CHAPTER XIX .- (Cont'd.)

she said. "I've wanted a chance to tell you so."

She turned quickly. It was as if he said that was the mistake. "After all, that's just love, isn't it? There can't be any halfway about it, can there?"

"I wonder."

was married—that was what she was trying to tell him. He had a wife, and so presumably knew what love was. For her to assume anything else, and so presume anything else, any anythin

'Ferhaps we'd better turn back," after he had waded in himself with her cheerfully and jauntily-as the she said uneasily. He felt like a cad. He turned in-

"If only now he recovers his eyes. "He says there's hope."

"It all depends upon her," she said. "Upon this woman?"

Upon this one woman." "If she realized it_" "She does," broke in Beatrice. "!

made her realize it. I went to her and told her." "You did that?"

She raised her head in swift chal-

"With Peter's future-with his life at stake-what else could I do?"

come to him?" "Fate brought us to her." are you doing here?"

She stopped and faced him. It was evident that he was sincere. "You men-all men are so stupid He shook his head slowly.

"I'll have to admit it." 'Why, he's with her now." laughed. "That's why I stayed at home to-day.

and then he said: "You mean, the woman Peter loves son when we need the properties of hours or until potato is soft. is-is Marjory Stockton?"

"That's it," he nodded; "I've had the other. my eyes closed. Why, that expains The first and most immediate need

hand on Monte's arm. "As an old friend of hers, you'll use your influence to help Peter?"

'I'll do what I can "Then I'm so glad I told you." it is just as well for me to know.

> CHAPTER XX. Paying Like a Man

Everything considered, Monte always fry them." No wonder she water and brown in hot oven. should have been glad at the revela- was sick of them. Every vegetable With the aid of vegetables it is quite ens can be kept from fading by using tion Beatrice made to him. If Peter can be cooked in a variety of ways and possible to have an entire dinner in plenty of pulverized borax in the wamust leave Marjory free, and Peter stant variety.

neither had he done any particular or coarse strainer. Then be good. It is the positive things that count, when a man stands before the judgment-seat; and that is where Monte stood on the night Marjory came back from Cannes by the side of Peter, with her eyes sparkling ar her cheeks flushed as if she had come straight from Eden.



through," she frowned. "Even he first, as Beatrice had informed him. wait for him, though she begged to like windows in a long-closed house, acquaint themselves with these redoesn't know. When I came to him, Any man of the world ought to have go. That was Monte's grandmother. suddenly flung open upon warm rooms gulations regarding our food supply moves formet the first of him left. I'll suspected something when, at the first Monte, in spite of his ancestry, had never forget the first sight I had of sight of Peter, she ran away. She jogged along, dodging the responsibilhim in the hospital. Thin and white had never run from him. Women run ities—the responsibilities that Peter and blind, he lay there as though only when there is danger of capture, letter to a friend in Toronto. "The dead."

Noves rushed forward to meet. He or two, if he had kept on,—if Peter tion, when 4,750,000 people in Europe and she had nothing to fear from him had ducked even love, even father- had not come,—he might have been have sarved to death as compared to in the Soltan in the sarved to death as compared to in the sarved to death as compared was in him, as he does everything." She dared even come with him to estable iron, instead of tackling low and hard, squared his shoulders. If he fought the direct result of battle, it is beyond ed show that 6,014 gardens were startaged. The place is full of vermin and cape those from whom there might be he had sidestepped. He had seen Chic for his own even now—if, man against cavil or dispute that these food red in one week. he explained.

"I suppose that was the trouble," some possible danger. Until now he in agony, and because of that had taken a nodded.

"I man, he challenged Peter for her—he might be in agony, and because of that had taken might have a fighting chance. Was not had been rather proud of this—as if it en the next boat for Marseilles. He that his right? In New York, in the ders-dense fool that he was!

