When buying Tea, insist on getting

The Tea with a Quarter of a Century of Unrivalled Public Service.

Patricia May Calls

Thurston, rising quickly.

sodas." she admitted. "Once Bobbie

McMillan bet me I couldn't eat three

"Hum-a!" said Mr. Thurston, grati-

wedding is to take place?"

hopelessly beyond argument.

(To be concluded.

THE NORTH POLE BY AIR

Planning Air Trips to Arctic

It seems that Captain Bartlett is

HUMAN LIFE IS LONGER NOW

Once Died Before Twenty

before reaching the age of twenty

years. The average length of life in

the sixteenth century was only twenty-

science of medicine is accomplishing

in our more civilized countries, where

The Balance.

prevail to any very great extent.

showers

PART I.

hell with all the strength of her soft have stomach aches, Miss Davis?" ed the push button of the electric little thumb and she felt that a dig- cia May saw no reason for embarrass- serve: nified retirement was out of the ques-

Her suspense was of short duraion. The door opened upon a some-"Land sakes!" she gasped, behold ing Patricia May.

"Is Mrs. Thurston receiving this two days and got awf'lly scolded and The maid abruptly leaned against'

"I've got some menthol lozengers added, "He's going to be my hus-Patricia May suggested. "Shall I run over and get them for fyingly astonished. "Indeed, how very and pork fat may be rendered in ward strokes and without snapping the Christmas, 1917, when she arrived in The young woman made negative interesting! May I ask when the this way.

wens with her head.

mesh bag which she had borrowed graced the third finger of her left usually three or more ounces in one not drop out, especially in winter, people while on war service. tacit agreement on the part of that the origin of the gem it contained was one hour and then drain and cut fested in the combings is a natural through without a scratch, but her

young lady, and brought to light a limp card upon which she had painstalingly printed her own name in sprawling characters. The maid took the card from Patricia May's outstretched hand and Britain and the Uniter States Both danced at the laborious inscription.

She mumbled something unintellirible, swept the child into the house!

nity of the occasion. She made men- by way of Spitzenbergen; which, when and cakes. Millan boy. In this, she displayed miles to go, while the British will water to every pound of fat. Add dated only from ten o'clock that very can make the fight in nine hours.

Presently she heard a rustling dress descending the stairway. She slid to her feet as an impressively came towards her. "This is very good of you, my

was so friendly that Patricia May's deaths from the plague or "black embarrassment vanished. "One does death" occurred, which was one-fourth fied and then blended with ham and Ottawa by Major-General Fabian Ware, one has just moved into a new neigh- at that time. In the year 1761, 50 per cent, of the English nation died

Patricia May nodded. "Mother said last night at dinner and then Mother said she couldn't one years, while in this, the twenty-'cause she was having her last win- leth century, the average life is fortyter's suit made over, and Florrie said five years. In India, however, the avshe couldn't 'cause she was going to erage life to-day is only twenty-four the theatre with Jim-she and Jim years. are going to be married some day We are enabled to see what the when Jim makes money enough, but nobody's s'posed to know it yet-and

Patricio-May's recital concluded abruptly because her breath had given out.

"So your family chose you to represent them?" Mrs. Thurston's ex- Why, yes, the sky is overcast pression mingled amusement with And west, a black cloud lowers. The air is cold and dreary, too, "Gracious goodness, no!" replied And the chill rain is falling fast,

Patricia May candidly. "They didn't But somewhere, Dear, the sky is blue any of 'em dream I was coming! And sweet the sunlit air just decided I would my own self. With fragrant breath of lovely flowcause Mother and Florrie couldn't. I'm eight-going-on-nine and I think it's time I was getting 'customed to Take heart and wear a smile. Turn you from black despair

For a brief interval Mrs. Thurston Some other's burdens to beguile. appeared to be absorbed in the spec- For things must even up, you know, tacle of a grocer's wagon in front As the swift hours come and go. of the house. When she faced Patricia May once more her lips were The fair blue sky again be ours severely controlled.

