

SOLDIER DIED IN BATTLE?

THE DREAD GOING "OVER THE TOP?"

Soldier Who Spent Nearly
Years at the Front Describes
Experiences of Individual.

body wonders what are the
and emotions of the ind-
for the order to charge and
across the death-swept
the chance of death? Is he
afraid? Does he shrink
necessity of facing and
in?" Donald Hankey, the
who wrote so frankly and
of the soldier's experi-
front in "A Student in
this matter in his
A Student in Arms,
Mr. Hankey spent
two years at the
trenches and in the sup-
and was killed in action
of the Somme. He says:
that at the moment of a
are in an absolutely ab-
dition. Their emotions
numbed. Noises, sights,
which would ordinarily
pity, horror, or dread
upon them at all, and
the mind clearer, the
acute.

an attack that a man is
fear. Of all the hours
to come to a soldier there
is trying to the nerves
is sitting in a trench un-
from high-explosive
from trench mortars.
these bombs lobbed up
You see them slowly
to earth, there to ex-
terrible detonation that
in your body a jang-
nothing. You can-
any way. You simply
and hope for the best,
and smile, but their
Some foreign stoical
sit with a paper and
a rule, their pipes are
reading, a pretence,
men, indeed, whose
beating faster and
are not on edge.

Obtains Mastery.
call this the fear of
purely physical reac-
and detonation. Per-
that very few men,
The vast majority
are or less violent
from the pain of
especially when
is physically in-
they have nothing
out. But this is a
reaction which can be,
is controlled by
all there is the re-
with its bloody ruth-
ingenuity, and its
that comes to a man
the wounded groan
nd. But neither is
hot anger more ef-
reckless hatred of
subject clinging to
any sort of fear,
obtains the mas-
try rare.

A MYTH.

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United Victories.

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the breeders
kept alive
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body. Five
look to you
fit for use.

Farm Crop Queries

Conducted by Professor Henry G. Bell

The object of this department is to place at the service of our farm readers the advice of an acknowledged authority on all subjects pertaining to soils and crops.

Address all questions to Professor Henry G. Bell, in care of The Wilson Publishing Company, Limited, Toronto, and answers will appear in this column in the order in which they are received. As space is limited it is advisable where immediate reply is necessary that a stamped and addressed envelope be enclosed with a stamped address when the answer will be mailed direct.



Henry G. Bell

F.McC.—I have a gravelly, sand soil, on which I want to sow rye and sand vetch, and then sow sweet clover. When should I sow the sweet clover, in the fall or in the spring, and how much seed per acre?

Answer:—I would advise your sowing the rye in the fall and the sand vetch in the spring. This can be done as soon as the ground is firm enough to work. A light harrow will cover the seed. The rye will be well to roll the rye. Follow with a light harrow, preceding both with the sowing of the seed. As to amount to sow per acre, 1/2 bushel of vetch seed along with about 10 lbs. of sweet clover to the acre should give a good stand.

H.C.H.—I have 10 acres plowed into wheat to sow winter rye, but it was not ready in time. I want this field in a cash crop. What do you think of spring rye?

Answer:—If you are in a good wheat section, why not sow spring wheat instead of spring rye? Statistics show that you could expect a larger yield and wheat is selling at a higher price than rye. In order to make a sure stand, I. In order to make a sure stand, I. In order to make a sure stand, I.

10-13. The laying of the temple foundation was celebrated with great rejoicing. They set—Better, with margin, the priests stood. Ap- parel—The robes of office. Trumpets—The priests were specially commis- sioned to blow the sacred trumpets (Num. 10. 8). Sons of Asaph—The reference is to that part of the order of the Levites whose business it was to furnish the music. According to Ezra 2. 41, the sons of Asaph were David—Though all older documents are silent on the point, in postexilic times the institution of the entire elaborate temple service was credited to David. One to another furnishing simply the refrain. Old men—Fifty years had elapsed since the destruction of the first temple. When the older men, who had worshipped in the former temple, realized that at last a new house of worship was being provided, they could not control their emotions. Tears of joy flowed in abundance. The priests blew the trumpets, the Levites played the cymbals and sang; the old people wept, and the younger ones shouted joyfully and trumpeted loudly, so that the noise of the tumult of sounds carried to a great distance.

