

So Monte would go on his way imagine myself, for instance, him again, and she would be left—she and twelve months in the year in New "No," admitted Peter. Peter. If, then, what Beatrice said York and be enthusiastic about it." was true,—if it was within her pow- "What do you do when you're though—as though some one had the er, at no matter what sacrifice, to give there?" inquired Peter. Peter back the sight she had taken,- "Not much of anything," admitted strangle him. then so she might undo some of the Monte. wrong she had done. The bigger the sacrifice, the flercer the fire might rage to burn her clean. Because she when you're there than in Jericho," mostly you stand around with your had been forced to sacrifice every- answered Peter. "You've got to get hands tied, waiting to see what's gothing, if now she sacrificed every- into the game really to live in New ing to happen. thing, perhaps she could get back a York. You've got to work and be "Well?" queried Peter, evidently thing, perhaps she could get back a York. little peace in return. She would give one of the million others before you puzzled Humbly she would serve him and You're married, are you not, Coving- day. nurse the light back into his eyes. Was ton?

it possible to do this? She saw Beatrice at the door, and rose to meet her. "You're to lunch with me," she said. "Then, for dinner, Mr. Covington has asked us all to join him.'

"Covington?" exclaimed Peter. to me this morning?" "He said he met you," answered

"I like him," declared Peter. "[7] stand New York." "And I too," nodded Beatrice. "He been there together." looks so very romantic with his injur-

"Monte romantic?" smiled Marjory. "That's the one thing in the world he

"He's just Monte," answered Mar-

she? I noticed by the register there = is such a person. "I-I think he said she had been

She turned aside with an uncomfortable feeling that Beatrice had noticed her confusion.

called away—unexpectedly," Marjory

### CHAPTER XIX. An Explanation

The following week Monte devoted himself wholly to the entertainment of Marjory and her friends. His object was simple: to keep Marjory's days so filled that she would have no what efficiency in the kitchen means sometimes into the food, and you have time left in which to worry. He want- to her further ability to easily supply to pick it out; then again, oftener you ed to help her, as far as possible, to to her family nutritious food without fail to see the damage you have done forget the preceding week, which had waste of time and strength. so disturbed her. To this end nothing could be better for her than The problem of obtaining help pans, you find a spot where you have

Noyes the better he liked him. At dire necessity. the end of the day-after seeing them | Cleanliness is an absolute essential en spoons for stirring all foods while started in the morning, Monte used to that is based upon fundamental princi- cooking in all saucepans. go out and walk his legs off till dinner ples. The kitchen should be compact! These wooden spoons need not be time—he enjoyed dropping into a in its arrangements, so that no motion costly, and any handy man around the wonderful how already Peter had may be lost. Unless one can afford house can whittle a couple of paddles picked up. He had gained not only a tiled kitchen, a durable wash paint is for you from any piece of hardwood, in weight and color, but a marked the most economical. While the cost- preferably maple or ash, in a very few mental change was noticeable. He liest kitchen is not necessarily the minutes. Learn to use the fireless always came back from his ride in best, intelligent and careful planning cooker for cereals and breakfast foods high spirits. So completely did he will count quite as much as money. and also for cooking the cheaper cuts ignore his blindness that Monte, talk- Color schemes can easily be follow- of meat. Meat cooked in the fireless self forgetting it—awakening to the fact each time with a shock when it buff is the best color with which to pound than meat cooked upon the coal, was necessary to offer an assisting paint the walls. The window trim- gas or electric ranges.

alert—always keen. Yet, as near as kitchen cabinet, a fireless cooker and Upon this important household utenanything but adventuresome or varied. a good range, a refrigerator and a sil depends the health of the family. After leaving the law school he had table with a sanitary porcelain top The ice compartment should be sufficisettled down in a New York office and would complete the large furniture ently large to keep a piece of ice that just plugged along. He confessed needed in the kitchen. that this was the first vacation he had Have the man of the house build temperature of not less than 50 detaken since he began practice.

"Man dear," answered Peter earn-

"I don't believe there is much diff-

ference between us," answered Peter. pan story. "I imagine that about certain things Sixty-five out of every hundred per- flushed with boiling soda water., we all feel a good deal alike."





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"Then you're no more in New York "Things you can try to do. But into the game really to live in New ing to happen."

tered here with your wife?" Monte moistened his lips.

"Yes-she was here for a day. She ant about that, is there?" -she was called away." "That's too bad. I hope we'll have and then what he said seemed rather "Isn't he the man who was so decent an opportunity to meet her before we pointless.

"Been married long?"

"So you haven't any children." "Then," said Peter, "you have your tween on the good old earth. "Just who is he, anyway?" inquired whole life ahead of you. You haven't begun to live anywhere yet."

