# TEA

will yield twice as much in the teapot as will ordinary tea. It is REAL economy to use it, to say nothing of the unique flavour.

## Hearts in Khaki

By Claire Wallace Flynn

They had never been sweethearts, his change, she asked blithely: them had never sprung to life in eith- go with?" er. They had simply been two young persons who had known each other Cleve's account but one of them was

lied-I said that I knew some one- to say, "The engineers." bear-" Then abruptly, "Good-night, parcel. was going to leave early."

voice meeting her lighter tones at ed tea table. the edge of the orchard.

Cleve waited for a moment then he

"It was the man I was speaking to I-please?" after all just for a moment. I had

"He must be an all-right sort of chap to have you for such a good little scout," the big voice answered. "I wish-" the words drifted away.

gnarled, sweet-smelling trees to him- Fanny, self. He muttered a word or two that had more strength than most of his expletives possessed.

stead, not long after Fanny had left fifty pounds according to your height edly laid themselves for years has tion and took the electric train to

Cleve had seen Fanny Billington Sunday-night supper and had marvel- before he went on the scales." ous dishes to eat, most of them In the midst of their laughter, the the task will find the worker! Fanny's creations. After such events strawberry jam arrived. he often wondered why he did not like "You're in a charming and frivolher better. Then any vivid thought ous mood," Cleve told Fanny, "and I he had of her would die swiftly away hate to spoil it. But I have some-

office where he worked doggedly and breast to quiet it. uninspirationally at his drafting. He "Oh, Cleve-what?" she asked. knowledge of how many people seemed to hang on his salary for their He is to go away and she is to sue him portant to have exact knowledge of children pennies for cheap candies, or well-being. A conscience, oppress to go away and she is to sue him portant to have exact knowledge of children pennies for cheap candies, or well-being. A conscience, oppres- for nonsupport and desertion out food value; they should be constantly worse yet, to allow them to buy the less expensive mode of entertainment, tea later in the afternoon. So they Cleve's thin cheeks. met in the library on Howard Avenue

At least they found the place that she had once known but a new sign now child given and putting an extra dad of given. It is best to replace the meat and putting an extra dad of given. It is best to replace the meat factured. Cheap candies contain inportion of the diet with poultry during the summer. swung before the door. The sign "It's all right," he said trying to read, The Woman's Service Tea be casual. "The thing that gets me, starchy vegetables. Mineral salts intestinal disturbances and perhaps, starchy vegetables. Who knows, a serious illness. Be corners with lamp-shaded tables was and I thought it would knock him out. they are quickly available in fresh firm and do not permit the children now a white and spacious room with You never can tell, can you?" desk in the corner, one registered for such a frightful mess if there aren't should be plenty of pure drinking wa- made cookies and then know that your should be plenty of pure drinking wa-

Balfour tea and Red Cross buns. nice gray wool," said Fanny, "I'll told her this morning that I didn't like name and something that sounded like make you a scarf according in Gov- the way she was acting and she burst a sob.

Cleve shrugged his shoulders good-



LONG & CO. LIMITED

ed sleeve, he put one of his over it. breast pressed into his hand the knit- pletely the women agitators and pro- The English idea of feeding chil-He had never touched her before, ting directions. As she handed him

Even the thought of a love between "When do you go and what do you

There were many faults against not the habit of lying. His weak- pear on the first cold day. nesses ran in other channels. He To-day the women who are doing tle folks. Then again this meal is and you want to do the Molly Pitcher had always contended that he was too things that count are women who be- arranged an hour earlier than the restuff yourself, I guess. It's no use, lazy to lie, too lazy to keep track of gan to do things thoroughly at the gular family meal, the mother may I'm not cut out for that sort of work." lies and that it was much simpler to very commencement of their career. It down in comfort, knowing that the If I were any kind of man-! Why bered what she had told the man at way, never named it in fact, except supply them with material for growth peg. "I'd be ashamed! I'd be ashamed! Fanny a few tables away and rememeven to-night some one was talking the edge of the orchard the other to themselves, and then this process and energy. about the men who were going and I night, he wanted to lie. He wanted of self-discipline and self-improve-

