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B520

For Our Boys Overseas

By Christine Whiting.

PART I.

The day train from Montreal to Toronto was an hour and fifty minutes behind time. A freight smash-up somewhere beyond Smith's Falls had delayed it an hour and a half. Then, later, it had run on to a siding to give right of way to a special. And all the time the snow was falling with a quiet, steady persistence that would have discouraged the most optimistic clerk in the weather bureau.

It was between Belleville and Trenton, just as peace seemed to be descending on the weary passengers, that something happened to the engine, and the train came to a dead stop at a spot that might have looked, to one bred in the city, like a snow-swept prairie. As the engine came grindingly to a halt, a "commercial gentleman" in the last seat of the smoker yawned wearily before straightening up to look out of the window.

"Some storm!" he commented to his nearest neighbor. "Guess I'll get out and stretch my legs a bit."

He rose, turning up his collar and settling a brown derby firmly on his bald round head. As he took a step backward he stumbled over a suitcase that protruded into the aisle from the seat across the way, and, turning, glared for a minute at a boy in khaki, who had been smoking innumerable cigarettes ever since he came aboard the train at Perth.

"Well, what in—" His tone changed suddenly at something he saw in the boy's face. "Say, kid," he went on good-naturedly, "you won't have no insides left if you don't quit smokin' those poisonous cigarettes. Come out and take a turn in the fresh air. There's nothin' like a bit o' cheerful conversation a day like this."

The boy, after a moment's hesitation, pulled his hat more firmly above his ears and followed his genial acquaintance to the platform. They stood for a minute looking out at the flying snow, and then, regardless of wet feet, stepped down into the storm and made their way toward the back of the train.

"Getting back to camp?" asked the drummer sociably.

The boy nodded and gave the number of his regiment.

"Dreadfully," shouted the drummer to the teeth of the storm.

"No—lighted," said the boy.

The man looked at him sharply.

"Any family?" he questioned briefly, after a minute.

"Only a girl," the boy answered, the red creeping into a cheek as soft as a woman's.

"Oh!" said the drummer, and walked on in silence. He was thinking that young as the boy looked, he himself had been married at twenty-one. She had been nineteen. He remembered how—

"Say," he turned quickly and faced the boy, "it's hard, ain't it?"

His look of sympathy brought something that sparkled on the boy's lashes.

"I've just been to see her—to say good-bye," he stammered awkwardly. "That's why I smoked so much; I couldn't think of anything else to do."

"Lord!" ejaculated the drummer. "Lord! Those beasts of Germans—Look out, kid; the train's movin'. Catch a-hold."

They swung aboard, and, as the door of the day coach slammed behind them, stood for a minute, stamping the snow from their boots and brushing their clothes. The car was not crowded. Two seats ahead, a placid, gray-haired old lady was knitting a khaki-colored sweater. In front of her two girls of the "flapper" age were giggling over the comic section of the paper. Toward the middle of the car a weary salesman (he dealt, it was discovered later, in a fine quality of "gent's underwear") occupied two seats and slumbered the unquiet slumber of the exhausted.

As the boy in khaki started up the aisle he felt a detaining hand upon his arm.

"I wonder"—it was the voice of the old lady with the knitting—"I wonder if you'd mind tryin' on this sweater. Abby said she'd put those Red Cross directions in my bag, but they ain't here, and I can't remember whether it's twenty-six inches or twenty-four they make 'em now; an', bein' a soldier, I thought maybe you'd try it on. I was kind of plangin' on finishin' it before I got there."

"Well, I guess you'll have time enough," said the drummer genially. "I'm blamed if this darn train ain't stopped again. Looks like a pretty good fit to me, ma'am," he went on as the boy squirmed obligingly into the unfinished sweater. "Well, so long. I'll get back to my seat an' see that that old college professor across the aisle don't steal my grip."

The "flappers," who were frankly listening to the conversation nudged each other in appreciation of his wit, and cast admiring eyes at the boy in khaki.

"I'm ever so much obliged," the old lady remarked gratefully as she resumed her knitting. "I'm on my way to visit my daughter Lucy in Cobourg. She's feelin' kind o' low in her mind just now on account o' Calvin not writin' for quite a spell. He's her oldest. She thinks somethin's happened to him sure; but I says: 'Land, Lucy, they don't have proper writin' materials in those trenches. Like as not he's got no way to get a postage stamp, or maybe those Germans have got a-hold o' the letter and are keepin' it just for spite. I wouldn't trust one of 'em round the corner with a toothpick.' If you'll slip into this again in about ten minutes I'll be real obliged."