"It's the same with me," confessed answered Monte uneasily. "And Madame Monte-where is Peter, with a quick breath. "Only- "Yet you said you're married?"

well, I haven't been able to make even the beginning you've made." Monte leaned forward with quick-

ned interest. "That's the thing you wanted so

hard?" he asked. "To marry and have children?" Monte was silent a moment, and

then he added:-"I know a man who did that." 'A man who doesn't isn't a man, "I-I don't know," confessed Monte.

"I wonder," mused Monte. "I can't "I've visited this friend once or twice. So Monte would go on his way imagine myself, for instance, living Did you ever see a kiddy with the

> little devil by the throat, trying to you've kept steady. "There are things you can do."

her life to Peter-give him every- can get the feel of the city. Best of "That's only one of a thousand thing that was left in her to give, all, a man ought to marry there. things. They are happening every I saw the wonderful beauty of the

> "When I think of Chic and his chil-"Didn't Beatrice tell me you regis- dren I think of him pacing the hall with his forehead all sweaty with the ache inside of him. Nothing pleas-Peter did not answer for a moment

"What of it?" he asked. "Thanks."

"She ought to help you under-easily. "When you speak of a wife now."

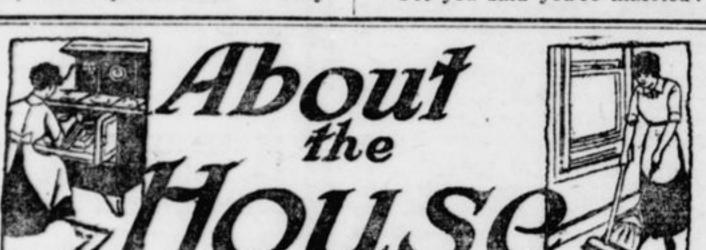
and New York."

"One in a thousand is a fighting "Only this," answered Monte unbe mighty glad to see more of him." "Perhaps she would. We've never those facts. You have to consider chance," Monte returned. that you're going to be torn all to shoe-strings ever so often. Maybe you open the gates of heaven, but you throw open the gates of hell too.

> "Good Lord!" exclaimed Peter. "You consider such things? "I've always tried to stay normal

until, when washing the pots and

There's no more jogging along in be-



KITCHEN EFFICIENCY.

The busy woman of to-day realizes you chip the enamel off the saucepan,

Peter and Beatrice Noyes. They brings to the housewife a thought of chipped off the enamel. Now, if you were just the wholesome, good-na- the time, strength and energy required have a broken spot in the bottom of tured companians she needed to offset to keep the household at par. So your saucepan and you are stirring the morbid frame of mind into which that to equip the kitchen with modern the food that is cooking in this pot, he had driven her. Especially Peter. tools and to replace the furnishings of using a metal spoon to stir with, you the household laboratory in an attrac- are grating off the glass coating on The more he talked with Peter tive manner is no longer a fad, but a the enamel saucepan into your food. Think about this, and then use wood-

mings may be ivory and white. A Use all left-over breakfast cereals in It was the man's enthusiasm Monte good quality of linoleum for covering making bread. He seemed to be always the floor will be found satisfactory. A A word about the refrigerator.

and attach to the kitchen table a grees Fahrenheit constantly. "You can hardly call this a vaca- frame that will act as a rack, above thorough cleansing three times a week the table, to hold dippers, strainers is an absolute necessity. Remove

estly, "you don't know what these and other utensils that are necessary, the drain pipe and flush and swab out A drawer in this table to hold the the trap. This is very important. Do You sure are entitled to all the knives, measuring spoons, etc., will not place the refrigerator in a dark, fun you can get out of them," return- make for time saving and efficiency. damp place. ed Monte. "But I hate to think how A careful selection of pots and pans is Do not permit the drain to be con-I'd feel under the same circum- vitally necessary, and right here I nected with the sewer. If the waste wish to tell the housewife my pot and pipe is attached have it made so that

> sons suffer from some form of in- Drain the waste water from the retestinal indigestion. That is due to frigerator into the garden or yard. the manner in which the fool is cooked To make a drain from the icebox, cut or to the utensil itself. How many a hole in the floor and place a large women are there who, in cooking food funnel in the hole. Now connect sufin an enamel saucepan, stir the food ficient length of pipe used for speakwhile cooking and then tap the spoon ing tubes to this hole and drain into on the edge of the pan. Ah! I see the yard or garden. This pipe can you smile, for you all recognize the old easily be taken apart for frequent trick. Now, do you know that often flushing.

