By Jas. NORMAN HALL.

CHAPTER VIII.—(Cont'd.) "Missed the blighter!" he said. Stick it, matey! We'll soon 'ave you Then he told me that it wasn't a good as right as rain!" place for a sniper's nest at all. For "Fer Gawd's sake, boys, go easy! one thing, it was too far back, nearly It's givin' me 'ell! Let up! Let up a half-mile from the German trenches. just a minute!" Furthermore, it was a mistake to Many a conversation of this sort did plant a nest in a solitary clump of we hear at night when the field-dresswillows such as this: a clump of ings were being put on. But even trees offers too good an aiming mark in his suffering Tommy never forgot for artillery: much better to make a to be unrighteously indignant if he It is only since the beginning of the position right out in the open. How- had been wounded when on a work-, sixteenth century that mirrors have ever, so far he had not been annoyed ing party. What could he say to the been used as articles of household fur-

cover from machine-gun fire. "But, blimy! You ought to 'a 'eard how he was wounded? He had enlist- istic value in adorning their homes. the row w'en the bullets was a-smack- ed as a soldier, and as a reward for in' against the sandbags! Somebody his patriotism the Government had

However, it wasn't such a "dusty -little coop," and he had a good field of; fire. He had registered four hits during the day, and he proudly displayed four new notches on a badly notched butt in proof of the fact.

"There's a big 'ole w'ere the artill'ry pushed in their parapet larst night. That's were I caught me larst one, bout a 'arf-hour ago. A bloke goes by every little w'ile an' fergets to duck 'is napper. Tyke yer fieldglasses an' watch me clip the next Quarter left it is, this side the old 'ouse with the 'ole in the wall." I focused my glasses and waited. Presently he said, in a very cool, matter-of-fact voice:-

"There's one comin'. See 'im? 'E's carryin' a plank. You can see it stickin' up above the parapet. 'E's a-go'n' to get a nasty one if 'e don't duck w'en he comes to that 'ole."

I found the moving plank and followed it along the trench as it approached nearer and nearer to the opening; and I was guilty of the most unprofessional conduct, for I kept thinking, as hard as I could, "Duck, Fritzie! Whatever you do, duck when you come to that hole!" And surely enough, he did. The plank was lowered into the trench just before the opening was reached, and the top of on the other side of the opening. The sniper was greatly disappointed. "Now, wouldn't that give you the

camel's 'ump?" he said. "I believe you're a Joner to me, matey." pany, and returned to the meeting-Presently another man carrying a plank went along the trench and he

ducked, too. "Grease off, Jerry!" said the buttnotcher. "Yer bringin' me bad luck. standing out against the sky by 'Owever, they prob'ly got that place taped: They lost one man there an' they won't lose another, not if they

I talked with many snipers at different parts of the line. It was interesting to get their points of view, to learn what their reaction was to their work. -The butt-notchers were very few. Although snipers invariably took pride in their work, it was the sportsman's pride in good marksman- alarm started by a nervous sentry. It thing, the system does not seem to proaches is due to lack of vegetables ship rather than the love of killing for its own sake. The general attitude was that of a corporal whom I knew. He never fired hastily, but when he did pull the trigger, his bullet went true to the mark.

"You can't 'elp feelin' sorry for the poor blighters," he would say, "but t's us or them, an' every one you knocks over means one of our blokes night, and under the stress of great. It is patriotic to eat vegetables. It

I have no doubt that the Germans felt the same way about us. At any rate, they thoroughly believed in the policy of attrition, and in carrying it out they often wasted thousands of rounds, in sniping every yard of our parapet. The sound was deafening at times, particularly when there were ruined walls of houses or a row of trees just back of our trenches. The ear-splitting reports were hurled against them and seemed to be shattered into thousands of fragments, the sound rattling and tumbling on until it died away far in the distance.

