THURBIDAY, JANUARY 10, 1020

SOMETHING CHEAT

The trial was fided, the vigil past: in his arms was the knight at The goodlist knight in the whole wide The king looked on him with gracious To himself be thought: "I will conque Do from the palace he rode away.

There was trouble and need in the town A child had, strayed from his Into the woodland dark and wide. "Help!" cried the mother with sorrow "Help me, sir knight, to seek my child: The hungry wolves in the forest roam: Help me to bring my lost one home!" He shook her hand from his bridle rein "Alasi poor mother, you ask in vain... Some meaner succor will do, maybe. Bome squire or variet of low degree: There are mighty wrongs in the world

I keep my sword for a noble fight; I am sad at heart for your baby's fate, But I ride in haste to do something often on holidays, and from early to

"Now, Good sir knight, for our lady's On a sightless wanderer pity take! The wind blows cold and the sun is Lead me, I pray, till I reach the town."

Ills sword all keen for the longed fight. "Laugh with us, laugh, cried the merry

His eyes to all humbler work were blind. He that is faithful in that which is least Is hidden to sit at the heavenly feast; Yet men and women lament their fate. If they be not called to do something

THE DECIDING VOTE

eral times since been re-elected. What stood just below a gap in the Alps that farms and in country homes.

autumn of 1917, the son visited his pal signal-fire was at the pass itself, mother, and chided her good-naturedly a little above the narrow gorge that was for not reading the speeches he had sent the point to be defended. At night that she had not been able to read clothed and ready to rush to the pass. them all, nor to understand very well It was coming on evening when Hans what she had read.

"It's the one on the anti-saloon bill." said she.

My boy, you know what liquor did for The cool of the evening encouraged him our home years ago. I have prayed all on, and his anxious thoughts spurred him the years that my son might grow up into a faster walk than was his custom.

know you will be true to it." "Well, mother," replied the son, " don't know that I have much confidence in these efforts to make men good by signal-pile above deserted? How could legislation. You can't very well do more they do such a thing? No, it cannot an hour he jabbered back and forth than regulate the liquor traffic. The be! At least one has been left." But with the native; and occasionally Bill attempt to prohibit it altogether always the thought gave him fresh energy as smiled, and once or twice he laughed. fails. I don't know that I can make he pressed up the mountain. a speech in favor of that bill." But these arguments fell unheaded on

she said, "but I know you'll vote for finally, after a zeemingly endless elimb, and abduction of the bride, and so the eggs carefully in, and bake in mulfin

that bill, and speak for it. And I shall be reached the tignal-pile, completely this young man. prepared to run off pans fifteen minutes. read every word of your speech, and I exhausted. He threw himself upon the with his sweetheart, no matter whether shall pray for you every day, that God ground, and when he had in some her family was willing or not. will bless that speech and make it win measure recovered himself, he began to life got an outfit of dogs and sleds

But the weeks went by, and the fate of a large rock close at hand. Although he had brought no blanket or wrap to kept his own counsel. It was assumed, protect him against the however, that he would vote against the homewore that he would vote against the rejoicing at his success, drove all night to it. Its wonderful power is not except his success, drove all night to it. Its wonderful power is not except him against the rejoicing at his success, drove all night to it. Its wonderful power is not except him against the rejoicing at his success, drove all night to it. Its wonderful power is not except him against the rejoicing at his success, drove all night to it. comes. God bless you, my boy! I am

aside. When the lines began to tighten to hear and see anything that might and a deadlock was threatening, he first come. voted on amendment which forecasted his final action. That vote brought sur-