"I should say, my dear," she answered, "that you were quite ready For us shall be the bloom of bowers. to enter society.

The glory of a day full fair. "Hum-a!" cried a terrifyingly deep A trap baited with sunflower seeds voice in the doorway. "Who's this Wittle girl?" It was a fat. rather man, who stood on the threshold with his feet spread wide apart. He jingled a small collection of seals depending from a corpulent ought to be. They were first mustered Second. Deep-fat frying it is sure the public that each photograph

watch chain. in by their officers "My husband," exclaimed Mrs. ed by the enemy!"

omes part of the waste.

Recent experiments tend to sho that animal fats are assimilated fairly well; undoubtedly it is the misuse of fat that is used for frying purposes that has given many fried foods their bad reputation. Every normal person requires a amount of fat.

I food to have an acid food, either a food which is cooking, and thus give the want you to meet Miss Davis, our vegetable or a garnish, accompanying a greasy product. next-door neighbor. She has very the dish.

kindly called to welcome us to our fat man, inclining his body slightly foods that are cooked in fat for peo- fire, throw sand on it; do not attempt "Mr. Thurston," his wife informed ple occupying sedentary positions, to remove it from the stove-serious her caller, "has been having a little while those who are employed in ac- burns are apt to result. Keep the with his digestion so he's tive or laborious work may eat a fact in mind that water spreads the everything she possessed, even her staying home to-day like a good boy larger proportion. Persons who are flames; if no sand is at hand use salt working at hard manual labor, out of flour. "Hum-a!" assented Mr. Thurston of doors, will be able to assimilate | Many leftover foods may be turnnomade. But she had already squeez- by at Patricis May "Do you ever daily portions of fried food without ed into palatable products and thus ly at Patricia May. "Do you ever any physical disturbances.

> "Tom!" cried his wife. But Patri-Juice of lemon with fried fish. "Only after too many ice cream Apple sauce with pork or goose. Cranberry or current jelly with

poultry, lamb or mutton. all at once without stopping in be-Horseradish with beef. tween; and I did. I had to stay in bed only bouillon and milk teast to eat." demands these combinations to brush twice a day for five minutes "Is-sh- Mr. McMillan the red- equalize the fatty content of the each time is most beneficial, encourthe door casing, slapped one hand headed young gentleman who lives on meal. Save and classify the various aging the growth of the hair, cleansacross her mouth and coughed vio- the corner?" inquired Mr. Thurston, fats, and utilize each particular kind ing it of dust and promoting the "Yes," nodded Patricia May, and so that there need be no waste. Chop gloss, which is the fairest feature of all bits of suet fine and place in a the hair. But this brushing must be double boiler and then render. Chicken done gently, with smooth, slow, down-

"Oh, we haven't got to that yet!" be used to replace butter in cooking jerky brushing that is injurious to herself as a 'trooper.' with a strangling accent. "Who'll I answered Patricia May. "You see, we and baking may be made from the hair, breaking it off and severing chicken fat, of which there is it from the follicle. The hair does only got engaged this morning." She hand. The circlet itself may have fat bird. Remove the fat from the though growth is somewhat impeded been "real silver" as advertised; but bird and place in cold salt water for with cold; the slight shedding maniinto small pieces. Render in a process, fulfilling the law of the surdouble boiler. Pour into a jar and vival of the strongest. The loosened and fractured some of her plates when,

allow to harden. Now, when using and broken hairs drop in this manthis fat, use one-third less than the ner, and a new crop of young hairs amount called for in the recipe. To take their places. amount called for in the recipe. To take their places. make pastry, allow four tablespoonfuls of this fat to each cup of flour. Chicken fat may be used to replace butter for seasoning vegetables and present moment the British are also and will go farther than butter.

