

NOT How much a pound? BUT How many cups from a pound?

"SALADA!"

will yield twice as much in the teapot as will ordinary tea. It is REAL economy to use it, to say nothing of the unique flavour.

Hearts in Khaki

By Claire Wallace Flynn

CHAPTER II

He laughed a little. Looking at her hand as she lay on his gray vest, he had never touched her before. They had never been sweethearts. Even the thought of a love between them had never sprung to life in either. They had simply been two young persons who had known each other from childhood.

"You're a nice old girl, Fanny," she said. "Every man must be a hero stuff 'you've got to be a hero." "I don't know," she said. "I'm not cut out for that sort of work."

"A sob inside her voice, tremulous, 'I'd be ashamed! I'd be ashamed! If I were any kind of man! Why even to fight some one was talking about the night she was going and I said 'I said that I knew some one going! I couldn't bear him to do that! I know only your kind—him to do that! I want to do that part. I just couldn't bear.'"

"Then I'll be better go back to the house," Mrs. Mason said. She was going to leave early.

She started forward to follow her. Suddenly he heard a slow masculine voice, meeting her lighter tones at the edge of the orchard.

"Where've you been?" Mrs. Mason has been having a fit."

Cleve waited for a moment, then he said: "It was the man I was speaking of."

"I wish—," the words drifted away. Cleveland Stewart had the group of scarlet, sweet-smelling trees in himself. He muttered a word or two in his exclusive possession.

Presently the night pulled on him. He could not wait for his friend, and he walked to the clubhouse station and took the electric train to town.


"Cleve had seen Fanny's Brighton four or perhaps five times a week between these occasions had admitted if anything called the fact to his mind that she was a fine girl who had strangely beautiful moments, and equally lovely in her own way. A girl who lived a stifled life in a quiet home where periodically she would come to the city and have a few days of Fanny's excursions. After such events she would wonder why he did not like her better. Then any word thought he had of her would die swiftly leaving only an agreeable knowledge of her in young friendship.

Two days after meeting her at the country club he called her up from the office where he worked daily and he wanted to go to luncheon. She refused because there were so many people seemed to hang on his salary for their well-being. A conscientious, oppressively active, made her suggest a less expensive mode of entertainment later in the afternoon. So they met in the library on Howard Avenue at five.

They found the tea room without difficulty, a few steps off the Avenue. At least they found the place that she had once known but a new sign now swung before the door. The sign read: "The Woman's Service Tea Room." What else had been in the room with lamp-shaded tables was now a white and spacious room with no unnecessary frilleries. At a table in the corner one registered for her corner, and Cleve worked at a table in another corner. He bought wool from which to knit articles for the soldiers. According to the new and changed menu Cleveland and Fanny ordered Balfour tea and Red Cross buns.

"If you'll buy me a pound of that nice gray wool," said Fanny, "I'll make you a scarf according to Government regulations."

Cleve shrugged his shoulders good-



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About the House

Long Years of Preparation.

"Many are called but few are chosen." These words come to mind again and again, when women work are considered. The road to France beckons insistently, and multitudes would answer the self-given invitation. But impulse to "do something" is not enough. It is not even important unless it is the crowning glory of a course of honest, strenuous, lengthy training. The most glorious outcome of this war, for women, is the fact that it has eliminated completely the superficial but not the main influential and prominent. It is amazing, when one passes long enough to consider the fact, how pagandists of five years ago have disappeared. Their calling is done and they have withdrawn from the feeble limelight of those days except as the tiny summer gnats disappear on the first cold day.

To-day the women who are doing things that count are women who have done things thoroughly at the very commencement of their career. They never called it "career," by the way, never nattered it to themselves, and the self-discipline and self-improvement was, more often than not, simply called "making a living" or "doing the very best I can." The world was full of just such women whose one passion was to do the work in hand in the very best way it could be done. Advancement, pecuniary gain, material benefit were not even secondary. The work was the thing! No training was too severe if only excellence crowned the work.

These women were truly the wise virgins, more concerned to keep their minds filled and the wicks in perfect working order than about the accomplishments that came at last and their their call has come at last and their lamps are needed—every one of them. There is not a woman in the world to-day who has improved her talents from the time she began to view life seriously (in girlhood days) but has a most important mission to perform. The world is waiting for her work. There is no such thing as "blossoming unseen" at this age of the world, if one's training has accomplished all that it should. The "shell" on which women have resignedly laid themselves for years has been taken down and even the grandmothers are, to-day, coming in for honorable mention as being responsible for the "soldier lads" in France.

