

CHAPTER II .- (Cont'd.)

"Nay," replied the other, "but I "King's shilling" while they were ing them in the preserving kettle. sure and add three-quarters of a cupdoan't see how it can affect us, except"—and he laughed meaningly—
them as being lower in social scale
than himself, and he would never be
than himself, and he would never be

mans join Austria against Russia and German trade; -and we can do with

"Ay, we can."

been sending their lads over here on the pretence of learning the language. They take jobs in our offices for hard-not come to them with its full means.

Spiced Currants.—Three pounds of sugar, one pint of water. Place in a preserving kettle. Bring to boil and For instance, boric, or boracic, acid ly any wage, and then when they have ing come to them with its full mean-

with the talk which was so prevalent see you have not enlisted." ity. We all know now what Ger- A bright light came into Waterlond would allow her to crush France some training, you know." and Russia without moving a finger. "But we shall quickly lick them, ed for jelly. Germany thought that the English don't you think so?" asked Tom.
were blind, and that for the sake of "You've been in Germany a goodish of the currants may be prepared, bot- and sweaty feet, and also removes all thought, too, that we should be supine are fools," he said. while she violated treaties and com- "How's that?"

of a commonplace lad in a workaday town, and what influence the great Russians have got; think of the world convulsion had upon his life. French; think of our Navy." At first Tom was not much moved "Ay, think of it all," replied Waby the danger of war. For one thing terman, "but you don't know what the King George Has Changed the Appelhe had given but little attention to Germans are. I do. In that country public affairs, and for another thing every man is a soldier. Look at he was enamoured with Polly Powell. Brunford; here are thousands upon still he could not help being influenc- thousands of fellows who are hanging ed by what every one was talking back, and who are worth nothing in a Hangverian line ended with the man.

It this had been but fittle attention to defining all. I do. In that country public affairs, and for another thing every man is a soldier. Look at lation of British Royal Family.

The Royal family of Britain is of the House of Saxe-Coburg-Gotha. The Princess Mary Wanted Nice Hard about. Local strikes, the rate of time of war. If this had been a Ger. Hanoverian line ended with the marwages, and the quality of beer ceased man town every man you see would riage of Queen Victoria and Albert, to be the general subjects of conver- be a soldier. Then see how much in Prince of Saxe-Coburg-Gotha. sation in the Thorn and Thistle, advance of us the Germans are in George V. lives up to the conception Everyone was talking about a possible scientific matters. They have got of a "Patriot King." He has now

Powell, the landlord of the Thorn and slice of France." Thistle, "the Germans have bitten off a bigger piece than they can chew. I give them about six weeks. What HOW TO PREVENT side and France and England on the other? Besides, the German people don't want war. It's that blooming Kaiser. In about six weeks' time they will be on their knees crying for

That was the general feeling of the town during the first fortnight of the War, and when as day after day the stomach troubles, I have been forced to brave little Belgian army at Liege the conclusion that most people who held out against the advancing Huns complain of stomach trouble possess there was great confidence. "They and normal. The real trouble, that have had their time-table smashed which causes all the pain and difficulty. to smithereens at the first go," was to smithereens at the first go, was or aggravated by, food fermentation, the joyful comment. "Wait till our Acid irritates the delicate lining of the lads get across, they'll let 'em know." stomach and food fermentation causes

In these days there was very little wind which distends the stomach abbitterness against the Germans. The ing. Thus both acid and fermentation terror of war had scarcely been felt. Interfere with and retard the process of People talked about the untold mil- digestion. The stomach is usually liens of Russian soldiers who would most past endurance by these foreign the chief royal ralace of England, They boasted confidently about the cases—and they comprise over 90 per stands on an eminence near the armies of France, and the unconquer- and only step necessary is to neutralize cent, of all stomach difficulties-the first able power of the British Navy. It the acid and stop the fermentation by mediate gardens cover twelve acres, is true that at the first news of the taking in a little warm or cold water immediately after eating, from one to War many of the employers of labor two teaspoonfuls of bisurated magnesia. Henry I. made extensive additions to were staggered; but presently as, which is doubtless the best and only when day followed day, they saw that really effective antacid and food corrective fortress constructed by William the destroyed but that trade would not be destroyed, but that and the fermentation stopped almost inbe opened, they became more cheernormal manner. Be sure to ask your enlarged the palace. James II. and I have found other forms utterly lacking William of Orange added fine collec-Kitchener's call for half a million men in its peculiarly valuable properties.— tions of paintings. During the reigns was answered in a few days. "Think on it." the people said one to another, "half a million men in a week! Why, i, "out" is one that is "dead out." we'll smash 'em afore they know where they are!"