"If it's whooping cough, So the airplane expedition may take drippings, this is taken to mean all own room and have the doctor. I on the complexion of a sportsmanlike fats rendered from meats used by ed chair whose uncompromising to the far north by way of North used for sauteing. It cannot be used they are worn out, and will outwear

reduced to mathematics, means that To clarify fat: Put the fat in a when she married the red-headed Mc-1 the Americans will have some 2,000 saucepan and add one cupful of cold forethought which would have aston- have only 900 miles of journey. Mr. one-fourth teaspoonful of bicarbonate wher her mother, for the engagement Jones believes that his expedition of soda, one-half teaspoonful of salt.

Bring to a boil and then let simmer slowly for ten minutes. 'Pour through a strainer lined with cheesecloth and allow to harden, then cut gowned but pleasant-faced hostess Fifty Per Cent. of English Nation into pieces. Reheat and pour into gress, and eventually, it is hoped that jars. Bacon, sausages and ham fats a photograph of each permanent grave may be blended with beef drippings will be obtainable. This information In the years 1348-50, 25,000,000 for frying purposes.

Mutton or lamb fat must be claribacon, ham or sausages may be used and enquiries. oni, baked beans with tomato sauce, feared there will be-considerable dedried beans and peas in soups and lay in supplying them. when cooking dried lima beans.

a spoonfu! of these fats to be wasted. thousand requests still remain to be Fats that are not available for table dealt with. use should be collected and made into | The delay is due to the small num ignorance and superstition do not soap

Do not be falsely economical in the increased difficulties, owing to the trying to do deep frying with these requirements of demobilization, in fats. They not only will not hold providing transport for them to the the temperature for successful fry- various cemeteries, which as will be ing without scorching, but they fre- seen from a glance at any of the maps quently soak into the food and make showing the area of fighting, are scat-

The war has brought many good As regards isolated graves, the diffivegetable oils upon the market that culties are naturally even greater. It are ideal for cooking purposes and is feared that it will be impossible to are preferable to the animal fats for supply photographs of many of these all cooking. They not only hold a within any reasonable time, but eventhigh temperature without burning, ually it is hoped that a photograph of but also they may be used repeatedly each permanent grave will be obtainif they are strained each time after able. using. Food cooked in vegetable oil With further reference to this subdoes not absorb the fat and it is more ject the directorate wish it to be digestible and really more econ-known that authorative information

And thanks to touch the timely omical. commonly used, but has nothing to not only to the relatives, but also to

"Are they seasoned troops?" "They it difficult to digest. ed by the enemy!" a mixture to coat it and then to the actual grave taken on the spot.

Fat is a heat or fuel producing cook in sufficient fat to cover. This food which is very valuable in cold forms an airtight cover that prevents weather for supplying the body with the grease from soaking through. A heat and energy. Often foods that few essential utensils are necessary are cooked in fat are termed indi- to produce successful results; first, gestible; this means that the food is a heavy kettle that will not tilt, and not tilized in the body and owing to second, a frying basket, so that the ome digestive disturbance, it be- food may be removed quickly when

The correct temperature for deep fat frying is 350 degrees Fahrenheit, for raw foods, such as crullers, fish, fritters, potatoes, etc. For cooked Dodging U-Boat Attacks and Saving dishes and oysters, cheose-balls, etc., 370 degrees Fahrenheit.

Do not attempt to cook large quanies at one time. This will cause a sudden drop in the temperature Make it a rule when serving fried the fat, allowing it to permeate the

Now for a word of protection. Do Here are just a few things to keep not use too large a kettle. Keep a in mind when planning to serve fried bucket of sand handy in the kitchen, foods. Use very small quantities of and if by any reason the fat catches

help to extend the food budget, re-For digestion's sake, learn to quiring only a minimum cost and labor to prepare them.

Healthy Hair,

It is quite possible to brush hadr too much, but few women are It is a curious thing that nature given to the fault. The use of the away the brush suddenly when the New York for her first load of Ameri-An excellent shortening that may ends of the hair are reached. It is

Fadeless Kitchen Gowns.