She trusted him because she did not The least he could do now was to pay fear him; she did not fear him be- the cost like a man. He was stupid at first. He did decent than other men it was merely the moment when he stood ready to fight was all he demanded. Then let officers of the law. not get the connection. Then, as she because he was less of a man. Why, challenge the world for her-at the it be a clean, fair fight with bare

housewife.

what gave Peter his right.

right was what she feared.

revealed steel-gray eyes and, even be- white forehead had been there then; of the police machinery of the municilow the beard of respectability, a the black arched brows, the thin, palities and of the different Provinces 743-8 King St. West mouth that in many ways was like straight nose, and the mobile lips. He throughout the Dominion. Peter's. Montague Sears Covington caught his breath as he thought of -that was his name; the name that those lips. Her eyes, too-but no, a had been handed down to Monte. The change had taken place there. He provinces to enforce federal laws and than employment in said questionable man had shouldered a rifle, fought his had always thought of her eyes as the Orders of the Canada Food Board industries have been ordered to get Corp. Lawerton, Now in Holland. way across deserts and over moun- cold—as impenetrable. They were have the effect of federal law, being into more useful occupations. He dodged Peter this evening to tain paths, had risked his life a dozen not that now. Once or twice he passed upon authority of Orders is- Winnipeg a great change has been "You've been very good to Peter," escape their usual after-dinner talk, times a day to reach unknown El Dor- thought he had seen into them a little sued by the Privy Council and publish- observed in the streets since this law and went to his room. He was there ado of the West. He had done this way. Once or twice he thought he ed in the Canada Gazette. It, there- went into effect. The idlers and now, with his face white and tense. partly for a woman—a slip of a girl had glimpsed gentle, fluttering figures fore, becomes the duty of police of loafers have disappeared. He had been densely stupid from the in New York whom he left behind to in them. Once or twice they had been ficers throughout the Dominion to

> were some honor. She had trusted had turned tail and run. He had that his right? In New York, in the him as she would not trust other men. seen Teddy, and had run to what he

> buck New York with him. This was rogative of running. He must leave terrors for him. He envied Chic-

he envied even poor mad Hamilton.

ity now offered. He had been consid-

"It's I-Noyes," came the answer.

(To be continued.)

Pull Your Weight.

Are you power or freight?

It isn't the task of the few-

you fight?

Are you pulling your weight-

The pick of the brave and th

Must drive the good vessel along.

To Prevent Fading.

The delicate shades of colored lin-

there was just one

WALKER HOUSE

In towns along my

would be joyous, And I wouldn't give

Then "drumming"

a hoot

The trains that poke so slow,

If there was just one WALKER

And take orders by the ton.

Just one big round of solid fun.

I wouldn't mind the rain or sleet,

The Walker House

The House of Plenty

Toronto

Geo. Wright & Co., Proprietors

Say, trav'ling then would be

Or mud, or frost or snow.

In every town I go.

If there was just one WALKER

HOUSE

HOUSE

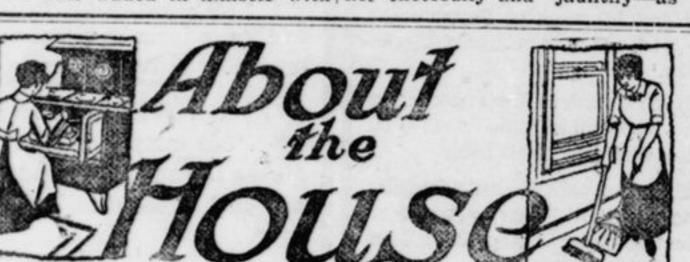
In every town I go.

I'd hustle like the dickens,

__ For all the inconveni-

then some great sacrifice-

on his heels.



USE VEGETABLES AND SAVE WHEAT.

The patriotism of Madame House- might be used to advantage. There "Even though Peter commanded me wife is measured these days by the is nothing new or elaborate about Monte set his jaws. If, through run from \$100, to \$1000 in fines or imnot to—even though I knew he would kind of meals she prepares for her them but so few people think of trynever forgive me if he learned."

The youngest child will take ing them out.

