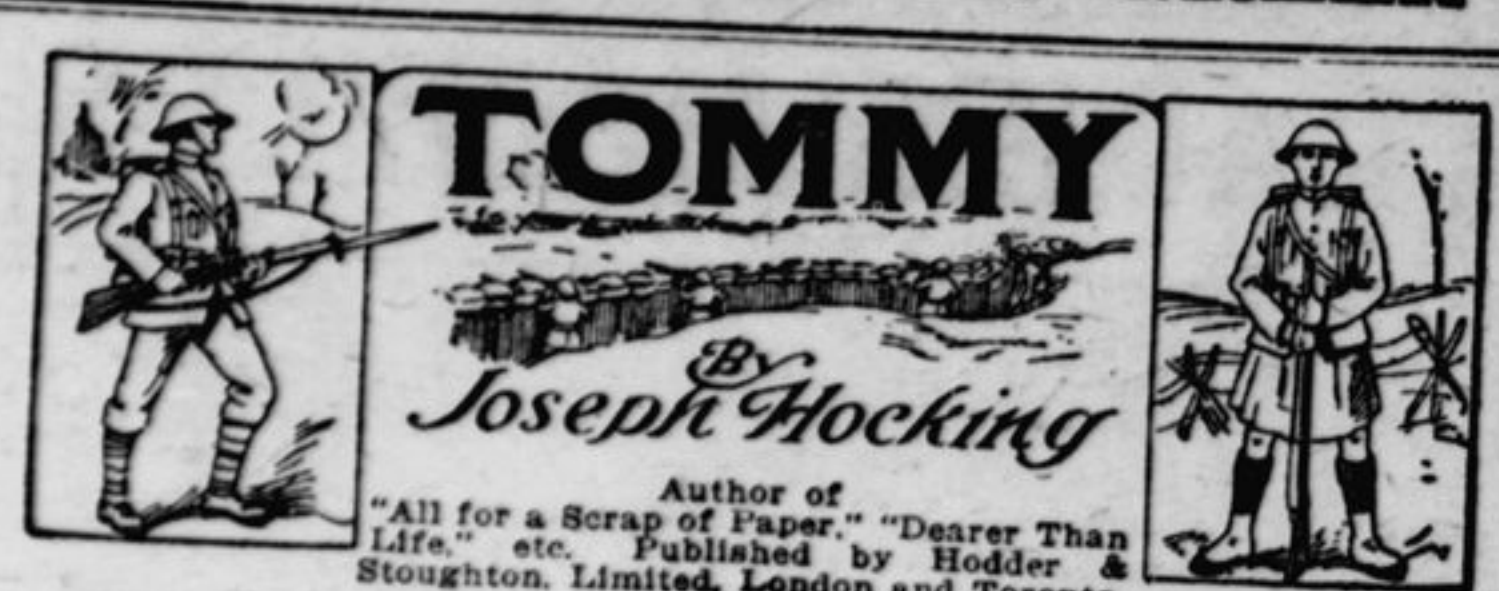


Fresh and Refreshing

It is composed of clean, whole young leaves. Picked right, blended right and packed right. It brings the fragrance of an Eastern garden to your table.
BLACK, MIXED OR GREEN



TOMMY
By Joseph Hocking

"All for a Scrap of Paper," "Deer Than Life," etc. Published by Stoughton, Limited, London and Toronto

CHAPTER IV.—(Cont'd.)

When they entered, they saw a number of men standing there saying, "Yes," they heard one man say, "That chap was right; I know I'm making a fool of myself, but I'm going to have another drink." My God! What would my mother say if she knew I was off to-morrow morning!

"If I am potted," they said, "I am, and that's all about it." But that's not all they feel, as I have reason to know. They love their lives just as much as we do, and they long to go back and spend their days amongst their loved ones. It is only rare that towards is seen, and it is rarer still for them to make any boast; the average Englishman is not given to boasting; he has his duty to do, and he just does it, saying very little about it.