## To Have Clean Windows.

There are few women who really enjoy cleaning windows, and one reason must be that the result is so often disappointing. Soap always seems to smear the glass, and the cloth gets too drippy and countless things hap a number of windows that if one is pen. But one housewife, has thought careful to wash the hands immediately about it hard and has decided just after the task, then rub them with what is the best method of cleaning her windows. She sent us her deci-sion, and here it is:

"I have found a way," she says, "to polish windows brilliantly with the least possible work. I can clean them Here are three methods of clarifywhether the sun is shining or not, so ing fat. Method 1. Melt the fat with infallible is my method. First wipe an equal portion of water in a double off the dust with a dry cloth, or if boiler. Strain through a cloth. When very dirty, with a damp one, then put cold remove the layer of fat from the a small quantity of water in a basin water. Method 2. Follow directions and make it very strong with house- given under Method 1, using sour milk. hold ammonia, using not more than Flavors and odors are modified. Metwo parts of water to one of ammonia. thod 3. Follow directions given in Dip a small cloth or sponge in this Method 1, adding several pieces of and wring it nearly dry, then go over clean hardwood charcoal. If beef the glass, rubbing hard but working fat is being clarified, the yellow color

dry before you can get over it. The sole objection to this method is in the effect of the strong solution on one's fingers. A rubber or leather glove may be used, but even without gloves I find it takes so short a time to clean lemon juice or vinegar and rinse again with clear water, there will be no unpleasant effect.'

will keep the food compartments at a

it may be frequently taken apart and

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"Even so, isn't it possible for a man to keep his head?" demanded Monte. "I don't understand," replied Peter. "Look here—I don't want to intrude in your affairs, but I don't suppose don't let me delay you, please. I You have some one definite in mind?" know you're off for your morning

"Then you ought to understand "I wouldn't be like this if I had answered Peter.

"You mean your eyes." "I tried to forget her because she! wasn't ready to listen. I turned to my work, and put in twenty hours a sought the quay. day. It was a fool thing to do. And

Monte held his breath. "From the depths I saw the heights, pans clean and filled.

peaks." "And still see them?" 'Clearer than ever now.'

"Then you aren't sorry she came a leaflet to tell you how. into your life?" "Sorry, man?" exclaimed Peter. "Even at this price—even if there were no hope ahead, I'd still have my

"But there is hope?" "I have one chance in a thousand.

"You speak as if that were more

'Yet you won out." "How?" demanded Monte. "She married you."

"Yes," answered Monte, "that's true. I say, old man-it's getting a bit cool here. Perhaps we'd better go

Monte had planned for them a drive to Cannes the day Beatrice sent word to Marjory that she would be unable

"But you two will go, won't you? she concluded her note. "Peter will be terribly disappointed if you don't." So they went, leaving at ten o'clock. At ten-fifteen Beatrice came downstairs, and ran into Monte just as he was about to start his walk. "You're feeling better?" he asked



E. T. WRIGHT OO.

"You mean you stayed because you

"Yes. But I didn't say I had a OVERALLS "I know how you feel about that," Our price next week forty-eight cents he returned. Leaving people to

"I-I'm afraid I told a fib."

She shook her head.

guess wrong lets you out in one way, and in another it doesn't." She appeared surprised at his directness. She had expected him to pass the incident over lightly. "It was for Peter's sake, anyhow,"

"Won't you come along a little way?" he asked. "We can turn back at any time." She hesitated a moment—but only

a moment. "Thanks." She fell into step at his side as he

(To be continued.)

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Frequent statements appear that mills are insisting upon dealers buying large amounts of flour in order to get feed. This is not the case, and has not been for some time. The mills are able to sell all the flour they can make for export to the Allies, for cash, and at a price equivalent to that allowed by the Canada Food Board to be charged to the Canadian trade and there is no necessity for attempting to force sales in Canada, as otherwise might be the cause, for feed cannot be made unless flour is made and can be

The Canada Food Board, the Feed Branch of the Department of Agriculture and the millers have been working together for months upon the very difficult problem of the fairest method of distributing bran and shorts. The demand in Canada for these feeds is many times the total output of Canadian mills and comes from all parts of the country. The prices fixed for bran and shorts have Shopkeeper-Now, look here, little made them relatively cheaper than girl, I can't spend the whole day other feeds, such as oats and barley, showing you penny toys. Do you and this has increased the demand want the earth with a little red fence and, moreover, in many parts of the country, oats and barley were a short Little Girl-Let me see it if you crop last year, as was also hay.

