



CHAPTER XVI.—(Cont'd.)

"The answer Monte could have returned was obvious. The fact that amazed him was that Noyes could have asked the question with the sun and the blue sky shut away from him. It only proved again what Monte had always maintained—that excesses of any kind, whether of rum or ambition or love—drove men stark mad. Blind as a bat from overwork, Noyes still asked the question.

"Look here," said Monte, with a frown. "Before the big events the coach used to take us one side and made us believe that one one thing in life we wanted was that game. He used to make us as hungry for it as a starved dog for a bone. He used to make us ache for it. So we used to wade in and tear ourselves all to pieces to get it."

"Well?"

"If we won it wasn't so much; if we lost—it left us aching worse than before."

"Yes."

"There was the crowd that sat and watched us. They didn't care how we cared. We went back to the locker building in strings; they went off to a comfortable dinner."

"And the moral?" demanded Noyes.

"Is not to care too darned much isn't it?" growled Monte.

"If you want a comfortable dinner, nodded Noyes.

"Or a comfortable night's sleep. Or if you want to wake up in the morning with the world looking right."

Again Monte saw the impulsive movement of the man's hand to his eyes.

He said quickly: "I didn't mean to refer to that."

"I forget it for a while. Then—suddenly—I remember it."

"You wanted something too hard," said Monte gently.

"I wanted something with all there was in me. I still want it."

"You're not sorry, then?"

"If I were sorry for that, I'd be sorry I was alive."

"But the cost?"

"Of what value is a thing that doesn't cost?" returned Noyes. "All the big things cost big. Half the joy in them is pitting yourself against that and paying the price. The ache you speak of—that's credited to the joy in the end. Those men in the grand-stand don't know that. If you fight hard, you can't lose, no matter what the score is against you."

"You mean it's possible to get some of your fun out of the game itself?"

"What else is there to life—if you pick the things worth fighting for?"

"Then, if you lose—"

"You've lived," concluded Noyes.

"It's men like you who ought really to win," exclaimed Monte. "I hope you get what you went after."

"I mean to," answered Noyes, with grim determination.

They had turned and were coming back in the direction of the hotel when Monte saw a girlish figure hurrying toward them.

"I think your sister is coming," said Monte.

"Then you can be relieved of me," answered Noyes.

"But I've enjoyed this walk immensely. I hope we can take another. Are you here for long?"

"Indefinitely. And you?"

"Also indefinitely."

Miss Noyes was by their side now. "Sister—this is Mr. Covington," Peter introduced her.

Miss Noyes smiled.

"I've good news for you, Peter," she said. "I've just heard from Marjory, and she'll see you at ten."

Monte was startled by the name, but was even more startled by the look of joy that illuminated the features of the man by his side. For a second it was as if his blind eyes had suddenly come to life.

Monte caught his breath.

CHAPTER XVII.

Just Monte

Monte was at the Hotel d'Angleterre at nine. In response to his card he received a brief note.

Dear Monte [he read]: Please don't ask to see me this morning. I'm so mixed up I'm afraid I won't be at all good company.

Yours, Marjory.

Monte sent back this note in reply:—

Dear Marjory: If you're mixed up, I'm just the one you ought to see. You've been thinking again.

Monte.

She came into the office looking like a hunted thing; but she stepped forward to meet her with a boyish good humor that reassured her in an instant. The firm grip of his hand alone was enough to steady her. Her tired eyes smiled gratitude.

QUEEN'S UNIVERSITY
KINGSTON ONTARIO

ARTS
MEDICINE EDUCATION
APPLIED SCIENCE

Mining, Chemical, Civil, Mechanical and Electrical Engineering.

HOME STUDY
Arts Course by correspondence. Degree with one year's attendance or four semester sessions.

Summer School Navigation School
July and August December to April

19
GEO. Y. CHOWN, Registrar

Canuck BREAD MIXER

MAKES BREAD IN 3 MINUTES

Eliminates all guess-work. Makes light, wholesome bread, rolls, etc. without trouble. Saves time and keeps converse of the Nation's food supply.

Convenient, quick and clean—hands do not touch dough. Delivered all charges paid to your home, or through your dealer—low lead size \$27.50, light lead size \$32.50.

E. T. WRIGHT CO.
HAMILTON CANADA

Scarce anything pleases a woman more than to come to the city to shop. There are so many big stores with such endless variety and choice of everything.

