

**THIS IS THE TIME TO PUT OUR SHOULDERS TO THE WHEEL IN VERY TRUTH.**

**WE ARE ON THE BROW OF THE HILL—LET US MAKE THE SUPREME EFFORT.**

**BUY VICTORY BONDS TO THE LIMIT OF YOUR PURSE THEN BORROW AND BUY MORE.**

SPACE AND POSITION DEDICATED TO THE CAUSE BY THE SALADA TEA COMPANY

## The Sealed Room

By Edwin Baird.

### CHAPTER IV.

The little minister, trotting along between Tom and the girl, chatted glowingly of the work he was doing among the city's outcasts. It was undoubtedly a worthy work, and Tom counted it was interesting. But Tom could not deny that he gladly would exchange the whole of it for just one word from her, whose name he did not even know, at whom he kept casting sidelong looks of speculation, and who maintained a steady, even a forbidding, silence throughout the forenoon.

Their destination was a shabby building, originally a private residence, next a low-grade lodging house, and now at last a home for friendless girls and women.

"I admit," said the little minister apologetically, "its exterior is not very impressive; but we're doing the best we can with our limited resources, and inside" he paused while removing a bunch of keys from his pocket "inside," he continued, fitting one of the keys to the lock, "everything is neat and clean, at any rate, and all due to the excellent management of Mr. Buckle—a noble woman, Mrs. Buckle, one of God's own true gentlewomen. One minute now, and you'll meet her, and then you can judge for yourselves."

But they were destined to meet her even sooner than that. The words had scarcely left his lips before the door was thrown violently open from within, and there stood before them a gray-haired, elderly woman, face white and eyes distended, and trembling from head to foot.

"Thank the good Lord you've come!" she gasped. "I was never so frightened in my life. O terrible thing has happened!"

She proceeded no further. Tom, who was standing beside the blue-eyed girl, afterward recalled that at this instant she emitted a sharp cry, the first voluntary sound she had uttered since leaving the Chinese restaurant, and it seemed as if some dread calamity, apprehended by her, had come true with a crash.



## 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 sending them to Parker's.

### CLEANING and DYEING

Is properly done at Parker's

Send articles by post or express. We pay carriage one way and our charges are reasonable. Drop us a card for our booklet on household helps that save money.

### PARKER'S DYE WORKS, LIMITED

Cleaners and Dyers,  
791 Yonge St. Toronto

## Ingram's Milkweed Cream



Two Sizes—50c and \$1

For 22 years Canadian women have found Ingram's Milkweed Cream the most efficient toilet preparation on the market for keeping the complexion clear and colorless, preventing wrinkles and pimples, keeping the hands soft and white even when in dishwater daily, and warding off hang nails from the fingers. It has therapeutic qualities no other emollient possesses.

Always have a box of Ingram's Velveteen, Sovereign Face Powder, or Skin in the house. A mere touch and oiliness and perspiration disappear. It covers up blemishes and gives you a clear, flawless complexion. It stays on. As your druggist's there is a complete line of Ingram's toilet products including Zedonia for the teeth.

A Picture with Each Purchase

Each time you buy a package of Ingram's Toilet aids or Perfume your druggist will give you, without charge, a large portrait of a well-known motion picture actress. Each time you get a different portrait so you make a collection for your home. Ask your druggist.

F. F. Ingram Co., Windsor, Ont.

The rays of a corner arc lamp shone pitilessly athwart a cheap iron cot on which a motionless girl lay prone.

Two seconds more and he had her in his arms and was bearing her to the opened window. Climbing over the sill, he lifted her out upon the fire escape, and as he lowered her to the iron he heard the voice of Winifred (at least he knew her first name) call to him from the room:

"Is she alive? Is she?"

The words were tremulous with grief and anxiety.

Tom, kneeling beside the slight, still form, laid his thumb to her pulse while loosening her waist at the throat. He looked up, his face very grave.

"I don't know," he said, and began pumping her arms back and forth as one who revives a drowning person. "I'm afraid not. But call an ambulance at once."

An hour later Tom was walking slowly through a quiet thoroughfare with Winifred Snow—he knew her last name now.

"It's a pretty name," he burst out, and was promptly astounded at his temerity.

She, however, evinced no trace of confusion or self-consciousness. She looked up at him in a sidelong way. "You must break the door down!" she cried, and she tried to force her knuckles, while calling frantically: "Dora! Dora! Let me in, dear. It's I, Winifred."