Fourth Lesson-Incombustibles.

The mission of food in the body is to were, for the performance of their repair, build new tissue and to furnish duties, which consist of absorbing the heat and energy to the body for the nutriment of the food, discarding all daily labor.

that has yielded its goodness and The mysterious processes of diges- eliminating all waste products from tion separate the food, so that we find the body. portions of it are incombustible, that In order that these organs be kept in do not furnish material for repairing, their usual working order, it is necesbuilding new tissues, heat or energy to sary that foods containing considerthe body. Upon close study we find able bulk be eaten daily.

that digestion starts in the mouth and Veget bles, salads, whole grains stomach and finishes in the intestines. contain valuable incombustibles in the The stomach and intestines are so form of cellulose, which are necessary constructed that they depend upon for active elimination of waste and their contraction and expansion, as it undigested foods from the body

Preserving Currants

The red, white and black currants Then place the bottles in a hot-water sieve. Dip the colander in plenty of tles in hot sealing wax. got into trouble, or had taken the stems, and measure them before plac- rant juice through a fine sieve. Mea- patriotic race.

seen walking with a soldier. When rants and water in a preserving kettle the sugar. Then add the spice bag. All soldiers are now instructed what, find them! he saw lads of his own class enlisting, and bring to a boil. Use a wooden Bring to a boil and cook slowly until to do when a hostile scouting aerohe shrugged his shoulders with a potato masher to mash fruit while thick like jam. Pour into sterilized plane is sighted by troops on the good term for allotment-holder? "Al- the country. laugh. "Let 'em join if they want cooking. Boil for ten minutes and glasses or other containers that may march. On the warning "Aeroplane!" lotter" and "alloteer" have been sugto," he said, "but it's noan in my line." then place in a jelly bag or in a piece be sealed by covering with hot para-In fact, after the first three weeks of of cheesecloth. Then lay it in a col- wax. For the spice bag take two with his head bent well over the muz- lack snap. Got anything better? the War, although terrible stories ander to drain. Do not squeeze; this tablespoonfuls of cinnamon, one tea- zle of his rifle—to look up is fatal, for "Just see how Manchester is riddled were reaching England about the would cause the pulp to work through spoonful of nutmeg, one teaspoonful it creates a "sea" of white faces—

their noses. I am about sick of them. were largely unmoved. The terrible one cupful of sugar for each cupful of This spice bag must be removed be- main as motionless as they possibly Thirty years ago we hardly ever saw a harvest of war which was to come the currant juice. Return the juice to later was not yet realised. It is true the kettle and bring to a boil. Boil delicious on cold meat. harvest of war which was to come the currant juice. Return the juice to fore the jam is stored. This jam is can until the aeroplane has passed our best-paying lines. If I had my sponded to the call of duty. Young Stir with wooden spoon until sugar is

learned our secrets, and the names of our customers, they just play against One evening Tom found himself boiling has begun, then add spice bag, it when purchasing under a trade

history of the events which led up to mans already. Don't you think so?" one stick of cinnamon, broken in bits, splendid antiseptic, and I keep a small two pieces of ginger, one-half tea- quantity made up for this purpose. It many had in her mind: how by pre- man's eyes. "I am going to enlist," spoonful of whole cloves. Tie in a may be used on open wounds without tence, and deceit, and fraud she work- he said—"that is, my people are get- piece of cheesecloth. This bag must pain. This is very effective, and is ed her will; how she thought that Eng- ting me a commission. I have had be removed before storing the cur- also non-poisonous.

gain we should remain neutral and bit. You went to school and college tled and stored up for future use, odors. over Belgium to crush France; Waterman laughed. "We English when it may be made into jelly, used I keep a bottle containing a saturatfor sauces or with carbonated water ed solution of borax for use in my as a thirst quencher.

boil and boil for twenty minutes. poison.

