The Bride's Name;

Or, The Adventures of Captain Fraser

CHAPTER XXI .- (Cont'd.)

"I suppose," said a lady of a A fine October gave way to a damp peated Fraser.

tain, in trembling tones. "Nobody crying in the wilderness, up and down "How strange!" said two or three

"Time we started," said Mrs. Over three months had elapsed is overdue."

Banks, raising her voice above the din. since the Golden Cloud set out on her "That'll d

church some two hundred yards dis- having discovered her whereabouts, he said, enviously, "I'd be a loryer or tant, the crew of the Foam falling in had chosen to renew his suit. behind unchallenged.

ing question in the manner plainly laid down in the Church Service, he answered, "I suppose so."

He came out of the church with a buzzing in his ears and a mist before times to shake off. Then he discovered that it was Mrs. Barber.

Of the doings of the crew of the Foam that night it were better not to speak. Suffice it to say that when they at length boarded their ship Tim was the only one who still possessed cumstance, coupled, perhaps, with other reasons, went to bed in it. the only silk hat in the forecastle went bobbing up and down on its way to the





CHAPTER XXII.

all nations played blind man's buff at

too large for its body, rammed a firstclass battleship off the Medway, and with a thoughtfulness too often lack-They regarded him tenderly, and the ing at sea, stood by and lowered a

"Cap'n Barber, you and Mr. Gibson long voyage; three months during away. and the other gentlemen had better get which Fraser, despite his better sense, The men moved off slowly, Mr. solemn silence formed up in the little search for fresh lodgings to avoid the of Joe. passage, and then started for the attentions of Mr. Bob Wheeler, who, "If I'd got a 'ead like you Willyum,

not know how he got there, and he resolutely declines to accept Captain Niblett's version as the mere off-manner at Mr. Joe Smith, and to make morning, at Bittlesea, in the news Bacon dripping is excellent the Daily Telegraph. in the wind.

"And a very nice couple they'll make, too," said Joe, solemnly. gard for his new skipper, dating from No others saved."

slept but ill, however, and at 4 a.m., ly: "judging by what you 'eard in that graph. Joe read it slowly.

a question by Mr. Green as to whose stood for some time in silence. view to saving himself worry, dismiss- master.' "Golden Cloud's in the paper as ting.

Joe looked round helplessly.

Flower is on," said Joe, slowly,

such moments Willyum Green was a portant rules of cooking. These retower of strength, but at the present time he was fooling about helping the ship's cat to wash itself.

"What do you know about it?" re-

Mr. Green being summoned, hast-

skipper interrogated him.

"That'll do," said Fraser, turning

had been a constant visitor at Poppy Green's reproaches being forestalled cause of its large amount of iron. The men got up obediently, and in Tyrell's, and had assisted her in the by the evidently genuine compliments

spring of a disorered imagination. He also denies the truth of a statement circulated in the town that night
that, instead of replying to a leading question in the manner plainly laid.

manner at Mr. Joe Smith, and to make
divers bets of pints of beer, which
name of the Daily Telegraph, the
made that thirsty soul half crazy to
made that thirsty soul half crazy to
made that anyone
eye. He folded the paper hurriedly,
breathed hard as he read:

With half an eye could see what was

Missing ship Colden Cloud.

Missing ship Colden Cloud. Missing ship, Golden Cloud.

Rio Janeiro, Thursday. The barque Foxglove, from Mel-"An' what about Cap'n Flower?" bourne to Rio Janeiro, has just arrived suggested Mr. Green; "she's evident with five men, sole survivors of the his eyes. Something was clinging the young lady he was talking about ship Golden Cloud, which they report that night, and Tommy's heard 'em as sunk in collision with a steamer. speaking about him once or twice too." name unknown, ten weeks out from cakes may be partially lined with Joe shuffled uneasily. He was be- London. Their names are Smith, paper. ginning to entertain a considerable re- Larsen, Peterson, Collins, and Gooch. Fine linens and all pieces of hard-

the time he discovered that his sinister In a dazed fashion he read the hand and never through a wringer. suspicions concerning him were un- paragraph over and over again, closefounded. He had moreover conceiv- ly scanning the names of the rescued ed a dog-like admiration for Poppy men. Then he went up on deck, and thinning the carrot bed can be scrap-Tyrell. beckoning to Joe, pointed with a ed and cooked and served with cream 'That's 'is business," he said, short- trembling finger to the fatal para- sauce.

