Insist upon the genuine

None other is so economical in use or so delicious in flavour.

Hearts in Khaki

By Claire Wallace Flynn

"What's he in?" asked Blain.

kind of tragedy that laughs.

For a moment she hesitated then

a sea-green taffeta, out of which her slim young throat and her small dark head rose as imperiously as though it quickly and poignantly:

the florist at the corner of her street looked up quietly into his face and and strong to meet the demands and bought herself half a dozen sun- lie and bought herself half a dozen sun"No, he isn't here to-night. I wish come to maturity and face the tasks The delight of sleeping out of doors, did he intimate what he had done, covering 2,664,104 acres.

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Fanny looked at Mrs. Mason, smil-

ing, and asked simply: "Where?"

Mrs. Mason launched at length into more she said softly: a doctor's office, might present her- be pretty brave about it. lifted her into fairyland.

Many weeks of training had set their shoulders well back and had tanned their faces. They looked almost their faces. They looked almost but she would finish it ready for France; they sounded as well. So as she moved toward the sounded as well. So as she moved toward to a sounded as well. though they had just come from high hig verendely that hope and the big verendely that hope are the bill served and dress. He then school. Everyone was on such good side against which the clubbanes and pulls the rope which terms with everyone else, that sud- side against which the clubhouse another waits until the last moment. raises the outer window. He is outdenly green frock and sunrise roses was built, she went on with a high Nor is the latter woman necessarily doors, yet protected by the warm lost their magic and Fanny Billington little persistence in her voice: to blame. Probably she would have walls of the bunk.

do for a girl who was proving rather didn't ask you if you wanted to dance. threshing time.

Somehow you didn't seem to look as a "drag". figure in formal black evening clothes. The slightest shrug of Fanny's but good and served in an appetizing The gentlemen in khaki were in the shoulders accepted this. limelight that night. Attached firm- "It's all right," she said. "I'd forks or do other heavy work all day and exquisitely to each soldier was rather not to-night, somehow." want something more substantial a young creature in shimmering net "I understand," said Mr. Blain with than "fancy fixings." This does not or misty lace or gleaming silk.

ever longed to be a kid," Mr. Blain gave up trying to find sheltered nooks foods, important as they may be, are was saying. "They turned me down and corners and at last sat openely all that is required. There should at Kingston in the spring on account in whole rows talking about the war. all that is required. There should of something the matter with my feet. The voices rose and fell and it seem- be a variety. In such seasons as Now, it's just potatoes for mine, and ed to Fanny, after the space of a few this, when vegetables are plentiful, food conservation and wearing a short minutes, that, after all, loneli- threshing crews often get practically

and fell to thinking about himself. definitions given in the dictionary. circumstances it is a wise woman look for short cuts for there are none. There was no suggestion of his ask- Suddenly a little brass-buttoned boy who provides at least a few dishes Always follows a reliable guide and who provides at least a few dishes Always follows a reliable guide and that are different that in canning there is frock and with the strange veiled message from Mrs. Mason to them. that are different. radiance in her eyes, she did not look "You go," said the girl. "I'll wait Of course there must be as the one best method, which will ensure an "undancy" person. They seated here. You'll be only a second, per- basis of every threshing-day dinner uniform success year after year. themselves in a corner of the big club haps." No sooner had he vanished plenty of good meat, preferably two The thermometer and clock are inliving room where the dance was in like a black moth against the bril- kinds, and an abundance of bread. If dispensable , to canning operations. progress, and threw out a few words liancy of the clubroom, than Fanny one of the meats can be such as is not For full information as to the time to each other from time to time but grasped her skirts high above her commonly served in the country it and temperature required in the prethere was no hiding from her that ankles and fled down the steps of the all his pent-up eagerness was with verandah, around the curving side of the young reserve officers who were the house and into the orchard that iclly is a good addition to the most its provincial committees for booklet piloting their sweethearts around the spilled its perfume down the side of jelly is a good addition to the meal, its provincial committees for booklet floor to the enchantment of Poor But- the hill. It was sweet and quiet there appealing as it will to the delicate entitled "The canning, drying and terfly. Soon the little wisps of con- and she leaned against one of the eater or to the man who is "too tired storing of Fruit and Vegetables." Enversation that reached Fanny en- trees and covered her face with her to eat." Desserts need not be heavy, close five cents for same. trembling hands. chained her attention.