I know only your kind-who do not about not being assigned; then went ing the very best I can." The world want to do their part. I just couldn't back to his table and gave Fanny the was full of just such women whose

to the house. Mrs. Mason said she of Fanny's. She could make a cere-done. Advancement, pecuniary gain, mony and a feast of a cup of orange He started forward to follow her. pekoe and one dry cracker when other-Suddenly he heard a slow masculine persons made an arid waste of a load- ondary. The work was the thing! No

"How about some jam with the cellence crowned the work. "Where've you been? Mrs. Mason Red Cross buns? Don't you think it These women were truly the wise Baked Potato red about the buns anyway so some lamps filled and the wicks in perfect

France with the engineers. He came her hands before her. She had one Their call has come at last and their of her distinctly pretty days - and lamps are needed-every one of them. pearance with successful results. Cleveland Stewart had the group of You can have anything you want, a most important mission to per-

She leaned back and laughed. Presently the night palled on him. get you up to weight. I found out that plished all that it should. The He could not wait for his friend. In- you should weigh one hundred and "shelf" on which women have resign-

four or perhaps five times a year and to the house Sunday and we're going sible for the "soldier lads" in France. between these occasions had admitted, if anything called the fact to his mind, to have bean soup, roast beef, sweet potatoes, lima beans, asparagus salad, chocolate ice cream, caramal cake and strangely beautiful moments and and some bananas, I think.

Sible for the solution has some been soup, roast beef, sweet potatoes, lima beans, asparagus salad, chocolate ice cream, caramal cake and and those who preferred veneer and superficiality to genuine worth of Many equally disconcertingly plain ones; a I heard of a man who got into the superficiality to genuine worth of girl who lived a stifled life in a quiet Royal Military College on bananas character are being refused admit- nutrition are cross and irritable or home where periodically he went to and water taken together immediately tancer every day, into coveted fields dull; sometimes they are lacking inof endeavor. Prepare for work and alertness. Where there is any re-

leaving only an agreeable knowledge thing particularly serious to tell you." is an abundance of simple, easily poor but in homes where there is an Two days after meeting her at the her heart for a moment so that she of sufficient variety to form a balanccountry club he called her up from the brought her hand up against her

wanted to go to luncheon. She re- "It's only that Arthur has cleared material for bodily growth and with velopment is vitally important factor material for bodily growth and with velopment is vitally important factor out for good and all. They've plan- energy for the constant and abundant in child life. I would like to make ned it beautifully, he and his wife. activity. For this reason it is im- a plea to the mothers not to give their

A shamed color had mounted to ed, pouring him another cup of steam- item very small portions should be could see the surroundings in which They found the tea room without ing tea and putting an extra dad of given. It is best to replace the meat these so-called delicacies are manu-

What once had been dusky though, is that Arthur's really glad— are necessary for a proper balance; who knows, a serious illness. Be with lamps shaded tables was

any heart-breaks mixed up in it." er corner, one bought wool from "It's bad enough," he went on. ter, so that the food may be properly child will perhaps, escape much sufwhich to knit articles for the sailors. "There's Joan to think of. I believe digested and the waste eliminated. ferings. According to the new and timely this is cutting her up pretty badly. menu Cleveland and Fanny ordered She's fond of Art and she's acting awfully strange. She looks pale and called her on the telephone. His voice excited and won't speak to anybody. I seemed to be just a jumble of Joan's into tears and left the breakfast table. I couldn't work all day thinking of her. If she had a mother or father, you

only had Art and me and I guess come over without her and tell me tions and not on their honor regardwe're not such a good lot." talk like that. Come. Don't wait." Suddenly every word that Fanny had spoken to him urging him to go into the army, every quick, glib name that she had called him implying weakness and indifference, every bitter thought she had had against him these last few days, seemed cruel and

It was growing dusk when the tea party was over and they finally were And listen to the birds' sweet tuneful this in view food regulations are out in the street again. The Avenue was bleak and blustery, from a storm that was coming, and the walk to Fanny's home left them nervous and

"Good-bye," she said, giving him her hand. "I've made up my mind not to confine my knitting activities entirely to gray mufflers but I'm going to make you some gay silk neck- My garden, shaded by the leafy trees. no other words just at that moment in which she could so simply tell him

It seemed to her that it was scarce- any soap is left in the clothes when the regulations of the Canada Food by an hour later though in reality it put into the blairs water rust spots Board for he knows those regulations was considerably longer, that Cleve are likely to appear.



