#### THE WANDEREE

Upon a mountain height, far from the I found a shell, And to my listening our the only thing Ever a sone of ocean seemed to sing, Ever a tale of ocean seemed to tell.

How came the shell unpon the mountain height?

Whether there dropped by some careless Or whether there cast when ocean swept Ere the Eternal had ordained the Day? Strange, was it not? For from its native

One some it same. Sang of the awful mysteries of the tide. Sang of the misty see, profound and

Ever with echoes of the ocean rang. And as the shell upon the mountain height

Bo do I ever, leagues and leagues away. So do I ever, wandering where I may, Sing, O my home! Sing, O my home!

# Menu Hints

CALL UPON THE LIMA BEAN By Betty Barclay

Dried cooked Lima beans are now available in cans-so scores of healthful and delicious Lima bean dishes may be the Canadian housewife. Try one of the following when your are seeking an appetizing alkaline dish:

CREAMED LIMAS AND ASPARAGUS TIPS

2 cups cooked, dried Limas

2 cups canned asparagus tips 1's cups medium white sauce

15 cup grated cheese Prepare white sauce in a double boiler. When cooked, add Limas, asperague and gentlemen, of the first anniversary tips and cheese. Cook until thoroughly heated, about 15 minutes, then serve over these points or in ramekins or patty shell-

LINIAS CALIFORNIA

2 cups cooked dried Limas"

2 tublespoors butter

is tempoon sult I hard-cooked eggs

is cup hot water 1; teaspoon pepper

I tablespoon chopped paraley ... 1 tablespoon lemon juice

1 egg, beaten Heat Limas in a double boiler. Cream

butter, add salt, pepper, parsley, lemon juice and beaten egg; mix well, add hot water until creamy. Turn into a hot vegetable dish and arrange sliced hardcooked eggs over the top and sprinkle finely chopped paraley in a border around the dish.

COLD DRINKS AND DESSERTS - side of the breakfast table. When unexpected company comes and you do not know what to serve for a dessert, purchase your favorite ice cream and your problem is solved. .

If the guests are children they will be delighted with a home-made ice cream soda. Use ginger ale, root beer, cream soda or any similar beverage. Into each glass drop a liberal portion of ice cream Stir thoroughly, and your soda is ready. Where the guests are older, serve ice

A VITAMIN SALAD "Get your vitamins from fruits and greens," says the doctor. "Get them in worth trying:

ORANGE VITAMIN SALAD (Serves 4) 4 to 6 small oranges

Lettuce 11 cup grated cocoanut

1. cup grated carrots Pare oranges and cut in thin slices, Cut slices in halves. On lettuce-covered salad plates, arrrange a circle of orange allees, being generous with fruit. Sprinkle with grated cocoanut and grated carrot. Serve at once with mayonnaise, into which is as much orange juice has been

COURAGE

Courage is a cort of armour to the

He that stands bold- and strong, is not so easily pushed down. However, when the enemy strikes hard, and a man has a great deal to grapple with, comething will be felt in spite of all the bravery imaginable. To bear pain decently is a good sign of inward strength, and an undoubted proof of a great mind. Courage, by keeping the senses quiet and the understanding clear, puts us in a condition to receive true intelligence, to make computations upon danger, and pronounce rightly upon that which threatens us. Innocence of life, consciourness of worth and great expectations, are the best foundations of courage.

Miller's Worm Powders attack worms in the stomuch and intestines at once, and no worm can come in contact with them and live. They also correct the unhealthy conditions in the digestive organs that invite and encourage worms, setting up reactions that are most beneficial to the growth of the child. They have stupld, aching head that he should attested their power in hundreds of cases | have pitched the tainted flower into imes are thoroughly trust-

# Flowery Language

By MERLE SINCLAIR

writer and looked wearily at the clock. like, Pratickally. Agen the was to deep poorly dressed.

Bill Kilwino, at the next deak, threw down his eye-shade and addressed the office at large. "What I need is some night life of a different variety. What

Jim paid no attention but listened warily. What would his answer be when the gang asked, as it had formed a habit of doing lately, "Coming, Jim?" These midnight sallies into gay places were causing trouble between him and Nancy. She was jealous of Vina Martineau, and had an idea-

ridiculous little Puritan !- that a man didn't love his wife if he went to a few impromptu parties without her. "Impromptu!" she had cried, blue eyes wet with angry tears. "When

"Of course Jim's coming. Aren't Yes, he was coming. Just to teach Nancy the lesson she had to learn, though his head did ache and bed offered greater invitation.