Kitchen dresses of light weight un- American troops. During March, Ap- acted by the fact that it was their and alarming sounds. Patnicia May his own way in his airplane expedi- mashed potatoes. This is a pure fat bleached cotton were adopted by a ril and May, 1918, the German sub- prestige alone that brought about gazed after her with a countenance tion to the North Pole, for at the free from moisture and seasoning dainty young housewife who found marine commanders made at least this achievement.—Admiral Sir D. that her colored wash dresses faded seven daring attacks on her. Not once Beatty, planning for a similar undertaking. Generally in speaking of the term quickly, "and," she says, "I never did the enemy have time to launch a looked so well in the kitchen before," torpedo, for in every case he was All are made by some simple pattern greeted by a six-inch shell or one of I ICTOPIAL OF THE WAT guess I'm safe, though, 'cause I've air race, with the Americans repre- the household. This is a mistaken and have a touch of colored embroid- the destroyers was on the track with sented by Captain Bartlett and the idea. The word "drippings" is meant ery or crochet on the neck, belt, her depth charges. Perhaps some of Deprived of guidance, Patricia May British by Salisbury Jones of the to include fats that cook out from sleeves and pockets. These dresses Germany's missing submarines are conducted herself into the sitting British Northern Exploration Co. | roast beef, pot roast, soups and corn | can be washed and boiled, and need now lying below the track of the room, where she selected a stiff-back- Capt. Bartlett contemplates going beef. This fat is clarified and then no starch, and they look new until Olympic. angles seemed best suited to the dig- Greenland, while Mr. Jones is going with good results for making pastry gingham or percale. The material which the Olympic had took place in nity of the occasion. She made menshould be shrunk before cutting.

> PHOTOGRAPH 70,000 GRAVES. Directorate of Graves WIII Photograph

> > Graves of All Soldiers Buried

Overseas. Work of photographing all graves of is contained in a memorandum for-

bacon or sausage fat. Fat from director-general of graves registration for flavoring vegetables in place of So many thousands of applications butter, for cooking omelets, potato for photographs of graves have been cakes, mush and scrapple. It is a received by the Directorate of Graves splendid seasoning to use for macar- Registration and Enquiries that it is

Up to the present 70,000 photo There is really no need to allow graphs have been supplied, but many

> ber of photographers available, and tered over a large extent of country.

has been received that in certain lo-There are two methods of frying: calities a rumor has been started that First. Sauteing-cooking food in the photograph received is not genthe pan with just sufficient fat to uine, but is only that of a dummy prevent scorehing. This method is grave; this rumor is a most cruel one, is an efficacious means of catching really recommend it, as the food ab- the officers and men of the directorate sorbs quantities of grease; this makes engaged in the various theatres of war on this work. The directorate can as-



ADVENTUROUS CAREER OF THE WHITE STAR LINER.

Sinking Ships Part of Her Achievement.

Dodging German submarines

warships in the North Atlantic, and fighting off vicious U-boat attacks while carrying American troops are some of the achievements credited to the White Star liner Olympic during her adventurous career of the wartime. These were only incidents of her experience, because, on account of her great passenger capacity, she was many thousands of U. S. troops to face | the military committee.

to tow the water-logged dreadnought | bol of the dead man's faith. Audacious, was sufficient to put her in the first rank of transports, but her a Mohammedan and Hindu temple photographs of the general, of the chasubsequent work in bringing Canadian | should be erected as a remembrance | teau in which he had his headquarters troops and Chinese labor battalions, of the sacrifice made by the Mohamand then her wonderful career since | medans and the Hindus in the war. can troops, must put her in a class by

"She has carried well over 300,000 | done?" "It would not be correct to say that

Attacks by U-Boats.

Channel. It was just about 4 o'clock when the lookout man picked out of the almost total darkness the outline Canadian official photos sell this book on sight. of a lurking submarine, which was THIS IS DIFFERENT to any other was lying on the surface. Immediately at- sock on the market, therefore competition uil. Send ter his warning shout one of our forward guns blazed out, and the ship with her helm hard over, spun around like a great racing yacht and crashed

"The blow was, of course, not a clean one, or there would have been few survivors from the submarine. Judging from the damage on the bows of the ship when drydocked a few days later the blow cut off one end of the submarine. The rest drifted past the stern of the Olympic, and one of the gun crews on the poop planted a six inch shell squarely into it. One of the destroyers in the escort dropped be hind, and by the light of star shells picked up thirty-one survivors, three of whom died on the way to port. The total crew of the submarine was more

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BONDS

A DARING EXPLOIT

OF OUR CAVALRY

HUN LINE AT CAMBRAL

Done by Dominion Horsemen

During the War.