On the night before they were to embark for France, farewell meetings were held at the M.C.A. hall, and Tom noticed that Alec McPhail found his way to the hut where he went. Perhaps eight hundred or a thousand men had gathered, and although high spirits prevailed, each man felt that he was breathing an atmosphere which was not usual. There was a look not common in the eyes of the lads; a set, stern expression on their faces. Afterwards when they had been to the Front and returned, they would go out again without such feeling as now possessed them. But these lads had never been to the war before; they were entering upon an untried life; they knew that in all probability never came back, and they would never have a chance to see their loved ones again. Still they cheered at the old recitations, listened to the old songs, and joined in the choruses which they liked just as they had been doing for months; they were not going to show the white feather.

A special speaker had come to the hut that night. He had been working among the soldiers, and had a tent on the Continent, and now he had come to this camp in order to speak to the men before their departure. It is said that months before he had been fond of telling humorous stories, and had delighted in the soldiers' laugh. He certainly had a sense of humor, and now and then could not refrain from some witticism which set the brightly strung lads in a roar of laughter. But the close of his address did not inspire mirth.

"My lads," he said, "you have done a brave thing; I don't say that you deserve much praise for it, because at a time like this if an able-bodied youth does this in an able-bodied man in his duty; and you are doing your duty. If you had not done what you have done, I should be ashamed of you. All the same you are brave lads. You have offered your all, your very lives, to the altar of duty. I am not going to describe to you what you will have to do, and possibly have to suffer; you will find out that soon enough. Possibly many of you are going to your death. I don't say that you are going to die, but we have to face facts. I don't say it is an awful thing to die, but it is a tremendous thing. You know that you have souls as well as bodies. I am not going to argue it out with you; I needn't, because you know. I needn't try to prove to you that there is a God, because you know it, you feel it. There is no atheism out at the Front; God, and you have made a mess of your lives. I tell you, my boys, it's a terrible thing to die without God. Some of you know what it is to believe in a personal Saviour; you have accepted Jesus Christ, the Son of God, who came on earth to die for us that we might know God; and you have found Him to be a strength in temptation, a joy in sorrow, My lads, you all want that Saviour, and especially do you want Him now. You are embarking on the Great Unknown, and you need a Captain, a Guide, a Saviour; I have come to tell you about Him."

I am not going to try to describe the close of his address. This man had seen hundreds die, he had seen some face with the great realities of life, of death, and of religion. He knew what he was talking about because he had experienced it, and he made the men feel what he felt. That night when the meeting was over Tom Polard found himself again with Alec McPhail.

"That chap was fair earnest," said Tom.

"Ay," replied the Scotchman, "he went right down to the bottom of things. Come we to the canteen, lad, I feel I must have a drink."

"Not if I know it," said Tom, "no drink for me to-night."

But the Scotchman, scarcely knowing what he was doing, followed

About the House

DOMESTIC SCIENCE AT HOME

Eleventh Lesson.—Beverages.
Nearly three-fifths of the total weight of the human body is composed of water. For perfect assimilation of our food and to help the body regulate its processes, it is necessary that the adult drink from eight to ten glasses of water a day.

When an insufficient amount of water is provided to the human body the blood is overloaded with waste products and the organs of elimination become torpid. As an active constituent of the blood stream, it is of vital importance that sufficient good, pure drinking water be taken daily.

Tea is a decoction of boiling water and tea. It has no food value. Owing to various elements contained in the tea leaf, it acts as a stimulant. Coffee is made by various processes from the berry, which has been previously roasted and ground. By the addition of water, it becomes an active stimulant containing caffeine. Cocoa is made by the addition of milk and water. It has a food value other than the value of milk. The sugar, fat and starches of cocoa or chocolate all contain nutriment.

Milk contains protein in the form of casein, fat and mineral salts, which make it the ideal food for children. It supplies material for building muscle, bone and teeth structures; it also gives energy. Mothers will find that a glass of food value equal to that of three and one-half ounces of beef. Milk is particularly rich in vitamins, which promote growth and health.