Most of the staff were working through until two o'clock. So it was prepared quickly and economically by just the Kilwines-Hill's wife was sowent. Somehow, lately, it was just the four of them a good-deal-of the

> He didn't care unything about Vina But she intrigued him.

almost opique with smoke. An unctuous muster of ceremonies unnounced likit with your fase all the time doant novelty numbers-"in honor, in-deed bring hoam no champeen ships. To show its appreciation of your splen- fust this a. m. today. Mebby I got the

him was a bleached and lacquered nudged me. I didnt get it. blond, drinking too rapidly from a small amber glass. Jim looked away TOURIST TRAFFIC ON INCREASE in revulsion.

"Mad at me?" Vinn whispered. He turned from her, looked across leering wink. Jim rose to his feet.

Half an hour later he tiptoed into shortened the stem of a huge, creamy rose, found an olive bottle for a vaso. He hadn't brought Nancy flowers for ages. This was just one . . . still, she'd le placed it on her

He clicked off the light and felt his way into the bedroom. Itays from 'a street lamp faintly illuminated it, falling across the four-poster bed with its neat spread of candlewick. Across a bed that was smooth and unoccupied! lets. My God! Jim prayed unintelligibly

as he felt for the electric button. Prayed harder as he yanked open the closet door. But every dress, every small, dainty shoe was gone. He was still telling himself the next

swered gruffly.

"Then you did care-enough to worry?"

"I'm home-now, sweetheart, You see, I called the office last night-when you didn't come. You'd left at twelve

and I couldn't bear it. I mean your wanting some one else-" "Nobody else, dear. I've just been

"I stayed at the Y.-W .- I-had-to think. And I meant to take the afternoon train home to mother and dad. But I'd forgotten my watch, so I waited. until you went to work this after 11,510,-

"But I couldn't go-when I saw the

Men fix flowers so funny,"

-bouquet. All right for an emergency didn't have them at all we would be message, but you're getting a fat love poorer specimens of humanity than we letter from the nearest florist-special are. But generous impulses that are delivery! . . . I'll be home early!" never carried out, and never made to

Jim laughed until half the staff turned to look. Laughed triumphantly, uperficial kind of virtue. If as somederisively, in the direction of Vina . . . . . to show its appreciation

of you ladies with one of these magulficent roses. And to you, gentle-Vina had laughed at her mements just as she laughed at everything. Then she had placed it in Jim's lapel

from which the long stem dangled ri-"Take this to Nancy," she had said, und might just as well have added.

"since I have you, old dear." In his obsession to show Nancy bow sorry he was, it had not entered his

#### SLATS DIARY BY ROSS PARQUHAR

Ant Emmy up and says, says she, whats the world serius about-I diddent no could be serius in these dase when wimmin and kurls smock and drink like they do. No anser. But later Pa said so nobuddy but I could bere, dummern a noister. Sorta glantsen tord my ant. Munday-Well, I may not no I can bete Charlle Grim mannidgin a Big leag

Teursday-Joe Hix dropt over to are lice. house this a.m. and after Joe left Pa said he bleaves Joe is smartern he looks. He woodent halft to be so offul smart to be that put in Ma. Pa seamed to of got hk idee fru Joe remarkin that crime

and seen the Bare Louis fite pitchers wheat and wheat are all suitable and I was a specktater and sed sucha show a batter with sour milk. aint no place for yung children that dont no nuthin about fiten. I replyed The Ace of Clubs was Jammed, and and sed mebby I aint no Xpurt but I have learnt that hitten a guy on the

Thirsday-Old age pentchens cum up of the state's most famous night club. for discushen as my fambly was at brekdid patronage, the management pre rong clant but it scamed to me that Pa started it to get sumthing on Ant Emmy. Across the room Jim's eyo caught He ast her wood she acksept hern and sight of Sport Conley, coarse-mouthed sed she wood if old enuf but she was Department of Agriculture, Ottawa, for gentleman of chance who was always still a spring chicken. Yes said Pa. pestering the sports department. With Spring of sixty 6. Then he laffed and

