

CHAPTER XVI.- (Cont'd.) turned was obvious. The fact that said lightly. "What's the trouble?" amazed him was that Noyes could She glanced at his arm in its black have asked the question with the sun sling. and the blue sky shut away from him. "Who tied that this morning?" she say. Above all things, she must not ed slowly. It only proved again what Monte had asked always maintained—that excesses of "The valet." any kind, whether of rum or ambi- "He didn't do it at all nicely. There's and—Peter Noyes," she answered. tion or or love drove men stark a little sun parlor on the next floor.

Noyes still asked the question. frown. "Before the big events the chairs. She stood before him and re- riedly. "They are both old friends, ed. coach used to take us one side and adjusted the handkerchief, so near and I met them quite by accident last made us believe that she one thing that he thought he felt her breath. It night. Suddenly, Monte,—they made in life we wanted was that game. He was a test for a man, and he came my position there impossible. They a man who gets into the game that used to make us as hungry for it as a through it nobly. starved dog for a bone. He used to "There-that's better," she said. self-on you. What had seemed right feeling uncomfortable." make us ache for it. So we used to "Now take the big chair in the sun." wade in and tear ourselves all to She drew it forward a little, though pieces to get it." "Well?"

"If we won it wasn't so much; if we from him lost-it left us aching worse than be- "Well?" he inquired. "Aren't you

watched us. They didn't care the "Won't you please smoke?" way we cared. We went back to the locker building in strings; they went off to a comfortable dinner."

morning with the world looking him nothing to worry over.

He said quickly: "I didn't mean to

"I forget it for a while. Thensuddenly-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 what the score is against you."

pick the things worth fighting for?" "Then, if you lose-' "You've lived," concluded Noves.

Monte saw a girlish figure hurrying meal, etc. Use your own recipes, Note.—If you have a good rule for

I've enjoyed this walk im- half the wheat flour. hope we can take an-Are you here for long?" "Indefinitely. And you?"

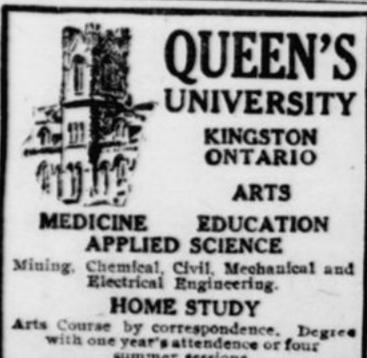
"I've good news for you, Peter," liquid until a soft dough is formed. he said. "I've just heard from Mar-Roll to about three-fourths of an inch ory, and she'll see you at ten." Thick cut with a cookie cutter and second it was as if his blind eyes had spoons of salt, two-thirds of a cup of Monte caught his breath.

CHAPTER XVII.

Monte sent back this note in re- cups of mashed potato, one teaspoon

You've been thinking again. She came into the office looking like ward to meet her with a boyish good the remainder of the flour and knead

a hunted thing; but he stepped fornumor that reassured her in an The firm grip of his hand alone was enough to steady her. Her tired eyes smiled gratitude.



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The answer Monte could have re- and deserted-all in one week," he here hasn't anything to do with me?" Peter Noyes this morning."

mad. Blind as a bat from overwork, Come with me and I'll do it over." He followed her upstairs and into a "Look here," said Monte, with a room filled with flowers and wicker with his sister," Marjory ran on hur-

> he protested at so much attention. She maiden name dropped into another seat a little way

going to tell me about it?"

He was making it as easy as pos- ter. "There was the crowd that sat and sible easier than she had anticipated." He lighted a cigarette. "Now we're off," he encouraged her, any one.

He was leaning back with one leg "And the moral?" demanded crossed over the other-a big, wholesome boy. His blue eyes this morn- expectedly "Is not to care too darned much, ing were the color of the sky, and just as clean and just as untroubled. He rose and stepped to her side. "If you want a comfortable dinner," As she studied him the thought upper- "There, there," he said gently. most in her mind was that she must "Don't worry about that. There is no "Or a comfortable night's sleep, not hurt him. She must be very reason why they should ever associate Or if you want to wake up in the careful about that. She must give you with her. If they make any

Again Monte saw the impulsive men have a lot of queer notions men little while-perhaps for a week or movement of the man's hand to his don't know anything about. Can't two. Is that right?" we let it go at that?"

"If you wish," he nodded. "Only -are you going to stay here?" "For a little while, anyway," she

nsewered. "You mean-a day or two?"

"Or a week or two." "You'd rather not tell me why?" Mutual Dairy and Creamery Co. 743-5 King St. West - Toronto "If you please-not," she answered He thought a moment, and then ask-

"It wasn't anything I did?" "No, no," she assured him. "You've wife goes away every now and then. been so good, Monte."