English Method of Making Tea.
Use a white stone or an earthenware pot for making the tea. Fill the pot with boiling water to heat it. Now place the desired amount of water in the teakettle to boil. Just before the water reaches the boiling point turn out the water from the earthenware

Cocoa or Chocolate
Use equal parts of water and milk. Dissolve the cocoa or chocolate in hot water; add to rest of milk and water. If beaten continually the cocoa or chocolate will be smooth and rich in flavor.

Home Canning.
Canned Pumpkin.—Cut the pumpkin and then peel and remove the seeds. Cut it into pieces suitable for cooking, place in a large preserving kettle and add water. Cook until soft, then drain and mash. Fill into sterilized jars. Place the rubber and lid in position and then partially tighten them. Place in a hot water bath and process for forty-five minutes after the water starts boiling. Remove from the bath and fasten the lids securely. Test for leaks and then store in a cool, dry place.

Pumpkin Jam.—This jam can be made through the fall and winter. One quart of stewed pumpkin, juice of one lemon, juice of one orange, one cupful of raisins, cut in small pieces, two and one-half cupfuls of sugar. Place in a porcelain preserving kettle. Stir until the sugar is dissolved and then add the following spices tied in a cheesecloth bag: three tablespoonfuls of ginger, one tablespoonful of cinnamon, two teaspoonfuls of mace. Cook slowly for one hour, then remove the spice bag. Pour into sterilized glasses or crocks. Cover and store in the usual manner for jellies.

Squash.—Peel the squash and then remove the seeds. Cut into pieces and cook in boiling water until tender. Drain and mash and then season slightly with salt. Fill into sterilized jars. Adjust the rubbers and lids and then partially tighten them. Place in a hot water bath and process for forty minutes after the water starts boiling. Remove jars and fasten the lids securely and then test for leaks. Store in a cool, dry place. This may be used when fresh vegetables are scarce; for the sake of variety used as squash fritters or biscuits or in place of pumpkin for pie.

Quince Jam.—Peel one-quarter peck of quinces. Remove the seeds and cores. Cut in very thin slices. Place in a preserving kettle and cover with cold water, having the water at least two inches above the fruit. Cook slowly until the fruit is tender. Place the peelings and cores in a second preserving kettle. Cover with cold water. Cook slowly until tender and then drain through a jelly bag. Add this liquid to the thinly sliced quinces. Measure and allow one pint of sugar

once in two weeks or once a month. Nothing more should be required except repotting the plants as they out-grow the pots. By repotting one life with good rich compost, such as florists use, very large palms can be grown in small pots.

Kerosene Oil is excellent for cleaning the rubber rollers of a clothes wringer. After it has been applied, the rollers should be rinsed off with warm water.

Christianity wants nothing so much in the world as sunny people, and the old are hungrier for love than for bread. The Oil of Joy is very cheap, and if you can help the poor with a garment of praise, it will be better for them than blankets.—Henry Drummond.

Reducing Expenses

The war has so increased the cost of living, the housewife must make her money go further.

By using Red Rose Tea, which chiefly consists of strong, rich Assam teas, she can keep her tea bills down. The rich Assam strength requires less tea in the pot—and there's only one tea with the rich Red Rose flavor!



Kept Good by the Sealed Package

IMPROVING LOT OF THE BLIND.
Many Reforms Are Under Way in Great Britain.

A great improvement is being made by Great Britain in her methods of caring for the blind. This not only applies to the care of blinded soldiers but to all classes of sightless persons throughout England and Wales, Scotland and Ireland.

More than three years ago a committee was appointed by Herbert Samuel, then president of the Local Government Board, to study the situation of the blind and recommend methods for improving their training and employment.

In the first place it was found that the Government should establish a central control organization for all existing agencies of voluntary help, which could be far better utilized if centrally controlled. It is proposed to set up a separate department in the Ministry of Health which will be devoted exclusively to the general care and supervision of the blind.

The crux of Britain's problem is the inadequacy of workshops, which the committee recommends should be doubled, first by extension of the present shops and second by the construction of new and modern establishments. Even the sale of the handicraft of blind persons has been neglected, and a plan of co-operative selling is to be formed, augmented by a co-operative plan of buying and distributing raw material.