She paused, holding her breath as she listened, ear to the panel. There was no response. She tried the knob, which she had unlocked. Further alarmed by this discovery, she turned distractedly to Tom, who had hurried after her down the hall, with the minister patting the door down.

"You must break the door down! Hurry! It's a case of life or death!"

Tom, caught in the full swirl of the mysterious adventure, was past bothering about explanations. He threw his weight against the door, and, with a crash, it fell to the ground. He staggered back, gasping for air, and he realized now, with a sense of horrible foreboding, that the room had not only been locked—it had been sealed.

Gas belched from the room in a stifling flood, and Tom dropped to the floor, dragging the girl and the little minister down beside him. "Lower your head," he commanded, "and don't breathe deep." Then, cautiously, on hands and knees, he started across the threshold. "And don't follow me," he added.

In another moment he remembered something else.

"That gas jet at the end of the hall, turn it out quick! And open all the windows you can find, wide!"

He crawled swiftly into the poisoned room, across the uncarpeted floor to a window which gave upon a fire escape.

The window was sealed with glue and rags, and tragic testimony to the careful preparation for death. Nauseated by the sickening fumes, he wrenched it open and leaned far out and breathed deeply of the warm night air.

Then, whirling, he surveyed the room in a hurried, sweeping glance.

He looked at the "shack," and then at her, and particularly at her neat attire—lacy things and cool white linen—and nodded, still perplexed.

"I'm sorry I spoke, and I beg your pardon, but you see—"

"Oh, don't apologise. But if you were a girl, and worked in an office for nine dollars a week, maybe you'd understand. I'll have to go in now," she said, turning toward the steps, "and thank you again for all you've done for me—and Dora."

Start, panic throttled Tom McKay. He was losing her! Perhaps forever! The thought was terrifying.

He stepped after her, feeling like one submerged.

"Miss Snow—before you go—I'd like to give you my name and address. In case of your friend—" he hurriedly added, "in case I could be of any help again."

He drew a card from one pocket, a pencil from another, and wrote both hastily, gave the card to her, and bowed and withdrew.

He had gone three blocks before he remembered that he, in his agitation, had written on the card only the name of his hotel. It was considerably later before he discovered another mistake of importance: the card bore the name of Patrick J. Hennebery of the Broadway Motor Car Company.

(To be continued.)

### Eat Frozen Fish.



Fresh frozen fish is just as palatable as fresh fish. Only—a good many women do not know how to handle it properly.

The thing to remember is that frozen fish must be defrosted in cold water. When this has been done clean and prepare as you would any other fish and cook in whatever form you desire.

Fish which has been frozen is just as nutritious as any other and its cheapness should make it more widely known.

No matter how much drying is used, fish, when being fried, is apt to stick to the pan's bottom. If a tablespoonful of dry salt is put into the pan and rubbed over it it will be found satisfactory.

## About the House

### Knowing and Learning.

There was once a woman who thought herself an excellent housekeeper because she did things exactly as her mother had done, no better and no worse. Then there came a guest, a little girl who had learned many things from reading the latest books and magazines a girl who was always learning. And the woman who had been satisfied with knowing found that with a good housekeeper, she was not an excellent one, for she was wasteful of both time and strength and she had missed all the improvements that had been made on the ways and methods of a past generation. She was an 1880 model of housewife competing with the 1918 type.

The little girl who read and learned mixed the lard and flour for her pie crusts with a fork and used ice water instead of any kind that happened to be available, her crusts were flaky and feather light. She put her dust coats in an old pail, poured in a little kerosene oil and covered them tightly for an hour. Each cloth was as good as those the woman had been buying of an agent at thirty cents each. She washed beans, peas, berries, etc., in a sieve and the work was wondrously simplified. She kept a clean newspaper over the kitchen table, changing papers as often as necessary and much scrubbing of the white oilcloth was saved.

The woman who knew watched her with a new interest in what had become prosaic, dragging household. When she suggested that boiled salad dressing could be canned just as easily as peaches the woman doubted, but experience proved that enough dressing to last three months could be made at one time and with a big saving of time, fuel and dishwashing.

The girl who read went back to school but the woman who thought she knew subscribed for three good magazines and set herself the task of becoming the woman who could and would learn.

