FIVE ROSES FLOUR
for Breads-Cakes
Puddings-Pastries

THRIVING children prefer the bread you make with Five Roses Flour. It is stored with the flavor, vitality and easily-digested nourishment of prime Manitoba wheat.

Nutritious : Wholesome
Keeps Well

Between Cousins;

OR, A DECLARATION OF WAR.

CHAPTER II.—(Cont'd).

He looked at her a little shyly. She was small and slight, with a very white skin and pale-blue eyes, lashes and eye-brows as light-colored as the hair. There were many elements of prettiness and also of delicacy in the face, spoilt partly by a too thin and wide mouth, which she seemed to have some difficulty in keeping under control. Its extreme and nervous mobility, whether during speech or silence, was almost disquieting.

As the student looked, some dim recollection stirred. That aggressively fair hair was a thing to remain lodged in the memory, however subconsciously. Thankful for the chance of uniting civility and veracity, he murmured:

"Yes; now that you say it, I remember. Thank you most kindly—thank you again."

He was on the point of turning definitely, having become unpleasantly aware that they were still occupying the same spot on the pavement, when she spoke again quickly.

"Is this your first term at the University?"

"How do you know I am at the University?"

She tossed her fair head ever so slightly.

"As if that was difficult to guess! What else would you be doing at the corner of University Road every morning? And the books? Why, I even know what course you're following," she added, with a touch of coquetry—but of fairly discreet coquetry—in her glance. "I couldn't help seeing the titles of some of those volumes in your bag, and though I don't understand them, I know that they can't mean anything but the Church."

She paused and sunk her eyes in a sudden access of nervous shyness.

"I'm a stranger, of course, and have no right to say anything, but I should like to ask you one question: Have you no one to look after you?"

"To look after me?"

"Yes; I mean, to keep you from studying too hard. Do you know that you've been growing thinner ever since October?"

From an acquaintance of five minutes' standing, the remark was startling; yet there was so much genuine sympathy in the voice, and in the working of the unsteady mouth, that even a less conventional man than this one happened to be, might have accepted it without another thought. There was far more gratitude than sarcasm in the tone in which he replied:

"Thank you, you are very kind; but I am really quite well I make up for it in summer, you see."

"Oh, do you?" she said, with eyes that looked frankly curious; but the student's shyness could stand no more.

"I'm afraid I must go," he said hurriedly. "My time is up."

"So is mine," admitted his companion, glancing at the clock on the neighboring church tower. "In five minutes I've got to be at—at my office in William Street. Good-bye, then, for the present, and please don't lose your sandwiches."

If in the farewell glance there was more than Christian fellow-felling John M'Donnell, for want of a precedent to go upon, did not discover it.

As he trudged upwards toward the temple of learning, looming dimly out of a curtain of fog, he was nevertheless vaguely aware of an unexpected break in the monotony of this present existence. The five winter months spent among the din and grime and hurry of Glasgow had hitherto been one continual and very dull form of sacrifice, rendered bearable only by the end in view. What he had suffered at his first introduction to town-life could probably not be appreciated by anybody or anything short of a fish out of water. Even now he would still dream, shuddering of the incredulous horror which had seized him at the first sight of that forest of chimneys vomiting smoke towards an invisible ally; while for years to come, Buchanan Street Station was to remain for him a sort of standing nightmare. If he had not believed in hell before, he certainly would have been converted to the dogma from the moment of his passage through that human pandemonium. And the streets were not much better. His eye, accustomed to plumb the many-tinted depths of heather-clad hills, left, between these walls of dingy masonry, an imprisonment that was almost a physical pain. The mists of his Highland home were indeed thick; but how pure, how sweet to the nostrils, beside the unclean fumes which was the perfume shed by that grim, stone forest.

The plunge into study—so hard for a man not trained to consecutive brain-work—was the only thing that made the home-sickness bearable. Upon a little pocket calendar he would faithfully score out each day from October to March. With what silent joy the "stiudant" would yearly exchange his town clothes for the white duck trousers and the blue serge jacket, his books for the double hammer—it would take an exile to understand. Upon the hope of that moment he lived through the winter; and upon the hope of a return which should be permanent, he had lived through these years—yet they were years of bondage as hard as those of Jacob in the house of Laban. Already was the goal appearing over the haziness, since this was his third term, and since one more would see him in orders. More than this, circumstances were conspiring in his favor. The present pastor of souls at Ardloch was ageing fast and yearning for rest—had, in fact, at the Bishop's special instance, agreed to "last" only until John M'Donnell should be ready to take his place. For the Bishop, who was a brisk, cheerful, jolly personage, with a good-natured propensity for letting people have their own way, had taken up John's cause warmly, not the less warmly, perhaps, because such cases never failed to shed credit on the diocese. In his most sanguine dreams, John had not dared to hope for anything so speedy as this. With all the more unshakable belief in his "call" did he toil onwards.

