TOMMY

By Joseph Hocking

Author of "All for a Scrap of Paper," "Dearer Than Life," etc. Published by Hodder & Stoughton, Limited, London and Toronto

CHAPTER V.—(Cont'd.)

Tom had just heard that he was to go on duty at the front trench again, when passing along by the canal towards one of the officers' dug-outs he saw a staff officer talking with the major of his own battalion. Tom lifted his hand to salute, when the staff officer turned and spoke to him.

"Ah, is that you, Pollard?"

"Yes, Mr. Waterman—that is, yes, sir," stammered Tom.

"I hope you are doing well," said Waterman.

"I am still alive, thank you, sir," and then he passed on.

"He's got a safe job anyhow," thought Tom, "he'll be at the Divisional Headquarters I expect; well, he's a clever fellow."

That night when Tom returned to the first line he was put on sentry duty. It was one of those silent, windless, starless nights, when under ordinary circumstances a solemn hush prevails. Even the trenches were silent that night. On both sides the guns had ceased booming; it seemed as though a truce had been agreed upon, and yet the air was tense with doom.

Tom could not help feeling it as he traversed that part of the trench in which his especial duty lay. Unimaginative as he was, his mind worked freely. He called to mind the engagement of a few days before, remembered what he had seen and heard.

Again and again he traversed the cutting in the earth, his rifle on his shoulder, and bayonet fixed. How silent it was! Not a man's voice was to be heard. He know that sentries were all around him, but he could not hear a footstep; he knew, too, that many of the soldiers lay in their dug-outs, sleeping as peacefully as though they were at home. And yet he felt all alone. "Where's Jim Bates now, I wonder, and Arthur Wadge, and Bill Perkins, and George Wilson? they were killed, but are they really dead?" he said to himself. He had known these lads well; in fact, they had been pals of his, and he wondered what had become of them. Were they still alive? What had they felt like when they had to cross the deep, dark valley? What was death?

He thought of his old Sunday-school days, thought of his old beliefs. "Ay," cried Tom aloud, "if I could only feel that Christ was wi' me now I shouldn't care a bit; but I gave Him up months ago. Alice Lister believed in Him, ay, she did an' all. I wonder where Alice is now? Does she ever think about me, I wonder? does she pray for me as she said?"

He thought of what the man had said in the Y.M.C.A. hut on the night before they set sail for France. He told the soldiers that they needed a personal Saviour, and that that Saviour was ever waiting, ever watching, to give them help; that He would be near all those who stretched out their lame hands of faith towards Him, and help them, strengthen them, comfort them. It was very unreal, it seemed a long way off too. And yet was it? Was Christ there just as the man had said?

"Boom!" The sound came from an enemy's gun, but he heard no shell screeching its way through space, saw no light of explosion. It was not repeated, although he waited, listening tensely. Minute after minute passed, still there was silence; evidently the English gunners were instructed not to reply.

What was the meaning of it? The silence became so tense that it seemed to make a noise; the air was laden with gloom.

"I wonder what it means," said the boy, and a great fear possessed him; he felt as though he were on the brink of a fathomless chasm, a chasm which was as black as ink.

Minute after minute he waited, and still no sound broke the silence.

He tried to comfort himself by remembering pleasant things that happened at Brunford, but in vain. It seemed to him as though he was surrounded by something fierce and terrible; was it a premonition of death, he wondered?

Again he called to mind what the Y.M.C.A. man had said on the night before they started for the Front. He had advised them to pray, and to put their trust in a loving God who had been revealed to them through Jesus Christ.

He still tramped the bit of trench which it was his duty to guard, looking eagerly into the darkness as if to discern the outline of an approaching enemy. "If I only could pray!" thought Tom, "if I only could!"

But he had not prayed for years, the very thought of prayer had gone out of his mind and heart; but oh! how he longed for something to comfort and steady him!

Well, why should he not pray? It could do no harm, it might even do him good.

Lifting his eyes towards the inky-black sky, he tried to formulate a prayer, but he could not, his thoughts could not shape themselves, his mind refused to work; he opened his lips and cried, "O God!"

That was all; he could think of nothing else to say, but he repeated the words again and again:

"O God!—O God!—O God!"

That was all. He had asked for nothing, he had indeed hardly thought of anything. Nevertheless he was comforted; the words he had uttered meant infinite things, for at the back of his mind he had a confused belief that God saw, that God listened, that God understood, and the thought changed everything.

"I wonder what Alice Lister is doing now," thought the boy presently. He did not know why it was, but somehow God seemed more real when he thought of the girl who had promised to pray for him.

CHAPTER VI.