The youngest child will take ing them out. what is put before him, provided the Potato Border.-Place a greased ask. Here was a man who loved her, food is well cooked. There is no- mould on platter. Build around it a who would be good to her and fight served meat on prohibited days and "And she, knowing that, refused to more variety or constant use than do nine potatoes, three and one-half

vegetables. Twice a day vegetables inches high by one inch deep. Smooth can be used in one form or another, if and crease with case knife. Remove "Who's that?" he demanded. "Then," exclaimed Monte, "what they are judiciously handled by the mould. Fill with creamed left-over meat or fish and reheat in oven be- "Have you gone to bed yet?" Vegetables have different character- fore serving.

istics. For instance green vegetables | Escalloped Potatoes. - Wash, pare, at times!" she cried, with a little are valuable mainly because they con- soak and cut four potatoes in onetain substances which purify the blood fourth inch slices. Put a layer in The billows are heaving behind, and assist digestion. Roots and tubers baking dish, sprinkle with salt and The breakers are foaming before; "sports" by putting them to work on are heat and energy-giving foods. All pepper dredge with cornmeal or flour We need all the strength we can the farms. "Non-essential" industries vegetables supply bulk and all contain and dot over with one-half tablespoon a considerable amount of water in of butter substitute. Repeat. Add Monte held his breath for a second, which are the salts so valuable to hot milk until it may be seen through Are you doing the best that you can health. We are still within the sea- top layer. Bake one and one-fourth To keep the old galley affoat?

the roots and tubers. It will be Potatoes a la Hollandaise.-Wash, "No other. I thought you must some time before the fresh vegetables pare, soak and cut potatoes in one- Are you pulling your weight in the "Why, no," he admitted; "I didn't," are on the market. Let us clean up fourth inch slices. Cut in cubes. "Then you've had your eyes closed." the one kind before we begin to use Cover three cups potato with white stock, cook until soft and drain. Cream four tablespoons butter substitute, add one tablespoon lemon juice, oneis to release wheat for overseas. Every half teaspoon salt and a few grains of It's he and it's I and it's you Impulsively the girl placed her potato, carrot and onion that we eat is cayenne. Add the potatoes, cook helping towards that end. Don't ne- three minutes and add one-half table- Will you save? Will you work? Will

glect to be in the vegetable-eating spoon finely chopped parsley. Duchess Potatoes .- To two cups hot Are you ready to take off your coat? One harried housewife moaned the riced potatoes, add two tablespoons Are you serving the State? "Yes," agreed Monte. "I suppose other day: "I never want to see an butter substitute, one-half teaspoon Are you pulling your weightonion again as long as I live. We are salt and yolks of two eggs slightly Are you pulling your weight in the beaten. Shape in form of cone or "How many ways have you tried to any desired shape. Brush over with cook them?" she was asked. "Oh I beaten egg diluted with one teaspoon

were in love with Marjory and she it is poor policy on the part of the one dish—a dinner that is wholesome, ter in which they are washed and with Peter—why, it solved his own housewife to tire her family with re- nutritious and very palatable. How rinsed. mination, neatly and with despatch. petition. She may use the same vege- many people are familiar with fish All that remained for him to do was to table nearly every day and by a fre- chowder? Here is the recipe; it is Potatoes at home make more wheat remove himself from the awkward quent change in the manner of cook- enough for a family of five: 11/2 for the Allied Armies; it is your fight. triangle as soon as possible. He ing or serving she may achieve con- pounds fish (use moderate-priced vari- Some of the California Indians would look after the rest. No doubt How many families have boiled po- 9 potatoes, peeled and cut in small kets, which are as large as the rooms ties such as cod, haddock or flat-fish), store their corn supply in willow basa divorce on the grounds of desertion tatoes day in and day out? It is pieces, 1 onion, sliced, 2 cups carrots of a modern house. could be easily arranged; and thus, safe to guess that only about five per cut in pieces, 3 cups milk, pepper, 1 One million women in England are made happy, and he-well, what the cent. of the women in Canada cook tablespoon fat, 11/2 tablespoons corn-working in munition plants. Two bunpotatoes habitually in more than two starch. Cook vegetables until tender. dred and fifty thousands are engaged-The answer was obvious. It did ways. One of the simplest and easiest Add fat, mix cornstarch with onenot matter a picayune to any one what of dishes to prepare is riced potatoes. half cup of the cold milk and stir in became of him. What had he ever If the housewife is boiling them, any- the liquid in the pot to thicken. Add done to make his life worth while way, she might as well vary them by the rest of the milk and the fish shine up your bookcase doors, mirto any one? He had never done any putting them through a potato ricer which has been removed from the rors and cut glass. Polish with newsor coarse strainer. Then they will bone and cut in small pieces. Cook un- paper til the fish is tender, about 10 mi-Here are some other recipes that nutes. Serve hot.