During all these three years he had never spoken to a woman besides the landlady of the little East-end room in which, despite the distance from the University, he lived for economy's sake. It was only by the strictest frugality—such frugality as was represented by the daily packet of sandwiches—that he could manage to make his earnings of the summer cover the expenses of the winter. No place of amusement had ever seen him, and not one of the women who threw inquiring and approving glances at the tall figure with the small, finely-cut head, could boast that she had ever made him aware of her existence. He had eyes and ears only for his studies. The Rachel he was serving for wore no woman's face.

The experience of to-day, from its very unprecedentedness, could not well avoid leaving a mark. To his astonishment, he discovered that it had not even been wholly unpleasant. His loneliness was so complete that the idea of friendly sympathy could not fail to have a certain warming effect upon his home-sick heart. And she really had seemed to mean what she said. To John, who was the least vain of men, the idea of having been observed and almost watched over for months past, was at once startling and vaguely comforting. He blushed as he mounted the last slope, still occupied with the discovery, and simultaneously he began to wonder whether he should see her again.

Of course he did—only two days later. The meeting took place at the hour of the evening return which corresponds to the exodus of the morning, for John spent most of his afternoons in the University Library, which saved him many a book-purchase, and offered an atmosphere more congenial to study than did his small sleeping-closet with the window on to a "close," and a dog-dealer next door.

The lantern at the halting-place was lit already, and beneath it stood a slight figure, with the blue and pink and yellow car tickets—relics of the day's traffic—strewn over the pavement at her feet, as thick and as many-colored as autumn leaves. By this time John had half-forgotten the episode, and though the light of the lantern was full upon her face, might almost have failed to recognise her, but for the welcoming smile, which clearly said that she had no idea of letting the acquaintance drop.

"My car is your car, I know," she said confidently; "since our ways lie together. I just missed the last one, although I ran so fast."

Her visible breathlessness made it seem obvious to remark:

"You look tired."

"I am tired, but it is not with the running. It's the office that tires me."

As she smiled at him a little deprecatingly, John saw that she certainly looked rather drawn and drooping, an observation which caused her to make an instant further stride in his sympathy. It was the robust and flourishing people he was shy of, not the weak and weary ones of the earth.

(To be continued.

PEDLAR'S "GEORGE" SHINGLES

Everywhere facts
prove the menace of lightning.

Once you realize that the danger of lightning lies in its concentrated action on a single spot in your roof, you will appreciate the safety and protection of a Pedlarized roof. Pedlar's "George" Shingles lock together on all four sides, forming a single sheet of metal from eave to ridge. Lightning cannot concentrate on any single spot, for Pedlar Shingles spread it over the whole surface of your roof. When properly grounded, a Pedlarized roof is practically indestructible. This summer know the saving and peace of mind of a safe, steel roof by Pedlarizing now with "George" Shingles. Write for the "Right Roof" Booklet W W

THE PEDLAR PEOPLE, LIMITED
(Established 1861)
Executive Office and Factories:
Oshawa, Ont.
Branches: Montreal, Ottawa, Toronto, London, Winnipeg

The Look that Holds

About the House

Food Value of Legumes.

Legumes, such as peas, beans and lentils, are rich in protein. Peas are commonly called the poor man's beef, one plate of split pea soup being equal in food value to two ounces of beef if a little milk is added. The cost per plate is only 1 2-3 cents.

To serve 8 people generously use 1 cup dried split peas (½ pound), 2½ quarts of cold water, ½ medium sized onion, 2-inch cube of fat salt pork, 3 tablespoons of butter, 2 tablespoons of flour, salt and pepper and 1 pint of milk. Soak the peas overnight to soften and draw out the bitter flavor, drain well, add water, pork and onion. Bring to the boiling point and simmer 3 to 5 hours or until very soft. Add butter and flour cooked together, then seasoning and rub through a sieve. Add the milk and re-beat. Three quarts of soup stock and no milk may be used in place of the water.