III. Night Routine Meanwhile, like furtive inhabitants of an infamous underworld, we remained hidden in our lairs in the daytime, waiting for night when we could creep out of our holes and go about our business under cover of darkness. called forth an immediate and heavy not within reach of the city grocery Sleep is a luxury indulged in but rarely in the first-line trenches. When not on sentry duty at night, the men were organized into working parties, and sent out in front of the trenches to mend the barbed-wire entanglements which are being constantly destroyed by artillery fire; or, in summer, to cut the tall grass and the weeds which would otherwise offer concealment to enemy listening patrols or bombing parties. Ration fatigues of twenty or thirty men per company went back to meet the battalion transport wagons at some point several miles in rear of the firing-There were trench supplies, and stores to be brought up as well, and the never-finished business of mending and improving the trenches kept many off-duty men employed

during the hours of darkness. The men on duty in front of the trenches were always in great danger. They worked swiftly and silently, but they were often discovered, in which case the only warning they received was a sudden burst of machine-gun fire. Then would come urgent calls for "Stretcher bearers!" and soon the protect us both from view and from Fried Fresh Pork . Mashed Potatoes wreckage was brought in over the parapet. The stretchers were set might and main, working in absolute down in the bottom of the trench and silence, throwing ourselves flat on the hasty examinations made by the light ground whenever a trench rocket was of a flash lamp.

"Ere it is, through the leg. Tyke open, exposed to every chance shot of an enemy sentry. The atrace and

Collette Shur Gain

"Easy, now! It's smashed the bone!

leg while digging a refuse pit. / The

wound was a bad one and he suffered,

much pain, but the humiliation was

wanted to be an interesting one. He

wanted to fall, in the heat of battle,

not in the heat of inglorious fatigue

men to cover the area immediately in

front of the company line of trench,

wide discretion in their prowlings,

provided they kept within the limits

of frontage allotted to their own com-

place where the change of reliefs was

made. These requirements were not

easily complied with, unless there were

trees or other prominent landmarks

means of which a patrol could keep

The work required, above everything else, cool heads and stout hearts.

There was the ever-present danger of

meeting an enemy patrol or bombing

party, in which case, if they could not

be avoided, there would be a hand-to-

to become general, so great is the

pleasant frame of mind, to the bullets

whistling over their heads. But at

Bombing affairs were of almost

nightly occurrence. Tommy enjoy-

ed these extremely hazardous ad-

'app'orth o' 'ate to Fritzle,' a half-

six or a dozen hand-grenades which

he hurled into the German trenches

from the far side of their entangle-

wire and, from a position close under

the parapet, they waited for the sound

of voices. When they had located

the position of the sentries, they toss-

no danger unless a party were sent

of them enjoyed it, and were sent out

night after night. The excitement of

a great deal more digging to do than

fighting, for it was not until the arrival

armies that the construction of the Pork Loaf

on active service of Kitchener's

double line of reserve or support

trenches was undertuken. From

June until September this work was

pushed rapidly forward. There were

also trenches to be made in advance

of the original firing-line, for the pur-

pose of connecting up advanced points

and removing dangerous salients. At

such times there was no loafing until

we had reached a depth sufficient to

fire. We picked and shoveled with

sent up from the German lines,

open, exposed to every chance shot of an enemy sentry. The stretcher-

bearers lay in the tall grass close at hand awaiting the whispered word

"Stretcher-bearers this way!" and

they were kept busy during much of

the wounded to the rear.

the time we were at work, carrying

(To be continued.)

Throughout the summer there was

the thing worked into their blood.

ed their bombs over with deadly ef- plains that her meal lack variety and

fect. The sound of the explosions attributes this to the fact that she is

fire from sentries near and far; but with its infinite variety of foods. Va-

lving close under the very muzzles of riety lies not so much in many kinds

the German rifles, the bombers were in of food as in the ways in which they

out, in search of them. This, of are prepared. With two vegetables,

course, constituted the chief element potatoes and cabbage; one fruit, ap-

of risk. The strain of waiting for ples; two meats, ham and fresh pork,

developments was a severe one. I an almost infinite number of dinners

have seen men come in from a "bomb- can be prepared, each appetizing and

ing stunt" worn out and trembling without repeating a single dish. The

Roast Pork

from nervous fatigue. And yet many following are samples:

its direction.

on the ground.

But there was more heroic work to

even harder to bear.

he tell them at home?

a rotten bit o' luck!"

AGENTS WANTED THE MORGAN SALES CO. 15 YONGE STREET, TORONTO MIRBORS 2,500 YEARS OLD.

Making of Glass Mirrors First Developed in Venice.

Quaranteed Starting System for

Ford Cars. Selle for \$22.50.