Every woman who was prepared to do a real part in the world's work and those who preferred viceroy and character are being refused admittance, every day, into coveted fields of endeavor. Prepare for work and the task will find you.

- ### A Few Suggestive Menus
- Breakfasts: Orange Juice, Cornmeal and Milk, Toasted Barley Bread and Butter, Milk
 - Stewed Fruit, Cornmeal and Milk
 - Omelet, Baked Potato, Milk
 - Dinners: Baked Potato, Lettuce, Creamed Carrots, Milk, Cauliflower
 - Broiled Fish, Spinach, Stewed Fruit, Milk
 - Stewed Chicken, Beans, Applesauce, Milk
 - Suppers: Oatmeal and Stewed Prunes, Toasted Barley Bread and Butter, Finely Shredded Pineapple, Milk
 - Cream Toast, using Cornmeal, Rice Pudding with Stewed Fruits, Milk
 - Omelet, Boiled Potatoes, Apple Sauce, Milk

Diet For Children

The essential diet for the children is an abundance of simple, easily digested foods, carefully prepared and of sufficient variety to form a balanced diet.

Food must supply the child with material for bodily growth and with energy for the constant and abundant activity. For this reason it is important to have exact knowledge of food value; they should be constantly kept in mind.

The building foods are milk, eggs, fish, legumes and meats; of this last item very small portions should be given. It is best to replace the meat portion of the diet with poultry during the summer.

The fuel foods are milk, butter, starchy vegetables. Mineral salts are necessary for a proper balance; they are quickly available in fresh fruits, green vegetables and milk. Together with these foods there should be plenty of pure drinking water, so that the food may be properly digested and the waste eliminated.

Food Control Corner

Canadians on Their Honor.

In some quarters it has been suggested that Canadians be put on rations and not on their honor regarding food.

Do householders in Canada seek to evade the food regulations? Are the merchants of Canada conniving at the evasion of the food regulations? Let us see about that.

The main objective of the Canada Food Board is to supply Great Britain and the Allies with vital foods. With this in view food regulations are made, which, if respected by the people of Canada, will enable Canada to keep faith with the Allies on food.

Do the people of Canada want to keep faith with the Allies on food? They do. Are the people of Canada keeping faith with the Allies on food? They are.

To take any other position is to suggest that the people of Canada would rather keep their pre-war food habits than keep faith with the Allies on food. No true Canadian is breaking the regulations of the Canada Food Board for he knows these regulations are made in order that Great Britain

and the Allies and the Canadian Army at the front may be properly fed. Who of us will eat what should be conserved for the Canadian Army at the front?

The hearts of the people of Canada are sound and in this war to a flash. Food is a first class munition of war and Canadians so view it. It will be time enough to go in for rationing in Canada when the people of Canada refuse to continue to national efforts to conserve food for Great Britain and the Allies, and the Canadian Army at the front. When that time comes a policeman, not a food controller, will be needed.

For allowing two batches of dough to go to waste, the Canada Food Board has ordered a fine for seven days. During this period he must not purchase or take delivery of any food commodities or manufacture, sell or deal in bread or any product of the wheat or other flour.

The War Trade Board of Washington advised the Canada Food Board that application had been made for an import license by a resident of Monticello, Maine, to import 200 pounds of sugar consigned by E. L. Field of Bloomfield, N.B., who operates a general store. The Canada Food Board immediately cancelled Mr. Field's license for violation of the food laws.

Five bags of sugar, twenty bags of white sugar and twenty-five sacks of flour have been seized in the cellar of the Exchange Restaurant, Winnipeg.

Three establishments in Edmonton, Alberta, dealing in candy, fruit, etc., have been closed by order of the Canada Food Board for violating the license regulations. The places penalized are: Mike Eganoff, 1012, 101st St.; E. Gibson, 1017, 101st St.; and Jans Detroit, 1020, 101st St. Their Board warned all other establishments that if they must remain closed until license is granted by the Food Board. It is the intention of the Board to take similar action in the case of other dealers who have not complied with the licensing rules.

"Courage for the life and patience for the mid- And then, when you day men Allan Mann, proprietor of accomplished year of the Touraine Hotel, Clitham, N.B., sleep in peace has been ordered to close the dining Victor Hugo.

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