THE HOUSE OF WINDSOR

war. And when finally early in mountains of guns and ammunition. Struck out the German names used August the news came to Brunford Besides, they have made a science of in the description of the British Beyel. that England had decided to take her war, while Englishmen are only in the description of the British Royal part in the great struggle, Tom found amateurs. Think of what they have family. Several weeks ago German done already; nearly the whole of titles held by connections of the Royal "I'll tell you what," said Enoch Belgium belongs to them, and a great family, such as the Tecks and Battenburgs, were abolished, and new British appellations found for them. Saxe-Coburg-Gotha is now dropped as the name of the reigning dynasty. Henceforward it is to be the House of Windsor. That is a fine old historic English name, after the castle which FOOD FERMENTATION has for so many centuries been one of the chief abodes of Royalty. The change will be welcomed by the Brit-

ish people, at home and in the outer As a specialist who has spent many years in the study and treatment of parts of the Empire. Windsor is a parliamentary and municipal borough and market town stomachs that are absolutely healthy in Berkshire, on the Thames, 22 miles west of London. The village of Old Windsor is about two miles to the east, where was situated the royal residence, granted with the town by Edward the Confessor to the monks of Westminster. William the Conqueror regained possession of it and occasion-Thames, and the buildings and imwhile there is a park of 1,800 acres.

The only camp fire in the woods that than \$5,000,000 of public money was spent on the castle. As the principal Royal house in the Tom never thought of joining the army. The idea of being a soldier was utterly strange to him. The soldiers whom he knew were mostly of the lower orders; fellows who had

of George III. and George IV., more

by placing them in a colander or in a and then cool, dip the tops of the botcold water and shake around. Drain Spiced Currant Jam .- Rub the pulp

Fill this juice into sterilized bottles.

bing our trade right and left, and even about the Germans nearing Paris, the here in Burnford Germans are poking manufacturing parts of Lancashire Then measure the jelly and allow Tie securely in a piece of cheesecloth. The measure the jelly and allow Tie securely in a piece of cheesecloth. The measure the jelly and allow Tie securely in a piece of cheesecloth. The measure the jelly and allow Tie securely in a piece of cheesecloth.

"Well, more fools we for letting had been away from Brunford for clowly for the letting had been away from Brunford for c slowly for three-quarters of an hour, widely used eye remedies, and is the But it is not my purpose to deal "Hullo, Pollard," said Waterman, "I stirring constantly with wooden spoon principal ingredient in most of them. towards the close of July 1914. "Nay, I am not bound to enlist; ed pint jars, seal at once. For the Neither am I going to try to trace the there's enough gone to lick the Ger spice bag take four blades of mace, solution. This same solution is also a

rants. Prepare the currant as direct- As a foot powder the acid is used in

mitted the most fiendish deeds ever committed in the history of the world. bit," said Waterman. "A an Eng-pared currants, two quarts of water. minum ware. A mixture of half borax But it is not my purpose to speak of lishman I must; but we shall never Place in a preserving kettle, bring to a and half sugar is an excellent ant

> taken in the isolating and discrediting of Teuton royalty.

Broom For Young Prince.

Princess Mary likes an open-air life, and has been often seen riding with the King during his Majesty's early morning rides, both in London and at Windsor. She made her debut in the hunting field when she was only eleven, attending a meet of the Norfolk Fexhounds on her ch

As the only daughter in a family with five boys, the Princess has shared her brothers' games and recreations. She enjoys shopping, and takes great trouble to obtain the particular presents which she sets her heart on. For instance, she once asked in a London shop for a small hard broom. They had not one.

"I want a nice little hard broom for my brother to sweep garden paths with," said the Princess. Since the war Princess Mary has

made a quantity of things for sale and distribution on behalf of war funds.