The vote was so close that any one clear. of a dozen things might have turned the a law under which several hundred saloons were obliged to close, is that here related. It is the true story of the way toward the page a mother's prayer's and confidence had

going right with us, but how is it when fired a volley after him. The bullets his shoulder, and went out of the door we are tired in mind and, body, when whistled around Hans, and one struck and down the street. The minister, und worried and analous, and everything him, lodging in his shoulder. Spurred his wife laughed, but the wife went Bea Music Pestival next January by seems going wrong? This is the test- on by the excitement, ignoring the pain often to the window and peeped out to ing time which will prove to ourselves and the tilood he now felt running down see whether the expectant couple were is half French, half English, the first and to those about us whether our sun- his back, Hans kept on. As he reach- in sight. shine is the deep, abiding kind, really ed the pars and staggered on, he saw More than an hour passed; she had and truly without ourselves. That kind that the signal fires were burning on nearly given them up; but at last they of sunshine that will not only lift us the mountains, and that the valley was appeared—the girl, as the parson's wife up and carry us cheerful and smiling roused, and he thanked God that he expressed it, "a perfect little beauty, and popular many years ago at a time when over every disappointment, every dis- had been the means of doing it. couragement, every trial, but will also . As he came out on the other side he

the pain, and thus the suffering of the lay on his bed in pain, with his lifeof how the Prench had been driven back, worth.

The Free Press Short Story

How the Cripple Held the Pass

AND Anderson was the son of a and how he was halled as the deliverer take exercise that brings muscles into equal valid as a sweet or food. All poor widow in a village in Bultz- of the valley, he turned to his mother play and starts the body engine at a Canadian honey granulates sooner or laterland. He was a cripple and and said. "Mother, dear, God has sickly. Though able to work, plan for every man, and he had and even run, his weak spine would not plan for me. May he, forgive me for that we must cut heavy foods only. We ly, granulation is often taken as a sign permit of such violent exercises. Now, my impatience and want of trust!" although his body was weak. Hans had . The people of the valley crected a stuffs with plenty of milk, vegetables and case, as granulation indicates purity and an ambitious and noble spirit. He loved his mother, and, as he grew older and heard the older people of the village talk, and learned the history of his country, he came to feel proud he was

Dame Anderson was a good and trusther lot, was content that she had food, shelter and clothing, although, she was They both worked all working days, and

their games. Hans sat at his work until ventable causes of such accidents are elbows on his knees and his face in to you? nurse bad thoughts."

his mother, and as she leaned over to- the home and its surroundings is con- practically no waste, and may be used paper for 8,000 sixteen-page newspapers

He missed the good that he might have can I be to you or my country ? All Canada to the distressing prevalence of standing in regard to coated and un- mill and yet it is only four minutes he might have ready to defend the valley in case show how easily most of these accidents polished and unpolished. The only dif- That on a news machine, running Napoleon's soldiers come this way, but can be prevented. take me away; I am no good here."

man, and he has his plan for you."

signal-fires prepared and everything ready request. When the legislature assembled in the to sound the alarm. The princi-

"But you're going to make a speech of merriment. Hans noticed some of on inquiring of some of them, their in- speculate on the cause. different answers showed that their thoughts were more on the games than their duty. This disturbed Hans still

to save other boys from his father's It did not seem so very long before he within him as he thought, Can it be He could not long stand the pace.

however, that he would vote against the in the mountains is quite sharp, he now no uneasiness to the liquor men.

"I know why you are waiting," wrote his mother. "You are waiting to make and thanked God for the opportunity the sad part of the story. It wasn't valley. As he rose from his knees, he felt stronger and carefully hiding himself in the shade of the rock next to

scale; but among the stories told in the hind the rock, he struck the flint with tion, could I come up here 'long with the steel, quickly blowing the tinder into a girl an' git married?" a blaze, fired the torch, threw it upon the signal-pile, and started on the run ly. What seems to be the trouble.?"

pocting a volley from a signal guard, a place to git married at. That's two This gave Hans a moment of time to things. But I aint said nothing to the get somewhat ahead. As no firing came, girl yet. She's in town to-day, though. the soldiers rushed forward, some to de- un' I seen her in a store a-buyin' some stroy the now blazing pile and the others things an' I'm a going right down un It is easy to be kind and gentle and to look for the guard. The latter saw, ask her." smiling to others when everything is a boy running down the mountain and. He took down his whip, flung it over

"Who; lit the pile?" they cried.

to take that the most delicate stomach in strong arms and borne to the village, you see, ma'am, I've loved Jim over or meths from whom he recorded this can assimilate them and welcome them. As Hans was carried to his home, his shice I can remember, and he was just for voice and manners and was a first. as speedy easers of pain, because they name was passed from mouth to mouth too stupid to find it out."