The day train boasted two Pullmans, a dining car, day coaches, baggage cars, and smoker. In the first of the Pullmans, in the seat at the end next the smoking compartment, was a white-haired, stern-looking old gentleman who had been sitting for hours staring alternately into the storm and at an envelope which he held tightly clenched in his right hand. The next three chairs were vacant; but the two adjoining were occupied by Havergal College girls returning from the Christmas vacation. Across the way was a Varsity freshman who kept his eyes with alarming persistence on one of the girls from Havergal, the dark-haired one, who, apparently oblivious of his rapt gaze, was deeply absorbed in Mme. Huard's account of her "Home in the Field of Honor," while her companion beguiled the time by knitting a Red Cross muffler.

Farther down the aisle sat a discontented looking woman of about fifty, handsomely dressed, her much bejeweled hands clasping a vanity box; while next her was an eminently respectable clergyman in spotless broadcloth and highly polished finger nails; and, lastly, a sour looking, discouraged little gentleman who had once published a small volume entitled "Good Cheer for Every Day."

This completes the list of the occupants of the Pullman Plantagenet. Her sister car, the Brittania, carried an even lighter burden, consisting of a Montreal millionaire of uncertain age and reputation, a Toronto banker still young and good to look upon, a woman doctor, a stout gentleman whom the doctor suspected strongly of being a German spy, and two small boys travelling in care of the conductor, to be met by their "Aunt Hattie" in Toronto.

Our friend the commercial gentleman rarely went to the extravagance of a Pullman on his short trips. Being a genial fellow, however, he liked to know with whom he was travelling; so, after assuring himself that the college professor was harmless and his grip safe, he made his way into the Plantagenet, after exchanging friendly witticisms with the colored porter in the vestibule.

"Great day," he remarked jocularly to the Varsity boy, whose glance had strayed from his immediate for a moment. The boy colored; hoping devoutly that the girl from Havergal would not mistake this person of doubtful respectability for one of his family—friends; and, while debating within himself as to whether or not he should reply, the commercial gentleman, undaunted by his silence, continued:

"I've been talkin' with the conductor. He says this is the worst storm in ten years. Shouldn't be surprised if we don't get into port before midnight."

To the astonishment of the Varsity boy the girl from Havergal laid down her book and leaned forward.

"You don't mean that we won't reach Toronto to-night?" she said anxiously, addressing the drummer in such a frank manner that the Varsity boy felt a twinge of shame at his own snobbishness.

"Likely not, Miss," replied the drummer promptly. "The engine's out o' commission, an' the snow's pilin' up higher'n a haystack. I'wouldn't surprise me none if we stuck night here till mornin', an' I've traveled this territory, off an' on, for thirty years."

(To be continued.)

HUMAN LIFE IS LONGER NOW

Fifty Per Cent. of English Nation Once Died Before Twenty

In the years 1348-50, 25,000,000 deaths from the plague or "black death" occurred, which was one-fourth of the entire population of the world at that time. In the year 1701, 50 per cent. of the English nation died before reaching the age of twenty years. The average length of life in the sixteenth century was only twenty-one years, while in this, the twenty-ieth century, the average life is forty-five years. In India, however, the average life to-day is only twenty-four years.

We are enabled to see what the science of medicine is accomplishing in our more civilized countries, where ignorance and superstition do not prevail to any very great extent.

"Are they seasoned troops?" "They ought to be. They were first mustered in by their officers and then peppered by the enemy!"

Methods of Frying Foods.

Fat is a heat or fuel producing food which is very valuable in cold weather for supplying the body with heat and energy. Often foods that are cooked in fat are termed indigestible; this means that the food is not utilized in the body and owing to some digestive disturbance, it becomes part of the waste.

Recent experiments tend to show that animal fats are assimilated fairly well; undoubtedly it is the misuse of fat that is used for frying purposes that has given many fried foods their bad reputation. Every normal person requires a certain amount of fat.

Make it a rule when serving fried food to have an acid food, either a vegetable or a garnish accompanying the dish.

Here are just a few things to keep in mind when planning to serve fried foods. Use very small quantities of foods that are cooked in fat for people occupying sedentary positions, while those who are employed in active or laborious work may eat a larger proportion. Persons who are working at hard manual labor, out of doors, will be able to assimilate daily portions of fried food without any physical disturbances.

For digestion's sake, learn to serve:

Juice of lemon with fried fish.
Apple sauce with pork or goose.
Cranberry or currant jelly with poultry, lamb or mutton.
Horseradish with beef.