The food principle lacking in legumes is fat, so the addition of fat becomes necessary. The long, slow cooking necessary to soften legumes is of paramount importance, and this is the reason that many people do not make the use of legumes that they should.

Some Fish Dishes.

Salmon Loaf.—One (half-pound) can salmon, one egg, two cups bread-crumbs, one cup hot water, one tablespoon melted butter, dash of pepper and salt, minced parsley. Skin and mince fish, reserving liquor for sauce. Bub butter well into fish. Work in crumbs, seasoning and egg. Steam in mold for one hour. Set in cold water one minute and turn out. Good sauce to serve with loaf is made of one tablespoon butter, two tablespoons flour, one cup hot milk, one egg, lemon juice, seasoning and salmon liquor. Boil first three until creamy, add salmon liquor and beat egg, and lastly seasoning and lemon juice to taste.

Fish Balls.—2½ Cupfuls of flaked fish, 1 egg, 1 oz. of butter, 4½ cupfuls of potatoes, seasoning. Wash and peel the potatoes and cut in small cubes. Boil them till soft, with the flaked fish, drain off the water, mash together and add the egg, and seasoning. Beat well with a wooden spoon, shape into balls, sprinkle with flour and fry golden brown in very hot fat. Serve with tomato sauce. This makes twelve balls.

Baked Stuffed Haddock.—Clean four pound haddock, sprinkle with salt, inside and outside, stuff and sew. For stuffing mix one-half cup cracker crumbs, one-half cup stale bread-crumbs from which crusts have been removed, one-fourth cup melted butter, one teaspoon finely chopped onion, one-fourth teaspoon salt, one-eighth teaspoon pepper and one-third cup hot water. Cut five diagonal gashes on each side of backbone and insert strips of fat salt pork. Place on greased sheet in drigging pan, sprinkle with salt and pepper, brush over with melted butter and flour chop and place around fish two 3 by 4 inch slices of fat salt pork. Bake one and one-fourth hours in hot oven, basting every ten minutes.

Five Recipes for Fritters

Who doesn't like fritters? Never a boy or girl who doesn't welcome the supper or breakfast dish of fritters, and when properly made they are a most wholesome dish, especially for cool days. If there is oatmeal left from the breakfast try this for supper.

Oatmeal Fritters.—Be sure to place the left-over oatmeal where it will harden. When you wish to use it cut in half-inch-thick slices and then into long strips. Dip it in egg, then in bread crumbs and fry in butter. Drain, sprinkle with powdered sugar, and serve hot.

Here is a recipe for a good fritter batter: One egg, one-half cupful of milk, one cupful of flour, one teaspoonful of sugar, one saltspoonful of salt, one tablespoonful of melted butter, one tablespoonful of baking powder. Separate the yolk and beat the white of the egg stiffly. Sift the flour, baking powder, salt and sugar together; add to the liquid mixture, and finally fold in the beaten white of the egg.

Cooked vegetables, like parsnip, salsify—oyster plant—or carrots can be served in fritter batter for a change.

Meat Fritters.—Cold veal is best for this dish, although any other tender meat can be used. Cut the meat into half-inch-thick slices and portions a little smaller than the size of the fritter desired. Season with salt and pepper. Drop two tablespoonfuls of fritter batter into the hot melted lard, on this place one slice of meat, and drop two tablespoonfuls of batter on top of the meat. As soon as the fritter is browned, drain and serve hot.

Vegetable Fritters.—Two cupfuls mashed parsnips, two eggs, salt, pepper, melted butter. Beat the eggs well and add to the parsnips. Add the seasoning, and if the parsnips are especially juicy it is best to add a little flour to make the mixture into a stiff enough batter. Fry in deep fat on a buttered griddle.

Fruit Fritters.—Large fruits like apple, orange, peach, banana or pineapple can be cut in thick slices, then dipped in fritter batter and served hot, sprinkled with powdered sugar. Smaller fruits however, like the various berries, cherries, apricots, etc., must first be stoned and then dropped into the entire dish of batter fritter. A spoonful of batter is then dropped into the boiling fat at a time.

Before you drop a fritter into the hot fat it is best to test the fat to see whether it is properly hot. The fat should be heated slowly until a few minutes before it is needed, then placed over the hotter flame, where it will become extremely hot. To test it, drop a cube of bread into the fat. If it sinks to the bottom, then rises and becomes golden brown in a minute, your fat is ready for fritter making.