It bears this inscription: HANS ANDERSON "God has his plan

FOR FATAL ACCIDENTS

of Common Cases of Preventable. Ageldents dressed in their best and were enjoying and farm, and note how many pre- lously small.

ward him, he took her face between his tained in a remarkable booklet entitled in conjunction with many of our best every minute, and that this paper is hands and kissed her. Ohe was well "Farm Hazards" a free copy of which alkaline balancing foods . . . and yet made at the rate of forty-five miles per acquainted with Hans' moods, and pat- can be obtained by anyone on application for some reason or other millions of hour? Some machine tenders many ride ting him on the shoulders, said, "Come, to the local, branch of the Bank people think of rice to-day in the terms forty five an hour in the old Tin Livele, Hans, I will go with you. Let us go of Montreal. This booklet, which records of the rice pudding served by restaurants but did they ever think of figuring how the fact that about one in four of the rather than in the terms of a food that many miles per hour the paper machine "Oh! mother, I can't. Why did God fatal accidents in this country actually may be served in hundreds of tasty forms. runs. make a cripple of me when you need occur in the home, is designed to awak- Is not this "ridiculous"? a strong son to help you? What good on the people of the rural districts of There is, a great deal of misunder- day is a very nice production for a paper the young men, are armed and drilled, preventable accidents at home, and to coated rice, sometimes wrongly called supply for North America?

I am no good. I have prayed God to Though it is full of good advice, it crived a harmless application of glucose the sheet is five eighths of an inch "Trust God, my son. Don't be im- discover how amazingly fertile the when the rice is washed. This is appli- water at the slices, and three seconds patient. God has his plan for every average home and farm is in the things ed to preserve the product. "Yes, mother, I do trust God; but it as to how accidents happen and how contains elements not found in white parts of water? Brushing the tears from his eyes, photographs, over 300 of which are re- flour and white flour. But brown rice ming around a thousand feet per minute Hans rose to his feet, and, embracing produced. There is also a chapter on will not keep. It soon becomes rancid, it is unrolling a thirteen-foot log into

she does not know. Bhe has no doubt valley above; a pass where a few men booklet is doing its part to supply the or Prench fries. that he has done all that a good boy, could stop Napoleon's armies who were deficiency. Get a copy. It is free, and | So add fuel to your body fires through grown to be a great man, ought to over-running Europe and subjecting may save life or Jimb in your family, the medium of rice and foods that blend have done or could do; and one good everything to his rule. The villages of The local manager, Mr. L. B. Shorey, so well with it. Here are a few rething, at least, he did to justify her the valley had watchers stationed, with will gladly supply you with a copy upon cipes that may give you a new and novel

HE GOT THE WRONG PARCEL

her. She had saved them all, and knew and day watch was set, and men were ing up the coast of Labrador, selling if desired. Press the rice into buttered just where they were; but she confessed told to sleep with guns by their sides, salt to the fishing settlements, and had cups to half full; let cool. Slip from the girl's kid brother yelled. "That's Lizzle's and Dame Anderson arrived at the scene to go on board, so encased and "bundled the flour; melt in a saucepan without the cup dry. "I feel honored to drink this year that I shall read, every word," the young men whom he supposed were tell one from another. One of the num- gravy from the meat and let boil three of your sister, am I right?" that day on the watch at the signal- ber, a young man, sat about with such minutes. Add the juice of lemon if de-"Tell me which one that is, and I'll pile were among the merry makers, and a depressed air that the sailors began to sired. Pour the sauce over the rice is my little pet pig.

They all agreed that he was the most disconsolate-looking individual they had more, and later on, as the moon rose the matter was. Each one of them guessever seen; for days they wandered what over the tops of the mountains, he left ed, but all guessed wrong. They found "Yes. I know it will be a good one. his mother and walked toward the pass, out the sad story from a trader who the native dialect "Bill," said the captain to this trader

was entering the gorge, and as he the lee of the rail who is the sorrowfound no guard there, his heart rone fullest-looking human being I've ever possible that the guards have left the matter with him. Pind out will you?" seen. We all want to know what's the At last he came back to us.

