PRAYER OF AN UNEMPLOYED MAN

Here in the quiet of my room, O God, I come to Thee for friendship; to feel That Some One is with me, though un-

All day I have seen a multitude of people, But: I am still lonely and hungry for

human cheer. No life has touched mine in understand-No hand has clasped mine in friendship;

My heart is empty and my hands are Help me to feel Thy presence, So that the disappointment of this day

Shall not overwhelm me.

come discouragements.

Keep me from becoming cynical and Keep me warm and human, and set Before my eyes a new hope to live by And a new spirit with which to over-

Guide me to that very necessary thing Of life-WORK! Abide with me and be my friend. In the name of Him who went about Doing good.

Menu Hints

Recipes for New and Novel Dishes: Household Ideas and Suggestions

BAKED BEAN LOAF Baked beans (No. 2 can)

1 cup bread crumbs 1 onion, chopped 1 egg . 4

1/2 cup liquid-evaported milk or liquid from a canned vegetable Salt, pepper, paprika

Chop or mash the beans and add crumbs, liquid, beaten egg and slices of bacon and bake in a moderate oven. 350 degrees, for 30 minutes. Serve with mushroom-tomato sauce. This may b made of canned tomato soup or canned tomatoes.

LUNCH BASKET PENWHEELS

- 1 cup flour 2 teaspoons baking powder
- 1/2 teaspoon salt 2 tablespoons butter
- 1/3 oup milk 2 tablespoons sugar

1/4 tablespoons orange juice Grated orange rind

maining butter, sprinkle with sugar, ruin your school chances." mixed with orange juice and rind, and roll up like a jelly-roll. Cut in slices trustees, but found one absent and the performance of these operations. Both and place, cut side up, in buttered other clearly influenced by Mr. Watkins, are very simple and, if properly permuffin-pans. Sprinkle with remaining Mr. Watkins did not speak when he formed at the right age, there is little sugar, and bake in a hot oven.

FRIED MACARONI SLICES (Makes 4 generous servings) 16 th. macaroni (elbow preferred)

----2 eggs 1/2 cup milk 1/2 teaspoon salt Cook macaroni until tender. drain. Mix the macaroni, eggs, salt and milk. Press into a greased mold and bake in a moderately hot oven (350 degrees) for one hour. Remove and when thoroughly cold, unmold, slice and fry to a golden brown. Serve with crisp

MILK ORANGEADE

- 6 tablespoons milk
- 6 tablespoons cold water
- 1 teaspoon sugar 6 tablespons orange juice

bacon or ham for breakfast.

Add milk to cold water and put in sugar. Beat thoroughly and when thoroughly mixed pour in orange juice quickly and continue beating vigorously until thoroughly combined. Serve in a large

COMBINATION SALADS

3 oranges 3 bananas

Dressing Slice oranges and cut bananas and mix with oranges. Serve with or without lettuce.

To this recipe may be added one of the following:

- 3 apples pared and cubed
- 4 pears, halved or cubed 4 slices of pineapple, cut up
- % cup shredded dates % cup raisins
- The state of the state of % cup peanuts % cup buttered popcorn

SPARERIBS AND SAUERKRAUT Pirst take a heavy-bottomed copper saucepan with a tightly-fitting cover, Place in the bottom with skin side up. some sugar-cured ham rinds; then spread upon them some sliced onions. Place on this a layer of kraut seasoned, then a layer of spareribs, then kraut, and continue until the saucepan is nicely filled. Add no water, but fasten the lid on as firmly as possible to avoid the escape of steam, thereby cooking the food in its own moisture. Cook for two and then reversed and swung across the road. one-half hours.

Douglas' Egyptian Liniment is without a rival. Stops bleeding instantly. Cauterizes wounds and prevents blood poisoning.

REAL DUTY

Another Short Story

Stampeded ERNEST L. THURSTON

M deciding the position matter solely on what I consider your superintendent, who stood near. "We Watkins, somewhat embarrassed. "Since I've mentioned this other, I'll tell you. Knowing I was in need of money, your father kept certain information about the increase in the value of the land from me until the sale was completed,

I would not have sold at the price-" "Dad sacrificed an investment to help tell it, but for your charge."

"Don't worry about sacrificing," snayped Mr. Watkins. "He knows he'll get School."

back double." "What was the secret information?" demanded the girl.

swered "Your father must have known way for what I did this afternoon."

think of him for cheating--"

Ordinarily a careful driver, Alma drove rapidly down the rutty road, flashed with shricking horn through the cut; then careened into their lane, trying to keep pace with her speeding thoughts. Soon she was repeating the story to her I'll look up your father."