"Fred's made a record for himself wrong by not letting it be true. She men in there? Every one of them in camp. I heard the Major say—" did not cry. She had a ghastly know"Billy, it's too thrilling to have ledge of just what she looked like into the fight. Why aren't you do-

time comes. I'm not such a slacker ritual went something like this: as all that-"

hind them just enough words to make I'd get to bed earlier, nights, after She's giving Arthur no end of regular soldiers first made acquaintthrilling and beautiful and linked to- Alone in the orchard she flinched and running and leaving Art to go sun-dried bricks that are seen everygether in an ideal. She clasped her at the thought. Iife is not always through anything like that alone." where, even to-day, in New Mexico, drooped a little on her bodice. For Then very quietly a voice beside all the joy that life had given her, for her said:

all the contact she had with the deep "Is that you, Fan? What are you girl. stirring currents of the world, the doing? Playing hide and seek with "but that's all they are. Cleve-" bies") a term also applied to the thirty-two years. Over his sloping shoulders and thin chest he wore a gray sweater. For that place he

was a strange figure and he felt her eyes appraising him. "I came up with one of the fellows this afternoon," he explained, "and It was but a little match that burned had to be near their picketed horses we stayed to dinner. He had his togs here so he's dancing with somebody. I'm waiting for him to go roadster than do it alone in the train." It was only a little spark, but you and home. I'd rather go back in his

Fanny looked at him. "Yes, I know you would. Cleve, PUT IT OUT-PUT IT OUT. why are you a slacker? Why don't you go home by yourself instead of Crowded strawberry plants mean a "dobies," a good, round-sounding letting whoever you came with know you would wait like a regular hangerwhere was the Magna Charta and which in course of time became where was the Magna Charta and which in course of time became on just for the sake of going back signed?" asked a school inspector who corrupted into "doughboys." hard and get a car of your own? It's was conducting an examination in hisnot an impossible thing to do. Have tory. "At the bottom, sir!" answeryou looked in through the window of ed one of the boys.



In the country and on the farm desirable. cal strength is impaired, might trace kept going. their ills to sickness, underfeeding or overwork during the formative years of early childhood.

"You've got some one going? Is The harm which heavy work can them the spirit of initiative. were a cloth-of-gold costume. No one had sent her flowers. She her- he in camp or did he come along to- he in camp or did he come along to- ed at any time, and least of all now. Self had gone quietly and with the old saying them the spirit of initiative.

Remember always the old saying more he made his perilous return them the spirit of initiative.

Remember always the old saying them the spirit of initiative.

Remember always the old saying trip. Only Providence can explain that an ounce of prevention is worth trip. sent mad gone quietly and with the The girl who had no sweetheart For the children must be kept well a pound of cure. which will confront them when they "No, he isn't here to-night. I wish

Threshing Dinners.

looking him full in the eyes once With threshing days come thresh- A way to combine an indoor and Fanny gazed across the roomful of ation of the meal, while others appar- it is possible to build it into any "Oh, of course, I'm terribly glad help.

She suddenly rose to her feet. It and this is especially true of he is ready to turn in, he lifts the tensions of time.

"As I said, I'm terribly glad he's prepared much of the dinner in ad- During the day an attractive "Here's Tom Blain! So nice to see worrying. He's the kind, you know, haps she had no ice to keep fresh bunk into an inviting window seat.

Where's Tom Blain! So nice to see worrying. He's the kind, you know, haps she had no ice to keep fresh bunk into an inviting window seat. Mrs. Mason's voice caught her:

going but, of course, you can't help vance had it been practicable. Per- couch cover transforms the sleeping oldest friends, dear!" With that, on the held and give his dearth foods. With ice, half the dinner may Mrs. Mason disappeared, doubtless Blain laughed. "That's a good be started or made ready the day befeeling that she had done all that a kind, anyway," he said. "Do you fore. Even where ice is not used young matron could be expected to want to stay out here for a while? I regularly it will pay to have it at

