

Polly Powell looked at him rather

"I don't know," said Tom.

CHAPTER II .- (Cont'd.)

As Christmas drew near, Tom became more and more uncomfortable, angrily, then she said: "If you have even although the blandishments of done it, what do you want to speak Polly Powell grew more powerful. He to me about it for?" had attended two recruiting meetings, Tom. "The recruiting officer told me but they seemed to him half-hearted and unconvicing. He still saw no morrow morning at ten o'clock."

Tom. "The recruiting officer told me ficient blood supply to the stomach, combined with acid and food fermentation. In such cases try the plan now followed britain would term "a matter of imjoin, he mentioned the names of sev-

When the New Year came a big recruiting meeting was announced at the great hall of the Mechanics' Institute. It was advertised that a man who had been to Belgium, and do anything else."

Said Polly. "Besides—"

"Besides what?" asked Tom. "Look here, Polly, I gave up Alice Lister for you, and if you had been at that meeting who find it inconvenient at times sections in the west, has already conformed to secure hot water and travelers who are frequently obliged to take hasty meals poorly—prepared. Should always take two or three five-grain tablets of Bisurated Magnesia after meals to prohad witnessed what had taken "Do you think you might get a com- vent fermentation and neutralize the ers garner the crops in the territory it first Polly Powell tried to persuade girl. Tom not to go, and would probably "I never thought about that," said The Dairy Farmer's Ten Commandhave been successful had there not Tom. been a dance that night to which Polly Polly hesitated a second, then she

That meeting marked an era in ing his way towards the Town Hall he Tom's life. Little by little the speak- met Alice Lister. At first he was going er gripped the attention of the audi- to pass her by without notice, but ence until the interest became intense when he saw the look on her face he and almost painful. He described stopped. She came towards him with what he had seen, he gave terrible outstretched hand. proofs of the ghastly butchery, and "Tom," she said, "I've heard about made it clear to the audience what the last night, and it was splendid of you. war really meant. He showed that I am glad you were the first. I am not only was the power of England at told that your going up in that way stake, but the welfare of humanity led scores of others to go." trembled in the balance. He related authenticated stories of what the Germans said they would do when they came to England. As Tom listened he heard the sound of the advancing Huns, saw towns and villages laid waste, saw the women of England debauched and outraged, saw the reign

of devilry. "By God!" he exclaimed aloud, "I

can't stand this!" His words reached the speaker, who made the most of them.

"Yes," he cried, "if the young men of England hang back, if they fail to love their country, if they care noof womanhood, if they prefer their perties in common, and for this rea- food which contains starch. Careown ease, their own paltry pleasures, son are grouped together under the lessly cooked starchy foods will probefore duty; if they would rather go to cinema shows, or hang around public-house doors than play the game to chemically be a should be a this, will take place. The England to do work. that we own and love will be lost for Starch is found principally in cer- persons. ever. Liberty will be gone, we shall eals, grains and vegetables. It is The fireless coker is an ideal method

maintained, and if she remains as she turns a light brown in color. This beet roots, maple trees and certain

The land of liberty, to whom shall we owe it? Who will library paste. When starch is heathave been our saviours? It will be library paste. When starch is heated beyond the devtrip stage it is

A great cheer arose from the audi- ture being removed setting the car- ing the sweet juice, which is clarified ence, and Tom scarcely realising what bon free. ne was doing, shouted and cheered

beaten, to whom shall we owe it? Who ing starch be thoroughly masticated. fining, is made into many kinds of suwill be responsible? It will be the Failure to chew food thoroughly will gar known to housewives. our brave feliows are at this time in tion of this important process in the It is two and one-half times less sweet ernment has richly justified the faith duced. The British shells make a the trenches: fighting, suffering, dystomach. When starch foods are thorthan cane. Glucose is manufactured and foresight of those who undertook comparatively soft report, while the England's honor, for the safety of her saliva continues upon the food in the or milk sugar, is found in milk. The

Then the speaker made his last ap- or vegetable acids. peal, clear, impassioned, convincing. The stomach ferments do not act sugar and is more easily digested. cheerfully, willingly, gladly to do their duty to their King, Country, and God.

amidst breathless silence.

starting to his feet he walked to the

platform and gave his name. Thus Tom became a soldier. "Tha doesn't say so?" said Tom's cooked, owing to the fact that few, if used during hot weather.

mother when, that night, he told her what he had done. "Ay, I have."