Still there is just that little drawback about where to stay. The Walker House solves that problem. It is a home for you while in the city, and you can have all your purchases sent direct there, where there are special facilities for looking after your parcels.

Come to the city to shop and stay at

The Walker House

The House of Plenty
TORONTO, ONT.

P.S.—Special attention given to ladies and children travelling without gentlemen escorts.

Cream Wanted
SWEET OR CHURNING CREAM

We supply cans, pay express charges and remit daily.

Our price next week fifty-two cents

Mutual Dairy and Creamery Co.
743-5 King St. West Toronto

"If you wish," he nodded. "Only are you going to stay here?"

"For a little while, anyway," she answered.

"You mean—a day or two?"

"Or a week or two."

"You'd rather not tell me why?"

"If you please—not," she answered quickly.

He thought a moment, and then asked:—

"It wasn't anything I did?"

"No, no," she assured him. "You've been so good, Monte."

"Then," he asked, "your coming here hasn't anything to do with me?"

She could not answer that directly. With her cheeks burning and her lips dry, she tried to think just what to say. Above all things, she must not worry him!

"It has to do with you and myself—and Peter Noyes," she answered.

"Peter Noyes?"

He sat upright.

"He is at the Hotel des Roses—with his sister, Marjory ran on hurriedly. "They are both old friends, and I met them quite by accident last night. Suddenly, Monte,—they made my position there impossible. They gave me a new point of view on myself—on you. What had seemed right before did not seem right then."

"Is that why you resumed your maiden name?"

But sooner or later Peter will know the truth, won't he?"

"How will he know?"

"The name you signed on the register."

"That's so, too," Monte admitted.

"But that says only 'Madame Covington.' Madame Covington might be any one."

He smiled, but his lips were tense.

"She may have been called home unexpectedly."

The girl hid her face in her hands. He rose and stepped to her side.

"There, there," he said gently. "Don't worry about that. There is no reason why they should ever associate you with her. If they make any inquiries of me about madame, I'll just say she has gone away for a little while—perhaps for a week or two. Is that right?"

"I—I don't know."

"Nothing unusual about that. Wives are always going away. Even Chic's wife goes away every now and then. As for you, little woman, I think you did the only thing possible. I met that Peter Noyes this morning."

Startled, she raised her face from her hands.

"You met—Peter Noyes?" she asked slowly.

"Quite by chance. He was on his way to walk, and I took him with me. He's a wonderful fellow, Marjory."

"You talked with him?"

He nodded.

"He takes life mighty seriously."

"Too seriously, Monte," she returned.

"It's what made him blind; and yet—there's something worth while about a man who gets into the game that way. Hanged if he didn't leave me feeling uncomfortable."

She looked worried.

"How Monte?"

"Oh, as though I ought to be doing something instead of just kicking around the Continent. Do you know I had a notion of studying law at one time?"

(To be continued.)

London Sausage Sold Out.

The State sausage factory is booming, the entire product at present finds its way to the East End of London, but at present the factory is unable to supply but part of the demand for its products, a recent despatch from London. At the Ministry of Food it is denied that other factories will be opened shortly. Lack of raw material is given as the reason.

For moist soil along the banks of streams and ponds the Japanese Irides, Funkins and Spiraeas do well. Many native ferns can be transplanted from similar locations and the rainfall rush should not be omitted.

My Dad wears 'em

BOB LONG
UNION MADE
SHIRTS & GLOVES

Known from Coast to Coast

R. G. LONG & CO. LIMITED
TORONTO CANADA

About the House

THE NEXT SIXTY DAYS.

The next sixty days, we are told, will be very critical ones in the allied countries so far as food is concerned. If we are patriotic, if we would win the war, if we want our boys to come back safe and sound—everyone of us must help out on the food problem. It is an individual responsibility which rests on every man and woman of this country. It is absolutely necessary that we eat less of wheat, meat, fat and sugar.

Just now the wheat situation is especially critical. We must reduce our consumption one-third. Use only two-thirds or one-half wheat in breads, pie, muffins, cakes, and the like. Substitute in place of the wheat whatever you can get—potatoes, barley, oatmeal, buckwheat, cornmeal, etc. Use your own recipes, changing them to suit present conditions. Use less sugar and less shortening. Substitute one-half barley flour, corn flour or cornmeal, for one-half the wheat flour.