As to the dinner, it should be plain an attempt at delicacy and intuition. not imply, though, that boiled cab-"It's the first time in my life I Various groups on the verandah bage, fat meat, and other heavy ness is often made up of many per- the same things day after day until

month. Daisy, you won't forget-" way right; it was Fate who made it the clubhouse? Have you seen the WHAT "DOUGHBOY" MEANS. you a lieutenant and—" after she had given way to tears, and "It's a great life. I'm dying to just what the Doctor would say to eligible for the draft? That's no The term "doughboy" as a nick-

"Hello, Miss Billington. There's after. A sister's an obligation. Then Mexican War of 1846. They would whirl on, leaving be- some boracic acid in the other room. there's my brother Arthur's wife. In that year the United States

hand upon his arm, "Cleve, I can't with them. was young and fair; indeed, he was bear to think that you don't care enridiculously young-looking despite his ough about yourself to strike out for (To be continued.)

Little Things.

It was only a little camp fire, but it blackened that beautiful spot; the farmer's lot; It was only a cigarette, so the tour- to avail themselves of similar ac-

I had to pay.

in the field and gardens too long at a portant in serving the threshing din- affectionate name, of a Quebec unit, time, or to carry water and other ner. The men must not be kept who made five trips into No Man's weights too heavy for their strength waiting, nor should they; while eat- Land in broad daylight under a hail and often to work under a blazing ing, have to fight flies. If it is neces- of fire from the enemy's machine sun. Such early work interferes sary to set the tables out of doors guns and artillery, and brought back with growth and development, which instead of in a screened dining-room, thence to our lines five helpless is the one great business of childhood. everything should be covered so far wounded men who had been struck

Training Children.

The tasks children are given to do them emotional control, unselfish to where they lay. The first one he should be suited to their years, and ness, an alert interest in the world half carried, half dragged, back to the voice of Tom Blain broke in this should be good and plentiful and not let them become too dependent danger and death that literally time with a question that stabbed her there should be long hours of sleep. on you, but at an early age foster in rained all about him, and soon re-

An Outdoor Bed Built In.

"How sweet you look, Fanny," Mrs. Blain turned around and looked at to come—work which will demand during the night, is denied many peo-helping in whatever way he could, ple because no sleeping porch is her cheeks.

"How sweet you look, Fanny," Mrs. Blain turned around and looked at to come—work which will demand during the night, is denied many peo-helping in whatever way he could, ple because no sleeping porch is her cheeks. practicable in their home. To build consistent with his calling, the such a porch is often both inconveni- troops in action along the main line ent and expensive.

ing dinners. Now, a threshing din- an outdoor bed has been devised by no social outlet, and with her mornings spent doing secretarial work in up about his going? A girl has to



He dug his hands into his pockets sons and much talking, despite the their stomachs rebel. Under these tials of successful canning. Do not

"No, I'm not going to cry when the she appeared in his office. The me comes. I'm not such a slacker ritual went something like this:

trouble. I don't feel like cutting ance with the houses of mud-colored,

"They are good excuses," she said, Mexican adobes (pronounced "do-She took her hands down from her she moved close to him and put ler small, squat, flatroofed housees built

When the American invaders entered what was then Mexican territory, the infantrymen found these dwellings-mostly deserted by their panic-stricken inhabitants-handy as billets, and promptly occupied them as such. But the cavalrymen who out on the open prairie, were unable

Partly in envy, and partly in goodnatured chaff, these christened their more fortunate comrades "dobieodgers," afterwards shortened to get a different portrait so you make a collection for your home. Ask your druggist.

Scotland has a mill making 200 t of paper weekly from sawdust.

A FEARLESS HERO.

Canadian Chaplain Brought in Five Wounded Men Under Heavy Fire.