At present there are not sufficient funds available, and in due time further grants from the Government are to be placed at the disposal of the central authority.

The employment of blind teachers in the elementary schools is to be affected wherever possible on account of their adaptability to such an occupation and also because it is necessary to give preference to blinded teachers over those with sight or partial sight. A detailed register of blind children is to be started in order to establish a careful system of following up each

BRITISH "TANKS" HELP RUSSIA

SAVE DEMORALIZED RETREAT OF FLEEING TROOPS.

British Armored Car Division Practically Held Up the Germans on Whole Army Front.

The London Times correspondent gives a description of the part played by the British armored cars in stemming the enemy's advance when the Russian defections left great gaps in the line. He says:

The Russians remained in the trenches as long as the armored cars stayed with them, but as the Austrians advanced and the Germans were crying out "Hurrah," the Russians, of their own accord, flung down their rifles and ran for their lives. Despite this shocking defection we attempted to keep the enemy back in order to stem the retreat, but it was impossible. We had to give way, and the fleeing Russians crowded our cars, breaking them down, so that we lost three, which we had to abandon.

The Russian retreat became a rout, and though we went into action time and again during the day the effect produced was only local. A panic ensued at Kosova. Everybody ran away. We did our best to stop runaways.

Our cars operated on the high road from Darachow to Buczacz. At 4 o'clock that morning the Corps Commander summoned Commander Lockyer Lampson to the village of Laszkowce and told them that two divisions had bolted, leaving a gap of 15 miles north of Laskowce as far as Trembowla. Our cars were entrusted with the task of protecting this huge space. Working along the road between Chmielowka and Darachow, they did great execution among the advancing infantry, mainly Austrians.

Saved the Situation.
Lieut. Commander Smiles came up later with two cars which had been repaired. Commander Lockyer Lampson himself went into action. He spotted an Austrian officer standing on a knoll, drove his car in that direction, and came plump into a large force of the enemy at a range of fifty yards. Opening fire, he mowed them down and got out unscathed.

They were invincible on the road and fought a series of rearguard actions, the whole of the rest of the day, frequently under fierce fire from the enemy's field guns. One car had its engine completely blown out by a direct hit and had to be abandoned. The crew removed the guns and material and withdrew in safety. Another car was struck by a shell which smashed a plate, wounding all the crew.

Some of our men were twenty hours in their seats in the armored cars. The Corps Commander said we had given him a respite of twenty-one hours by filling the gap, which otherwise would have afforded the enemy's cavalry, motors and mounted infantry a chance to cut our line of retreat.

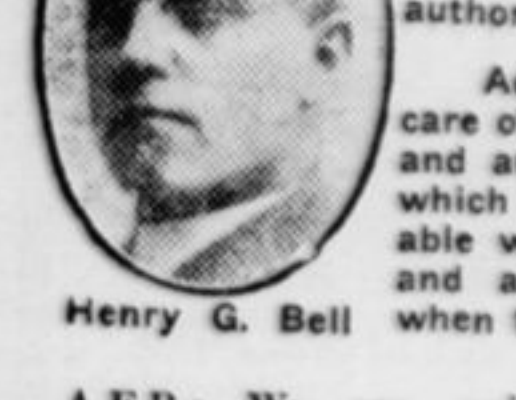
The extraordinary feature about these operations was that the British armored car division practically held up the Germans on the whole army front. This exploit was rendered possible by excellent judgment in selecting such a splendid road for operations as the highway between Buczacz and Tarnopol. Our cars were repeatedly under artillery fire at a range not exceeding 2,000 yards.