"Many are called but few are Many mothers think of milk Canada refuse to conform to national again and again, when women and feel that they can cut down on this Britain and the Allies, and the Canawar work are considered. The road product with the idea of lowering the dian Army at the front. When that to France beckons invitingly, insist- cost of foods. This is a great mis- time comes a policeman, not a food ently, and multitudes would answer take. The mother must fully underthe self-given invitation. But the stand that few if any foods can reimpulse to "do something" is not en- place milk in the diet of children ough. It is not even important un- under twelve years of age. less it is the crowning glory of a Every child should have at least one Board has ordered Arthur Scott, bakcourse of honest, strenuous, lengthy quart of milk in addition to other er, Richmond, Que., to close for seven training. The most glorious out- foods, daily, besides plenty of cooked days. During this period he must come of this war, for women, is the green vegetables, cereals and stewed fact that it has eliminated completely fruits. Children need for growth, the superficial woman. She may re- the vitamines that are found in the main superficial but she cannot re- fresh creamery butter, eggs, milk and wheat or other flour. He laughed a little. Looking at charming young person in a middy amazing, when one pauses long enher hand as it lay on his gray worst- blouse with badges pinned on her ought to consider the fact, how com- be kept vividly in mind.

pagandists of five years ago have dren under twelve years of age apart disappeared. Their calling is done from the family dinner table, is foland they have withdrawn from the lowed by many parents. This practice feeble limelight of those days exact- gives the mother a chance to plan and ly as the tiny summer gnats disap- provide foor that will be suitable and at the same time digestible for the lit-

tell the truth; but now as he looked at They never called it "career," by the children have eaten a meal that will ment was, more often than not, simgoing! I couldn't bear him to think Instead, he murmured something ply called "making a living" or "doone passion was to do the work in Cleve," she said. "I'd better go back Fouring tea was an accomplishment hand in the very best way it could be material benefit were not even sectraining was too severe if only ex-

> would go well? I don't see anything virgins, more concerned to keep their red jam is really what we need. May working order than about the accom-She leaned over the table clasping plishments that fill leisure hours. Broiled Fish though Mrs. Mason was not on the There is not a woman in the world horizon to note the fact, a soft dull- to-day who has improved her talents green frock was making its initial ap- from the time she began to view life Boiled Potato "You bet we can have some jam! seriously (in girlhood days) but has form. The world is waiting for her work. There is no such thing as "The jam," she explained, "is to fat- "blossoming unseen" at this age of ten you up. I am going to begin to the world, if one's training has accom-

"You don't expect to do that on jam, been taken down and even the grandmothers are, to-day, coming in for Rice Pudding with Stewed Fruits "Not all of it. You are coming up honorable mention as being respon-

## Diet For Children.

The essential diet for the children is found not only in homes of the Her eyes widened and pain clutched digested foods, carefully prepared and abundance,

Food must supply the child with proper standards of growth and dekept in mind.

The building foods are milk, eggs, chant. "Oh, I'm so sorry!" Fanny exclaim- fish, legumes and meats; of this last | Many a mother would faint if she

The fuel foods are milk, butter, thus pave the way for more serious fruits, green vegetables and milk, to have these questionable products. "Well, then," said Fanny, "it isn't Together with these foods there Rather give them fresh fruits, home-

"I can't understand you," Fanny

said gently into the receiver. "Come

over and tell me what is the matter.