With all occasion for military sec

recy passed, it is new possible to give

in detail one of the daring exploits of

the Canadian Cavalry Brigade which

which, nevertheless, was an outstand-

ing feature of cavalry work during the

When the Hindenburg line was

broken by General Sir Julian Byng's

army at Cambrai on March 20, 1917,

the Canadian Brigade had the start-

ling task allotted to it of plunging

and kidnapping the German general

aggressive type of Teuton, marked by

the British intelligence for his atroci-

ties in Belgium early in the war. Ac

cording to the dashing officers who led

the Canadian hersemen, the venture

were well on their way when the Bri-

tish cavalry commander, afraid of the

were demoralized, recalled the would-

be abductors. He had heard that the

nieres had caved in under the weight

of a tank pressing through to the at-

dians, with the assistance of relieved

French civilians, had constructed an

other bridge out of timbers with which

the Germans had been repairing one

of the locks and that the squadron of

the Fort Garry Horse was well on its

So well planned was the adventure

the Canadian raiders had with them

and plans of the place showing where

his private office was. It was a clever

piece of intelligence work, also, that

had gathered in the average number

of men on duty at the chateau and the

usual movements of the general dur-

The Canadian brigade followed

through the first attack at early dawn

Pioneers which accompanied them

filled in the wide Hindenburg trenches

so the horses could pass. The tanks

ploughed routes through the mass of

Cut Up Germany Battery.

Garrys galloped ahead into the blue.

The remainder of the regiment with

the Strathcones and the Royal Cana-

dian Dragoons fanned out on each side to protect their flanks and keep a line

open. Then, as dusk was setting in

came the recall. It was imperative.

and the Canadians could do nothing

The raiding party had gained clean

through to the village of Rumilly and

them. Although they had orders not

of the nearness of the Canadians, was

a complete German battery at rapid

fire. The Fort Garrys formed in a hel-

low and with drawn sabres charged

pell-mell into them. It was a minie-

ture Balaclava. They cut down all the

gun crews and were busy destroying

the guns when news reached them that

their communicating supports had

been withdrawn and they must get

back to the British line, abandoning

Lieut, Strachen, who received the

Victoria Cross for his part of the

work, with the squadron, stampoded

all the horses, which, running wild

through the German encampments.

added to the enemy's demoralization.

and fought their way back on foot, tak-

ing with them a number of prisoners

Just on the outskirts of Magnierar

the party were challenged by a Ger-

man patrol and matters looked seri-

the kidnapping plans.

from the battery.

The special squadron of the Fort

ing the afternoon.

but obey.

tack. He had not heard that the Cana-

failed owing to sheer bad luck, but

Memorials To Be Erected To Various who commanded the XVII corps, an Army Regiments

steadily and faithfully keeping to the battles, as, for instance, by the Can-darkness that was coming on and untask of transporting men and material adians at Ypres, the South Africans for the armies in Europe. First it was in the Deville Wood, the Australians Chinese coolies for road building, then at Amiens, and the British at the reinforcements from Canada to replace breaking of the Hindenburg Line, will bridge spanning the canal at Masthe losses of Vimy Ridge, and finally be considered by representatives of

the Germans on the western battle- It has been recommended that in each cemetary there should be erected "Her work during the Gallipoli cam- a "Cross of Sacrifice" and an altar paign," writes a member of the crew of stone in remembrance of the dead to the London Daily News, "when the and that headstones of graves should carried about \$,000 troops-at that be of uniform shape and size. On time the greatest number ever carried | these would be chiseled the name by any ship-following upon her gal- of the dead and his regiment, and lant attempt off the north of Ireland | also a cross or other religious sym-

ish a chap for something he hadn't "Certainly not, Billy. That would

"That's all right, then.