Here are some suggestive recipes:

Baking Powder Biscuits.—Two cups barley flour, two tablespoons fat, half teaspoon of salt, four teaspoons of baking powder, two-thirds of a cup of milk. Sift the dry ingredients together, rub in the fat, and add the liquid until a soft dough is formed. Roll to about three-fourths of an inch thick, cut with a cookie cutter and bake in hot oven.

Cornmeal Bread.—One and a quarter cups of liquid, one and a half teaspoons of salt, two-thirds of a cup of cornmeal, one-quarter of a yeast cake, dry or compressed, in one-quarter of a cup of lukewarm water, two and a half cups of flour. Pour the liquid over the cornmeal and salt and heat to the boiling point. Cook twenty minutes in the double boiler or over hot water. Cool, add yeast and flour. Knead, let rise until double in bulk. Knead again, shape into loaf, and let rise in the pan until the bulk has again doubled. Bake for fifty minutes.

Potato Bread.—One and two-thirds cups of mashed potato, one teaspoon of salt, one-quarter of a yeast cake in two tablespoons of lukewarm water, three cups of flour.

Clean the potatoes, boil, pare, and mash thoroughly, add salt, and when cool add the yeast. Add part of the flour and let rise until very light. Add the remainder of the flour and knead

MARTIN-SENOUR
100% PURE PAINT & VARNISHES

The Best Insurance You Can Put on Your Buildings

is the protection that good paint guarantees. Fire Insurance does not prevent fire—it only partly reimburses you for loss sustained, should fire destroy your property.

Fire may never happen.

On the other hand, the use of good paint actually prevents a loss from decay which is not just a possibility, but an absolute certainty. The destructive effects of weather, upon buildings that lack proper paint protection, go on every second of the day and night.

MARTIN-SENOUR
"100% PURE" PAINT

is the greatest known protector of all building material against time and weather, because it is made only of pure White Lead, Pure Zinc Oxide, and Pure Lined Oil.

You would not think of letting your Fire Insurance Policies lapse in order to save the yearly premiums. It would be even poorer economy to let your Paint Protection Policy lapse by neglecting to repaint your increasingly valuable buildings this season.

When you do paint use Martin Senour "100% Pure" Paint. It spreads easier, covers more surface, and protects longer than most other makes.

Write for "Farmer's Color Set" and "Town and Country Homes", Just what you'll need in planning your painting. Mailed free.

The MARTIN-SENOUR Co. LIMITED
GREENSHIELDS AVENUE, MONTREAL

The Smile.
Be it foul or be it fair,
Smile,
Never give in to despair—
Smile.

Drive ahead with all your might,
All the day and half the night,
Swear that you will win your fight—
And smile.

Has Dame Fortune thrown you down?
Smile.

Never mind her fickle frown,
Smile.

Just sit steady in the boat,
Down life's current smoothly float.
'Twill come right some day, you'll note—
So smile.

Sweet corn is a good substitute for wheat and meat. Have plenty of sweet corn in gardens having sufficient space. Corn requires too much room to make it worth while in small gardens.

Nothing better is made

Nothing better can be made

Never sweeten a war bread.

Food Control Corner

Pre-eminent among our vegetables is the potato. It is the commonest of the root family, too. Whatever else may be scarce the potato is not. It comes within the reach of all and sundry and has played its part in the upbuilding of nations. It has rather an aristocratic origin, having reached the British Isles from this continent under the protecting wing of Sir Walter Raleigh. But it has proved itself the friend of rich and poor alike, and may yet be, in very truth, one of the bulwarks of the nation.

Man's first need is food and the world-to-day is very short. Europe's first need is bread and on Canada rests the responsibility for supplying much of that bread. Canada has an abundance of potatoes. Every potato eaten means a piece of bread saved. Let Canadians eat the potatoes and send the wheat overseas! Our Allies are using their supplies of potatoes freely, but they must have wheat to bind their bread.

Time was when the food supply was one of the accepted facts of our daily existence. There was always an abundance and we satisfied ourselves without compunction for eat what we felt we could afford. But there are now a hundred reasons why we should pause and consider as a meal is being prepared, or as we sit down to eat. As Sir George Foster recently said in the course of a public address: "As you sit down to a meal can't you see, as by flashlight, hungry women and children clamoring for food? Can't you visualize your son in the trenches, hungry, cold and wet, and his satisfaction when meal time comes around?"

There are thousands in Europe today who would give anything for the left-overs from our tables. Left-overs! When their sacrifice is infinitely greater than ours; their need ten times more pressing! It would seem as if they should get first consideration and we the left-overs.