Ezra 6. 14-18 narrates the comple- tion and subsequent dedication of the temple. Elders—Includes all the leaders in the community life. Build- ed and prospered—This is carried to the enterprise to successful completion. Hazgagal—Zechariah—the man- ner in which they assisted may be seen from the books bearing the names of the two prophets. Cyrus—See Ezra 1. 1. Darius—See verse 12. Artax- erxes—Reigned from B. C. 465-423; therefore can have had no part in building the temple which was com- pleted in B. C. 516 or 515. The refer- ence to Artaxerxes may be a later edition. This house was finished— Upon the completion of the work, a joyful service of thanksgiving and dedication was held. Offered— The number of sacrificial animals was small as compared with those offered at the dedication of the first temple (1 Kings 8. 5, 63). Sin-offering—In acknowledgment of the people's sins and of their dependence upon the divine favor. Divisions—The details see 1 Chron. 23-26, and compare Luke 1, 5, 8, 9. Book of Moses—See Num. 3 and 8.

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BEDTIME STORIES HAVE IMPORTANT PART IN CHILD TRAINING

By Irene Stillman.

Personally, I look upon stories as very efficient "mothers' helpers" and consider them invaluable in child training, for I have known them to tame the wildest and most unruly of kiddies. Therefore when little Mary Ann or Johnny, Jr., comes to you with the world-old childish plea of "Tell me a story, please," look not upon the time conceded as wasted upon an unproductive amusement, but realize thoroughly that before you are an opportunity to give youth a hypodermic of almost any virtue which you would like it to have under its tender skin and so mold the coming generation nearer to your heart's desire.

A story may be made the sugar coating of a moral pill which "put over" upon the young folk who beg stargazing will, in furthering the "good for what ails them!" The bedtime story is hung with medals! Its possibilities are many. It soothes overstrung nerves, comforts juvenile distress and quells juvenile rebellion, and is such a skillful resource in tucking the unwilling child into bed when, without its timely assistance, mother would have failed. It acts, properly selected, as a quietus for all the turbulence of the long day, and brings the childish mind into an ideal state for slumber.

The right kind of stories serve to give breadth to a child's point of view. They serve him in lieu of experience, and many a little lad or maid hard beset with a problem he must solve alone has come to wise decision because of following the course of some beloved character in verse or story. "I endeavor," says one successful mother, one who is fond of telling her young folk stories, "to tell my children tales, true and invented, that will stimulate their imagination, instill within their minds and hearts the love of good literature, and altogether so enrich their intellect that they will find themselves good company when each is obliged to be alone at any time." The latter idea of this mother's is one that should be remembered and practiced by the mother of the poor little "only child" who must now and then, at least, be without playmates.

And the opportune story is a peace-maker. If you can get children to laugh together after they have quarrelled or if you can get your little boy or girl interested in one of your stories after you were compelled to unpleasantness will quickly disappear under its genial influence.

I have known tory-telling to bring parents and children into closer companionship and even upgrade their lives to even draw the children themselves to drift too far apart in their amusements and the selection of their friends, thus endangering the family unity (although this does not mean to draw the children away from their parents). Very often, too, a distasteful study can be made interesting by looking up and relating incidents in the history of its evolution and biographical sketches of the men who have been vitally concerned in its development. There are studies, too, which can be subtly taught in story form, at least in part, where the young student fails to take them in allopathic doses. Poor indeed is the little one who has no story-teller at his beck and call. You may not be an expert, but some stories of courage, physical and mental, of ideals upheld and even suffered for and died for. Through my story-telling I want them to have good thoughts and true—bless their hearts—and, what is more, express them in their lives.

Straw manure plowed in just previous to the sowing of grain will not tend to improve the seed bed as a germinating place; it allows the soil to dry out too readily.

GOOD HEALTH QUESTION BOX

By John B. Huber, M.A., M.D.

Dr. Huber will answer all signed letters pertaining to Health. If your question is of general interest it will be answered through these columns; if not, it will be answered personally if stamped, addressed envelope is enclosed. Dr. Huber will not prescribe for individual cases or make diagnosis. Address Dr. John B. Huber, care of Wilson Publishing Co., 73 West Adelaide St., Toronto.

"To be a good animal is the first requisite for success in life."—Spencer.

