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. Untimaginative as he was, his mind worked freely. He called to mind the engagement of a few days before re-

ed freely. He called to mind the en-

Perkins, and George Wilson? they to pray for him. were killed, but are they really dead?"

INVALID SOLDIERS' LEAGUE. | cleared \$2,000 on a show they staged Convalescent Soldiers at Edmonton day; and ten per cent. of the profits Form Model Organization

The Invalid Soldiers Welfare the Great War Veterans. 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 I met the crisp October morn. 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 with Jacks held high and shouting 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 home.

I heard the calls of girls and hoys, And smiled at thought of coming joys. The jolliest crop of all the year,—Gay Hallowe'en at last is here!

pened at Brunford, but in vain. Tom had just heard that he was to seemed to him as though he was sur-

"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 the starless nights, when under the outline darkness as it 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 com-

That was all. He had asked for nomembered what he had seen and heard, thing, he had indeed hardly thought of anything. Nevertheless he was cutting in the earth, his rifle on his comforted; the words he had uttered to the words he words he was also were to the words shoulder, and bayonet fixed. How silent it was! Not a man's voice was of his mind he had a confused belief to be heard. He know that sentries that God saw, that God listened, that were all around him, but he could not God understood, and the thought too, that changed everything.

hear a footstep; he knew, too, that many of the soldiers lay in their dugouts, sleeping as peacefully as though now," thought the boy presently. He they were at home. And yet he felt did not know why it was, but somehow all alone. "Where's Jim Bates now. God seemed more real when he I wonder, and Arthur Wadge, and Bill thought of the girl who had promised to pray for him.

CHAPTER VI.

ley? What was death? in her life. While Tom had been of the thought of his old Sunday-school fering his almost inarticulate prayer days, thought of his old beliefs. "Ay" in the trenches in the Ypres salient, cried Tom aloud, "if I could only feel Alice Lister sat alone in her bedroom. that Christ was wi'ne now I shouldn't. More than a year had passed since the the care a bit; but I gave. Him up the Sunday afternoon when she had moderate oven for fifty minutes. The absorbent qualities of whole the wheat make it necessary to lessen the for forty-five minutes. Bake in a moderate oven for fifty minutes. Rye flour contains slightly less care a bit; but I gave. Him up the Sunday afternoon when she had a light of the bulk that he must make his choice of the bulk that had an approximate the care death?

[The absorbent qualities of whole the bulk that he bulk that had been of exceedingly good effect upon the intermination. Return to place and let rise for two hours. Mold into loaves and let rise for forty-five minutes. Bake in a proximate that had been of exceedingly good effect upon the intermination. Return to place and let rise for two hours. Mold into loaves and let rise for forty-five minutes. Bake in a proximate the proximate that had been of exceedingly good effect upon the intermination. Return to place and let rise for forty-five minutes.

[The absorbent qualities of whole the proximate that had approximate the

were turned over, as is their custom, to the widows and orphans fund of

GAY HALLOWE'EN.

There are many phases of life to be And thought of children as I rode. With pumpkins high I piled my load

charged and new ones come in, but every man while he stays belongs to the league. The jelliest crop of all the year, and last is here!

And smiled at thought of coming joys 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 apports; the social committee has possible, the social committee has possible to the same stay. The social committee has charge of all the picnies, 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.

And smiled at thought of coming joys, the lead of the special last is rore in last is recorded. So as spatula to remove it as much as possible. Set as ide the saucean and kettle so late water produced. Let the water cool and one quartic remove all the fat. Clarify it by placing it in a saucepan containing and cook. This come to a boil. Boil for five minutes and then, strain and cook. If the case of fat from the water and one-quartic teaspoonful of bicarbonate of soids. If it he cake of fat from the water and one-quartic teaspoonful of bicarbonate of soids. If it he cake of fat from the water and one-quartic teaspoonful of bicarbonate of soid. If it he cake of fat from the water and one-quartic teaspoonful of bicarbonate of soids. If it he cake of fat from the water and one-quartic teaspoonful of bicarbonate of soids. If it he cake of fat from the water and one-quartic teaspoonful of bicarbonate of soids. If it he cake of fat from the water and one-quartic teaspoonful of bicarbonate of soids. If it he cake of fat fr

PROTECT CROP SAVERS.

Be Slaughtered.

00,000, the grain markets became ex- field crops. ited, and prices advanced. Why? Canada and the United States have

go on duty at the front trench again, when passing along by the canal to wards one of the officer talking with the 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?"

"Ah, is that you, Pollard?"

