow of any such person who died  
on active service.

The Board will loan money only to  
those who have had sufficient experience  
or training in farming. Each applicant  
may be required to appear in person  
before the Qualification Committee in  
his district.

### Training

Those soldiers who have had insuffi-  
cient experience in farming will be helped  
by the Board to secure the necessary  
training to qualify them for the loans.

Special instructional courses are being  
arranged with the agricultural schools  
and experimental farms.

Farmers will be asked to co-operate in  
giving the soldier practical training and  
knowledge.

### Expert Assistance

The work of the Soldier Settlement  
Board is carried out by Supervisors in  
each of the provinces.

These supervisors have under them a  
staff of land appraisers to value the  
land, and farming advisors or practical  
farmers in the community to advise the  
soldier after he has definitely settled on  
his farm.

Qualification Committees are being  
appointed in each Province to advise the  
Board as to the qualifications of each  
applicant.

### Results

Loans, amounting to over 1½ million  
dollars, have already been granted to  
over one thousand returned soldiers.

Since the regulations were completed  
last July, over eight hundred soldiers  
have made entries on Dominion Crown  
Lands under the Soldier Settlement  
Act.

Offices of the Soldier Settlement Board are located as follows: Post Office  
Bldg., EDMONTON, Alta.; Post Office Bldg., WINNIPEG, Man.; Pem-  
berton Bldg., VICTORIA, B.C.; McCallum Hill Bldg., REGINA, Sask.;  
32 Adelaide St. E., TORONTO, Ont.; Drummond Bldg., MONTREAL,  
Que. In New Brunswick the Board is temporarily represented by the Sec-  
retary of the Provincial Farm Settlement Board, St. John; in Nova Scotia, by  
the Secretary of the Soldiers' Aid Commission, Halifax, N.S.; and in Prince  
Edward Island by the Minister of Agriculture, Charlottetown.



## The Repatriation Committee

Director of  
Repatriation

OTTAWA