What was Alice Lister doing on the night when Tom prayed? If it had been a night of wonder to Tom, it had been a night of decision to Alice Lister, who had to face another crisis in her life. While Tom had been offering his almost inarticulate prayer in the trenches in the Ypres salient, Alice Lister sat alone in her bedroom.

More than a year had passed since the Sunday afternoon when she had told Tom that he must make his choice between her and the life he seemed determined to lead. What it had cost her to do this I will not try to describe, for Alice had truly cared for Tom. It was true that he did not quite belong to her class, and it was also true that her parents had done their best to dissuade her from thinking about him; but Alice had been fond of Tom; something, she knew not what, had drawn her heart towards him. She had believed in him too; believed that he was possessed of noble qualities which only she understood. Then as she saw Tom drifting, she knew that her decisive step must be taken, and she had taken it.

Afterwards, when she was told how Tom had risen in the great crowd at the hall in the Mechanics' Institute, and had gone up to the platform and volunteered for active service, her heart had thrilled strangely. She did not understand much about the war, but she felt that Tom had done a noble thing. In spite of the fact, too, that he had left her to walk out with Polly Powell, she had a sense of possession; it seemed to her that Tom belonged to her more than to this highly colored buxom girl who had taken him from her.

Then something happened which set the people at the church she attended talking freely. The young minister was a bachelor, and it was evident he was enamoured with Alice; he paid her marked attention, and eagerly sought to be in her company.

(To be continued.)

INVALID SOLDIERS' LEAGUE.

Convalescent Soldiers at Edmonton Form Model Organization

The Invalid Soldiers' Welfare League is a newly formed organization in the Edmonton Convalescent Home which promises to become a model for similar leagues in all the convalescent homes of the Military Hospitals Commission.

There are many phases of life to be carried on in the homes, and the patients here hit upon the idea of forming an organization which would provide machinery for promoting athletics, social life and maintaining a canteen, as well as a bond of interest common to all the men in the home.

The membership is constantly changing, of course, as cases are discharged and new ones come in, but every man while he stays belongs to the league. The aim is simple—"For the welfare of the men in the convalescent home and hospital"—and the appeal is direct. The returned Tommies like the idea.

There are three chief committees; one is in charge of athletics and arranges games, field days, and all sports; the social committee has charge of all the picnics, concerts and movies; and the canteen committee of the smokes, refreshments, etc.

The supreme proof of its usefulness comes when it lends money, to the amount of $400, to any man going out into civil life needing a lift, if he can give proper security, and every dollar loaned to date has been repaid.

This is a boon to the man who lived on a salary before he enlisted and whose family used up his small savings in his absence.

In the Edmonton Fair the boys cleared $2,000 on a show they staged. Each man who worked was paid $2 a day; and ten per cent. of the profits were turned over, as is their custom, to the widows and orphans fund of the Great War Veterans.

GAY HALLOWE'EN.

Among the wigwam shocks of corn,
I met the crisp October morn.
With pumpkins high I piled my load
And thought of children as I rode.
I saw instead of yellow piles,
A wagon-load of saw-tooth smiles,
With glowing eyes and fearsome flare,
And candles gleaming everywhere.
I saw a laughing, motley crowd,
With Jacks held high and shouting loud.
I heard the calls of girls and boys,
And smiled at thought of coming joys.
The jolliest crop of all the year,—
Gay Hallowe'en at last is here!

Rubber Comforts Dangerous.

The sale of rubber comforts is prohibited in France because they endanger the lives of infants. Regular feeding, frequent drinks of boiled water, and clean, dry clothing make a pacifier unnecessary. Better allow a child to cry if you cannot discover and remove the cause than allow him to form this filthy habit. Upset digestion, adenoids and crooked teeth are a few of the evils attributed to this one cause.

A factory in which radium is being produced has been opened in Scotland by a Scotch chemist.

An electric egg candler has been invented for use in public places where the freshness of an egg can be demonstrated.

PROTECT CROP SAVERS.

Our Insectivorous Birds Should Not Be Slaughtered.

On September 10, scare heads in the newspapers announced that frost had caused damage in the United States to the extent of probably $50,000,000, the grain markets became excited, and prices advanced. Why? Because it was unusual.

Every year in the United States, $800,000,000 loss occurs through the depredations of insects. This is a conservative estimate, made by experts. Such an announcement, however, creates no interest either in the grain market or newspapers. Canada suffers proportionately. It is but another of the enormous wastes which we are content to put up with, as we do with the heavy fire waste, and feel that, with our bountiful harvests and rich natural resources, we can afford to be extravagant.