They say that a man's first thought on entering a room is, "Where is there a place to sit down?" but a woman's first thought is, "Where is there a mirror?" It has been woman's thought from time immemorial, for from time

immemorial there have been mirrors. by shell fire. A machine gun had women of England who would bring niture and decoration, and there are searched for him, but he had adequate him fruit and flowers in hospital, call few women of the present day who do him a "poor brave fellow," and ask not realize and make use of their art- foods.

. The mirrors of antiquity were prinwas a-knockin' at the door, I give you given him a shovel, "an' 'ere I am, cipally of bronze, highly polished and workin' like a bloomin' navvy, fillin' about the size of an ordinary hand sandbags full o' France, w'en-I up an' mirror. They were usually provided gets plugged!" The men who most with a handle and sometimes were bitterly resent the pick-and-shovel mounted on a stand. The principal phase of army life were given a great feature of these ancient mirrors was deal of it to do for that very reason, the design incised on the back. They One of my comrades was shot in the belong to the period about 400 to 500

> During the middle ages, from the What could twelfth to the end of the fifteenth century, pocket mirrors or small hand to anything like the same extent that Vancouver General Hospital. "Do you think I'm a go'n' to s'y I mirrors carried at the girdle were was a-carryin' a sandbag full of old considered a necessary part of a lady's wanted.

jam tins back to the refuse pit w'en toilet. Fritzie gave me this 'ere one in the; The method of backing glass with leg? Not so bloomin' likely! I was metal for mirrors was well known in afraid I'd get one like this! Ain't it the middle ages, though steel and silver mirrors were almost exclusively If he had to be a casualty Tommy used. It was in Venice that the making of_glass mirrors on a commercial scale was first developed.

company. It was the duty of these well as water.

three to five hours, and might use a of feelin' some better."-

Food Control Corner

the "customs of the country"? Yet requiring special treatment, has been immediately here a discrepancy arises. arrived at after much deliberation One might prescribe the use of beef and and visits to the premises by the Com- this spring and be harder to find than wheat in Canada by decree but its in- mission's architect and engineer. cidence would be unequal from the A standard wing of 150 beds is to first. There is, however, one way in be placed immediately north of the which the food saving could be made present administration building, while which is the whole end and object of by erecting a new kitchen and dining Fill your leaky hot-water bag rationing. It is by a voluntary pavilion and remodelling the adminbe done: going out on listening patrol, with sand instead of water. Heat pledge of each home. In three words istration building additional ward for example. One patrol, consisting of the sand in-the oven and pour it into this is nothing else than by unremit- space to the extent of 50 beds will be a sergeant or a corporal and four or the bag through a funnel. It will re- ting patriotic saving of the foodstuffs obtained. A recreation hall is also to five privates, was sent out from each tain the heat and do the work just as that are known to be wanted by the be erected on the adjacent grounds allies. No amount of talking can providing accommodation for concerts make up for this. It is not a legal and entertainments, dances, and gym-"Good morning, Mrs. McCarty! How question at all but a moral one, which nastic games. ered, and to report immediately any are all of your folks?" "All pretty must be left to the conscience of At Shaughnessy Military Convalesactivity of the enemy, above or be- well, exceptin' my old man. He's each household head. There is no cent Hospital 150 beds are being addlow ground, of which they might been enjoyin' poor health for some- better way for the present in which ed by remodelling the entire upper it reappeared again, a moment later, learn. They were on duty for from time, but this mornin' he complained those who cannot go to the trenches upper floor, which in the early days

ceiving much newspaper attention in under a compulsory rationing scheme. Canada at present. It is a thing that In a way this is a new factor which is as new to us in theory and practice hitherto it has not been possible to as war was three years and a half utilise. The Canadian women is ago. That must be the only excuse here especially indicated to aid. So for some things which are written. far woman's work in the Dominion The general assumption is that ration- has had to do with Red Cross and had some visitors one afternoon and ing can be carried out, just as some similar works of mercy. This opens thought she would show them what a people thought price-fixing could, by out the field enormously. Every woa mere wave of a magic pen. When man who saves bread, beef and pork bright little boy at the rear of the it is remembered, however, that products is in fact and deed wielding room she said to him: Canada's seven and a half million peo- an unseen weapon in the war as truly

ple are scattered over an area great- as her sisters behind the trenches are and your father gave you three cents, er than Europe the question at once in caring for the broken and the main- how many would you have?" arises: "Who is to see to the carrying out of the rationing scheme?" For rations mean that each family would be under an obligation not to eat more on any day or in any week than a certain set amount of particular