"It's quite a story," he said. "This

on in the village, and gave him new practice round here to steal the girl, rice preparation and mix into a smooth, strength. On, up, up, he went, until Most all marriages here mean a seizure firm batter. Fold the beaten whites of

The moonlight bathed the side of the been talking with the wife of "a popular mountain and gave fantastic shape to proather" about the marriages which price to the friends of temperance and the rocks. After he had sat there about have taken place at the parsonage. She discouragement to the friends of the an hour, feeling quite chilled, he thought has witnessed a good many, some of he would walk about to warm himself, them attended with highly ludicrous inbut his quick car detected a sound of cidents. One day, she says, a fine-lookthird reading, he spoke. He did not stealthy footsteps, and peering into the ing young farmer, roughly dressed, with moonlight, he saw a French soldler step an ox-whip in his hand, knocked at saw an old woman, reading his speech into full sight from behind a rock, not the door and was shown into the parlor. through speciacles that required frequent fifteen paces away. After taking a look There he laid his whip upon the mantlewiping, and it was a speech that carried around, the soldier withdrew, evidently piece, and proceeded to make his errand.

The Prench advance guard by this my liscense—that's all ready; I got it their decisive influences in the making time was coming forward. They fied, ex- more'n a week ago. An' now I've got

be a help and a blessing to every one met some guards and a host of the said the farmer by way of explanation, whose life may touch our own.

villagers rushing to te pass to defend it. and then they stood up and were marri-"I did," said Hans, "the Prepch are know whether to smile or to weep. But some authorities as connected with the Willer's Worm Powders will drive Now that Ariends, were met, Hans wife said something to ner frequently were sailors as well as woodsto the child. The powders are so casy ing at their feet. He was quickly taken of, while tears brimmed ther eyes: "But or metia from whom he recorded this

HOT DISHES FOR COLD WEATHER.

scattered here and there over our bodies Nature's sweets. Not only is honey If we expect to stand the cold weather sweet, but it is also valuable energy ! months without unsightly shivering. This means we need more or heavier place on the daily menu of every Canfood during cold weather. As a matter adian flome. It is especially good for or fact, we can cut considerably more children because it satisfies their natural food in winter than in summer without craying for aweets and also supplies the gaining a single pound-for the body en- necessary energy for their play or work juines need extra fuel to take care of Honey is the nectar of flowers, gutherthe additional exercises or exertion that ed and modified by the honey bee. Apmost of us enjoy when the weather is proximately it consists of an per cent cool and embracing. In audiner we take invert sugars, 18 per cent water, small our exercise in the family car or by quantities of mineral matter and volutile stretchilly out on the beach or mountain, lotts. Honey varies in color and flavor When cool weather comes, we begin to according to its source, but all is of

More and heavier food does not mean the invert sugars present. Unfortunatemust still balance the meats and bread- of adulteration, this, however, is not the fruit . . . but we may go ahead and does not in any way affect the quality of the honey. enfoy a little bit more of everything. larger portions of his famous roast beef, of honey are now being used in the The Esculmanx will depend largely upon manufacture of bread, cakes, cookies, cic., losh. Other nations will increase their and many a housewife has found that

and right when honey is used instead of sugar in ful sout, and, despite the hardness of HOME AND FARM FERTILE PLACE here is an interesting food pointer that the making of such articles, a better we in North America may consider: Blee is the article of diet for two duct will keep fresh and moist for a not well supplied with any of these. | New Free Booklet is Amazing Revelation thirds of the earth's population, and much longer period. Honey talked with I where it is used regularly dyspepsia and peanut butter or cheese also makes an other forms of indigestion are rarely excellent filling for sandwiches, and as known-and yet the per capita consump- a sweetener for cereals, fruit drinks, ice tion of rice in North America is ridicity cream, etc., it is unsurpassed. Honey can