Which brings us back to the value of the potato in the diet and the part it might be made to play, in saving the food stuffs that they need, for the suffering people of Europe.

The solid part of the potato is made up chiefly of starch, with about 2 per cent. of protein and certain "salts" which are valuable and health-giving. The highest value is derived from the potato when it is eaten as an adjunct to something else. No bread or meat is needed at a meal which includes potatoes and cheese or potatoes and milk.

Leave It to Parker

THE postman and expressman will bring Parker service right to your home. We pay carriage one way. Whatever you send—whether it be household draperies or the most delicate fabrics—will be speedily returned to their original freshness. When you think of **Cleaning or Dyeing** think of PARKER'S.

A most helpful booklet of suggestions will be mailed on request.

Parker's Dye Works, Limited
Cleaners and Dyers
791 YONGE ST. TORONTO

RAMSAY'S
THE RIGHT PAINT TO PAINT RIGHT

BEST for WEAR and WEATHER

This is the Paint you need for indoors and out. The guaranteed Ramsay Quality, that makes the house bright and cheerful. There's a Ramsay dealer waiting to serve you.

INTERESTING LITERATURE ON REQUEST

A. RAMSAY & SON COMPANY
MONTREAL TORONTO VANCOUVER

For Sale by all Dealers.

There are thousands in Europe today who would give anything for the left-overs from our tables. Left-overs! When their sacrifice is infinitely greater than ours; their need ten times more pressing! It would seem as if they should get first consideration and we the left-overs.

Which brings us back to the value of the potato in the diet and the part it might be made to play, in saving the food stuffs that they need, for the suffering people of Europe.

The solid part of the potato is made up chiefly of starch, with about 2 per cent. of protein and certain "salts" which are valuable and health-giving. The highest value is derived from the potato when it is eaten as an adjunct to something else. No bread or meat is needed at a meal which includes potatoes and cheese or potatoes and milk.

East Less Bread.

The Allies' wheat supply is perilously close to the point of exhaustion. There is wheat in Australia and India but these countries are both practically inaccessible by reason of the shipping shortage. There has been much talk of using Japanese vessels to bring Australian wheat to America, but the project is problematical at best and the amount which may be carried during the next three or four months is necessarily limited. Part of the Argentine crop has still to be moved but with increasing demands upon cargo vessels to transport soldiers and munitions, to support the Allies in their present crisis, the ships can ill be spared. One boat on the North American route is worth two operating between the Argentine and Europe. South America has not enough surplus wheat to meet the Allies' needs, and besides, every time we buy our failure to save bread and meat, force an allied vessel to go elsewhere for supplies, we hold back from our hard-pressed fighting men at least one transport of United States reinforcements.

Our Allies look to us for wheat and we have not been giving them the quantities they need. The British Ministry of Food has just cabled this message: "Wheat imports are not arriving in quantities sufficient to meet our weekly requirements. Every effort that can be exerted in Canada to increase shipments of wheat and meal will be invaluable."

With nearly four months until the 1918 wheat crop will be available for consumption, this continent cannot spare more than 34,000,000 bushels of wheat for shipment overseas, unless consumption in Canada and the United States be sharply and substantially reduced. That amount falls far short of the Allies' minimum requirements. It must be increased and the only possible way in which we can do so is to eat less bread and use less wheat flour.

White Feathers—

Europe is not short of feathers. It is only to be estimated by about 4,750,000 pounds of feathers in Europe, while about 425,000 pounds are killed in fighting. You go of hunger as having.

Repeat the application.

Lister—Yes, the nose indeed. Do you know more than 3,000,000,000 pairs of shoes are made in Europe and Northern practically without being do you think the mere Mercantile Marine has saved a red cent in their meat all the horse meat of the cattle Marine but the nations cut, surely, will make the sea-stituting fish and vegetables.

White Feathers—

Europe is not short of feathers. It is only to be estimated by about 4,750,000 pounds of feathers in Europe, while about 425,000 pounds are killed in fighting. You go of hunger as having.

WANTED

Highest Price
Prompt Returns—
P. POULIN
28 ZENOSVILLE MARKET

SMOKE TUBES
T & B

SURE CURE FOR HEADACHE

There's what the Modern Way about CAPITAL and EMPLOYMENT before you invest in a sure part to the powder. I can tell you how to get the best results. I have her for you, too.

FREE TRIAL

Write us for the FREE TRIAL. We'll send you a full box, to our powder. Write us. Write us. Write us. Write us.