"I never expected to be married "Then," he asked, "your coming did the only thing possible. I met that She could not answer that directly. Startled, she raised her face from Down life's current smoothly float. With her cheeks burning and her lips her hands. dry, she tried to think just what to "You met-Peter Noyes?" she ask

"It has to do with you and myself way to walk, and I took him with me. "Peter Noves!"

He sat upright. s "He is at the Hotel des Rosesgave me a new point of view on my- way. Hanged if he didn't leave me before dod not seem right then." "Is that why you resumed your

"That is why. But sooner or later something instead of just kicking Peter will know the truth, won't he?" around the Continent. Do you know "How will he know?"

"The name you signed on the regis- time?"

"That's so, too," Monte admitted. "But that says only 'Madame Coving-Madame Covington might be

He smiled, but his lips were tense. | ing, the entire product at present "She may have been called home un- finds its way to the East End of Lon-

don, but at present the factory is able The girl hid her face in her hands. to supply but part of the demand for its products, says a recent despatch from London. At the Ministry of Food it is denied that other factories will be opened shortly. Lack of raw inquiries of me about madame. I'll material is given as the reason. "Monte," she bagan, "I guess wo- just say she has gone away for a streams and ponds the Japanese "I-I don't know."



the big things cost big. Half the The next sixty days, we are told, thoroughly, making a very stiff joy in them is pitting yourself against will be very critical ones in the allied dough. Let rise until treble in bulk that and paying the price. The ache countries so far as food is concerned, and let rise in pan till double in bulk. you speak of that's credited to the If we are patriotic, if we would win Bake forty-five to fifty minutes. All joy in the end. Those men in the the war, if we want our boys to come the flour may be added at once, but fight hard, you can't lose, no matter back safe and sound-everyone of us the dough is difficult to handle. must help out on the food problem. Oatmeal Bread .-- One cup of liquid, "You mean it's possible to get It is an individual responsibility which one teaspoon of salt, one cup of rolled some of your fun out of the game it- rests on every man and woman of this oats, one-quarter of a yeast cake in country. It is absolutely necessary one-quarter of a cup of lukewarm wa-

Just now the wheat situation is es- white flour. "It's men like you who ought really pecially critical. We must reduce Scald the liquid, cook till luketo win," exclaimed Monte. "I hope our consumption one-third. Use only warm, add salt, yeast and sifted flour, two-thirds or one-half wheat in mix thoroughly, knead, let rise till They had turned and were coming wheat whatever you can get-pota- till the bulk has again doubled. Bake back in the direction of the hotel when toes, barley, oatmeal, buckwheat, corn- fifty minutes. "I think your sister is coming," said changing them to suit present condi- bread use it, but in place of one-quartions. Use less sugar and less short- ter of the bulk of white flour use one "Then you can be relieved of me," ening. Substitute one-half barley of the other grains. This amount will

flour, corn flour or cornmeal, for one- not greatly change either the texture Here are some suggestive recipes. | may be set with white flour and the barley flour, two tablespoons fat, half to is used as a substitute, allowance teaspoon of salt, four teaspoons of must be made for the extra water con-"Sister-this is Mr. Covington," baking powder, two-thirds of a cup of tent, and enough flour added to make milk. Sift the dry ingredients to- a very stiff loaf. gether, rub in the fat, and add the

thick, cut with a cookie cutter and Cornmeal Bread .- One and a quarter cups of liquid, one and a half teacornmeal, 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 Monte was at the Hotel d'Angle- to the boiling point. Cook twenty terre at nine. In response to his minutes in the double boiler or over hot water. Cool, add yeast and flour. Dear Monte [he read]: Please don't Knead, let rise until double in bulk. ask to see me this morning. I'm so Knead again, shape into loaf, and let rise in the pan until the bulk has again doubled. Bake for fifty minutes. E Shopping Potato Bread .- One and two-thirds

of salt, one-quarter of a yeast cake in Dear Marjory: If you're mixed up, two tablespoons of lukewarm water, I'm just the one you ought to see, three cups of flour. Clean the potatoes, boil, pare, and Big cool add the yeast. Add part of the City mash thoroughly, add salt, and when flour and let rise until very light. Add



THE NEXT SIXTY DAYS.

"What else is there to life-if you that we eat less of wheat, meat, fat ter, two and one-quarter cups of rye flour, two and one-quarter cups of

"I mean to," answered Noyes, with breads, pie, muffins, cakes, and the double in bulk. Knead again, shape like. Substitute in place of the into loaf, and let rise in the pan un-

> or the flour of the bread. The sponge Baking Powder Biscuits.-Two cups mixed flour worked in later. If pota-

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"Nothing unusual about that. Wives

"Quite by chance. He was on his

He's a wonderful fellow, Marjory."