is hand on one or two more if 'e them, sir?" he asked, pointing to the Stir frequently and do not allow it

He walked off in dudgeon, ignoring Fraser shook his head, and both men foot kep' the door open, and felt dimly "He's done it this time, and no misthe force of the diction that no man take," said Joe, at last. "Well, 'e can serve two masters; and, with a was a good sailorman and a kind

ed the matter from his mind until He handed the paper back, and resome weeks afterwards it was forcibly turned to his work and to confer in a revived by the perusal of a newspaper low voice with Green, who had been which the engineer had brought watching them. Fraser went back Relation to Bird Life," a Toronto aboard. Without giving himself to the cabin, and after sitting for speaker, Dr. Cosens, recently told of time for due reflection he ran up on some time in a brown study, wrote off the constant struggle going on in the deck and approached the skipper. to Poppy Tyrell and enclosed the cut- world between plants and animals and overdue, sir," he said, respectfully.

(To be continued.)



Milk and Cheese Dishes.

Milk and cheese, at present prices, urnish nourishment at a much lower cost than meats. The housekeeper of them. Secure the best milk at any bread crumbs, 1 tablespoon butter. pend upon it. Whole milk, skimmed boiling water. Drop in the macaroni, Bank swallows feed on the adult mos-

Milk Soups.

or flaked fish.

which the vegetables have been cooked. not used.) The vegetable pulp is the in a vegetable dish without the crumbs sucker is more likely boring for a sieve. Since the vegetable is cook- then be re-heated in the sauce. ed before making into soup, any leftned corn, peas, or tomatoes, are gen- eggs. erally well liked. In the case of Mix first five ingredients. Add sail and floats away on the wind to cold boiled fish, or canned salmon, or twenty minutes in a moderate oven.

FIVE ROSES FLOUR

Can you guess it?

There are housewives whose

cake is always praised-whose

pastry is famous for its melting

flakiness-whose firm, light

bread wins daily compliments-

whose puddings are noted for

savoury lightness—whose cook-les are so lastingly crisp.

They have one rule that applies

Can you guess it?

to all their baking.

FOR BREADS - CAKES

PUDDINGS

PASTRIES

way as the vegetables.

Macaroni and Cheese.

milk, butter-milk for the children, in- broken into inch pieces, and boil hard quito, and should receive absolute prostead of so much meat, is both more for 20 minutes. Drain and pour tection. Dr. Cosens deplored the dewholesome and cheaper. If possible, cold water through to prevent the struction of colonies of bank swalbuy skimmed milk for milk soups and pieces sticking together. Melt the lows every year by idle boys. This puddings; it is a substitute for meat 3 tablespoons butter in a saucepan; should be stopped. Every bank swalprotein and costs about a quarter the add the flour and stir until frothy; low is a public benefactor. The woodcups milk or 1 cup milk and 1 cup baking dish, stir the crumbs in this, ing out the grubs. The bark beetle is vegetable water, 4 cup vegetable pulp turn them out on a plate, put the the most destructive pest we have. macaroni in the baking-dish, and The annual loss in forests in the The vegetable water is the water in sprinkle the crumbs over the top. Bake United States alone is estimated at until thoroughly heated and the \$100,000,000. Woodpeckers should be (In the case of potatoes the water is crumbs brown. This may be served encouraged and protected. The sap-

Cheese Fondue.

to make a hot soup for supper or lunch bread crumbs, 1 cup grated cheese, 1 came very destructive in the New Onions, carrots, celery, potatoes, can- tablespoon butter, 1/2 teaspoon salt, 2 England States. The gypsy moth has a caterpillar which weaves a silken

tomatoes, a pinch of soda must be volks of eggs well beaten, and fold in pastures new. added to neutralize the acid so the the stiffly beaten whites. Pour into milk will not curdle. Remnants of a buttered baking-dish and bake

Cheese Souffle.