### The Housewife's Part.

Again the housewife has to prove to the policeman of food control. In her hands lies mainly the success of making 1½ pounds of sugar do for each person in the family for a month. The burden of maintaining the Allied sugar supplies falls on us. There is not enough sugar available for us all to live in our peace time habits. Our great war programme has reduced our sugar-carrying fleet; the sugar requirements of the army are very large; the American crop is less than we expected; we have diverted 50,000 tons of sugar shipping in order that Belgium should have food; Germans

have destroyed sugar beet fields and factories in northern France and Italy; more than 50,000,000 pounds of sugar was sent to the bottom of the ocean off the United States coast recently.

Since about 70 per cent. of the country's sugar supply passes through the hands of the housewife, it is evident that she was a most important role to play in its conservation.

Just as in the use of flour substitutes, she will learn from experiment and practice many ways of using other and sweeter. She will also learn how to substitute other energy and fuel-giving foods for the sugar she has relied upon in days of plenty. All this takes time and thought, but it is a voluntary contribution to ultimate victory.

### Remodeling The Child's Sweater.

In nothing do we show our patriotism more than in our willingness to fall in line with every request of the government. One of the biggest requests is to get along with as little wool as possible, the folks of our northern climate nearly as much as the ban on sugar. So far wool cards are in the future, the giving up of wool is simply a test of our patriotism.

This is how one mother met the situation. Sweaters will wear out even on grown-ups, and when a child wears one three years it begins to look as if a new one must replace it. This sweater, a dark blue, was worn and frayed at cuffs and collar. In normal times the mother would have given it to the Salvation Army and bought a new one. This year, however, she decided on new collar and cuffs. For the cuffs she simply cast on thirty stitches, knitting with two needles, and knitted back and forth until the cuffs were as deep as were needed for that particular sweater, which depth, of course, she learned by measuring on the child. The collar is just as simple.

Cast on seven stitches and knit across the back. On the third time across cast on two more, and on the fifth, seventh, ninth, eleventh, etc., until you have twenty-two stitches. Then knit straight back and forth until the collar is of sufficient length to start the point on the other side, when narrow on every second time across down to seven stitches. The collar is then done.

The cuffs are sewed together and lapped on; the sleeve, the worn blue cuff being cut away. With the new white collar sewed in place, the old sweater has a quite dressed up look, for the simple outlay of fifty cents in

## Use more soup

Put in plenty of vegetables and rice or barley. Even with poor stock delicious soups can be made by adding a dash of

## BOVRIL

Canada Food Board, License No. 12-142

money for the yarn and two afternoon's work.

### To Dry Citron Peel.

Pare the citron, cut in pieces of a convenient size, and boil in slightly salted water until tender. Make a thick syrup, using one pound of sugar to one pint of water for each pound of the prepared citron. Add the citron and let simmer until the syrup is nearly absorbed, then boil rapidly, stirring constantly, until the pieces are well coated. Dry in the warming oven and store in any tight receptacle, fruit jars or pails with tight-fitting lids.

### Special Notice

Fathers and Mothers, you can invest in

## VICTORY BONDS

for your children by using our Partial Payment Plan

Easy monthly payments secures them. Write at once for explanatory Booklet and state how much you want to invest for each child.

H. M. CONNOLLY & CO.  
Members Montreal Stock Exchange  
105-106 Transportation Bldg.  
MONTREAL QUE.

## Food Control Corner

Consumers of Canada have now an opportunity of ascertaining whether the prices they pay for foodstuffs are reasonable and fair or possible extortions by alleged profiteers. All they have to do in each municipality in Canada is to ask their municipal council to appoint a Fair Price Committee to investigate the prices asked by retailers and to draw conclusions as to whether these prices are fair and reasonable. These Fair Price Committees will then publish their findings in the form of lists.

In this way the consumers will make sure whether they are paying prices which are unreasonable and unfair or not. It may be that the prices which the Committee considers to be fair and reasonable will not be any lower than the present prices charged by retailers. In some cases they may be higher. But that need not bother the consumer so long as he is satisfied through the investigation of the impartial Fair Price Committee within his own municipality that the prices published indicate a fair and reasonable standard to guide both consumer and retailer, having in mind war conditions and the unsettling of pre-war prices.

If there is a desire on the part of the consumers to find out just where they stand in regard to prices which they have to pay for foodstuffs, they have a golden opportunity to have the matter dealt with once and for all under the provisions of the recent Order-in-Council, fathered by the Department of Labor, relative to the appointment of municipal Fair Price Committees.