SPEED UP FREIGHT MOVEMENT

ments and release passenger train the Toronto Fat Stock Show. crews for other work, the railways of the United States are making drastic reductions compared to which those in Canada early this year appear mild. Thus, for instance, the Pennsylvania Railroad merely on its lines east of Pittsburg has eliminated no less than 102 trains, or more than double the number taken off the whole of the Canadian railways. This will cut Canadian railways. This will cut down the passenger movement by an amount equivalent to 2,268,000 train miles per annum or over 6,500 train miles every week day. A number of parlor cars, restaurant cars and observation cars are being discontinued. The Boston and Maine has taken of no less than 255 trains, or more than five times the number taken off in quest. Canada, saving approximately 41,000 train miles per week. Strenuous efforts are also being made to increase the carload and to impress on merchants the importance of rapid unloading so that the freight equipment shall be kept busy to its utmost capacity, and terminals should be kept are used for making jams and jellies. bath and process twenty minutes after that speed in freight movement is one many terms which, in pre-war days, power for heating as well as for other For current jelly wash the currents boiling begins, for quart size. Cork of the greatest aids they can give to

over them. In fact, they may be said

30 cents per lb. for beef is not high when compared to 50 cents per lb. D In order to facilitate train move- live weight paid for the Champion of

Start feeding that steer now and get some of the big money at the

Eighth Annual TORONTO FAT STOCK SHOW TORONTO

WORDS WE WANT.

The English Language is Constantly sieve. Being Enrighed by New Terms.

The war is enlarging our dictionary, wrote:

great-grandchildren!

that is only half a meal?

NOT SO FAR MAY* Electricity is Just

Who can prophesy tricity will have on is beyond the wilde Verne. The country with a network of w ed from an airplane, would r

Own and Will-R

All Pa

ing a transcontinental railway system or for cooking a "stepless meal" o the dinner table, all our power and heat will some day be drawn from this

huge sieve Whether it be for actuat-

Dr. Charles P. Steinmetz, the electrical wizard at Schenectady, U.S.A.

of the greatest aids they can give to help win the war and according to all Blighty, flag-day, strafe, "little bit," purposes, the supply will come through transmission lines from big reports are achieving remarkable resummer-time, are examples. The lat- central stations of many million and remove the currants from the of the currants used in making curthat Canada is not left behind in this appears in the latest volume of the cated wherever power is available, such as at waterfalls, coal mines and But some words are still required, oil and gas wells. This will do away so get busy and see whether you can with the wasteful process of hauling coal from the mires to the relatively To start with, can you think of a small power houses scattered all over

As Cheap As Water.

"It may be that at the coal mines, instead of taking out the coal and A decent name for our airmen is burning it the way we do now, power also on the waiting-list-something to will be generated in the mine itself by go with Tommy and Jack. No money setting the coal in the veins on fire. will be paid to the inventor; but think No-this is not beyond the dream of of the glory of having produced a possibility. It has already been seriterm that will be handed down to your ously proposed by an eminent English way, all Germans should be driven out of the country; they are a bad lot to deal with; they have no business honer, and the local barracks; while here and "Come now, it's not so bad as that."

"Come now, it's not so bad as so much a plug, as we are now charged so much a faucet. It will be very cheap and it will not pay to install meters and have them read and keep the accounts in the offices of the electric companies.

"To-day water is used universally, and no one would think of making a charge to a friend or even a stranger for any amount of it. If you make a call in your electric vehicle, the vehicle will be run into your friend's basement and the batteries will be charged while you are making your call. It won't make any difference whether you get your electric current from your friend's plug or from the plug in your own home-the tax will remain the same."

Think of the smokeless age that is coming. It is not so far distant as many of us imagine!

AVOID WASTE.

A National and Individual Duty at This Tune of Food Shortage.

The world war has taken so many producers from the sources of food supply that the world's consumption of food is greater than the amount available, and, consequently, food eserves are being rapidly depleted.