"My Garden."

o oft I sit in happy Summer days,

As I muse and dream my dreams,

Oh, 'tis sweet among the flowers

In the bright and sunny hours

And my cares are all forgot

In this sweet sequestered spot.

balmy breeze.

There's a spot so dear to me

Where beneath a shady ree

lays.

A Few Suggestive Menus.

Breakfasts

Toasted Barley Bread and Butter

Stewed Fruit

Cornmush and Milk

Dinners

Suppers

Oatmeal and Stewed Prunes

Toasted Barley Bread and Butter

Finely Shredded Pineapple

Cream Toast, using Cornbread

Many children who suffer from mal-

duction of the vitality there is al

ways a possibility of suceptibility to

disease. This lack of the proper foods

The knowledge of the right quantity

and quality of food to maintain the

ice-cream cones of the street mer-

Stewed Fruits

Apple Sauce

Boiled Potatoes

Canadians on Their Honor. In some quarters it has been sug-Is Joan there? No? Never mind, gested that Canadians be put on ra-

what is wrong. Don't, Cleve! Don't ing food. Do householders in Canada seek to evade the food regulations? Are the merchants of Canada conniving at the evasion of the food regulations? Let us see about that.

The main objective of the Canada Where the sunshine on me beams Food Board is to supply Great Britain and the Allies with vital foods. With made, which, if respected by the people of Canada, will enable Canada to keep faith with the Allies on food. Do the people of Canada want to To quaff the fragrant draughts from keep faith with the Allies on food? They do. Are the people of Canada

They are. To take any other position is to suggest that the people of Canada would The rust spots in the clothes may rather keep their pre-war food habits be due to inferior bluing or it may be than keep faith with the Allies on that she released him in her heart the result of careless rinsing. If food. No true Canadian is breaking are made in order that Great Britain

keeping faith with the Allies on food?

and the Allies and the Canadian Army at the front may be properly fed Who of us will eat what should b conserved for the Canadian Army at the front?

For allowing two batches of dough to go to waste, the Canada Food not purchase or take delivery of any food commodities or manufacture, seil

brown sugar and twenty-five sacks of use.

license regulations. The 'places from Canada, without a permit. Ow- fields of England. Orange Juice Cornmush and Milk penalized are: Mike Evanoff, 10120, ing to the strict regulations govern-101st St.; E. Gibson, 101171, 101st St.; ing flour and sugar the Canada Food and Jane Detroit, 10320, 101st St. They Board warns all dealers and others must remain closed until licenses are that it is illegal to export flour or granted by the Food Board. It is sugar without a permit from the Bake Potato the intention of the Board to take Board. similar action in the case of other the licensing rules.

The hearts of the people Canada are sound and in this war to a finish. Food is a first class munition of war and Canadians so view it. It tions in Canada when the people of These words come to mind as only a beverage. Frequently they efforts to conserve food for Great

> or deal in bread or any product of Food Board has suspended his license a ladder and made themselves com-The War Trade Board of Waching- which time he must not serve any The engines were started and the

> that application had been made for stuffs, except for personal use. an import license by a resident of For selling flour for export to the northwest toward the gleaming chan-Monticello, Maine, to import 200 United States without a permit from nel. pounds of sugar consigned by E. L. the Canada Food Board, E. Huard, The passengers were enjoying their Field of Bloomfield, N.B., who oper- Lake Megantic, P.Q., will have to experience, and talked together about ates a general store. The Canada close his business until such time as the various landmarks below. First Food Board immediately cancelled Mr. his license is released from suspen- came an old French town, with mas-Field's license for violation of the ion by the Canada Food Board. Dur- sive radial fortifications of most and Fifty bags of sugar, twenty bags of or food products, except for personal great starfish from above. Behind,

H. M. Connolly & Co.

STOCKS AND BONDS

(Members Montreal Stock Exchange)

Avail yourself of our splendid system of investing

Partial Payment Plan

sure him of comfort later on, and start him on the right road to

Do not let your money remain idle. Bona fide stocks to-day

yield 10% and with victory now in sight in France prices are

Write for free booklet "Saving by the Partial Payment Plan"

THE WILLIAMS PLANO CO., LIMITED, OSHAWA ONT.