The following despatch from Fred James, official correspondent with the Canadian forces in the field, has been The men coming out from the

battleline in front of Arras are tellbut a carefully prepared dessert is ing stories of individual heroism and self-sacrifice. To-day I heard of a children are often required to work Promptness and cleanliness are im- Chaplain, or padre, to use the more Many men and women, whose physi- as possible and fly brushes should be down while they were recognoitring shead of the main forces of their This padre saw the men fall, and

Study your children. Develop in unhesitatingly advanced cautiously death. When he had delivered the last of the five to the stretcher-The delight of sleeping out of doors, bearers, to whom and to no one else

FARM BOOKKEEPING.

car reached the country club, a low sorrow abroad in the clubhouse. They much pleasure as if the task were building lying like a bright execution. car reached the country club, a low were all thousands of miles away that of preparing a picnic lunch. The building lying like a bright crescent were all thousands of miles away that of preparing a picnic lunch. The circles window as a bright crescent from the fighting; still on several of the country window as a bright crescent from the fighting; still on several of the country window as a bright crescent from the fighting; still on several of the country window as a bright crescent from the fighting; still on several of the country window as a bright crescent from the fighting; still on several of the country window as a bright crescent from the fighting; still on several of the country window as a bright crescent from the fighting; still on several of the country window as a bright crescent from the fighting; still on several of the country window as a bright crescent from the fighting; still on several of the country window as a bright crescent from the fighting; still on several of the country window as a bright crescent from the country window as a bright creater window. against the dark hillsides. The from the fighting; still, on several of viewpoint, the ability to manage, and similar window separates the bed by Mr. Justice Masten, in addressing the most beautiful and serious of the the cooking and refrigerating facili- from the room. Both windows may his exemption tribunal at Toronto. breathless summer night caught the most beautiful at loronto.

Fanny up in its warm arms, as she shadow of tragedy but it was the stepped from the Mason's car, and kind of tragedy that laughs.

the cooking and refrigerating facilities have much to do with these differences at the head of the bunk. Such records would be of great value ferences.

Then there is the item f The youngster gets out of his day- to the farmers if, on the expiration of The clubhouse was filled with he's going! He isn't the kind that System comes first whenever any time clothes and into his snug sleep- their exemptions, they appeared again young men in khaki. The dawning would be happy if he stayed at home." unusual task is to be looked after, ing suit in the warm room. When before a tribunal to seek further explose of heroes was in their faces. She middenly rose to her feet. It

The Commission of Conservation



farmers do not know whether they how he or the wounded men escaped are making or losing money till it is



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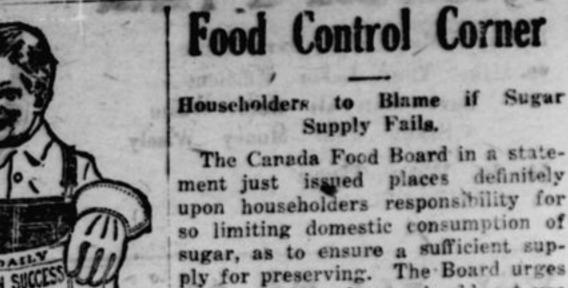
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that a family of two should not use more then an aggregate of one quarter of a level cupful of sugar per day for cooking, table use and all other purposes except preserving, and for other families consumption should be limited to the same proportion. "There will not be sufficient sugar if it is consumed in other ways in the

saved by regulation of manufacturers," the statement says. The Board adds that it has imposed flowers might have been lying on varied by frequent opportunity to rest around them. Keep them from be-Fanny were her only party freek, the voice of Tom Blain broke in this turned with another. Three times press their intention of keeping re- er's plain duty to discontinue extra-

their allowanee of sugar reduced to one half of the amount used by them last year. Cake and biscuit makers have been placed on a rigorous ra-California irrigates 39,352 farms, tion basis and are now using syrups and other available substitutes to a large extent. Jam manufacturers are even using raw sugar. Bakers are not permitted to use any but yellow or brown sugar in making bread and only a very small amount even at that. Glucose is being used extensively as a sugar substitute. No manufacturer can obtain sugar- today except on presentation of a sugar certificate and under no circumstances to a greater amount than the allotment made by the Food Board.

homes to the same extent as

former years, or if people eat up

the nomes sugar which has been

"But even these far-reaching regulations cannot save sufficient sugar to provide for canning and preserving requirements unless the householder, too, will make some sacrifices. If all the people of Canada would use only one teaspoonful of sugar in their tea or coffee instead of two, the aggregate annual saving for preserving would be fiftyads thousand tons, for more than the The times the amount of sugar now-and lowed to all the candy and confectionery manufacturers in the Dominion for one year.