System as a Housekeeping Aid.

For many years before becoming a farmer's wife, I was one of fifty teachers in a large school whose head teacher was a woman of remarkable executive ability. Methodical, orderly, statistical, she demanded that each teacher provide for her use and guidance a general outline of work for the term, a general program of work for each week, and a detailed program of the work for each day. . These daily schedules must be elastic to allow of seizing unforeseen opportun-

tties or for unexpected occurrences. My first few weeks at housekeeping it 'put down in writing," especially were a horrible tangle till I bethought for the guidance of hired help someme to apply to my housework the same what as follows: After breakfast: 1 method of preparing a program, so to clear table; 2, put sitting-room in speak, of the proposed or necessary order; 3, do chamber work; 4, wash activities of the day, and it has meant dishes; 5, prepare vegetables, etc.

or less as occasion demands. An interruption, a fire slower than we had expected, a telephone visit may disarrange our well laid plans, but some way, if we have it written down in tabulated form it is a little easier than if we are anxiously thinking, "what was it I was planning to do next?" or to have to say, "Dear me, I intended to do so and so but I forgot."

I find a school slate hung on the wall with pencil hung beside it the easiest place on which to jot my daily program. Of course, the general plan of routine duties changes little from day to day, but I have found it well to have

untold comfort, pleasure, and ease in The daily program must be more the accomplishment of the day's dut- specific, indicating what must be done ies. It requires thought, planning while something else is doing, for it is and judgment to make things dovetail this fitting of duties into their proper. to best advantage, and like the school niches which lightens and shortens laprogram, it must have sufficient elas- bor and makes the difference between ticity to admit of being altered more efficiency and slovenliness.

naked fists, man-fashioned. That was care-free ass known to her and to the That world as just Monte.

Food Control Corner

He had known her for over a de-Monte had a grandfather who in cade. As a school-girl he had seen forty-nine crossed the plains. A pic- her at Chic's, and now ten years later | Enforcement of the Canada Food ture of him hung in the Covington he saw that even then she had within Board's regulations as to food con-

He paced his room. In another week At this stage of the world's food situa- private fruit growers this season for Julien, who is now at The Hague, in a in that way. She was safe with him. hood. Like any quitter on the grid- admitted farther into that house. He 4,250,000 soldiers who have died as London in 1918. Reports just receiv- Main Camp were absolutely miserworld outside New York, that was the with friends in England or in France It had made him throw back his shoul- thought was safe cover. If he paid law: a hard fight—the best man to think our Canadian regulations mild the cost after that, whose the fault? win. In war, favors might be shown; in view of what people on the other but in life, with a man's own at stake, side are undergoing. Patriotism as