It is a curious thing that nature demands these combinations to equalize the fatty content of the meal. Save and classify the various fats, and utilize each particular kind so that there need be no waste. Chop all bits of suet fine and place in a double boiler and then render. Chicken and pork fat may be rendered in this way.

An excellent shortening that may be used to replace butter in cooking and baking may be made from chicken fat of which there is usually three or more ounces in one fat bird. Remove the fat from bird and place in cold salt water for one hour and then drain and cut into small pieces. Render in a double boiler. Pour into a jar and allow to harden. Now, when using this fat, use one-third less than the amount called for in the recipe. To make pastry, allow four tablespoonfuls of this fat to each cup of flour. Chicken fat may be used to replace butter for seasoning vegetables and mashed potatoes. This is a pure fat free from moisture and seasoning and will go farther than butter.

Generally in speaking of the term dripping, this is taken to mean all fats rendered from meats used by the household. This is a mistaken idea. The word "dripping" is meant to include fats that cook out from roast beef, pot roast, soups and corn beef. This fat is clarified and then used for sautéing. It cannot be used with good results for making pastry and cakes.

To clarify fat: Put the fat in a saucepan and add one cupful of cold water to every pound of fat. Add one-fourth teaspoonful of bicarbonate of soda, one salt teaspoonful of salt. Bring to a boil and then let simmer slowly for ten minutes. Pour through a strainer lined with cheesecloth and allow to harden, then cut into pieces. Reheat and pour into jars. Bacon, sausage and ham fat may be blended with beef dripping for frying purposes.

Mutton or lamb fat must be clarified and then blended with ham and bacon or sausage fat. Fat from bacon, ham or sausages may be used for flavoring vegetables in place of butter, for cooking omelets, potato cakes, mush and scrapple. It is a splendid seasoning to use for macaroni, baked beans with tomato sauce, dried beans and peas in soups and when cooking dried lima beans.

There is really no need to allow a spoonful of these fats to be wasted. Fats that are not available for table use should be collected and made into soap.

Do not be falsely economical in trying to do deep frying with these fats. They not only will not hold the temperature for successful frying without scorching, but they frequently soak into the food and make it unfit to eat.

The war has brought many good vegetable oils upon the market that are ideal for cooking purposes and are preferable to the animal fats for all cooking. They not only hold a high temperature without burning, but also they may be used repeatedly if they are strained each time after using. Food cooked in vegetable oil does not absorb the fat and it is more digestible and really more economical.

There are two methods of frying: First, Sautéing—cooking food in the pan with just sufficient fat to prevent scorching. This method is commonly used, but has nothing to really recommend it, as the food absorbs quantities of grease; this makes it difficult to digest.

Second, Deep-fat frying—it is usual to dip the food to be fried in a mixture to coat it and then to roll it in fine bread crumbs and then cook in sufficient fat to cover. This forms an airtight cover that prevents the grease from soaking through. A few essential utensils are necessary to produce successful results; first, a heavy kettle that will not tilt, and second, a frying basket, so that the food may be removed quickly when cooked.

The correct temperature for deep fat frying is 350 degrees Fahrenheit, for raw foods, such as crullers, fish, fritters, potatoes, etc. For cooked dishes and oysters, cheese-balls, etc., 370 degrees Fahrenheit.

Do not attempt to cook large quantities at one time. This will cause a sudden drop in the temperature of the fat, allowing it to permeate the food which is cooking, and thus give a greasy product.

Now for a word of protection. Do not use too large a kettle. Keep a bucket of sand handy in the kitchen, and if by any reason the fat catches fire, throw sand on it; do not attempt to remove it from the stove—serious burns are apt to result. Keep the fact in mind that water spreads the flames; if no sand is at hand use salt of flour.

Many leftover foods may be turned into palatable products and thus help to extend the food budget, requiring only a minimum cost and labor to prepare them.

Healthy Hair.

It is quite possible to brush the hair too much, but few women are given to the fault. The use of the brush twice a day for five minutes each time is most beneficial, encouraging the growth of the hair, cleansing it of dust and promoting the gloss, which is the fairest feature of the hair. But this brushing must be done gently, with smooth, slow downward strokes and without snapping away the brush suddenly when the ends of the hair are reached. It is jerky brushing that is injurious to the hair, breaking it off and severing it from the follicle. The hair does not drop out, especially in winter, though growth is somewhat impeded with cold; the slight shedding manifested in the combings is a natural process, fulfilling the law of the survival of the strongest. The loosened and broken hairs drop in this manner, and a new crop of young hairs take their places.