\*Canada's Oldest and Largest Piano Makers

Renew it at Parker's

The clothes you were so proud of when

new-can be made to appear new again.

Fabrics that are dirty, shabby or spotted

will be restored to their former beauty by

Send articles by post or express. We pay

carriage one way and our charges are reason-

able. Drop us a card for our booklet on

Toronto

CLEANING and DYEING

is properly done at Parker's

PARKER'S DYE WORKS, LIMITED

Cleaners and Dyers.

household helps that save money.

sending them to Parker's.

Information on any Stock or Bond gladly furnished.

\$5.00 invested monthly for a child under this method may as-

105-106 Transportation Building, Montreal

day meal Allan Mann, properietor of accomplished your daily task, go has been ordered to close the dining Victor Hugo.

by means of our

sure to advance.

Do not wait-Buy now.

Louis XV Model, \$550.00

791 Yonge St.



for a period of fifteen days, during fortable.

dealers who have not complied with "Courage for the great sorrows of life and patience for the small ones. realize the advantage of travelling Creamed Carrots, For serving veal during the mid- And then, when you have laboriously through the smooth levels of the sky the Touraine Hotel, Chatham, N.B., sleep in peace. God is awake."-

THE example of the late

lecting the Williams New

Scale Plano has been fol-

lowed by many of the

world's most renowned

musiciane. This fact has

caused it to be known as

the Choice of the Great

## NINE PASSENGERS CROSS CHANNEL

ENJOY TRIP AIRPLANE

Regular Passenger Service Between France and England After the War Predicted.

Recently a large British airplane brought nine passengers across the Channel, says a London despatch.

At the appointed time the passengers were there, with a considerable amount of material, which was quickly stowed away in the capacious in terior of the machine. One by one the room of his hotel, and the Canada voyagers climbed aboard by means of

ward in a few great circles and struck

ing this period he may not deal in food rampart, which made it look like a like steel bars, lay the shining canals flour have been seized in the cellar Acting upon information received linking up the scattered towns and of the Exchange Restaurant, Winni- from the United States Food Admin- villages, and far away on the horizon istration the Canada Food Board has was the low veil of smoke which Three establishments in Edmonton, suspended the license and closed the marked the position of the turbulent Alberta, dealing in candy, fruit, etc., business of Harry Laporte, Lake front lines. Ahead of them lay the have been closed by order of the Can- Megantic, P.Q., for an indefinite glittering waters of the Channel, and ada Food Board for disregarding period for exporting flour and sugar the beloved white cliffs and green

Twenty-Five Minute Trip. The engines thundered on and the machine forged steadily ahead with a very happy ship's company board. It was rather a windy day, and below them the travellers could see the surface of the water dotted with white caps, which made them

It seemed they had no sooner left the coast line than the English cliff lay below them. Very soon, they were able to recognize familiar towns and harbors. Beneath them a leave boat seemed to be stationery, so rapidly was it overhauled and left net.... though, in fact, it was tearing through the water, as its bow waves and wake showed.

Over the tail of the big airplane the French coast was disappearing fast into the haze, and soon the travellers had passed over the beaches of England and were flying over the green hills and village spires of their own England. Twenty-five minutes earlier they had been looking down upon the fields of the Pas de Calais.

Soon the noise of the engine died away and the machine began to glide downward in great circles to its des tination. Fields and farms and woods and villages rushed up to meet the travellers. In a few minutes the na had climbed out one by one to the ground, and the big machine was being cleared of its material cargo.

"It will be the only kind of Channel crossing for a good many after the war," said one passenger.

"Even when the train goes straight through from Charing Cross by the Channel tunnel," said the pilot. "Well perhaps so. It's a good way."

## A TRENCH BANQUET

Battle-Zone Feasts, However, Are Uncertain Events.