she had run even from Peter—good, moment when his heart within him honest, conscientious Peter, with the heart and soul and the nerve of a man. from which he had run—at that point he man who gave him his name; let be noted that where these convictions ficers secure convictions. The Canada If he could only be given another Food Board has circularized these chance to do something for Marjory— Orders in official form throughout the something that would bite into him, police machinery of the various provsomething that would twist his body inces, beginning with the Attorneysand maul him! If he could not face General and continuing through the some serious physical danger for her, lists of Crown Attorneys and Crown Prosecutors. In some provinces the Which was precisely the opportun- Chief Constables have also received copies of the various Orders affecting ering this sacrifice from his own personal point of view. He had looked upon it as merely a personal punish-But, after all, it was for her, been a crop of convictions. In all alone. Peter played no part in it cases the Magistrates have stood whatever. Neither did he himself. It firmly behind the regulations and imposed the penalties as provided. These both. Restaurant keepers, who have A knock at his door made him turn task and the wide spread publicity this has entailed will do a great deal more to assure conservation of food in pub-

The Anti-Loafing Law, also bearing upon our war-time food production, has likewise been enforced. Magistrates have seized the opportunity of dealing with loafers, tramps and have been interpreted by some Magis-Each ounce you can put to the oar. trates into more or less definite groups

it was every one for himself. Peter well as duty should inspire submission cause there was nothing in him to Technically, he must desert her. He himself would agree to that. He to these restrictions by the public and fear. It was not that he was more must make that supreme sacrifice. At was not one to ask favors. A fair vigilant enforcement of them by the

lic eating places than anything else.

Cream Wanted ESCAPE OF

SWEET OR CHURNING CREAM We supply cans, pay express charges and remit daily. house in Philadelphia. The painting her all that she now had. That clear, servation has been placed in the hands Our price next week forty-eight cents

It is the duty and privilege of the and ran who had no better excuse





The Peerless Perfection Fence fence that serves you for all time. Can't rust, sag-or break down. Stands any weather. Each joint securely held with the Peerless lock, all parts heavily galvanized, the strongest, most serviceable farm fence made and fully guaranteed. SEND FOR CATALOG of all kinds of fencing for farme, ranches, THE BANWELL-HOXIE WIRE FENCE COMPANY, Ltd.



Ingram's Milkweed Cream

You are young but once but you can be youthful always if you care for your complexion properly. Dailyuse of Ingram's Milkweed Cream prevents blemishes, overcomes pimples and other eruptions. Since 1885 its distinctive therapeutic quality has been giving heath to the skin and youthful color to the complexion. It keeps your skin toned up, soft and clean.

The refined way to banish oiliness and shininess of nose and forehead induced by perspiration, is to apply a light touch of Ingram's Velveola Souveraine Face Powder. It also conceals the minor blemishes. Included in the complete line of Ingram's toilet products at your druggist's is Ingram's Zodenta for the teeth.

Milkweed Cream . 50c and \$1.00 Velveola Souveraine Face Powder 50c Rouge (3 shades) . . . 50c Zodenta 25c Milkweed Cream Soap . . Borated Talcum . . .

FRED'K F. INGRAM CO.

WINDSOR, CAN.

2. 体态级 4.

IN GERMAN PRISON.

Made Several Attempts and Endured Much Suffering.

"I am at last in a civilized country after a long wait and many disappointments," writes Corp. A. F. Law-Great Britain is to allot ten pounds erton, a member of the 15th Battalion we had four good nights' sleep out of twenty-four I was there.

"We have eaten very little of German camp food since 1915. We have always relied on our parcels. I have often had a bit of bread and dripping for all three meals rather than touch that horrible soup. Oh, the soup I actually saw a dead dog being taken into the kitchen to be put in the prisoners' soup. That's absolutely

"Whilst I was at Acchen I saw thousands of their wounded coming in from Armentieres, and they did look wrecks. German wounded would ask us for soup. That's the state of affairs, and yet they try to 'kid' the people they are winning. What hone! In some of their big cities have been asked by their women and children for bread. Just imagine civilians in England asking German prisoners for bread.

Tried to Escape.

"I made several attempts to get out of the country and was either caught or the weather was too bad. In July, 1915, I got away from a 'kommando' near Wiesbaden, and made for Switzerland, but only had a map torn out of a notebook and watch chain compass. I was only a few days out when a forester caught me with my boots off. He had a rather nasty-looking rifle, so I did not carry on any farther.