3 Tablespoons butter, 4 tablespoons flour, 2-3 cup milk, 1 egg, 1 cup grated cheese, salt and pepper, few grains of cavenne, dry crumbs,

Melt the butter, add the cornstarch, and when well blended gradually stir in the cream and cook 2 minutes. Add the cheese and stir until cheese is melted. Season and serve on toasted crackers or on bread toasted on one side, the rarebit being poured over the untoasted side.

Standard Food is the Cheapest.

Important factors to life are air. water and food. We can live without air for only a short time, without water from one to four days and without food from thirty to fifty days. In composition the human body is threequarters water, and of such a nature that a variety of foods is necessary. but not all are desirable.

The most important business of the

"What is?" inquired Fraser, sharp- housewife is to know and understand, with a working knowledge as a basis, "Golden Cloud, sir; boat Cap'n this supremely interesting subject.

Good food is most necessary for Fraser regarded him sternly, good health, and even the best foods "What do you know about it?" he are often spoiled by incompetent housewives, who are not able or At familiar with the necessary and imquire intelligent and persevering work, sincere efforts and determination to have this important knowledge at their finger tips.

Many women fail in their undertakromantic turn of mind, "that you and dreary November; a month of "Will-yum told me, sir," said Joe, ings because they have a wishbone in place of their backbone. Roll up "I did not, ma'am," agreed the capsea, and felt their way, mere voices ily put down the cat and came aft or your sleeves and determine that high crying in the wilderness, up and down while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, with a full confidence in his or your sleeves and determine that high while Joe, while J was more surprised than wot I was." the river. The Swallow, with a soul friend's powers, edged a few feet when you know that good standard away, and listened expectantly as the brain food is the cheapest in the end. Do not permit any waste, but utilize "Yes, sir, I did tell Joe, sir," he every portion of food. Thrift is not of ten, climbed up on his knee and made audible comparisons between the two bridegrooms, which made Mr. boat, whereupon the captain, in at that amateur. I met captain but it is carefulness in undertaining, and the two bridegrooms, which made Mr. boat, whereupon the captain at that amateur. I met captain but it is carefulness in undertaining, and the two bridegrooms, which made Mr. boat, whereupon the captain at that amateur. I met captain but it is carefulness in undertaining, and the two bridegrooms, which made Mr. boat, whereupon the captain at that amateur. I met captain but it is carefulness in undertaining, and the two bridegrooms, which made Mr. boat, whereupon the captain at that amateur. I met captain but it is carefulness in undertaining, and the two bridegrooms, which made Mr. boat, whereupon the captain at that amateur. I met captain but it is carefulness in undertaining, and the two bridegrooms, which made Mr. boat, whereupon the captain at that amateur. I met captain but it is carefulness in undertaining. I met captain the captain at that amateur. I met captain but it is carefulness in undertaining. youngest bridesmaid, a terrible child boat, whereupon the captain. who answered, with a reproachful glance stinginess, as so many people imagine,

Housekeeping Helps.

Spinach is in a class by itself, be-Cooked squash left over from a meal may be made a delicious soup.

Always have the board well floura serlicitor, or something o' the kind." ed before beginning to knead bread. To this day Captain Backer does had accompanied him on board the Golden Cloud was still unspoken. If you feel very tired and drowsy, the Golden Cloud was still unspoken. If you feel very tired and drowsy, The empty baking powder can

When the top of the kitchen range is red hot your fuel is being wasted. Hot egg sandwiches make a good

inexpensive dish for supper. Tins for the baking of large round

some lingerie should be wrung out by The young carrots pulled up when

The sugar for jelly should always pub, Cap'n Flower knows where to put "And Cap'n Flower wasn't one o' be heated in the oven before using.

ECONOMY TO PROTECT BIRDS.

Best Guard Against the Ravages of Insect Pests.