"Then thou'st goin' for a sodger."

Mrs. Martha Pollard looked at him for a few seconds without speaking. words to express her thoughts.

got drinkin' and picked up wi' that rolled oats for muffins, rolls and yeast- four teaspoonfuls baking powder. I ne'er thought a bairn o' mine would sink as low as that. Wer't'a baan

asylum," said Mrs. Pollard.

CHAPTER III.

Thistle, but was informed that Polly fat and add dry ingredients well mix- Rye Muffins.—Two and one-half He therefore wandered about the town until that time, and again appeared at Indian Pudding.—Three-fourths cup- and Indian meal, one tablespoonful the public-house door. But it was ful cornmeal, one quart milk, one and sugar and melted butter, one tablenot until twelve o'clock that Polly -10 aq of saton and a rear-owl to spoonful salt, one egg, beaten; one-

"I am sure you will be a good soldier, Tom. We are all proud of you, and—and we shall be thinking about you, and praying for you."

Tom laughed uneasily. "I thought you had forgotten all about me, Alice,"

"Why should you think so?" (To be continued.)

When food lies like lead in the stom-ach and you have that uncomfortable. In such cases try the plan now followed in many hospitals and advised by many perious urgency." ightharpoone in the second sec sons, and they are no better nor me. Let them enlist as privates, and then "I never thought much of soldiers," stops the food fermentation. Try this simple plan and you will be astonished at the immediate feeling of relief and Bisurated Magnesia after meals to pre- men will be required to help the farm-

dancer, was not eligible for the oc- Tom. There, good night, I must go what he calls "Ten Commandments farmers is to be held, when further for the Dairy Farmer" as follows: The next morning as Tom was mak-Keep healthy cows. Select good producers. Use only pure bred bulls. Feed liberally an approved ration. Produce the feed. Keep barn clean and aired. Keep the cows comfortable. Be considerate to the cows. Provide shade and wind protection.



Sixth Lesson.-Starches and Sugars.

like Englishmen, this, and more than furnish heat for the body and energy Unless they are well coked they should not be given to infants or elderly

be a nation in chains, while our wo- soluble in cold water and coagulates of preparing breakfast foods, and, in men will be the playthings of inhuman or thickens when dissolved in cold wa- fact, for cooking all starchy foods. devils. That is the problem which ter and heat is applied. Applying "What are you going to do? Let heat causes the cell-like structure to There are many kinds of sugars. me put it another way. If we win expand and burst, thereby thickening The most familiar of them is the cane this war, if the glory of England is the liquid. Dry starch when heated

is called dextrin, and is soluble in kinds of palms. "The home of the brave and free, cold water. It is the basis of Britthe lads who have sacrificed every- ed beyond the dextrin stage it is plant somewhat resembling corn. It transformed into carbon, all the mois- is crushed between rollers, extract-

Digestion of Starches.

"But if we lose," continued the The process of digestion with liquid is molasses. The crystals are speaker, "if the Germans break our starches starts in the mouth. It is brown sugar. lines and come to England, if we are most important that all food contain- The brown sugar, by a process of reing. What for? For England, for oughly masticated the action of the on a large scale from corn. Lactose, it, says the Glasgow Herald.