The growing movement of tourist travel between Canada and the United at Sport Conley, who gave him a slow, States reflects the friendly and understanding relationship existing between these two great countries. Traffic over the most travelled international boundary let my mind wander." the kitchen of his upartment. He in the world during the present tourist wason is showing a decided increase over the corresponding period of last year. and the principal international ports of entry are scenes of great activity. Tourtats from every state in the Union are partaking of their norther neighbor's hospitality. One of the features of this year's traffic is the large number of tourlets entered en route for Callander, Ontario, home of the Dionne guintup-

Windsor Ontario, led all ports in the Dominion in the number of automobile tourists entering from the United States. last year. Here they come by bridge, tunnel and ferry, and the present tourist cason is proving the busiest ever experienced at this port. Automobiles entered under 60-day touring permits between the dates of April 1 and August 15 this year numbered 103,676, under traveller's voice was thronty, vehicle permits 1,723, and for periods of 48 hours or less, 213,401. Canadian care A flood of warmth spread through outwards for touring purposes numbered his whole being, "Nance-darling-, 20,533. Foreign cars entered through the port of Port Eric during the same period under the 60-day touring permits numbered 70.519, under travellers' veh-"Care! You dear little nut-where icle permits 1,515, and for periods up to 43 hours 350,681. Canadian cars outwards on touring permits totalled 29,587. At the port of Niagara Palls traffic over the three international bridges continues net enally because During the period July 1 to August 15 foreign cans entered 38.845, under travellers' vehicle permits under 60-day touring permits numbered 246, and for periods up to 48 hours. wards for touring purposes numbered

Each of us has his generous impulses Just having them, and giving thom : "The rose! It looked so dear and little encouragement simply as impulses pathetic, drooping from that old bottle | perhaps ought sometimes to be counted unto us for righteousness. It is quite "Listen, hon, throw out that Scotch conceivable, at any rate, that if we

realize themselves in some sort of reallatic fashion, must have only a very times seems to happen, we flatter ourthe management presents each selves on having them and meanwhile them, they may not prove to be virtues at all. The good deeds that we mean to do but never get done will never comfort any hearts or relieve any necessities.

Customer-I wish to buy an appropriute gift for a bride-something timely and striking." Morchant-"How about a clock?"

Wise mothers who know the virtues of Mother Graves' Worm Exterminator al-

## THE CRATE PERDING OF POULTRY

Modern methods of production have so

is handy with saw and hammer.

have quiet and freedom from excitement. Somaliland on the east, while in the bawl teem. When Hack Stanley hit that are best suited for crate feeding and adian ploughshares stude the continent never once phoned me to come along! 3 bagger to start the ninst I wood of rite best results can be expected only where throughout Kenya Colony, once called When we haven't been married a year !" away of lifted out Jerkes and french strong vigorous sturdy type birds are British East Africa; the Belgian Congo, and of insurted some buddy to nock used. Before starting the finishing Rhodesia, Portugese South Africa, and Across the city room, Jim watched that tallie home. If the cubs want a reel period, the birds should be dusted with British South Africa. Not only in the tawny-haired Vina put away her ltp mannidger I mile be endooced to let flowers, of sulphur or some other suitable countries of Africa but in those of Europe

> important as what they are fed. Heavy seven wear, Canadian farm implements feeding at the start will often result in and machinery find their way. the birds going "off their feed."

Our markets demand a light colored don't pay mebby but he notises the skin, consequently, those feeds that tend theaves and robbers get sude for incum to produce this should be favored. Fortunately our home grown grains are just Wensday-Went to the pitcher show what are needed. Oats, barrey bucklast evning. The teecher in skoot herd are best fed in combination, mixed to who has gained the respect of intelligent

For full information on the making of had; whose life was an inspiration, whose fattening crates, and the feeding, killing memory a benediction. dressing and grading of poultry write to the Publicity and Extension Branch a copy of the bulletin "Preparing Poultry Produce for Market," or write to your nearest Experimental Farm for information on specific questions.