'Never heard a word of it," declared her father. "Probably the authorities have kept quiet while getting certain rights of way. I sacrified that other I'd give it back but for the fact I can't talk with him."

Mix and sift flour, baking powder and a possible lost sale at a higher price. uncastrated market lambs are an indicasalt. rub in one tablespoon butter, or without realizing that the rise may be tion of primitive methods in the handling other shortening, and moisten to a dough gradual and he would have to wait. But of sheep, and no farmer who takes an with milk. Roll thin; spread with re- it's an outrage for him to let the matter interest in his flock, says Mr. A. A. Mac-

for Alma. One morning she was sitting on the doorstep when she felt it tremole wether lambs for late fall sales when dull reports sounded.

"They've begun blasting at the reseravoir site," remarked Alma to her mother when she came to the door. "There's a dust cloud rising way up the valley."

The two women watched the yellowbrown cloud spread. There was some- lambs. thing sinister about it. Alma jumped sharply when their telephone signal rang. A hoarse voice answered her "Hello!" "You live on Saunders Road?".

"Yes." answered Alma. "What-" Blast frightened the mules at the reservoir. They broke out of the corral

off before they do any damage." story to her mother.

mother, anxiously. "There's not time to to elapse between the operations, castratget father and Calvin from the back ing is best performed first, as the would

Alma glanced at the clock. "Mother!" she cried. "The children! They're on their way home down that road. I must warn them." She ran stumblingly to the little car.

It fired slowly; then she remembered disinfectant has been added are all the plugs should be cleaned before the car Full directions for these operations are was used again. Finally she had the motor in action.

She was soon cut on the road, the motor sputtered and missed. thoughts flew ahead to Nina and the laughing groups of children all unconscious of the danger bearing down upon them. She feared the motor would stall, if she pressed it too hard; yet she heard of."

must hasten. By the time she was approaching the cut, she could hear above the noise of the motor the thunder of hoofs, punctuated by sharp squeals.

In that instant a plan came to her mind. Did she have the nerve and was there time? The studied the cut in which she was running. Behind her the clattering, squealing drove was coming on in a wild charge. Just ahead appeared the narrowest point. She prayed she might not stall, as she applied the brakes" sharply without backward look. The frail car would cork the bottle that the gulch firmed.

Would it stop the rush? She was thinking only of the children. She had jumped out of the car, intending to climb up the bank. She faced back as the horde broke into view. A big, whitefaced mule led with lunging strides; then came the racing, leaping herd.

with one jerk tore a side curtain from cord. Leaning out she waved it up

Old White Face had run off his scare. He was racing now, for the pure joy of strange object, and flapped forward their 1,000 farms."

great ears. They began to mill as they were ready to race back.

Alma realized she must quiet them; so she dropped the curtain. Suddenly White Face stuck his great head in at her, baring ugly teeth; then she did a brave thing. Ignoring the threat, she laid her hand on the beast's nose and stroked it. and the mule became quiet.

Far up the road Alma heard a motor truck coming at high speed; then suddenly it stopped. Soon along the top of the bank men from the reservoir force came running up, who slid down and quickly snapped ropes into halter rings. "You're nervy, Miss!" exclaimed the

qualifications," defended Mr. offered to pay a hundred dollars to anyone who stopped the rush. It-" "I did it to save school children

ahead," gasped Alma. Later in the evening the Watkins family came over to the Smallwood farm. When they came in. Nina ran over to Alma and flung her arms about the girl's neck. "Miss Alma." she cried, you out," declared Alma. "I wouldn't ,"you'll do something for me, won't you?"

"What?" smiled Alma. "Be our regular teacher at the Corners

"But," hesitated Alma, as she turned to gaze at Mr. Watkins who held out his "I can see it is your offer," she re-

He-glanced at her curiously; then an- marked coldly, "but I can't take pay that that a state highway is to run by here "I am not paying you for saving to the reservoir and beyond. It raises Nina," Mr. Watkins answered quietly,

land values. You can tell him what I "for that is not a pay proposition, or rewarding you for saving my crops. The "He did not; and I will," replied Alma appointment was practically settled at a and walked away to her car, her mind meeting this morning. You see, Alma, in a tumult. Mr. Watkins' charge made you came to me just after I had heard her bitter, but the news caused her to about the road and my temper exploded. When I cooled off I knew your father was not to blame. I did think you were too timid for the school, but the way you stood up to me, face to face, decided me. I've only waited for the other trustee to return home. Will you come? Now