Don't you realise that you are persons are unable to eat starchy is used for sweetening drinks for ined in the wall records the fact that in sibilant in quality and greater in foods with other food containing fruit fants and the sick. It is less liable to this chamber the delegates conferred. volume than those from the British

"What are you going to do, young upon starch as it passes into the small men?" he cried. "We don't want intestine. The pancreatic juice and changes which occur and are absolute- by the body. Cane sugar, in the pro-He stood on the platform waiting into soluble sugars.

cold weather without injurious effects,

Every time cornmeal is used where half to three hours. Serve with hard

Win-the-War Recipes.

wheat products were once used, we help to win the war. Have cornmeal Evidently she found it difficult to find mush for breakfast, with figs, dates or fruit for variety; use cornmeal in "Weel, Tom," she said presently, "I quiet breads, yeast breads, desserts. thought thee't got low eno' when thee Omit all wheat breakfast cereals. Use fuls sugar, one-half teaspoonful salt,

milk, one and one-third cupfuls flour, tion of water makes too soft a mush "I'm goin' to tell Polly," said Tom. two-thirds cupful cornmeal, one to and gummy muffins. Mix milk, oat-"Ay, tha mun be sent to Lancaster two tablespoonful's fat, one to two meal, egg and melted fat. Add dry tablespoonfuls sugar, one egg, one- ingredients after sifting them togethhalf teaspoonful soda, two teaspoon- er. Bake twenty-five to thirty minfuls baking powder, one-half teaspoon- utes. This makes ten to twelve muf-Tom made his way to the Thorn and ful salt. Mix milk, egg and melted fins.

baking dish, put dish in pan of water, sauce, cream or crushed fruit.

The Food Value of Sugar.

and evaporated until, upon cooling, its

crystals appear in a thick liquid. This

Oatmeal Muffins .- One-half cupful cooked oatmeal or rolled oats, one egg, two tablespoonfuls fat, one and Cook oatmeal, using one part oatmeal Cornmeal Muffins .- One cupful sour to two parts water. A large propor-

heaping tablespoonfuls each of rye one-half teaspoonfuls salt, three table- half teaspoonful of soda, one tea-"Anything the matter, Tom?" she spoonfuls sugar, or one-third cupful spoonful cream tartar dissolved in enmolasses. Heat the milk. Sift in ough milk or water to make a drop "Thou'st noan been such a fool?" the cornmeal as in making mush. Add batter. Beat well, drop by the spoon salt and sugar. Turn into buttered in hot fat, or bake in muffin tins.

"Have you heard that?" said Tom. TO GARNER CROP WEST NEEDS MEN

THE "IMPERIOUS URGENCY" OF CONSERVING GRAIN YIELD.

Survey Conducted by Canadian Northern Indicates Need of 25,000 Men Along Its Lines.

wan and Alberta as there is this year. The Canadian Northern Railway, serves. The indications are that the average wages will be around three dollars a day. A further conference had been invited. Tom, not being a said: "Of course I'll be true to you, Mr. Charles Christadoro has issued Government, the railways and the

> details will be brought out. The farming situation in Ontario may not permit of sending as much help as in former seasons, but nothing should be left undone on the farms and in the towns to give the western farmers the assistance of which they stand to-day in urgent need.

Morning in the Plowed Fields. Morning in the plowed fields, while the dew is wet: Singing till the sun comes, how can

life forget! Beauty of the fresh earth, sweetened as it lies. Breathing out the fragrance fallen

from the skies! Mocking birds and redwings, The killdee and the dove-Morning in the plowed fields Planting dreams of love!

Second crop of hay cut, curing hour thing about the honor or sacredness Starches and sugars have many pro- any, persons thoroughly chew the Half a mile of daisies all in snowy

> morning sips! Catbirds after cherries,

Rookery full of crows-What men want to fight for Heaven only knows!

Raspberries down the green lane scenting all the way, Grasshops in the cornfields, crickets sugar. Sugar is also obtained from Wind among the treetops just awake, and, oh.

The sweetness of the plowed fields when the breezes blow! Summer in a dreamland, The farm bell far away-Hot cornbread for breakfast,

And then get in that hay! ---DOMINION FROM SEA TO SEA.