If some means existed to overcome early frosts, no time would be lost in putting them into effect. Not so, however, with the continued loss by insects. Our insectivorous birds, far from receiving protection, have been promiscuously and continuously slaughtered, to the detriment of our field crops.

Canada and the United States have recently passed enabling acts giving effect to the Migratory Bird Treaty for the protection of insectivorous birds. To many this protection is looked upon as a curtailment of liberty. In reality, however, it is a means of putting money into each citizen's pocket, and everyone, both by example and influence, should do everything possible to protect our feathered friends.

"No two things differ more than hurry and despatch. Hurry is the mark of a weak mind, despatch of a

DOMESTIC SCIENCE AT HOME.

Fifteenth Lesson—Rye, Graham and Health Breads.

Nature provided man with grains containing valuable nutriment necessary to maintain life. Man, craving luxury, discovered a process of milling or refining the meal which is made from the grains. By grinding grain into white flour, which is a process of refining, much of the vital element is removed.

The vitamines and mineral elements so very necessary for human structure of teeth and bones and bodily welfare are lost.

The human body requires sixteen elements for its daily well-being. These elements are found in mother nature, the earth, the grains and the vegetables. The loss of any one of these plays havoc with the body; by discarding several more, their loss is plainly seen.

Now is the acceptable time to return to the foods of our granddads, namely, to eat whole meals. Bread made from whole wheat forms an ideal ration; it furnishes protein, carbohydrates, some fats and mineral salts, and a portion of the bulk that has an exceedingly good effect upon the intestines.

The absorbent qualities of whole wheat make it necessary to lessen the flour when making bread.

Rye flour contains slightly less gluten than wheat flour; this gluten is of a tough character. A portion of wheat flour is necessary to produce a good loaf. In many parts of Europe it is the necessary staff of life, and is known as black bread. In the old country the bread is frequently baked in batches sufficiently large enough to last a family from six to eight or from eight to ten weeks.

Graham flour is flour made from whole wheat. The outer coat and some of the bran are removed. It finds favor with many persons who dislike entire wheat bread.

Gluten bread is made from wheat flour. The starch is removed by washing. The residue is then dried and it is finally prepared into flour. It is used in special cases of diabetes, kidney, liver and intestinal troubles.

Whole-Wheat Bread

Two cups of water, one tablespoonful of sugar, one teaspoonfuls of salt, two tablespoonfuls of shortening, one yeast cake, five cupfuls of whole-wheat flour. Dissolve the sugar and shortening in boiling water. Cool to eighty degrees Fahrenheit, then add the salt, yeast cake and flour. Knead for fifteen minutes. Put in greased bowl to rise for three hours, in a warm place, free from all drafts, about eighty degees Fahrenheit in temperature. Now mold into two loaves. Place in well-greased pans and return to place to rise for one hour. Bake in an oven of 325 degrees Fahrenheit for fifty minutes. Remove from oven. Brush the tops of bread with melted butter, then lay on a rack to cool.

Rye Bread

Two and one-half cupfuls of water, two medium-sized potatoes. Peel the potatoes, then cut in thin slices and boil until soft. Rub through fine sieve. Now cool to eighty degrees Fahrenheit. This amount should measure two cupfuls. Place in a bowl and add: two tablespoonfuls of sugar, two teaspoonfuls of salt, two tablespoonfuls of metled shortening, one yeast cake, two cupfuls of white flour, one and one-half cupfuls of cornmeal. Place the ingredients in bowl in the order given. Beat well, to mix. Set sponge to rise for one and a half hours in a place about eighty degrees Fahrenheit. Then add three cupfuls of rye flour. Knead well for fifteen minutes. Return to place and let rise for two hours. Mold into loaves and let rise for forty-five minutes. Bake in a moderate oven for fifty minutes. Caraway seeds may be added if desired.

Gluten Bread

One cupful of water, eighty degrees Fahrenheit, one tablespoonful of sugar, one teaspoonful of salt, one-half of yeast cake. Mix in the order given. Crumble in the yeast cake and add sufficient gluten flour to form a thick batter that will drop from the spoon. Beat well for ten minutes, then set to place of eighty degrees Fahrenheit for one and one-half hours. Beat for five minutes with spoon. Pour in well-greased pans. Set to rise for one and one-quarter hours. Bake in hot oven, 350 degrees Fahrenheit, for forty minutes, reducing the heat to 300 degrees during the last twenty minutes.

Milk may be used in place of water in the above recipes.