Stewed rabbits, wood pigeon pie, new potatoes and asparagus, toasted cheese, and red current and apple tart, custard and tinned fruit, coffee -this is not a copy of a menu of a peace-time Lord Mayor's banquet, but the details of a feast to which a merry party of Engineers in a certain vale of Picardy recently sat down, says a London newspaper. The potatoes and asparagus were

grown in a miniature allotment in the reserve line; the fruit was obtained from the wrecked gardens of a one-time pretty hamlet. The few trees and bushes that have escaped destruction are laden with fruit, and daring parties-for the ruins are heavily shelled-make periodical visits and gather in the crop. The woods of Picardy abound in rabbits and pigeons. Traps are constructed from wire borrowed from the Signal Section, and rabbits and hares are captured in abundance. Limed twigs and catapults are utilized for the pigeons as the modern rifle is too destructive for small-game shooting. These trench banquets are some-

times luxurious affairs, complete with typed menus. One recent "feed." which had been thought out weeks ahead, and which the participators considered the dernier mot in battlezone feasts, ended before it began for a random shell from the enemy pitched on the parados of the trench and buried the temporary table of upturned ration cases and all the goods it contained.

#### 1 ----Britain's Grain Crop.

Britain's grain crop this year will be the biggest since 1868, Sir Chas. Fielding, director-general of food produc tion, announces. Several thousand soldiers are working on farms, and other harvesters include schoolboys. undergraduates, boy scouts, village and college women and girls of the land mv. Pelgian and Serbian refugees nd German prisoners. City clerks are Lieir vacations on farms.

German Reinforcemen Bulgarians D A despatch from London reports received on Thu

**BULGARIA INVA** 

phasized the demoralizat Bulgarians who are ret confusion, leaving behind mous amount of material ably many thousands of p the allied troops strain e

to get to Uskub and th the victory complete. It is pointed out that an army, estimated to sition, but the victory wil cisive, in the opinion of experts, until Uskub, th all the enemy's communi is captured. If that is it is believed the victory bered among the few of the war.

The renewed resistance garian rearguards and t German reinforcements have not succeeded in a

## Markets of the Breadstuffs

Toronto, Oct. 1 .- Man No. 1 Northern, \$2.241/2 ern, \$2.21 %; No. 3 Nort. No. 4 wheat, \$2.114, Manitoba oats-No. 2 extra No. 1 feed, 84% of 84%c; No. feed, 82%c, American corn-No.

dried nominal; No. dried, nominal. Ontario oats, new white, 76 to 78c; No. 1 Te. according to freigh Ontario wheat-No. car lot. \$2.31; No. 3 No. 2 Spring, \$2.26; 22.22, basis in store M Peas-No. 2 nominal,

Barley-Malting, ner Buckwheat-Nominal Rye-No. 2, nominal Manitoba flour-Old tv. \$11.25, Toronto. maria flour-War rop. \$10.75, in bags, Millfeed-Car lots, d real freights, bags in 336.40 per ton; short

Hay-No. 1, \$19 to mixed \$17 to \$18 per 4 Straw-Car lots, \$9

to 26c; ducklings, Il alers are sell ide at the following -New, large twins, 23% to 24%c; To 26c; twin, 26 to 26% Se: creamery prints. to 49c; solids, 46 to 4 Margarine-31 to 31 Eggs-No. 1 stara elected storage, 52 to in cartons, 57 to 59c Dressed poultry-S

Honey new crop-1 26c; 10-lb, tins, Combs-Dozen Smoked meats-Ha Cured meats-1.ong o 31c; clear bellies, 2 Lard-Pure, tierce tubs, 30 % to 31c; pail

prints, 33 to 33 4c. Co

25% to 26c; tubs, 26

26% to 26% c; prints,

bushel, \$7; imp., hand

or Indian, \$6; Japan,

Montreal M Montreal, Oct. 1. Western, No. 8, 98c; 971/2c. Flour, new \$11.35 to \$11.45. 90 lbs., \$5.20 to \$5.30 Shorts, \$44.25. Moul No. 2, per ton, car jo hoicest creamery, 41 lected, 58 to 50c;

> THE ID WE HA

HELEN

ONTARIO ARCHIVES TORONTO