Faceless Kitchen Gowns.

Kitchen dresses of light weight unbleached cotton were adopted by a dainty young housewife who found that her colored wash dresses faded quickly, "and," she says, "I never looked so well in the kitchen before." All are made by some simple pattern and have a touch of colored embroidery or crochet ton the neck, belt, sleeves and pockets. These dresses can be washed and boiled, and need no starch, and they look new until they are worn out, and will outwear gingham or percale. The material should be shrunk before cutting.

PHOTOGRAPH 70,000 GRAVES.

Directorate of Graves Will Photograph Graves of All Soldiers Buried Overseas.

Work of photographing all graves of soldiers buried overseas is now in progress and eventually, it is hoped that a photograph of each permanent grave will be obtainable. This information is contained in a memorandum forwarded to the Militia Department at Ottawa by Major-General Fabian Ware, director-general of graves registration and enquiries.

So many thousands of applications for photographs of graves have been received by the Directorate of Graves Registration and Enquiries that it is feared there will be considerable delay in supplying them.

Up to the present 70,000 photographs have been supplied, but many thousand requests still remain to be dealt with.

The delay is due to the small number of photographers available, and the increased difficulties, owing to the requirements of demobilization, in providing transport for them to the various cemeteries, which as will be seen from a glance at any of the maps showing the area of fighting, are scattered over a large extent of country. As regards isolated graves, the difficulties are naturally even greater. It is feared that it will be impossible to supply photographs of many of these within any reasonable time, but eventually it is hoped that a photograph of each permanent grave will be obtainable.

With further reference to this subject the directorate wish it to be known that authoritative information has been received that in certain localities a rumor has been started that the photograph received is not genuine, but is only that of a dummy grave; this rumor is a most cruel one, not only to the relatives, but also to the officers and men of the directorate engaged in the various theatres of war on this work. The directorate can assure the public that each photograph of a grave sent to a relative is that of the actual grave taken on the spot.

BONDS

OLYMPIC CARRIED 300,000 MEN OVER

ADVENTUROUS CAREER OF THE WHITE STAR LINER.

Dodging U-Boat Attacks and Saving Sinking Ships Part of Her Achievement.

Dodging German submarines in the Mediterranean, trying to save sinking warships in the North Atlantic, and fighting off vicious U-boat attacks while carrying American troops are some of the achievements credited to the White Star liner Olympic during her adventurous career of the war-time. These were only incidents of her experience, because, on account of her great passenger capacity, she was steadily and faithfully keeping to the task of transporting men and material for the armies in Europe. First it was Chinese coolies for road building, then reinforcements from Canada to replace the losses of Vimy Ridge, and finally many thousands of U. S. troops to face the Germans on the western battle-front.

"Her work during the Gallipoli campaign," writes a member of the crew to the London Daily News, "when she carried about 8,000 troops—at that time the greatest number ever carried by any ship—following upon her gallant attempt off the north of Ireland to tow the water-logged dreadnought Audacious, was sufficient to put her in the first rank of transports, but her subsequent work in bringing Canadian troops and Chinese labor battalions, and then her wonderful career since Christmas, 1917, when she arrived in New York for her first load of American troops, must put her in a class by herself as a 'trooper.'

"She has carried well over 300,000 people while on war service.

"It would not be correct to say that Captain Hayes has brought her through without a scratch, but her scars are marks of honor. She bent and fractured some of her plates when, in the darkness early one morning she 'strafed' one of Germany's fine U-boats.

Attacks by U-Boats.

"The Olympic had most of her adventures while she was carrying American troops. During March, April and May, 1918, the German submarine commanders made at least seven daring attacks on her. Not once did the enemy have time to launch a torpedo, for in every case he was greeted by a six-inch shell or one of the destroyers was on the track with her depth charges. Perhaps some of Germany's missing submarines are now lying below the track of the Olympic.

"The most thrilling experience which the Olympic had took place in the darkness of early morning of May, 1918, near the entrance to the English Channel. It was just about 4 o'clock when the lookout man picked out of the almost total darkness the outline of a lurking submarine, which was lying on the surface. Immediately after his warning shout one of our forward guns blazed out, and the ship, with her helm hard over, spun round like a great racing yacht and crashed into the enemy.

"The blow was, of course, not a clean one, or there would have been few survivors from the submarine. Judging from the damage on the bows of the ship when drydocked a few days later the blow cut off one end of the submarine. The rest drifted past the stern of the Olympic, and one of the gun crews on the poop planted a six-inch shell squarely into it. One of the destroyers, in the escort dropped behind, and by the light of star shells picked up thirty-one survivors, three of whom died on the way to port. The total crew of the submarine was more than sixty."