INCREASE LAMB VALUES

The importance of docking and castrating lambs cannot be over emphasized. investment to buy Watkins' forty acres. Both tend towards the production of greater profits and they go hand in restore my investment. I'll go over and hand with good practice in the management of the farm flock." Ram lambs He came back later, flushed and irri- have always been objected to by the tated, declaring, "Mr. Watkins is too packing industry, the retail butchers and angry to listen to reason. He sees only the consumer. Further, undocked and Millan. Chief of the Dominion Sheep Alma went to see the two other and Swine Division, will neglect the passed her on the road. At the Corners or no danger of loss. Moreover, docking School a temporary teacher took charge, adds to the neatness, comfort and ap-The next two or three days were hard pearance of the flock, while castrating enables the farmer to hold slightly. Boom! Boom! Boom! Heavy, heavier weight usually brings a higher average price per pound, Ram lamb become troublesome about the middle of September, their gains are slower, they the flock or sold, and their value per applying fertilizer by machine, it is very have to be separated from the rest of pound is below that of ewe or wether

Both docking and castrating shoul be performed when the lambs are ten days or two weeks old. Lambs under ten days of age are likely to be weak while to those over two weeks, with greater development, the operation might cause a shock to the system. A and stampeded up the road. Head 'em few days ought to be allowed to elapse between each operation. However, the Cold fear chilled Alma's heart. She saving of time at a busy season is remembered those kicking, lunging effected if both are performed at once. animals. She hurriedly repeated the Moreover, if the lambs are the proper age, no serious results are likely to "We can do nothing," cried her follow. When a few days are allowed heals more quickly, bleed less and is better protected, not being so liable to injury when the lamb is being caught for docking. An assistant is necessary for both operations. A good sharp knife and a basin of warm water to which some Calvin had remarked that the spark equipment that is required for the work. given in an illustrated pamphlet issued by the Dominion Department of Agriculture at Ottawa.

ROTTEN MEMORY

"My wife has the worst memory I ever

"Forgets everything, eh?" "No: remembers everything."

ANALYSING AGRICULTUURAL

"Some of the work undertaken last by the Dominion Agricultural Economics Branch," said the Hon. Robert Weir, Federal Minister of Agriculture, in the House of Commons, "was a cheese factory study, including merchandising costs. Cheese factories to the number of 250 have submitted statements as requested and given full information of the cost of operating for one business year. There has also been an investigation into the cost and other factors of milk production in the two provinces of Ontario and Quebec. That is, the relation between volume of business and cost of operation. That analysis is complete and the report will soon be ready for Alma leaped into the car again and publication. They have also carried out careful work for three years in connection with ranching costs and have received reports from a number of leading ranchers. A comparison of percentage has been made with relation to costs freedom, but his eyes were open. He and weight of lambs. They have also Mose Well, sah, he worked in the saw the odd, dapping object and slowed finished an investigation comparing costs nell's kitchen, an' ebry time de kun- down, but was pushed ahead by those in as between tractors and horses in West-The others how saw the ern Canada. Reports were received from

CANADIAN AUTHOR MAKES BIG HIT



The literary hit of the year has been made by Frederick Niven, an author residing near Nelson, B.C. whose novel entitled "Mrs. Barry" is described by Compton Mackenzie in the Daily Mail as a profoundly moving book, and is hailed as a classic worthy to stand beside Sir James Barrie's "Margaret Ogilvy

Although Frederick Niven has a long list of books to his credit, and has always enjoyed a following among the critics, this is his first appearance among the "best sellers". He worked his way through Canada early this century, and at one time handled baggage and freight for the C. P. R. at Nelson, B.C. He eventually took up a small holding on Kootenay Lake twenty years ago; where he has secured excellent local

colour for his western stories. "Mrs. Barry" is a novel of life in Glasgow, where at one time Frederick Niven edited a news-

The indications of worms are restlessness, grinding of the teeth, picking of the nose, extreme peevishness, often convulsions. Under these conditions one of the best remedies that can be got is Miller's. Worm Powders. They will attack the worms as soon as administered and they pass away in the evacuations. The little sufferer will be immediately eased and a return of the attack will

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J. Cadesky OPTOMETRIST

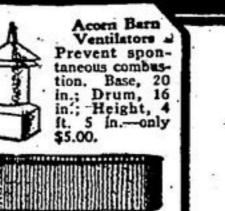
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