Homely Wrinkles.

Silver may be easily cleaned by rubbing it with a potato dipped in common baking-soda.

Tell the girls that their job of dish-washing is never over until they have thoroughly washed the dish-cloth.

Make your own dustless dusters by wetting good-sized folds of cheese-cloth with liquid veneer or floor oil and allowing it to dry. These work first-rate.

Pieces of orange peel, if placed on a hot stove and allowed to burn to a crisp, will remove any objectionable smell of cooking in the kitchen, besides cleansing and purifying the air to a remarkable degree.

Save your slices of cold ham. Put them through the food-chooper, add mashed potatoes, minced onion, seasoning, and a pinch of ground sage. Roll this in flour and fry it in melted drippings.

A leak in a water-pipe may be temporarily stopped with a paste made of soap or whiting. This, of course, should not prevent one sending immediately for the plumber, but will make the waiting for him much less trying than it usually is.

If soiled clothes are moistened, well soaped and placed in a boiler of cold water upon the back of the stove and allowed to heat slowly—say while one is preparing breakfast—they can be washed clean in less time than would be required in the usual way.

If the oil in your lamp is poor or does not give a sufficiently bright light, put a small piece of camphor in the oil and you will get a much brighter light. Or a few drops of vinegar will answer the same purpose.

Then shall the King say unto them on his right hand.....

"I was an hungered, and ye gave me meat; I was thirsty, and ye gave me drink..... naked, and ye clothed me....."

Then shall they answer him, saying—"Lord, when saw we thee an hungered, and fed thee? or thirsty, and gave thee drink? ....or naked, and clothed thee?"

And the King shall answer.....
"Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me".

Overseas, in ravaged Belgium, more than 3,000,000 of "the least of these" are hungry, thirsty, thinly clad—looking to us! Have you done what you could for any of them?

Whatever you can give, send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees or 41

SEND CHEQUES PAYABLE TO TREASURER

Belgian Relief Fund
59 St. Peter Street, Montreal

The Greatest Relief Work in History.

When you think of
Cleaning and Dyeing
Think of PARKER'S

Let us restore to seeming newness your Lace Curtains, Carpets, Blankets and other household and personal effects. The Parker process is thorough; the charge is very moderate, and we pay carriage one way.

Send for our Catalogue on Cleaning and Dyeing.

PARKER'S DYE WORKS LIMITED
791 Yonge Street : Toronto

AN IDEAL TONIC

When your head is dull and heavy, your tongue furred, and you feel done-up and good for nothing, without knowing what is really the matter with you, probably all that is needed to restore you to health and vigour is a few doses of a reliable digestive tonic and stomachic remedy such as Mother Seigel's Syrup. Take it after each meal for a few days and note how beneficial is its action upon the stomach, liver and bowels—how it restores tone and healthy activity to these important organs, and by so doing enables you to gain new stores of vigour, vitality and health.

FOR THE STOMACH AND LIVER

MOTHER
SEIGEL'S SYRUP

The new 1.00 size contains *three times as much* as the trial size sold at 50c per bottle.

5015

The Peerless Perfection Fence

Divides your stock and they stay where you put them. The fence that serves you for all time. Can't rust, sag or break down. Stands any weather. Each joint securely held with the Peerless lock, all parts heavily galvanized, the strongest, most serviceable farm fence made and fully guaranteed.

SEND FOR CATALOG of all kinds of fencing for farms, ranches, parks, cemeteries, lawns, poultry yards, ornamental fencing and gates. See the Peerless line at your local dealers. Agents wanted in open territory.

THE BANWELL-HOXIE WIRE FENCE COMPANY, Ltd.
Winnipeg, Manitoba Hamilton, Ontario

A very acceptable wedding gift, because one so generally useful, is a broad silver-bladed knife. It will not only cut pie or cake, but is wide enough to hold a whole piece and serve it gracefully. Or it may be used just as well for serving fish, griddle cakes, croquettes, fried tomatoes, eggplant, or any food likely to break when picked up with a fork or spoon.

Redpath SUGAR

has sweetened half a century with the same crystal purity that makes it the favorite to-day. Buy it in original packages and be sure of the genuine.

"Let Redpath Sweeten it."

11

2 and 5 lb. Cartons—
10, 20, 50 and 100 lb. Bags.

Made in one grade only—the highest!