TO COMMEMORATE SACRIFICE

Memorials To Be Erected To Various Army Regiments.

In a statement on the work of the Imperial War Commission by Rudyard Kipling, announcement is made that memorials to commemorate the gallant deeds borne by the various army divisions or regiments in the campaign and battles, as, for instance, by the Canadians at Ypres, the South Africans in the Deville Wood, the Australians at Amiens, and the British at the breaking of the Hindenburg Line, will be considered by representative military committee.

It has been recommended that in each cemetary there should be erected a "Cross of Sacrifice" and an altar of stone in remembrance of the dead and that headstones of graves should be of uniform shape and size. On these would be chiseled the name of the dead and his regiment, and also a cross or other religious symbol of the dead man's faith.

It has also been recommended that a Mohammedan and Hindu temple should be erected as a remembrance of the sacrifice made by the Mohammedans and the Hindus in the war.

Both Satisfied

"Please, teacher, would you punish a chap for something he hasn't done?"

"Certainly not, Billy." "That would be unjust."

"That's all right, then, I didn't do my housework."

The disappointment that the Grand Fleet was unable to strike a blow for the freedom of the world is counteracted by the fact that it was the prestige alone that brought about this achievement.—Admiral Sir D. Beatty.

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An instance of [illegible] Done by D[illegible] Gurney.

When [illegible] recently passed [illegible] in detail one of the Canadian [illegible] failed to [illegible] which, [illegible] ing feature [illegible] war.

When the [illegible] broken by the [illegible] army at Cambrai [illegible] the Canadian [illegible] ing task [illegible] through, in [illegible] and [illegible] who commanded [illegible] aggressive type [illegible] the British Intelligence in Belgium [illegible] cording to the [illegible] the Canadian [illegible] would have been [illegible] were well on [illegible] tish cavalry [illegible] darkness that [illegible] certain as to what [illegible] were demoralized [illegible] be abductors. [illegible] bridge spanning [illegible] nieres had caved [illegible] of a tank [illegible] tack. He had [illegible] dians, with the [illegible] French civilians [illegible] other bridge [illegible] the Germans had [illegible] of the locks and [illegible] the Fort Garry [illegible] way.

So well planned [illegible] the Canadian [illegible] photographs of [illegible] tem in which [illegible] and plans of the [illegible] big private office [illegible] piece of intelligence [illegible] had gathered in [illegible] of men on duty [illegible] usual proceeding [illegible] ing the afternoon.

The Canadians [illegible] through the first [illegible] Placers which [illegible] filled in the [illegible] to the horse [illegible] ploughed up [illegible] wire protecting [illegible] tion," and about [illegible] ry captured Mas[illegible]

Cut Up G[illegible]

The speed [illegible] Garrys galloped [illegible] The remainder [illegible] the Stadium [illegible] dian Dragoons [illegible] to protect the [illegible] open. Each [illegible] came in headed [illegible] but only [illegible]

The [illegible] through to the [illegible] Garrys [illegible] them. After [illegible] to the [illegible] tion from [illegible] commander, [illegible] the capture [illegible] of the [illegible] ten much. [illegible] with [illegible] to protect it, [illegible] of the [illegible] a complete [illegible] line. The Fort Garry [illegible] low and with [illegible] pel much [illegible] here Bolshevism [illegible] gun crews and [illegible] the guns when [illegible] their communication [illegible] been with [illegible] back to the [illegible] the Kilmarnock [illegible]

Lieut. Strachan, [illegible] Victoria Cross [illegible] work, with the [illegible] all the horses, which [illegible] through the German [illegible] added to the [illegible] and fought their way [illegible] ing with them [illegible] from the battery.

Just on the [illegible] the party were [illegible] man patrol and [illegible] ous. Fortunately [illegible] Lieut. Cohen, spelling [illegible] ing ahead, he turned [illegible] with having his [illegible] the party the little [illegible] enough to rush the [illegible] tically annihilated [illegible] dived back across the [illegible] The casualties of the [illegible] under sixty. They [illegible] cally that number of [illegible]

My Little Gray Task

I used to run with the [illegible]
And sing with the [illegible]
My little gray task [illegible]
Song
And fastened my [illegible]

In crimson clad. I [illegible]
As a leaf when the [illegible]
My little gray task [illegible]
Fell
And rippled [illegible]

When dear Hope [illegible]
quailed
At the desolate [illegible]
Was the little gray task [illegible]
my hands
And [illegible]

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