"Public eating places have been put on a ration of two pounds of sugar for ninety meals for all purposes, and it is the duty of householders to observe a similar ration in their homes. There simply is not enough granulated sugar available to meet usual domestic consumption demands and also to provide for canning and preserving. Not only must householders reduce their use of all cane sugar but part of their honor ration should be brown sugar instead of granul-

Among the ways in which the public are asked to conserve sugar. in addition to observing the honor ration of not more than two pounds, per person, per month, are the follow-

Use white corn syrup in part in canning and preserving. Use no more than one level tea-

spoonful of sugar in sweetening any cup of tea, coffee or other beverage. Discontinue the making of rich Use no more sugar in canning and

preserving than is absolutely neces-

The making of heavy jams and preserves is not necessary and should be

"The greatest waste of sugar does not occur in the manufacture candy, or in commercial uses, all of which are now under drastic regulations. Instead it is found in unnecessary and excessive use of sugar in the homes," says the Food Board. "The time has come when the people of Canada must understand that sugar consumption must be reduced. With reasonable conservation there will be sufficient to take care of preserving requirements, and to meet the necessary demands until the end of the year when the new crop will be available, but this can only be assured by reduced domestic consumption. If extravagance is continued in the homes, shortage is unavoidable and the blame will rest with the householder."

For manufacturing bread baked on the sole of the oven, contrary to the regulations of the Canada Food Board, and for not using the required amount of wheat flour substitutes, the license of Frank Coberlin, Victoria Mines. Ontario, has been suspended for 7 days, commencing midnight Sentember 7th. During which time he must not, either directly or in directly purchase or take delivery of any food commodities, or manufacture, sell or deal in bread or any products of wheat or other flours.

For selling wheat flour without the required amount of substitutes the Board has suspended the license of A. N. Tarrabain, Grocer, Edmonton, Alberta, to 15 days, commencing Friday, September 6th.

The Canada Food Board warns all licensed dealers that similar action will be taken in all cases where dealers are found selling wheat flour without the required amount of substitutes, namely, one pound of substitute flours to four pounds of standard wheat flour.

Save every grain of sugar.



Conducted The object of the vice of our farm rea authority on all sub

Address all quest care of The Wilson P and answers will app which they are receiv paper. As space is li reply is necessary th be enclosed with the mailed direct.

W. A. B .: - I have coarse gravelly land anxious to get seed rolling and a long w nute pite. Have i oats. I was clustrely for pasture tell me best way to Adswer: On your

owing it, seed it w clover at the rate of imothy and 8 to 10 You had bett worked as early as p ing it to deeply, bu careful and thorough tion. If the soil ha sourness,-that is if possible to grow cld about a ton of grou acre after plowing when harrowing dow you use limestone, a weeks later, prepare and grass seed mi time also, apply fro fertilizer per acre, ammonia and phoric acid. This will give the crop a start. Next spring hay before it has be This will give the c a good chance to make midsummer pi ful not to allow to unsture on the first must have pas spring, you should by turning the stock growing rye, inster to grow for hay. T er should come alo

> In case a the scattering stalk scythe or mower. R. B .: Would y a cement floor sile on clay soil, or Should I put in s filling in either case

the stock ent down

not to let any of t

Answer: It is a to put a cement flo a stave silo, space filled with st ent floor. There t ng with water and ter bursting the co the silo. trap when the dr outside th not enter the silo l he excess water can crain of by course, the outlet o provide good escal about a foot or 18 surface of the gr reach down so that the frost line. be taken to use p making the cement mixture of limeston veloped in the en

cause a crack in th in the destruction M. S .: Would opinion in regard fertilizing for potat sufficient stable mi a certain quantity ferent kinds, oats, If this is spread to six inches in fall at up with disk harr plowed in after the

break down limes

INTERNATIO SEPTEM

esson XIII. What Christian-1 Co Text, 1 J

After spending study of the Life lesus and three studies of the Chr. well conclude this the question, "Wh Christian?"

At once may be a tion is a follower the terms of the te involves certain ve eristics. Mark's a Good News of the Jesus announced made it open to evall nations. It is men. It is the rearth; a kingdom ed on earth, perfec

This is surely news! Among all