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

"He was sur-conservative estimate, made by excludent the was sur-conservative estimate, made by excludent the conservative estimate, made by excl

If some means existed to overcome early frosts, no time would be lost in ur Insectivorous Birds Should Not putting them into effect. Not so, however, with the continued loss by On September 10, scare heads in insects. Our insectivorous birds, far he newspapers announced that frost from receiving protection; have been had caused damage in the United promiscuously and continuously states to the extent of probably \$50,- slaughtered, to the detriment of our

secause it was unusual. recently passed enabling acts giving Every year in the United States, effect to the Migratory Bird Treaty recently passed enabling acts giving \$800,000,000 loss occurs through the for the protection of insectivorous depredations of insects. This is a birds. To many this protection is

sir," stammered Tom.

"I hope you are doing well," said

"He still tramped the bit of trench
which it was his duty to guard, look"I am still alive, thank you, sir," ing eagerly into the darkness as if to



Fifteenth Lesson-Ryc, Graham and Health Breads

Nature provided man with grains bowl to rise for three hours, in a war Nature provided man with grains bowl to rise for three hours, in a warm containing valuable nutriment necessary to maintain life. Man, craving luxury, discovered a process of milling to maintain life. Man, craving luxury, discovered a process of milling well-greased pans and return to place from the grains. By grinding grain to rise for one hour. Bake in an oven into white flour, which is a process of of 325 degrees Fahrenheit for fifty refining, much of the vital element is minutes. Remove from oven. Brush the tops of bread with melted tutter, then lay on a rack to cook.

o very necessary for human struc-ure of teeth and bones and bodily well

Each man who worked was paid \$2 a .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 cake and cooky making and also for matter of beef fat to one part each of mutton and pork: Melt it and then strain. This can be used for iry-ing; 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 medium cream sauce.

Two and one-half level tablespoonfuls of flour for heavy cream sauce.

Tive level tablespoonfuls of flour for heavy cream sauce.

Five level tablespoonfuls of flour for heavy cream sauce.

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

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Two and one-half level tablespoonfuls of flour for heavy cream sauce.

Ins can be used for iryirg, 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 nossible.

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 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 is as important as is the inside, for if heat or scorch marks are apparent on the outer surface 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 is as important as is the inside, for if heat or scorch marks are apparent on the outer surface 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 is as important as is the inside, for if heat or scorch marks are apparent on the outer surface 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 is as important as is the inside, for if heat or scorch marks are apparent on the outer surface 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 is as important as is the inside, for if heat or scorch marks are apparent on the outer surface 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 is as important as is the inside, for if heat or scorch marks are apparent on the outer surface 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 is as important as in the inside, for if

Rye" Bread Two and one-half cupfuls of water

thre of teeth and bones and bodily well fare are lost.

The human body requires sixteen the number of its daily well-being. These elements are found in mother nature, the earth, the grains and the remeit. This amount should measure vegetables. The loss of any one of two cupfuls. Place in a bowl and additions plainly seen.

Now is the acceptable time to return to the foods of our granddads, namely by the eat whole meals. Bread made the ingredients in bowl in the order from whole wheat forms an ideal ragiven. Beat well, to mix. Set sponge he said to himself. He had known these lads well; in fact, they had been pals of his, and he wondered what had night when Tom prayed? If it had become of them. Were they still been a night of wonder to Tom, it had alive? What had they felt like when been a night of decision to Alice they had to cross the deep, dark values and the life. While Tom had been of ley? What was death? The had been of the said to himself. The had known they had to cross the deep, dark values in her life. While Tom had been of ley? What was death? The had been of the said to himself. The had the foods of our granddads, namethe to eat whole meals. Bread made the ingredients in bowl in the order from whole wheat forms an ideal ration; it furnishes protein, carbohytor, it furnishes protein, carbohytographically and a portion of the bulk that had an place about eighty degrees. Fahrenheit. Then add three cupfuls of rye exceedingly good effect upon the intestines.

cried Tom aloud, "if I could only feel Alice Lister sat alone in her bedroom; that Christ was wil me now I shouldn't. More than a yeigh had passed since, care a bit; not 1 gave, film up the Sanday afternoon when she had lift in the product of the state of the state of the state of the state of think about me, I wonder? does she her to lot bits it will not try to describe, pray for me as she said?"

Ile thought of what the man had was true that he did not quite begin the soldiers that the man had was true that he did not quite begin to the soldiers that they needed dissanded he bear to be related the soldiers that they needed it had been fond of Tom; and help them, strengthen the him too believed that he now all those with stretched on a personal Saviour, and that that Saviour was ever waiting, ever watching to give them helpy that He would be near all those with stretched on the near the stretched of the near all those with stretched on the near all the seemed a leng way off too. And yet was it? Was Christ three just as she had taken it.

Alterwards when she was told how the stretching its way through any she had taken it.

Alterwards when she was told how the war the half in the Mcchanier Institute, but the strength of the product of the part of

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.

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

Thin order to thoroughly explain this method, it will first be necessary to classify 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.