The extreme need of our Allies in Europe for every pound of flour and every bushel of wheat that could be spared has necessitated the lengthening of the extraction in milling. Under HIMINE DELTY ordinary conditions about 270 pounds of wheat would be used to make 196 pounds of flour, and allowing 3 pounds for waste there would remain 71 pounds of offal, but about 10 pounds of the lower grade flour would be added to the shorts to make middlings so that there would be a total of about 81 pounds of feed produced. Under the Order now in force the mills must make 196 pounds of flour out of 258 pounds of wheat and cannot turn any back into the shorts, so that to-day only 59 pounds of feed is made in the process of grinding a barrel of flour and the richer feeds cannot be made at all. Taking an equal amount of wheat in each case, this means that almost 25 per cent. less feed is being made than before, which of course has made the feed problem still more difficult.

It is entirely out of the question for the mills, under these conditions, to ship full carloads of bran and shorts to meet the demand for feed without causing users at other points to suffer. It would make no difference to the miller whether he sold in full carloads or in less than carloads, for his price to the trade is fixed at the same amount per ton in both cases, but the best and fairest method of distribution has required shipment in smaller quantities. If a dealer does not require flour or some other cereal produce to fill a car, this of course involves the payment by the dealer of the higher freight rate charged upon 1. c. 1. shipments. This difference in freight may run from \$1.00 to \$10.00 per ton, according to distance. Dealers are naturally anxious to avoid this extra cost, which might put them at a disadvantage as compared with competitors in the same district who could fill a mixed car, and although there is no extra profit to them the millers do not desire their customers to be at a disadvantage if they need oats, barley, oatmeal or flour which could be used to fill the car. There is, however, no such thing as compulsion on the part of the miller nor any financial object on his part in insisting, since he can make no more money by doing so and already has a bigger market for all his products than he

can fill. The critical condition of food supplies for the Allies during the next few months has led the Canada Food Board to pass additional orders affecting wheat and flour. It has been made illegal for farmers, or anyone else, to use any miliable wheat for feed for any kind of animals. Consumers are prohibited from accumulating stocks of flour beyond their actual current needs and must return to dealers any excess they may have been hoarding, and dealers must report their excess stocks which will be returned to the millers or disposed of as the Canada Food Board directs.

The British Ministry of Food has proved that excellent bread can be made by the addition of 15.20 and even 50 per cent. of potatoes. It has proved that a loaf made of equal parts of flour and potatoes adds 51/2 pounds of bread for every 7 pounds of potatoes

The potato bread made in England is better than the regulation war bread. Why should not every Canadian woman who bakes her own bread get into the habit of using a certain percentage of potatoes? Those who have tried it out are enthusiastic about the

It is a fact that we scarcely know the value of potatoes in this country yet. Germany's wise use of potatoes helps her to hold out against the Allies. Our wise use of potatoes would further strengthen our arm i bringing victory nearer, Germany eats three times as many potatoes as we do in Canada. Now is the time for us to show some practical patriotism-to Push, Offer, Talk, Advertise, Think, Order, Eat and Sell POTATOES.

Ahead. However hard the trail you go, One blessed certainty you know; That men shall follow from below-

That men shall follow who might fall Where pathless woods and rocks as-

Conducted The object of th vice of our farm re authority on all sub

Address all ques

care of The Wilson P

and answers will ap

which they are recei

able where immedial and addressed envel when the answer will J. S. G .: - 1. Do yo cuts that will help labor shortage? 2. of oats growing he and lodging before t there something lac My neighbors tell a too rich. We used stock on the place, soft wood ashes. Or nearly so heavy as have been working t years. Is there an the land to make stronger, or to retal it? Last year I did crop of oats as the and they went dow you think of rape a ture for hogs and i does arsenate of le

Paris green in leffe

spraying of potatoes

recommend the sow

monia and 12% av

Answer:-1, Many a saving of at least ? two-horse cultivator advantage on the pop fect the same general In spraying potatoe hand sprayer can co three acres a day. can easily cover 10 volving no additional cutting hay, a mow horses has the follow city, varying with t cutter bar:-

Experiment Station quired 23.1 hours plow, disk, harrow. thrash an acre of wh in that territory ar same as in Ontario, ures of production i sentative for Ontario fertilizing wheat who average yield of whe ncrease is the genera eral experiments.

In handling hay,

on an unfertilized wh

years where the whea

For the poultry t plenty of land free r the necessary green nomically than it ca any other way. Wi sires to hatch chicks other form the requ green food. This n expense, nevertheles manager will provid green food for his gr The green food w man will feed to h

ber of chicks he has. Among the many g are good for the gro be mentioned swiss tuce, cabbage, kale, m

amount of time, equi

oats, alfalfa, clover The last three mention chased in dry form soaked and used as a Which one of the o

Had you not cruised and made a trail.