"In December, 1916, a chap from the 7th Battalion and myself got out of the camp at Giesen and made for the Holland frontier by Munster. We had to go through Westphalia, one of the most mountainous parts of Germany, and, after wandering about for nine days in snow up to our waists, we had to give ourselves up. The snow was so deep that we could not keep to the roads and kept wandering into fields and falling into streams. We used to travel by night and sleep in the woods by day.

Ran From Farm.

"In March, 1917, we volunteered for work, and were sent to a farm at Prath, a little south of Coblenz. The people there were very decent to us, but we only stayed two days, and then beat it out of the window during the night. We made a bit of noise and wakened the people, and all the dogs in the village were after us before we had gone a hundred yards. We got away all right, crossed the Rhine in a boat that night, crossed the Moselle two days later by the public ferry, and after a pretty hard trip made the frontier at Aachen. We got lost on the last lap, and walked right into the frontier guard.

Saw Dutch Guards. "The next morning when we were brought out of the guard-room we could see the Dutch sentries, who waved their hands to us. Say, it nearly broke my heart to see that, We did three weeks in jail and were sent to Meschede, where we started digging a tunnel out of the camp After working at that for six weeks, we had just completed it, one of our own men and a senior sergeant at that, gave us away to the Germans, Well, we were 'jugged' again and sent

Tricks of Animal Humbugs.

to Soltau command, and now I am

In military stables horses are known to have pretended to be lame in order to avoid going to a military exercise. A chimpanzee had been fed on cake when sick. After his recovery he often feigned coughing in order to procure dainties. The cuckoo, as is well known, lays

its eggs in another bird's nest, and to make the deception surer, it takes away one of the other bird's eggs. Animals are conscious of their deceit, as is shown by the fact that they try to act secretly and noiselessly; they show a sense of guilt if detected; they take precautions in advance to avoid discovery; in some cases they manifest regret and repentance. Thus, bees which steal hesitate often before and after their exploits, as if they feared punishment.

A naturalist described how his monkey committed theft. While he pretended to sleep the animal regarded him with hesitation, and stopped every time his master moved or seemed on the point of awakening.

Since 1913 the number of horses in France has declined by 30 per cent. cattle by 16 per cent., sheep by 85 per cent., and pigs by 41 per cent.

The best potato can be spoiled by a poor cook. Legend has it that a famous king in history tested each cook before hiring him by asking him to bell a posate.

department. In

as a means of it letter. Write of stamped and ad Address all Woodbine Ave., June:-The

are; Spain, I Denmark, Nor ope: Argentine small Republic Evangeline:some fruit cand Sale? They a

made according without sugar. cherry drops, s overnight in co removed the s drain them th cupful of clari and boil it a f the cherries a them simmer u translucent. wire skimmer a in the oven to A fine fruit car one half cupful half cupful of half cupful of glassful of str one half cupful the mixture to then pour it ab greased pans, I cool cut it inte and wrap it in

A good water one cupful of he white corn sy serves, nut meat egg. Boil the . or until it s ver it the stiff egg and beat if oamy. Add o lia, one cupful andy pink with table coloring. tered pan or mo nto squares. A delicious pe

by letting ripe thin strips or cu syrup until they thoroughly perm temove the str place them in th Next dip them chocolate. A lit ger root may be Cocoanut app ightful refresh

Stump Puller Actual field e stump pullers

The stump-p made strong e stumps of almos stumps larger t one man are pul them after they is as much of a They have to be engines and derr pieces, either of

On the other l while to punch a charge of explor fuse for a stump or thereabouts in reason is that th

ob of clearing don't use poy

> Farmers who than farmers general store. ASK ANY who has sold ways, and note or, better still, prices; they w much you lose General Store. We pay the highe in the country and dealers in Canad mitted the same of

Ship us your wool more than please assured of a squar H. V. Al

SMOKE T