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



DREAM UNFULFILLED.

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

She has gained by her arms the tershe has gamed by her Luxemberg, trai nation is left except and parts of Eithu
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trai nation is left except and parts of Eithu
trai nation is left except and parts of Eithu
trai nation is left except and parts of Eithu
No one thinks Germany can retain 'Archie' has to be up always before porthern France and parts of Lithu-

outhern Africa, all her colonies, over

million square miles. Virtually all her shipping not bottled up in Bremen and Hamburg, a loss estimated in tonnage at 3,600,000. than 2 000 000

Before the war, though unpopular hough Germany Has Gained Much among all nations for her intellectual does not stop him. It stops the feet as a people, Germany was honored scholarship and her industrial schol- man filers, who and thus gives her arship and her industrial efficiency. to the "Action" artiflerymen of high She has lost irretrievably this respect sides. she has lost irretrievably this respectively and won in its place the mingled hat red and contempt of the civilized world. Scarcely a considerable neu-dawn, is the red by these gentlements.

horthern France and parts of Lithu-ania, Poland and Rumania—à total of a little less than 204,000 square miles. Strange that some of the German necstrange that some of the German peo- summer most this means a mineter She has lost: strange that some of the German peo-summer me Except for an insignificant corner in ple are seriously discussing among hour day. themselves the question whether it is For the not time to change their business matter. Ir in his are never too commanagers.

We have two classes of unfortunates things that can happen to the my Of the flower of her youth, more in this old vale of tears and laughter, who occupy the trenches. those who can's get their minds on In cash, nearly \$20,000,000,000 to be their work and those who can't get

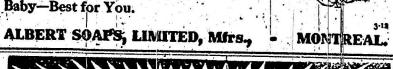
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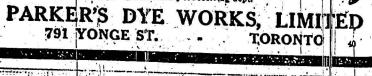
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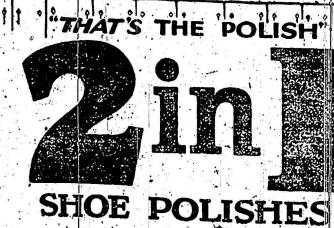
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THE WEATHER AND THE WAR

HOW STATE OF ATMOSPHERE AFFECTS THE ARMY.

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 al. ways the bad weather, as we know a that he criticis. It depends on what unit of the Army he represents the ther he will revile or praise. A thorough y wet day to the dir. man is often a blessing; it gives him

tral nation is left except those whose for it mer if extra time in bel-3

fortable in the finest of weather, and a downpour of rain is one of the worst

there is no bestign here, and slippery clay, we feet, and no way of eacape are low causes for the infantry nan's righteons anger.

The field estillery dislike car, fore although it may give them a rest from noment they may be called to settle a little account with Fritz across the way. And it most cases during bal "weather it is a case of "blind" mine for it is impossible to observe without aeroplanes or balloons. Even the "0 Pip" observing officer in the front line trenches cannot see.

The Army Service Corps men, Life ing and along a learn also to hate the rain, for a three-tin lorry is not easy thing to Dive on a greasy, ad the vehicle tile has skidded into the ditch, It means hours of uncorgonal work in the paperrying to get it est

When a Storm is Welcomed.

dicain. To men we are about to and from leave it Bughty to France stormy weather is just the thing they like, if the who has made the en-

ficiently unrideable. With the leaves boats not running a a.day like this, the men on leave rel an extra day in Blighty, while the men waiting to come over from France to ingland 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 thex. I suppose, none but fine and sunty 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 las its minor advintages, as will be seen not the least bood point about it being the fact that the baby-killers d Germany cannot carry out their bombing operation on England at 4d

CORN AS WHEAT SUBSTITUTE. Has a Larger Proportion of Nitrogen.

Starch and Fat. Wheat breat 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 he man, life with its starch, bran, pollar and phosphate of lime, while we would starve to death on white bread made entirely of the starch; therefore, these on a very restricted diet, such as pidbread. They should have the for containing the whole wheat, White bread, however, when taken

with soup modificom a good soil that furnishes the nitrogen and earth sults, is a cheaper fact. It is see full of natriced when sembined we fat, ment word a fixthe coup the base of which is sent took. Therefore whiteflour bread with a general disk is cheaper, than the bewheat bread. . A further experiation of our present supply may be found by obsering more in location in the quantity of breed and a continuent Most per a

ple dat top to de There in the real the dren seem !? den that wheat be under d the in is the "staff a motale. Was bread my be of life." The · I largely 3/45 in an toleran children hat white I re. ! . nourished. flably flesh. been a farger proper

tion of stared H. et wheat, and a line over one-half rese of figrecen. merocen. and in many raise wheat. The are generally Cornican

. dained from took! able dishe n added to the list of officially adopted

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