In northern Europe barley flour is used in making bread. Try using one and one-half cupfuls of barley flour in place of all-white flour. The bread has a delicious nutty flavor and is particularity healthful bread for children. If unable to obtain the barley flour or meal, use the cream of barley cereal; first cook it into a stiff mush. Add two cupfuls of this to the bread sponge.

How To Save The Fats.

From now on the menu will require much care and forethought to have it properly balanced, if one is to keep down expences and eliminate waste.

Fats, at this season of the year, are among the most valuable food units. They furnish heat and energy to the body. But fats are also scarce in the markets and cost the housewife a proportionally high price.

Ways to Utilize

Carefully trim off all pieces of fat that accompany meat. Cut fat into small pieces or put it through the food chopper. Place in a saucepan containing sufficient cold water to cover and cook slowly until the fat, when pressed in a sieve, will yield no moisture. Strain and stand the liquid aside to cool. When cold remove the cake of hard white fat on top. This fat may be used in place of butter for cake and cooky making and also for frying. Beef fat may be combined with other fats in proportion of one part of beef fat to one part each of mutton and pork. Melt it and then strain. This can be used for frying, etc.

Do not waste a single bit of fat. Personally oversee the food before it is stored away. Remove all the surplus fat. Persistantly drain all fat from the pans used for sauteing (frying). Use a spatula to remove it as much as possible.

Set aside the saucepan and kettle containing the water in which meats were cooked. Let the water cool and then remove all the fat. Clarify it by placing it in a saucepan containing an equal amount of water and one-quarter teaspoonful of bicarbonate of soda. Let this come to a boil. Boil for five minutes and then strain and cook. Lift the cake of fat from the water and put it in a cool place until needed. This fat may be used for pastry, cookies and frying.

Eliminate the use of butter in sauce. Butter is a fat that is not suitable for cooking purposes. This is because the butter, when heated to a temperature that will cook food, burns, thus setting up a decomposition in the fatty particles, which renders it unfit for food purposes, and if it is used it will frequently products intestinal disturbances.

Butter is not necessary in the making of sauces. In July, 1914, the Culinary Society of Paris decided that it would be a wholesome economy and a scientific advancement to prepare all cream sauces without the use of butter.

In order to thoroughly explain this method, it will first be necessary to classify cream sauces as follows:

Thin cream sauce, such as is used in cream soups, purees, au gratins, etc.

Medium cream sauce, such as is used for vegetables, fancy sauces, etc.

Heavy cream sauce, such as is used for molds, cutlets, etc.

The Proportions

It should not be necessary for the housewife to turn to a cook book or a recipe each time that she wishes to prepare a sauce, if she will place this recipe on her kitchen cabinet door, next to the flour bin.

One and one-half level tablespoonfuls of flour for thin cream sauce.

Two and one-half level teaspoonfuls of flour for medium cream sauce.

Five level tablespoonfuls of flour for heavy cream sauce.

to each half-pint cunful of milk or water.

How to Prepare the Sauce

Use a saucepan that is absolutely clean for making sauces. The outside of the pan is as important as is the inside, for if heat or scorch marks are apparent on the outer surface of the pan this will have a tendency to scorch the milk, when large quantities are cooked.

Place the flour and cold milk in the saucepan and now take a wire beater or egg whip and beat the milk and flour smooth. Place on the fire and bring quickly to the boiling point, beating hard all the time that the sauce is cooking. Cook for three minutes after the boiling point is reached at a very low temperature; that is, if using the gas, turn it off and let the sauce cook on the hot burner for this length of time.

Now the constant beating has blended the flour and milk into a rich creamy sauce that would be impossible to obtain under the old method of using butter, flour and milk, and then just stirring it until cooked. Remember that the secret is the constant beating.

Try this method and eliminate all the fats from sauces and gravies. By this you are doing your bit in helping to conserve the food element, which is important to our nation as are our soldiers, our sailors and our guns.

Old Tea Looks All Right

Old tea and fresh tea, poor tea and good tea, all look alike. No wonder a woman often gets a bulk tea she doesn't like.

Red Rose Tea in the sealed package is always fresh, always good, always worth the price on the label.

Kept Good by the Sealed Package

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DREAM UNFULFILLED.

Though Germany Has Gained Much She Has Lost Still More.

Three years ago Germany began this war for the conquest of Middle Europe. What has she gained? What has this gain cost her?

She has gained by her arms the territories of Belgium, Luxemberg, Serbia, a small but rich section of northern France and parts of Lithuania, Poland and Rumania—a total of a little less than 204,000 square miles.

She has lost:

Except for an insignificant corner in southern Africa, all her colonies, over a million square miles.

Virtually all her shipping not bottled up in Bremen and Hamburg, a loss estimated in tonnage at 3,600,000.