In an address on "Insect Life in insects for existence, and of the nice balance of nature. This has been destroyed by man, who is reaping the consequences of his destruction of the birds by suffering from the ravages of insect pests. Birds are the most important check on injurious insects. There are certain other checks, such as parasitic insects like the family of the Ichneumonidae. The Ichneumon fly lays its eggs either on the skin, under the skin, or near the larvae of the insect it preys upon. But the birds are our great helpers, and every dried beef may be used in the same stage of insect life, eggs, larvae, caterpillar and mature insect, furnishes food for some bird. Warblers and chickadees clean up the eggs, as 1 Cup macaroni, 2 cups milk, 3 do the creepers. A colony of warblers who knows their food value and how tablespoons butter, 4 tablespoons and chickadees will keep an orchard to prepare milk and cheese in a var- flour, 1 cup grated cheese, 1/2 teaspoon free from the dread San Jose scale. A iety of appetizing dishes will use more salt, few grains pepper, 1/4 cup dry number of orioles and yellow-billed and black-billed cuckoos will keep an price for the babies; their lives de- Add 2 teaspoons salt to 2 quarts orchard free from the tent caterpillar. add the milk and stir until it thickens.

Season with salt and pepper, add the beetles in the world, and are specially 2 Tablespoons butter or dripping, 2 cheese and pour over the cooked mac-tablespoons flour, ½ teaspoon salt, 2 aroni. Melt 1 tablespoon butter in a for digging under the bark and lickcooked vegetable rubbed through a and baking, but the macaroni must grub than for sap. The robins feed on the brown-tailed moth, which was imported to this continent from Holover vegetable from dinner can be used 1 Cup scalded milk, 1 cup soft stale land in 1891 in nursery stock and be-









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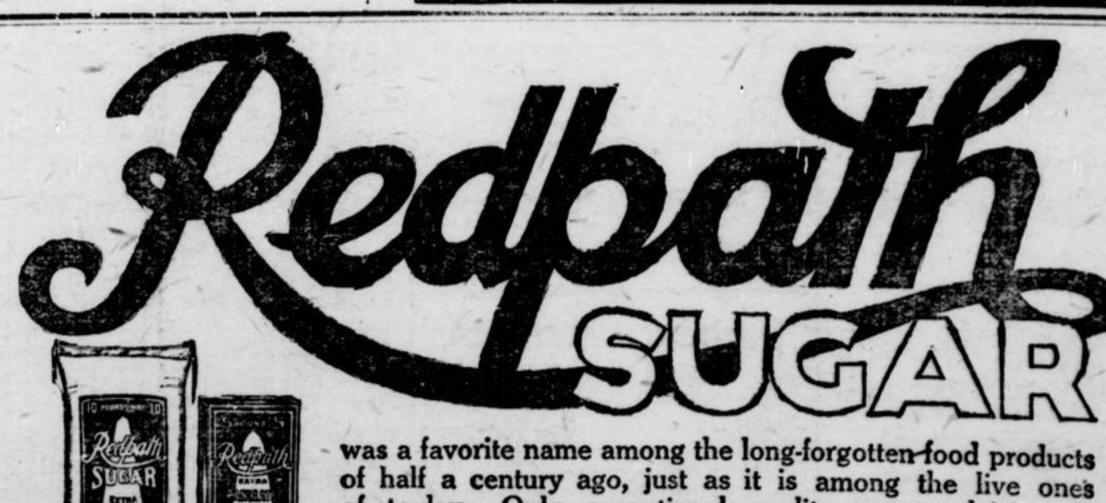
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A CALL TO SERVE OUR EMPIRE

NATIONAL VOLUNTEER SERVICE.

Step Into Line With Our Fighting Heroes and Defeat the

"What did you do in the Great

War?" It won't be only "daddy" who is asked that question by the next generation. Mother and grandmother and grandfather will have to give an answer, says London Answers.

"How I wish I could do something splendid!" cried the young girl in 1914. "Fancy being a girl at a time like this!"

But, in 1917, sex is no handicap to splendid achievement.

We all know that 1915 poster which shows a young man in khaki shaking hands with a veteran, who says: "If I were only twenty years young-

But age is no bar to patriotism and sacrifice in 1917. A year ago, two years ago, the

young man bemoaned the fact that he was unfit for military service. Your Chance at Last.

