

Army transportation will direct the work which will be one of the last big military operations of the war.

CHICAGO: Aerial mail service between Chicago and Omaha was opened today. Dressed meat shipments were contained in the mail sacks of the planes.

PARIS: The indemnity for the Scapa Flow sinkings were ready today for four hundred thousand tons of shipping, two hundred and seventy-five thousand tons of dock and harbor material. The food situation in Austria is critical. The food supplies will be exhausted by January thirty-first and the population then exposed to death from starvation.

WASHINGTON: The crowd cheered a speaker at the Liberty Hut last night when he challenged the British Government and urged recognition of the defacto government of Ireland by the United States.

TELEGRAMS

ST. CROIX STATION.

Washington, January. 5th.—The Supreme Court today declared constitutional sections of the Volstead Prohibition Enforcement Act prohibiting the manufacture and sale of "beer, wine or other intoxicating malt or vinous liquor" containing one half of one per cent or more of alcohol. Beer containing 2.25 per cent of alcohol is illegal under the war time prohibition act, the Supreme Council also decided.

Paris, Jan. 5th. The Supreme Council this morning finally decided on the Note to the German delegation as to indemnity for the Scapa Flow sinking. The Note virtually reduces the demand for reparation from 400,000 tons of dock and harbour material to about 275,000 tons. The signing of the protocol and the exchange of ratifications of the Peace Treaty now depends, it is stated, upon the answer of the Berlin Government to the German delegates here on questions concerning the arrangement on plebiscites provided for by the Treaty. It appears certain therefore that the important formalities cannot take place tomorrow as had been originally intended.

NEW YORK, Jan. 6th 1920.

Flour, Blended Clear St. Lawrence Brand
pr. brl. \$12.00

Meal, Kilndried per 100 lbs \$3.85

New Season's Pork per brl. \$45.00

Heavy Mess Pork per bbl. \$40.00

Sugar---Crystals (Confirmed by Brokers)
per 100 lbs. \$7.28.

Molasses 89° test pr 100 lbs. no quotation
Cotton, Middling Upland, at Liverpool per
lb. 29 36-100d.

Exchange, New York and London, 60
days' sight \$3.75

Exchange New York and London, sight
\$3.78½

LONDON, Dec. 31st 1919.

Sugar-Demerara Crystals duty paid price.
fixed by the Royal Commission per cwts
66s. 0d. -97s. 0d.

Muscovado, 89° basis, floating terms in
bond, Ditto duty paid. 63s. 6d. -86s. 0d.
German Beet 88° f.o.b. no further sales
during the war

SUGAR SUBSTITUTES IN FOOD MUST BE STATED ON THE LABELS.

The Weekly News Letter published by the United States Department of Agriculture in Washington refers to the harmful substances, including saccharin, which are prohibited, and refers to the fact that any substitute, whether inimical to health or not, must be stated on the label. Owing to the fact that glucose, or sugar made from starch with the aid of hydrochloric acid, is now used to so great an extent, the information is given that only substitutes which are harmless are permitted in foods under the terms of the law. Those that are permitted, if used, should be stated clearly on the labels. The object of the regulation requiring that substitutes be declared on the labels is not to limit in any way the use of wholesome substitutes, but to let the consumers know what they are getting. A purchaser of any food product in which sugar is a normal ingredient, will naturally expect to get sugar in that product unless advised to the contrary. As the substitutes are usually cheaper than the substances for which they are used, it is only fair from the standpoint of the purchaser, and that of fair trading, that a distinction be made on the label between foods that contain all the normal ingredients and foods in which one or more of the normal ingredients are replaced by a cheaper substance.

Saccharin, a coal tar product, which has been widely advertised by its manufacturers as a sugar substitute, is said not to be a proper or legal substitute since it is held to be injurious to the health, and as it has no food value whatever it lowers the quality of the food in which it replaces sugar, which has a high food value. Its use is prohibited. It is stated also that the laws and regulations of most of the states prohibit the use of saccharin in foods and that a number of manufacturers have been convicted for shipping into interstate commerce foods adulterated with saccharin.

Foods in which harmless substitutes have been used and no mention of the substitute made on the labels are subject to seizure if shipped within the jurisdiction of the federal food and drugs act, and the party responsible for the violation of the law is liable to prosecution.
—Louisiana Planter.

THE NUTRITIVE VALUE OF SUGAR.

Last year when so many thousands of persons were dying as the result of the prevailing influenza, our doctors found

themselves norplussed and scarcely knew what to do, except to adopt extreme care of the patients and to trust to rest and to time as the curative agents, rather than to any direct medication, which, in some instances, had been found the cause of immediate injury, if not of death, to the patient. We suggested to some of our medical friends at that time that it really seemed that the influenza germs made a specific attack on the heart, and that pneumonia, from which most of the patients died, was evidence of such specific attack.

We clip from the *Times-Picayune* of New Orleans the statement made by Dr. Soltan Fenwick, presiding officer at a recent meeting of the British Institute of Hygiene, to the effect that it was not influenza that killed the millions accreted to that disease, but that those deaths, which were described as from pneumonia, brought on by the "flu," were due to heart failure due to insufficient sugar in the system.

Dr. Fenwick states as follows:

"Sugar and, to a lesser degree, fats are essential to the protection of the heart from the pneumonia germ. With the proper amount of the intense sugar carbon the system is able to halt the development of the insidious micro-organisms, but the sugar shortage which went round the world because of war restrictions left millions in a physical state where the disease germs could and did multiply. The influenza perhaps was just the same mild disease in itself that has visited the world many times before, but the unsugared or sub-sweetened needed but just that further reduction of vitality to destroy the nice balance between the malign and benign germs and to permit the former to gain the upper hand.

"This hypothesis has evidence in its favor in the results to date of a new outbreak of influenza reported from England. This year the "flu" is merely a bad cold, as in former years, but one that leaves the patient very much depressed. Were those attacked also short of sugar and fat stimulants it is quite possible that the pneumonia germ might gain control and renew his destruction of last season.

"If the theory is correct, we cannot look with complacency on the new sugar shortage which is being forced upon us."—*Ibid.*

Ladies, Here's Your Opportunity!

LESSONS in fancy work of many kinds, can be had from C. Generow of Detroit, Michigan, U. S. A., who has had long experience in teaching and whose works was exhibited at the World's Fair.

For terms apply to Mrs. F. HALL, King Street, where samples of work can be seen.