The Idea of Our Country's Name Came From the 72nd Psalm.

produce acid fermentation than cane Those who took part in the proceed- shells.

2 and 5 lb. Cartons— 10, 20, 50 and 100 lb. Bags.

intestinal ferments complete the final easy to digest and quickly absorbed The word "Dominion" was suggested that is is charged not only with banana?"

Starchy foods must be thoroughly but only a small amount should be fined seventy-five pounds for refusing intact and pours its bullets from the Success with poultry means work, they dropped shells all around us, to deliver his wool to a dealer named shell mouth as a shotgun pours its and the work must be given when but the luck was with us."

quarters, Edward P. Bell, says:-The British North America Act Listening to the explosion-con-

It is necessary to combine starchy into glucose, and after its absorption dominion from sea to sea," and ing noises following are caused by a "Yes, of course."

The British shell case, on the oth- because I'm all in one piece, are you?"

Writing from British field head"frightfulness" shows itself in all he boggy ground. We set to digging shirkers, the cowards! Look, you young men!" be cried passionately. The cried passionately. The cried passionately the starch and prevent the continuation grapes, peaches and other fruits.

Which made canada a Dominion came into force on July 1, 1867, and that German shrapnel shells, one notes a striking difference in the sounds protein the sounds prote does. There is probably no doubt, as her out and got her out at 6.30. Then "Thousands and tens of thousands of the starch and prevent the continuain grapes, peaches and other fruits. original essay in Dominion self-govstriking difference in the sounds proother or not, it is calculated to proregards his high explosive shrapnel I sent my message by pigeon, which shell, that he reasons that, whether was quoted in an account of the duce greater fright-a thing which women, for the sacredness of our lives, stomach for at least half an hour, unfor you; while you, you skulk at home til checked by the acidity of the gastric.

Switzerland, and is made by evaporat.

Switzerland, and is made by evaporat.

The Convention sat in a room in the shattering sound like that of a terfor the British army, Tommy Atkins I decided to return. All the unditchis about the hardest man to scare that ing was done under fire, and the for you: while you, you skulk at home til checked by the acidity of the gastric Switzerland, and is made by evaporation of the subsequent sounds are different, those is about the hardest man to scare that which is now the smoking-room of the subsequent sounds are different, those ever wore a uniform.

Westminster Palace Hotel, in London, rible thunderclap. Moreover, the subsequent sounds are different, those ever wore a uniform.

Not To Be Cheated.

Sugar is valuable as a nutriment, at a ripe old age a very few years ago. sharper, louder report, due to the fact "Papa," piped John, "can I have a

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Lieut. H. W. Benjafield,

mand of a British to sister, in Toronto, says he had been up to the front on reconnaissance work for days before trying to pick out a route for his machine. "We could see the Bosches airight, because we had to look over the top and they could see us. The trenches were up the slope of the ridge and they could observe all our movements, as we were on a ridge opposite, with a valley between, 300-400 yards wide, "No Man's Land." In normal times it would be marshy, but there was one stream right across it, another behind us, the long spell of dry weather was in our favor."

In the Darkness.

"We moved off at half past eleven to a point 150 yards behind the first line. At best of times you can see very little from a tank. Now we were driving at dead of night, over a route none of us knew, as it had been changed at the last minute. We had to drive with our gas masks on, for the Hun put over gas shells the whole time, and it was terrible, as we had to take our respirators off to see where we were going. At," last we got to our jumping-off place five minutes before the attack was to start. Tank commanders hopped out to say good-bye to one or two friends, but it was none too healthy outside, for the German barrage had come down.

Seen by Enemy.