also be used instead of augar for preafternoon, and then, putting his work threatening the well being and even the that. Rice is one of the most easily candles, and will impart a flavor all aside, sat for a long time with his lives of those who are near and dear digested of foods. It can be assimulated its own. In almost any recipit that by the digestive organs in one hour, calls for the use of augur, honey may his hands. His mother watched him Perhaps many of those things are so while wheat-bread, potatoes, milk, and be wholly or partially substituted and for some time and finally, laying her familiar to you that you would not meats take from two to over three hours, the palatability and food value of the hand on his shoulder, said. Come, Hans, notice them anyway, and perhaps it it has over 86 per cent of nutritive product increased by so doing .- Experi-"Nay," said the knight; "I cannot wait: put on your hat and go to the village never struck you that your home and matter, while wheat, lean beef and po- mental Parm Note. I ride in haste to do something great" and see the sports. It will make you its surroundings may be even more dang- tatoes range around eighty-three per

is not necessary to read the booklet to and tale, which comes off very easily thick and carries two hundred parts of that make accidents. The whole story It is true that whole or brown rice one-thousandthis thick and has but three they can be prevented is given in actual rice, as in the case of whole wheat That when the paper machine is run-

his mother, said. "Pew young men have first aid remedies telling exactly what Moreover the alleged loss of vitamines a half-mile sheet as names to the as good a mother as I have .. I'll he to do when source sate burt and mineral sails is easily supplied in minutes Tact that her patient for every mun, and he has listed organizations have done much more concentrated form in other foods. That Iwenty two thousand newspapers and the part of every mun, and he has his in the cause of accident prevention in the found on every table—hills, green vege- and periodicals in the United Exacts was elected a number of years ago a plan for me. Let us go to the village," cities, but hitherto little has been done tables, etc. These elements are said to using newsprint consume three million member of the legislature, and has sev- This happened in a Swiss village that in the cause of accident prevention on be found in potato skins also, but few of tons, or, for every working day a strip us clamor for a portion of skins when on- of paper thirteen feet wide that would he has actually done in the legislature was the only entrance or exit for the The Bank of Montreal by issuing this Joying a nice dish of mashed potatoes encircle the Globe?—Superior Pacts.

idea regarding the serving of this nutri- his eye on one of the rural latsies (bankers do you know.) On strolling past

Hot boiled rice, 2 tablespoons of but- banker walked in ta the pump to have The schooner Margaret had been cruis- ter, 2 tablespoons of flour, juice of lemon a drink. finally put in at a far northern native cups and pour over it the sauce made cup!" village. Many of the people who hastened as follows: Rub together the butter and up" in furs that the sallors could hardly burning. Add this by degrees to the out of Lizzle's cup. 'Lizzle' is the name border and serve.

visited them-a man who could speak and a half inches wide. Cut hard bolled eggs in oblong strips and place at intervals round the lettuce touching the a mild Prench dressing, using lemon instead of vinegar.

> yolks of 3 cggs 1 pint of flour, 1 table-112 teaspoons of baking powder and the

her ears. She did not take them seriousstill night air now brought to his acute but her father was set against the maryolks. Bift together the flour, sugar, ly. She thought her can joking, as was cars faint sounds of the revelery going riage. In that situation it is a common sait and baking powder. Add to the

The con had, indeed, expected to speak on the bill, but on the other side; and Hana, after examining the pile, began crept in. He didn't want her to cry Eclectric Oil, forming one of the most crept in. He didn't want her to cry Eclectric Oil, forming one of the most crept in. He didn't want her to cry buneficial liniments over offered to the



child is relieved. With so sterling a blood slowly ebbing away, he told what liwestest melodics are those that are be sung by Ulysse Paquin, at Vancouver, remedy at hand no child should suffer an he had done, and when the news came; by distance made more sweet.—Words—as the intention is to make this Bea.

HOW HONEY MAY BE USED SELECTIONS IN SHADE

Honey may be used for dessert. Tons

THE CUP OF SORROW

to a small village branch and had got

the place where the damsel lived the

Why does the sallor know there is

"You sail, Lalway, good to church when "I am glad to hear that; but why when preach why not every taminy?" producing food, and as such, deserved a "I'm sure of gettin' a good and when you preaches, sub."

> "What's the more, boy?" "Pollo-two te suthin"." "In your olde lostne" "Losing' law-see, Why, man ally

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