didn't do my housework." It is not all in filling cows up. They wire protecting the "impregnable post-

The disappointment that the Grand

Canada's Valorous Achievements

battery, worth about ha!f the price of the book. of the plain beyond the village was AGENTS WANTED FIRST COME, FIRST SERVED. No sime to lose. The elegant colored plates and superior | without even a strand of barbod wire

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STOCKS

TO COMMEMORATE SACRIFICE through, making a detour of Cambrai,

In a statement on the work of the Imperial War Commission by Rudyard Kipling, announcement is made that memorials to commemorate the part would have been a success and they borne by the various army divisions or regiments in the campaign and

It has also been recommended that

Both Satisfied "Please, teacher, would you pun-

"The Olympic had most of her ad- Fleet was unable to strike a blow for ventures while she was carrying the freedom of the world is counter-

S. J. DUNCAN-CLARK, with

for a time runners could not reach By MAJOR W. S. WALLACE, M.A. (Ox9) Lecturer in Modern History in Toronto University. "The most thrilling experience Lerge Handsoms Volume, over 400 double column which the Olympic had took place in pages, equal to about 800 ordinary pages. Pictures pages, equal to allow anything to divert their at the darkness of early morning of May, Beautiful Colored Plates. One double page, in most that appeared before them on the edge

> EAGLE (Write to-day for our bid

MOTOR CYCLES

27 Notre Dame Street West, Montreel

ous. Fortunately, one of the officers, Lieut, Cohen, spoke German and, coing ahead, he taunted the Hun officer with "having his wind up." During the pariey the little party crept near enough to rush the patrol and prac-

> 'he casualties of the squadron were under sixty. They brought in practically that number of prisoners. My Little Gray Tasks. used to run with the red-gold sun And sing with the silver stars; My little gray tasks they hushed my

> tically annihilated them. Then they

dived back across the bridge to safety

And fastened my door with bars. In crimson clad, I danced as mad As a leaf when the fields are brown; My little gray tasks they stilled my

And riddled my crimson gown. When dear Hope failed and my spirits

At the desolate days in view. I was the little gray tasks that took my hands And guided me safely through

CANADI GAIN

MANY SOLD

Native Racco gress in Pro

That the In da is slowly that the incon value of their perty has inc 3,500 Indians, the Indian ma age, enlisted i terusting fac nual report o Man Affairs fo 1, 1918, just According t number of 1

Canada is 109 ME are Indian The total val sonal property of the native i 112, against S ing year and total income sources in against \$7,300 increase of \$1 come of the I year. The tal show that the of upwards of tions of dollar Indians during The report e

patriotic spirif during the wa the field of ba report, many have been des sum of \$24,503. by the Indian Cross, and oth date of the put Credital

Referring to Indians in the "Special menti Chippewas of Rama, Sangeer Island, the M the Fort Willia vians of the T Micmacs of Pri Cote band, in katchewan, and band, in the (tish Columbia, sent to the fro able-bodied mal

In addition t good progress. of all classes i auspices of the schools, 58 boar schools. The ti was 12,413-6,2 -an increase preceding fiscal The expendit tion from par

tions during t £734,122.33. In addition to the various ban ted the sum of payment of teal maintenance of

There was a production and serves. In 1911 of land under Lerves through acres. In 1918 under crop, an i

FORTY-ONE 1

British Womer To th Women in al Empire have g for the Red Cr of part of then "was the humb who originated Great demands. already "almost of charity," but "had other vie could have borr gems they pour

appointed cust

The movement,

tioned in high p

"The Queen from the Royal great beauty ca Alexadra, Prince came president and other royal the early days of ril nearly seven received; before were over two th nearly three thor bition of single g To-day the pear sold number clos "Instead of o men of Great Be lons, and of frie en forty-one rope them of finest or worth possessin so wonderfully as readers of the in memory of men lives in the gres that had helped t

The navy is a not an offensive We have kept the