"I think we had been spotted ten minutes before, for a big dump went up behind us, and I fancy we were spotted against the glare. Inside and barely seated when zero hour was announced by the mine explosion. The mines were a magnificent sight, the ground rocked and made our 'Willy,' as we call the tanks, toss about. Then forward, lumbering over trenches and shell holes in the dark. By great good luck we got through their barrage, which was nothing compared to ours. We jumped the Douve river and in 'No Man's Land' could see our infantry engaged in hand-to-hand fighting on the ridge, and I was sorry our monster was slow. As it was the attack was such a success that the tanks were not required. We are supposed to go where the infantry are held up.

Germans Gave Up. "Machine guns rattled on the outside. My driver zig-zagged so as to make it difficult for artillery to range us. We got to the Bosche front line and lumbered over. By this time the ridge was practically taken -the Germans hardly fought at allbrought to bear more effectively in a prisoners coming back. The German definite direction. Certainly the trenches had been blown absolutely British Shrapnel Explodes More British must have some good reason away. At 4 a.m. we got to the Brother Fritz's penchant for misfortune to ditch our tank in

crew worked magnificently. Bosche aeroplane came over and spotted us, and they put up a terings are all dead. Sir Charles Tup- Which shell is the more destructive good that afternoon, and father felt through, so I decided to wait a while and we got out and had breakfast in ly necessary to convert the starches cess of digestion, owing to the action sive materials. This material bursts the read-sive materials. This materials bursts the read-sive materials are absoluted by the body. Cane sugar, in the pro- by the body. Cane sugar, in the pro- by the body. Sir Leonard Tilley had been read-sive materials. This material bursts the read-sive materials bursts are the read-sive materials. This materials bursts are the read-sive materials bursts are the read-sive materials. This materials bursts are the read-sive materials bursts are the read-sive materials. This materials bursts are the read-sive materials bursts are the read-sive materials. This materials bursts are the read-sive materials bursts are the read-sive materials. This materials bursts are the read-sive materials bursts are the read-sive materials. This materials bursts are the read-sive materials bursts are the read-sive materials. "Will you wait until you are forcfoods with protein foods, as all excess it is completely utilized in furnishing thought the passage applicable to mixture of bullets and fragments of cheat me out of another banana just side, but it made a nasty hole 12 by cheat me out of another banana just side, but it made a nasty hole 12 by ginches just by my seat. So I de-We steered successfully through a Lieut. Benjafield won his commis

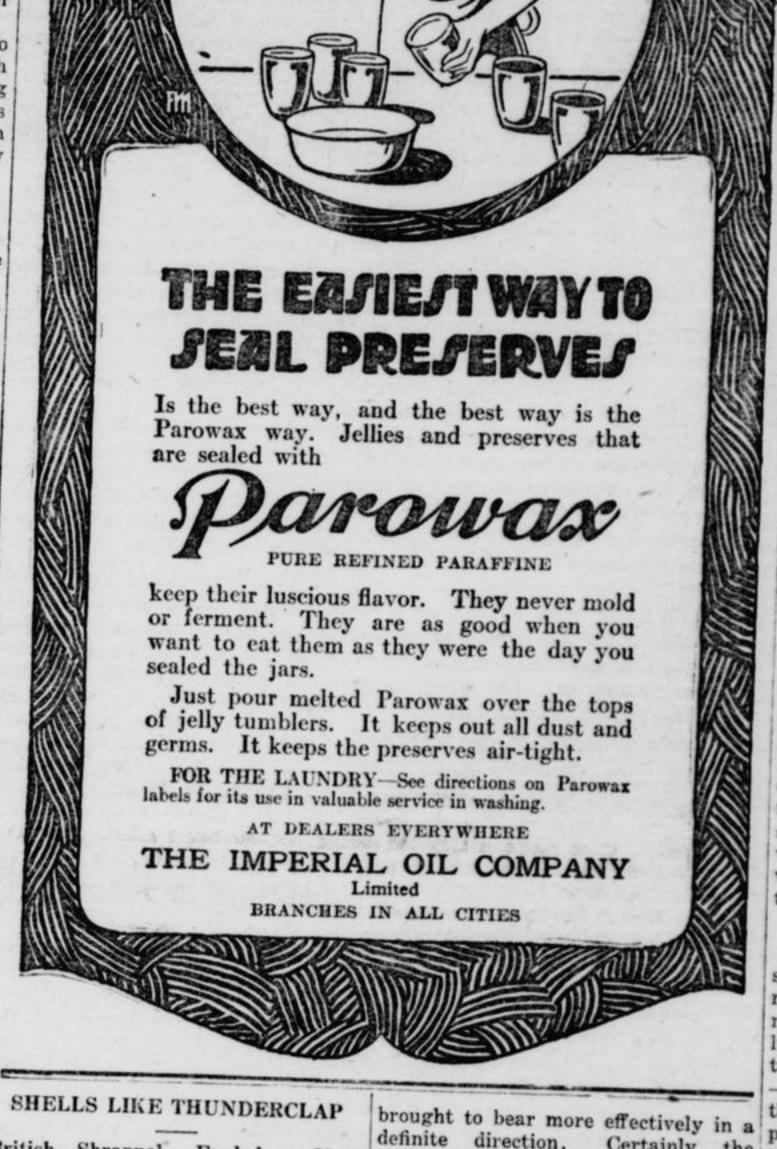
THE SLACKER ACRE.