"He takes life mighty seriously."

"Too seriously, Monte," she return-

-there's something worth while about

"Oh, as though I ought to be doing

I had a notion of studying law at one

(To be continued.)

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tail rush should not be omitted.

Dad

iem

"You talked with him?"

She loked worried.

"How Monte?"

He nodded.

are always going away. Even Chic's

and remit daily.

The Smile.

Never give in to despair-We supply cans, pay express charges

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? As for you, little woman, I think you Never mind her fickle frown,

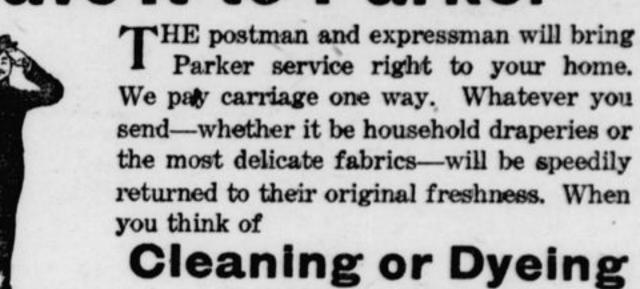
> Just sit steady in the boat, 'Twill come right some day, you'll

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

"It's what made him blind; and yet gardens.

Leave It to Parker



think of PARKER'S.

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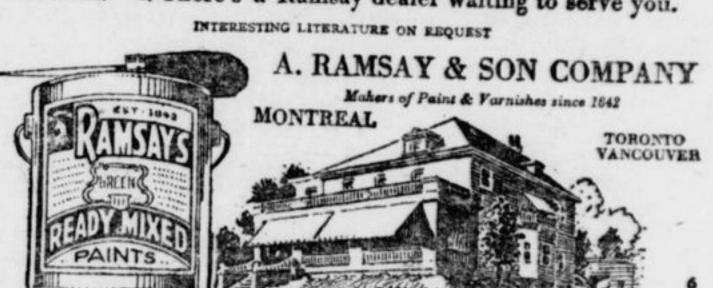
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Nothing better can be made

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Never sweeten a war bread.

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

> 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 there was no questioning our right to 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

are using their supplies of potatoes

There are thousands in Europe today who would give anything for the left-overs from our tables. Leftovers! 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 healthgiving. 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 Argentina 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 reinforce-

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 meat 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

Egg "Candling" Obsolete.

eat less bread and use less wheat

Off with the old; on with the new, Grandma's method of guessing the egg is 99 per cent. pure fails to pass the censor to-day. Modern methods have egged off the old ideas, and today efficient electricity has the call, saving time, temper and trouble. Here are nimble-fingered, keen-eyed egg testers, separating the false from the true by means of electric egg candlers, operated on ordinary house lighting circuits. The electrical egg tester never lies. Its hidden eye and supersensitive nose rout out hen products that are inclined to "cheat." This form of commercial electrical inspection dispels the doubt and guesswork, speeds up shipments, cuts labor costs and is helping Hooverize cost-to-con----

To induce a canary to take a bath sprinkle a few seeds upon the water, This added attraction will make the bath become a heit.



Mothers and daug as a means of identific letter. Write on one stamped and addresse Address all corre Woodbine Ave., Toron

Mary:-If the sha badly soiled you can a piece of art gum white eraser. This, take a good bit of pi what the shade experi commend. Just era the shades are very reliable soap and wat much water, but apply cloth wrung out in clean a small piece white shades can be s ed and ironed just like I am afraid to suggest as the green might ru the shades while dat will come back to the

M. S .: - There is no the hair permanently of the electric needle. the hair on the lip wit little ammonia it will bit less conspicuous would go to a reliable can get a depilatory druggist's that will ! for a day or two, but Be sure to go to a and make sure you at able depilatory powder Grateful:-Nothing trouble to us, Gratef

were, that's what Since the medicine spi linen dress has iron about removing the way you would remi stain. Lemon and s strong enough, althou with salt, moisten with place in the sun, more ing added if necessar remove it, try salts bought in the drug Immerse the tion of one-half teas crystals to a pint of until the stain disapp

Young Mother: -A month of a baby's li known as the erupti The rule is teeth precede the up class, by two or thre generally appear in usual order of their e ows: Upper set -two the sevent months: two canne twelfth and eighteen first molars, between and thirty-sixth mon that the lower teeth o will be one or two mot

shoes fit p Protect the joint with duce the inflammation of iodine, and then al collodion. Soak your f guds and pure off the Be careful and don't

Lister:-Yes, the ne do you think the men cent, in their meat alle

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& bare pasture to starve the powders. I can provide to the powders I have her yet; she fleaves since." We have such confident that we send a full to Sc. to cover postage a
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