Of the flower of her youth, more than 2,000,000.

In cash, nearly $20,000,000,000 to be added to her national debt.

Before the war, though unpopular as a people, Germany was honored among all nations for her intellectual scholarship and her industrial scholarship and her industrial efficiency. She has lost irretrievably this respect and won in its place the mingled hatred and contempt of the civilized world. Scarcely a considerable neutral nation is left except those whose safety compels their neutrality.

No one thinks Germany can retain her gains. No one imagines that she can recover her losses. It is not strange that some of the German people are seriously discussing among themselves the question whether it is not time to change their business managers.

We have two classes of unfortunates in this old vale of tears and laughter, those who can's get their minds on their work and those who can't get theirs off it.

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THE WEATHER AND THE WAR

HOW STATE OF ATMOSPHERE AFFECTS THE ARMY.

Sun, Rain, or Snow—Some Section of the Fighting Forces is Always Pleased.

Every soldier, be he general or private, takes a keen interest in the weather at the front, and it is not always the bad weather, as we know it, that he criticizes. It depends on what unit of the Army he represents whether he will revile or praise.

A thoroughly wet day to the infantryman is often a blessing; it gives him a rest from the strain of fighting, though on occasions it does not stop him. It stops the German fliers, and thus gives a rest to the "Archie" artillerymen of both sides.

Infantry's "Bete Noir."

A wet morning on awakening at dawn, is welcomed by these gentlemen, for it means extra time in bed—a great boon when you know that "Archie" has to be up always before the sun and never retires from his vigil of the sky till nightfall. In the early summer months this means a nineteen-hour day.

For the infantry it is a different matter. Trenches are never too comfortable in the finest of weather, and a downpour of rain is one of the worst things that can happen to the men who occupy the trenches.

No matter what the weather is, there is no cessation here, and slippery clay, wet feet, and no way of escape are the causes for the infantryman's frightfulness anger.

The field artillery dislike rain, for although it may give them a rest from their labors for a little while, at any moment they may be called to settle a little account with Fritz across the way. And in most cases during bad weather it is a case of "blind" firing, for it is impossible to observe without aeroplanes or balloons. Even the "O Pip" observing officer in the front line trenches cannot see.

When a Storm is Welcomed.

The Army Service Corps men, hauling and doing heart also to have the rain, for a transportation lorry is not at easy thing to drive on a greasy and French roads he witness the unfortunate vehicles that has skidded into the ditch. It means hours of unnecessary work in the engineering to get it out again.

To men who are about to come from leave it is highly to be stormy weather is just the thing they like, if the weather has made the roads sufficiently quiet to enable

With the lake steamboats not running a day like this, the men on leave get an extra day in Blighty, while the men waiting to come over from France or England do not lose any of their leave, for their ten days' holiday does not start until they are actually on the transport.

From the general's point of view, I suppose, none but fine and sunny days are desirable, for the success of any big move or push will, of course, depend greatly on this.

Still, the stop-the-war weather has its minor advantages, as will be seen, not the least good point about it being the fact that the baby-killers of Germany cannot carry out their bombing operation on England at such times.

CORN AS WHEAT SUBSTITUTE.

Has a Larger Proportion of Nitrogen, Starch and Fat.

Wheat bread is made either of whole wheat or the white starch of the wheat. In the economic scheme we must consider these two kinds of bread.

Whole-wheat flour will sustain human life with its starch, bran, pollard and phosphate of lime, while we would starve to death on white bread made entirely of the starch; therefore, those on a very restricted diet, such as prisoners, etc., are often dependent upon bread. They should have the flour containing the whole wheat.

White bread, however, when taken with soup made from a good stock that furnishes the nitrogen and earthy salts, is a cheaper food. It is also full of nutriment when combined with fat, meat and vegetable soup the loss of which is sorely felt. Therefore white flour bread with a general diet is cheaper than whole wheat bread.

A further conservation of our present supply may be found by observing more in the quantity of bread used. Most people eat too much.

There are [illegible] children room to be under [illegible] that wheat bread may [illegible] "staff of life." [illegible] is the staff of life children [illegible] barely [illegible] white bread [illegible] to be [illegible] nourished [illegible] flabby flesh.

Maize [illegible] a larger proportion of starch than wheat, and a little over one-half [illegible] of fat than wheat.

Corn [illegible] rather in fat than in wheat.

Corn [illegible] in many palatable dishes [illegible] are generally known [illegible] obtained from [illegible] kinds of [illegible] corn.

[illegible] added to the list of [illegible] officially adopted [illegible]