### SCOTCH VACATION

Frank - "No. I'm going to take a Scotchman's vacation-stay at home and

PLAYING SAFE Prisoner-"There goes my hat. Shall

P. C. Casey-"And not come back! No You stay here and I'll run after the hat

## THE PLOUGHSHARE OF PEACE

Following the trail of Canadian-made Firday - The Noospaper where Pa simplified poultry raising that it has farm implements and machinery export- flowers, enakes and liquids from the air works at give him a pass to a moovey been made possible for poultry meat to ed from the Dominion constitutes a gen- is the claim of Lajor Pap, a Hungarian witch was plade in by Gene Harlo, become an every day article of diet. erous lesson in geography, At the present carpenter, whose uncanny powers have Gretey Garboe and sum unther of the That it has not become so lies mainly at moment, the one geographical spot to pussled doctors and scientists throughbig isdie box offis attrackshuns and Pa the door of the producer. Too much of which all eyes fare turned is Ethiopia, out Europe. He recently underwent a went to see the show last evning. When Canada's poultry is marketed in an un-TIM BANNING ripped final copy for he cum home Ma said did you see all finished condition—scrawny, consequent—given to Isaish's vision of the time when Institute for Physical Research, South J the Morning Sentinel from his type- the girls and Pa sed sort of wise crack ly dry and tough and all to frequently, "they shall beat their swords into plough- Kensington, England, "When in a trance There are two principal methods of hooks," that is exactly what Canada is things," he said. "Many of the aritmale Saterday—To me this is the day of finishing, pen feeding and crate feeding. doing. A study of the map will show I have produced from the air are living days Sunday Keepted. No shool. To The former method is generally used for that Ethiopia is surrounded by Canada's in various museums in Budapest." Dr. late to chop kindlen and pack cole. Sleep turkeys and waterfowl, the latter for harrows, seeders, and ploughs, even as Nandor Fordor, honorary research officer till the brekfust dishes are washt and chickens of all ages, although some feed- far as the confines of the vast continent of the Institute, said he had seen Lajos dryed. Pt. ball in the p. m. Why not ers follow the practice of pen feeding of Africa, from Morocco in the extreme Pap produce 32 live beetles from the air all be Mary. Sunday skool is not so hot for a couple of weeks and then "finish" north-west to Port Said in the north- at a meeting in Budapest. "He has to ing off" in crates. Batteries are com- east, down to the farthest south in Cape be in a complete trance to do it. He Sunday-I and Pa was tawking and monly used in intensive plants, but for Town. While munitions, of war are produces the beetles by anatching at the ordinary farm use crates are equally being piled up around Ethiopia, the nir. Every precaution was taken to see satisfactory and are inexpensive, as they latest consignments of Canadian-made that there was not the slightest possi-

can be readily constructed by anyone who agricultural implements are making their billty of the exhibit being a fake." peaceful and beneficient entrance inte The quarters where the birds are to contiguous countries, French Africa, be "finished" should be dry, cool and Egypt, and the Anglo-Egyption Sudan on well ventilated, and the birds should the north and north-west; into British The general purpose or heavy breeds south virtually a solid phalanx of Canpreparation to ensure their freedom from Asia, North and South America, and in the outlying outposts of the world whose How the birds are fed is equally as shores are laved by the waves of the

#### SUCCESS

lived well, laughed often, and loved much men and the love of little children; who Feeding trials at the Dominion Experi- has filled like niche and accomplished mental Parms have shown that excellent his task; who has left the world better results may be attained by the feeding than he found it, whether by an imof elevator screenings, and that unmar- proved poppy, a perfect poem, or a resketable potatoes, fed in conjunction with cued soul; who has never lacked apprechome grown grains not only produce fation of earth's beauty or failed to execonomical gains, but fiesh of the very press it, who has always looked for the best in others and given the best he

## REETLES PRODUCED FROM AIR

That he can produce beetles, birds

#### NOT GOING TO HELF

Son-"Say Dad, that apple I just ate and a worm in it and I ate that too." Parent-'What? Here, drink this water and wash it down." But Junior shook his head. "Aw, let im walk down."



J. Cadesky

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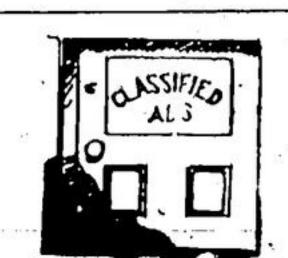
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You Must Tell Them to Sell Them