In some quarters it is said that Fair Price Committees will not solve the food problem present in most households. It may be pertinent to suggest that municipal Fair Price Committees first should be given a chance to show that they can find a solution before the principle of municipal Fair Price Committees is condemned out of hand. It is a good rule to support measures that seem to lead in the right direction. A similar program has been effected in the United States.

The virtue of this Order-in-Council, giving authority to municipalities to appoint Fair Price Committees to investigate the prices consumers have to pay, lies in the publicity that will be given to the findings. In this way public opinion will be informed, and enlightened public opinion may be trusted to co-operate in all national food efforts if it knows the facts. You can always give anything a thorough trial once.

### STORY OF HUMAN ENDURANCE

#### Ordeal of Riveting Plates in a Glasgow Shipyards.

A marvelous story is told of a remarkable piece of riveting work done recently in a Port Glasgow shipyard. It certainly furnishes a thrilling example of courage and endurance. Two plates had to be renewed and riveted onto a long iron derrick.

Imagine a steel tube sixty feet long and eighteen inches in diameter at its widest, tapering to ten inches. The new plates had to be riveted on to this at about forty feet from the open end where the diameter was only thirteen inches.

Through this dark tube a man and a boy had to crawl for forty feet until they reached the exact spot. The boy, gripping a long pair of tongs with which to catch the red hot rivets as they were dropped through a small aperture, had to work his way along feet first, as he must face the "holder on." The latter crawled after the boy, face first, carrying his heavy hammer.

There they lay, stretched at full length, unable to turn to right or left. The red hot rivets were dropped through one by one, caught by the boy with his tongs, and put in position by him and then riveted from the outside, while the "holder-on" inside sustained with his hammer the impact of the hammer strokes from without.

The task lasted for days, and men and boys who could endure for so long the darkness, confinement, strain, deafening noise of the hammers, only a few inches from their heads, and the terrific vibration, are surely masters of their craft.

It has indeed happened that the iron tube has had to be cut through from the outside to release a man whose nerve has given way under the ordeal.

#### A Rope of Human Hair.

A mighty witness to the Vitality of religion in rural Japan, says Mr. Joseph I. C. Clark in Japan at First Hand, exists at Kyoto. A few years ago, when the Higashi Hongwanji Temple was rebuilt, a rope of the greatest strength was needed to hoist the great columns and roof-tree timbers into place. Some zealot proposed that it be of human hair, which makes the strongest rope of all. The response was enthusiastic; thirty thousand women of a single province sacrificed their beautiful, long, dark tresses.

The rope that performed its task without breaking is shown on the temple grounds to-day. It is closely woven, two hundred and twenty-one feet long, thirteen inches in circumference and more than four inches in diameter. I touched its lustrous coils with reverence; so many wishes from the depths of the human heart went with it.

Figs (if dried ones) should be washed, drained and chilled.

# Save Sugar

Canada is receiving only just enough sugar for her actual needs! There is no surplus for wastage.

First, all waste of sugar must cease; second, wherever possible, Corn Syrup must be used as an alternative for sugar.

You will discover a real economy, and a delicious addition to your household supplies if you

# Use Corn Syrup

Here are a few suggested ways to use CROWN BRAND or LILLY WHITE Corn Syrup to give to dishes a finer flavour than sugar gives:

- Use CROWN BRAND Corn Syrup as a Sauce on Puddings.
- Use LILLY WHITE instead of Sugar in Cakes.
- Use either brand in Coconut or other Puddings.
- Use LILLY WHITE in making Marmalades, Jams and in all Stewed Fruits.

### The Brand is Important!

Real Corn Syrup is GOOD—very good! If your experience tells you otherwise it is because you have not tasted the genuine, which is produced from the most nutritious part of the Corn by wholesome and scientific processes.

Remember the brands LILLY WHITE and CROWN BRAND, and insist on getting them for purity, economy and flavor.

Write to the Canada Food Board, Ottawa, for Bulletin on Corn Syrup.

A great many recipes are improved by using half sugar and half Corn Syrup.

Buy a can of LILLY WHITE or CROWN BRAND Corn Syrup to-day and become acquainted with their great possibilities.

Sold by grocers everywhere in 2, 5, 10 and 20 lb. tins.

Canada Starch Co., Limited  
MONTREAL