"There's nothing really the matter with me," he explained, "only the military are so beastly particular!" The disability to hold a rifle,

through some trifling unfitness, is no bar to Hun strafing in 1917. And why is 1917 different from the three war years that have preceded it? In 1917 the call has come for National Service. We cannot please ourselves whether we work for the nation or not this year. It is our duty. It is

Do we quite see the glory and the opportunity of this day? How often in the life of any one of us has it been given to know that a certain course is right beyond all doubt? Seidom, indeed. But now we have the certainty.

the right thing to do-the only thing

Those who volunteered to fight saw their opportunity, and they are happy in having grasped it. Those who volunteer to work will be no less happy. They will give all_they have to give. Let, then, the message ring in each man's ears who is asked to consecrate himself to service:

"Your work is needed for the victory of the right, and to save yourself from ruined hopes." It Rests With You.

The solution rests in the hands of

the National Service volunteer. He may not know anything about agriculture at present; but strong arms and a willing heart will soon make him a useful farm-hand. Aeroplane making, munition work,

labor of all kinds is waiting to be done. Shortage of labor is a pressing problem. The solution rests with the National

Service volunteer.

And note the word "Volunteer"! It is a great word. We are prouder of the soldiers who volunteered than of those who were forced to go. The soldiers will be prouder of the workers who volunteer than those who are

Every true Briton between the ages of eighteen and sixty-one not called to the Colors should promptly respond to the nation's summons to enrol to-day. He will find forms for offer of services at every post-office, National Service office, and employment ex-

Every man between forty-five and sixty-one and the man who feels between those ages, but is a little older -who feels the blood of youth still running in his veins, should step into line with his relatives and friends who are fighting. The young man whose infirmity

keeps him out of khaki should prove that he is really sorry not to be able to "do his bit." If he is really sorry, the opportunity has come to prove it. The Only Way.

Many professed themselves ready to die for King and Country if they had been able. How many will be ready to work? Work is less heroic, it is more humdrum, but it is not less necessary to victory. There are no V.C.'s or D.C.M.'s to be gained by it, but it is a chance for service and sac-

Let every man ask himself: "Am doing my bit?" and, having asked the question, let him leave the Director of National Service to answer it. It is quite possible that the answer

will be: "Yes, you are. Carry on!" But every man who volunteers for National Service helps the Director his task of putting the right man in the right place. If he is to do his job, he must know whom he can rely upon. He must have the power to send men to the places where they are required. It may be here to-day, and somewhere else to-morrow. War does not wait on the conveni-

ence of individuals. War of to-day is an affair of nations, and that nation will be the victor which best uses all its man-power and will-power to achieve victory. Heart and brain and nerve and muscle, strained to the uttermost, and by one and all; that is the only way to shorten the agony which now overspreads the earth.

The planting of the backyard garden is a "home defence" against the high cost of living.

VICIOUS FIGHTING AT FRE

British Take Another Porti Lens ar

A despatch from London say Germans are keeping up with gr tensity their offensive against the tish around Fresnoy and to th of Bullecourt, but are being har by Field Marshal Haig's forces village of Fresnoy apparently re in the hands of the Germans af recapture Tuesday, but the Can and South Englanders are still h the Germans are vainly endeas to expel them and put an end to

To the east of Bullecourt, who of the Drocourt-Queant line,

Queen Officiates at Opening New Section of Naval Institution. A despatch from London sa The inauguration of the new will

Portsmouth on Wednesday L which found the ready support of anded to the War Office devoted to the building of a win the Chatham Naval Hospital and balance to Haslar. As the aut ities decided against the hospital the scheme for provinding a host for naval nurses was accepted. new wing overlooking the most if ous naval centre of Britain beat suitable inscription on behalf of women of Canada

The opening ceremony by her jesty was quiet but impressive, Sir George Perley's speech handin over, emphasized the magnitude the war work carried out by Canad

A considerable number of Ca hans availed themselves of the vitation to travel on the Royal ti to Portsmouth, and they were far ably impressed with this permar

LOAN FOR BELGIUM

FROM UNITED STAT Will Remove Heavy Burden Fr Great Britain and France.

A despatch from Washington as -The United States has arranged make a loan of \$75,000,000 to Belgi which will be expended by the Belg

in Belgium and \$5,090,000 for relief Northern France. By making the loan the Uni

far as possible

Every Assistance to Russian Railro Will Readily be Furnished

increase the capacity and efficiel of the Russian and Siberian railros

SUMMER FIGUESS TH