H. W. Davis.

I am the idle acre. You will find me on every farm. No one has paid attention to me. I am tired of being overlooked. I hear that I am needed-Badly Folks across the sea and in cities will

go hungry unless each acre does its bit. And here I am, loafing. The busy acres sneer at me. I hear them whisper, "Slacker." I am willing to do my share Treat me right I will furnish Thirty bushels of wheat, or Seventy-five bushels of corn, or Sixty tons of tomatoes, or Lots of other good things. I'm not the slacker. It's the man who neglects me-HE IS THE SLACKER.

The only camp fire in the woods that is "cut" is one that is "dead out."





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Question-H.S.s phosphate with

drill? It has no out I thought pos nswer:-You phate with a force acid phosphate ground. Such a ion would not all ful to thoroughly c trill after use for f ng, otherwise, the phosphate with the then thoroughly we by disking and hard give a better appli ing acid phosphate ing attachment of Question-J.B.S.: acres of oats. I inf after oats. The field I have plenty of ma Would it pay me t wheat with marl? to the acre? Would spread with a short heavy nor light. Answer:-Would :

In August all st cockerels and cockere weight breeds should broilers. They are of reasters. Green ducks are yo 8 to 12 weeks old. sold before they moult

Ducks on the The keeping of duck outlay in the matte houses. Any kind of has a good roof, and dr A plain shed with dirt ing the south side entir an excellent duck-hous The floor of the duck kept dry and should be with clean, dry straw. may seem, while ducks they have access to a st or pond, they must have at night. Ducks comp their nights on damp damp litter, will surely

matism. Ducks are convenier

flocks of about thirty. A Earning Money a

Very often a girl v wishing for some way earn a little money sud guise. Not long ago of ed, in wandering about th that a large amount of th trees was dead ripe and to waste. She went t with a question:

"May I have one box o of every four that I pi basket of plums, one of one of apples on the san He was skeptical but all lieved, for the prospective small fruit was worrying ahead and see what you e

his reply. What the girl did was f and sorted diligently, with fined scheme in view for

or a considerable time economical gains when pu full-feed ration than steers been upon full feed for lowever, steers receiving when put upon full feed t which have already been on

Whenever beef advances a demand goes out for ac will stop the slaughter of y mals. Since the reason alw for high-priced meats is th seem the wise thing to be beeves to maturity. And tures and congress debate f ability of prohibiting the k calves under a given age.

Would such action bring th results? Would the passing from our tables make m cheaper? Would an order farmer to mature his calve sult in his selling off his d feeding fewer animals than e In all probability the latte actly what would happen. 7