WHAT TO DO FOR DIABETES.
Most adult diabetics would do well if they would obey their doctor's orders. But it is a very considerable medical experience that such patients are hard to control; they are very prone to do as they please as soon as they get beyond the doctor's observation. Every diabetic must be under a doctor's constant care. Each must be treated according to his own peculiar constitution. Worry, excess, great exertion, exposure must in all cases be avoided. Tea, coffee, and, indeed, all food must be sweetened with saccharin (to be had in 100-tablet bottles of the drugist) instead of sugar. There are medicines appropriate to the individual case which the family doctor should prescribe. And the diabetic dietary must be faithfully adhered to. Such an one is the following:

Soups or broths of beef, chicken, mutton, veal, oysters, clams, terrapin or turtle (not thickened with any farinaceous substances) beef-tea. Shell fish and all kinds of fish, fresh, salted, dried, pickled, or otherwise preserved (no dressing containing flour). Eggs in any way most acceptable. Fat beef, mutton, ham or bacon, poultry, sweetbreads, calf's head, sausage, kidneys, pig's feet, tongue, tripe (all broiled free of flour, potatoes, bread, or crackers). True gluten—gum gluten, for instance, gluten foods of known gluten percentage, whole wheat containing gluten beyond that of ordinary farinaceous foods (so-called gluten breads sometimes contain quite as much

Your Problems

Mothers and daughters of all ages are cordially invited to write to this department. Initials only will be published with each question and the answer as a means of identification, but full name and address must be given in each letter. Write on one side of paper only. Answers will be mailed direct if stamped and addressed envelope is enclosed. Please enclose all correspondence for this department to Mrs. Helen Law, 233 Woodbine Ave., Toronto.

Perplexed Mother:—Raw milk quickly develops bacteria, and to overcome this and prolong its keeping qualities it is necessary to pasteurize it. There is a regular apparatus that comes for this purpose, but you may improvise your own outfit and accomplish successful results. First and foremost a mother must realize that every dish, spoon, bottle and utensil that is used in preparing the baby's food must be absolutely clean, surgically clean, if you will. To accomplish this it is necessary to use plenty of boiling water.

Fill the milk into sterilized bottles. Stop the top well with absorbent cotton and put in a kettle deep enough to hold the bottles. The kettle should be two inches deeper than the bottles. Fill the kettle three-quarters full of cold water and stand a thermometer alongside of the milk bottles. Put over the flame to heat it. Heat until the thermometer registers 167 degrees Fahrenheit, then turn the flame low, so that you can maintain this temperature for half an hour. Remove from the fire and cool rapidly, taking care that the bottles do not break. The kettle should be kept for this purpose alone, and it will greatly facilitate the work of preparing baby's meals if all the utensils, bottles, etc., are kept in a place of their own, away from other household utensils.

If baby is restless, feverish and appears unwell, call a physician. If necessary, cheerfully neglect the household duties to give baby the necessary care. Give the baby a spoonful of boiled and cooled water.

Bedtime Stories

Ruth's Rainy-Day Box.
Ruth woke that morning with a feeling that something lovely was happening, and it was. The raindrops pattering on the window, playing tag and hopscotch as they scurried down to say, "How do you do?" to the sleepy flowers.

Ruth dressed like a whirlwind and ran down to remind her mother that it was Saturday—and, best of all, it was Saturday. "So may I telephone Louise to come over and spend the day, mother?" she asked eagerly. "And may we have luncheon in the playroom and open the rainy-day box?" "First let's calm down enough to enjoy a good breakfast."

A few blocks away Louise was so delighted with the weather and the day of the week that if anyone had asked her what she ate for breakfast she would probably have replied, "Autumn rain—and tea at Ruth's." It was great fun to run along with the raindrops pelting her umbrella and blowing in slyly underneath. Ruth and laughing, she reached Rosy's home and slipped from her dripping raincoat like a gay butterfly from a snug cocoon.

"Mother thought of the rainy-day box first," Ruth told her guest, as she led the way to the big playroom, which was cosy with rag rugs and nursery pictures on the walls. "Uncle John is a carpenter, you know, and he built my beautiful box for me, just here under the windows." Louise exclaimed over the new window seat, which was piled with pretty cushions, making a real cosy corner, where one could enjoy a storybook or look down into the great maples. "Now we'll pile the cushions into this chair and open the box," cried Ruth, merrily. "It's a heavy lid, but together—there! See my rainy-day things!"

With little giggles and cries of delight the girls bent over the treasure box, and with quick fingers brought out anything they chose. In one corner were old magazines and tubes of paste, blunt scissors and tubes of paste. There were many paper dolls, a set of flowered dishes, even tiny glasses with a water pitcher, and a little blue Japanese-luncheon cloth and napkins. In another corner were folded two quaint old gowns and some old-fashioned bonnets, which were grandma's contribution to Ruth's new box.