Manuring Market Garden Crops.
A little brochure has just been issued by the Agriculture Department at Ottawa, and that can be had free by addressing the Publications Branch of the Department, for which, at a time when universal attention is being paid to vegetable gardening, there should be a large demand. It is entitled "The Manuring of Market Garden Crops, with special reference to the Use of Fertilizers," has as its authors Frank T. Shutt, M.A., D.Sc., Dominion Chemist, and B. Leslie Emslie, C.D. & A., F.C.S., and is Bulletin No. 32 (second series) of the Division of Chemistry. As the title suggests, the bulletin is intended mainly for the information of market gardeners, but seeing that the rules for the cultivation of the soil and the seeding and growing of vegetables and plants are common to all, its contents are really of general import, despite the fact also that a good deal of attention is paid to barnyard manure. The importance of manure in market gardening can scarcely be over-estimated, the bulletin rightly remarks, adding "Stable manure has been and probably always will be the main standby of the market gardener. From this nature and composition of manure and of its influence. The nature and use of lime and its compounds next receive attention, followed by a disquisition on commercial fertilizers, their composition and methods of application. In this connection the section devoted to Potassic Fertilizers is especially interesting and valuable. Advice with elaborate tables is given on the value of different fertilizers, and, finally, suggestions to meet the fertilizer requirements of special crops, in which are included all kinds of vegetables and fruits. An appendix gives the results of experiments in fertilization with carrots, turnips, parsnips, celery, onions, tomatoes and peas.

Talk is cheap; and that is why there is so much of it.

Farm

The vice of authority



Henry G. Bell when the

A.E.P.—We are going wheat this year on a piece land. It has had timothy for it for three years, a very crop each year. This summer ploughed as soon as the hay was off and has been through and cultivated since. It is with sand bottom. We had a lizer to put on, an would like if a basic slag or a phosphate be suitable, either one or both. Answer:—The soil on which are planning to grow your relatively low in nitrogen and doubtfully give you a strong of straw. I would advise you at least 20 to 300 acid phos carrying 10 to 12 acid phos and 1% potash. You have the soil correctly in preparation would impress upon you the importance of giving the seed-bed the preparation. If the soil tends to open and light, follow the with rolling and then a light lizer. I have advised acid phosphate since I believe you need a available form of phosphoric acid.

A. McE.—I have quite a number celery plants which began to seed three weeks ago; I tried off the seed top as soon as it had but it merely grew up again sowed the seed of this in box last of February, 1917, and plants out in the open ground the middle of June in clay soil had been an old pig yard before dug trenches ten inches deep in the bottom five inches of manure mixed with a little sand planted them in this. Now the grown to a good height, are kept and look healthy plants but would know the cause of it going to and how to prevent it.

Answer:—The cause of the plants going to seed is that the of the plant has been changed, its wild state the celery plant is an annual. The gardener, it as a biennial, that is, he tries to full grown plant without the You see the same habit in wheat you plant winter wheat seed or rye in the spring. Very few of plants send up shoots the first but some do. If you select them from the plants which send up the first year, by the second and generation you will have changed the habit of the plant.

Market Calendar
If not commenced previously, fattening should be started in ducks, last old hens, roasting flocks, old cocks, and turkeys. In mixing a ration for crate fowling poultry, one of the first things to consider is the palatability of the feed. If the birds do not like it, they will not eat enough to put on the fat. Next to this comes the composition of the feeds and their cost. The ration must be palatable and one that produces flesh without costing much.

Clean, fresh water lessens disease among poultry. Filthy drinking water is the source of much trouble. The question of floor space for hen like many other questions connected with poultry-house construction, is not answered definitely. The floor space which a hen requires depends several things: (1) The breed of hen; some hens require more space than others. (2) The nature of food and how it is fed. Hens are fed in a heavy litter during winter where the getting of the feed entails considerable effort; will do all the exercise necessary without much space. (3) Ventilation. A house poorly ventilated will not accommodate as many hens as a house properly ventilated. A few years ago when poultry houses were kept warm, instead of being ventilated, was thought that each hen should be between 8 to 12 square feet of floor and in all probability she did, but the same breed of hen does better now the house properly ventilated with square feet than her ancestors with 12, and where good ventilation provided 4 to 5 square feet is enough for the average hen.

The first half of the chicks hatched in an incubator contain practically of the best laying hens in that batch. They will grow more rapidly, lay fat

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