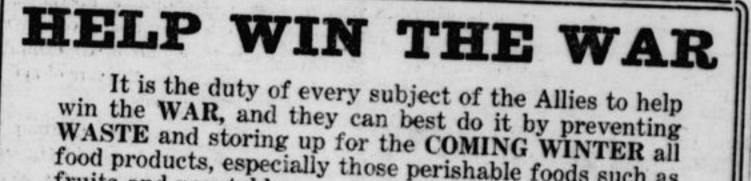
Millions of men are actively engaged in warfare and in the supply of munitions and equipment. They are fighting our battles and we must provide their food. Canada will produce all the food we can consume, but Canadians have never been known as a selfish race. Our allies, therefore, are depending upon us for help and our people will unquestionably respond with generous hand.

The time for planting for 1917, is past, but the time of harvest is yet to come. There is very often much waste at this time, due, in many instances, to the lack of a demand at market prices. Fruit, especially, supplies much of this waste, and yet, while this waste is taking place, many families are compelled to go without it for lack of means to pay the market prices. Local organizations could easily arrange to bring the consumers in touch with this surplus fruit that it might not be wasted. The use of such perishable food, which would otherwise be wasted, will help to increase the supply of exportable food.

There is also much waste in the kitchens and dining-rooms of Canadian homes. The waste in bread alone is a considerable item. Bread has been looked upon as one of the cheaper staple foods and little care has been taken to prevent its waste by drying up, the discarding of crusts, etc. A little thought will show what this waste amounts to when the cumulative result throughout Canada is consider-

Sir Robert Borden has said that Canada is in the war "to the last man and the last dollar." Canada is also in the war to the last pound of food. Canadians are their brothers' keepers, and will feed them, cost what it may. It is necessary, therefore, that we practise economy of the food supply. It is better to deny ourselves from choice than from necessity. There is no denying that there will be a food shortage, and the present is the time to put into practice thrift and rigid economy in the use of food.

member of the family should be thoroughly baked.



food products, especially those perishable foods such as fruits and vegetables.

This can be accomplished easily by using one of the NATIONAL CANNING OUTFITS. With the aid of one of these all kinds of fruits, corn, peas, tomatoes and beans can be cooked, which will keep indefinitely when properly prepared.

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ONTARIO ARCHIVES TORONTO

(To be continued.)

ACID STOMACHS AND

By a Stomach Specialist.

past were involved in 648-647; (2) Manasseh Egypt received at the har

Repentance a before Jehovah, turned fro ways, and sought to und committed during the early The Chronicler's so formation is not known. count of the repentance is, tended to explain why the nasseh enjoyed such a le when, according to commo opinion, the wicked die youn 14-16. Later deeds. Ou A wall outside of the one a

circling Jerusalem. Gihonin the valley of Kidron, e. temple mount, the modern Fount. Ophel-The sout of the temple mount. Fishge ably in the north. He sou do the earlier wrongs, first ing the idolatrous practices restoring the worship of Foreign gods-Of Assyria neighboring nations. Acc 2 Kings 23, 4-6 these refor brought about by Josiah. ferings-Sacrifice offered for pose of maintaining or restor relations with God. Thank Offerings in recognition of t goodness and mercy. Comp As in the beginning he had royal authority to root out religion, so after his conve

WAR COINING NEW WO

Some Examples of Terms N Found in Dictionary. Latin is getting a little re a result of the war. Latin abound in law, diplomacy, etinstance, the European pacif demanding peace on the basis

The war is making lots of lar forced concrete, is known in any dictionary. It is made from initials of the German term "! likewise telescoped into "I.R.R." and which the profe is really too broad a for it includes the whole We "Usonan" may pos

In His Hat.

Two Australian soldiers, whill Gallipoli Peninsula, were sent dow get a box of munitions. When fe ing it up the hill they became to and sat down to rest and smoke. General Birdwood passed in meantime. Neither took any ne of him. A lieutenant who saw the cident rushed across. He thundered: "Why didn't

spring to attention when General B wood passed?" "Strike me pink!" said the Aus

lian. "Was that Birdwood?" "Yes," said the lieutenant. "Well, why don't he wear a

feathers like any other bird would

Fish is excellent food and not ea nearly often enough.

Almost automatic in operation is new type of automobile signal ti

uses large dials with arrows to in cate the direction a car is taking a a virbating hand to show it will st A new umbrella has a handle whi

clasps over the wrist like a bracel shopping, so that they will not lo their umbrellas.