"First," explained Ruth, "we'll cut out pictures and paste them on these big sheets of cardboard that mother put in—if you want to." "Oh, yes!" agreed Louise, hastily. "And here are crayons to color with." It was absorbing, delightful work to snip the pictures from magazines and then paste them as neatly as possible, leaving no sticky paste to show. Noon came long before the girls were ready for it, although they found themselves hungry enough when Ruth Day appeared with a tray of goodies. "I told them to set the round tea table." There was milk in the tiny glasses, and in a pitcher besides; there were sandwiches, fruit, and such lovely little cookies shaped like birds' nests, only instead of eggs there was jelly in the middle. After luncheon, which took a long time with washing and putting away the dishes, the girls played with paper dolls. But the best game was to come; they had saved it for the last, just as they had saved the fattest cookie. When the little clock struck three, they put away their books and paper dolls, the scissors, the paste and all the other things in the box. There

Why Your Diet Should Have Variety

The adequacy of a food or a diet does not depend altogether upon the proportion of protein, fats, carbohydrates and salts. It must also contain certain subtle substances that are known as "vitamins."

There are at least two classes of these substances. One has been termed "fat soluble A," because it is best soluble in fats; this is essential for growth. Another is known as "water soluble B," and is found in great abundance in the embryo of wheat. Young rats fed on a special diet on which they were found to grow rapidly when fed on the same diet with the addition of a small amount of butter fat and extract of wheat embryo. They did not grow, however, when either one of these substances, "fat soluble A" or "water soluble B" was given by itself. It was necessary that the two should be administered together.

"Fat soluble B" is found to be abundant in butter fat, but it is not present in lard or oleomargarine. It is also present in abundance in egg yolk. Curiously, this same important growth promoting vitamin is found in abundance in tender shoots, green stuffs, such as cabbage and lettuce, and in forage plants upon which cattle feed.

These vitamins are produced only by plants. Milk is a valuable source of vitamins, for the reason that it contains an abundance of those important elements that have been gathered by the cow from the various forage plants on which she feeds. These facts emphasize the necessity for the free use of lettuce and other green stuffs. Fine white flour is lacking in vitamins, as well as in salts, because the embryo of wheat is taken out in the milling process, but whole-wheat flour contains an abundance of the "water soluble B."

The fat soluble A, however, is lacking in this absolutely important element for body growth—maintenance. It would seem that graham bread and butter or whole-meal bread eaten with milk is an ideal food. In this regard the findings of profound scientific researches agree remarkably with the results of human experience. The bran of cereals is essential for good nutrition. The wheat embryo is particularly rich in vitamins and should be eaten with the rest of the grain. Many breakfast foods are lacking in these essential elements, as is white bread.

Feeding of Children Over Two Years of Age.
After the child has reached the age of two years the feeding must be governed largely by the observation of the parent as to what agrees with it. In general terms only the simplest, plainest and most easily digested articles of food should be given.

Milk, beef, eggs, the lighter and more easily digested cereals, bread, and fruit should largely form the diet. All sweets, pastry, highly seasoned foods, candy, nuts, tea and coffee should be absolutely prohibited. When the appetite is poor and simple foods not well taken, the child should not be allowed to take indigestible articles for the sake of eating something, nor should food be given between meals.

Some children are never hearty eaters, but they manage to get along and keep well. If a child is well and looks healthy you can usually count on him deciding pretty accurately what he needs, and you do not need to stuff him to try and make him fat.

Cleansing the Teeth.

The teeth should be brushed from the gums to the biting edge, both inside and outside, using plenty of water for rinsing purposes. They should be brushed after each meal, before retiring and upon rising in the morning. What does a clean mouth mean to the child? It means thorough mastication, proper nutrition, physical and mental development, freedom from toothache and the resulting eye strain and nervous disturbances. Clean, sound, regular teeth means a barrier against disease germs; increased self respect and that the pure food eaten will not be contaminated in an unclean mouth.

Using Old Paper.

When peeling potatoes, apples, peaches, etc., spread a paper on the table and drop the peels on it, and when through gather paper containing the refuse and consign to the flames or garbage can. When peeling and cleaning fish place it on heavy brown paper. This holds all refuse. Chickens can be cleaned in like manner. Use a piece of white wrapping paper for flouring chickens, meat and fish for frying. In making pies, cookies and biscuit use smooth white paper to roll the dough out on, instead of a kneading board. This is more satisfactory and you will have no sticky mess to clean. It saves time and labor.

Place the baby's high chair on a newspaper at meal time to catch the crumbs and food baby drops, thus saving the rug from being soiled, and when the rug is in a moment. Feed the meals on a paper; it saves the floor from grease spots. Use paper to wipe off the stove after cooking each meal.

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