It would not be hard to make a rule beef and wheat most urgently are

can actually help in the fight in of the building when it was used as a

WAR AND FOOD SERIES. No. 10-VEGETABLES needs but a moment for such an alarm demand them to the same extent.

nervous tension at which men live on To stop using vegetables in winter the firing-line. Terrific fusillades is to deprive the body of the best of from both sides followed while the tonics and, in war time, it means uslistening patrols flattened themselves ing more than one should of other out on the ground, and listened, in no foodstuffs which ought to be going overseas.

excitement, men fire high. Strange means that you save meat and wheat. as it may seem, one is comparatively When you eat potatoes and carrots safe even in the open, when lying flat and onions you are not depriving the soldiers of anything, but you are saving meat and flour for them. ..

In Canada great quantities of vege- It can be saved for soup or gravy. ventures which he called "Carryin' a tables are grown. On the farms especially the cellar is usually well the vegetables. Then the valuable penny worth of hate, consisting of stocked in winter with potatoes, carrots, onions, turnips and cabbage.

worked their way through the barbed. They are excellent for the children, ly follow.

In Preparation Lies Variety.

Dinner No. 1.

Boiled Potatoes in their Jackets

Dinner No. 2.

Potato Salad with Dressing

Dinner No. 3.

Boiled Ham

Potatoes Cooked in Ham Broth

Cabbage with Sour Sauce

Apple Pie

Dinner No. 4.

Hot Slaw

Baked Apples and Cream

Dinner No. 5.

Cold Sliced Ham

Boiled Cabbage

Apple Dumplings

ONTARIO FERTILIZERS, LIMITED

WEST TORONTO

French Fried Potatoes .

Apple Snow

Delicate - Cabbage

Apple Brown Betty

Generally speaking, people are more more especially if they are mashed hand encounter with bayonets, or a inclined to eat vegetables in summer and put through a sieve. Doctors noisy exchange of hand-grenades. than in winter. For one thing they claim that the tired-out feeling that There was danger, too, of a false are not so easy to get; for another comes over people as spring apwhich contain much mineral matter, are invigorating and serve as a tonic to the system.

The winter vegetables are particularly good when combined with meats to make savory stews. Who could conceive of a tasty stew without its quota of carrots and onions?

The winter vegetables lend themselves to many forms of cooking. They can be used in stew, with soup, or covered with a simple sauce. The water in which vegetables

cooked should never be thrown away. It is best of all to bake or steam

It is real patriotism to use vege-Great variety can be given to the tables. It is a rule that both the ments. The more hardy spirits often daily menu by the use of vegetables. farmer and the city dweller may safe-

salts are not wasted.

Dinner No. 6. Baked Potatoes

Too often the farmer's wife com- Pork Pie Scalloped Cabbage with Cheese Apple Fritters

> Minced Ham with Gravy Browned Potatoes Cold Slaw Dutch Apple Cake Dinner No. 8.

Dinner No. 7.

Pork Croquettes Creamed Potatoes Cabbage and Celery Salad Apple Tapioca

Dinner No. 9. Sauerkraut Browned Hash Potato Soup Cabbage and Olive Salad

Apple Pudding Dinner No. 10. Baked Ham Stuffed Baked Potatoe Fried Cabbage

Apple Sauce Cake

Dinner No. 11. Fried Ham with Cream Dressing Mashed Brown Potatoes Cabbage and Green Pepper Apple Charlotte

Dinner No. 12. Rolled Stuffed Steak Riced Potatoes Steamed Cabbage with Drawn Butter Sauce

Apple and Date Salad Dinner No. 13. Broiled Steak French Fried Potatoes · Creamed Cabbage with Cheese Apple Sauce with Sponge Cake

These dinners with brown or white is bread, butter, tea or coffee and cookles make meals lit for the king's

Europe for moral uprightness and pure ideals of life than in practicing in each home at all times of the day that honest carefulness to avoid old China: Out Glaser Ornaments: Rationing is a subject that is re- waste which would have to be done

HOSPITAL EXPANSION IN B. C. New Construction Adds 350 Beds With

Augmented Treatment Facilities.

Increased military hospital accom- would you have?" that so much bread should be used by modation in British Columbia is being each person at a meal. But how provided by the Military Hospitals many million police would be wanted Commission at Esquimalt and Vancou- said the teacher. "How on earth could to attend to the execution of the ver. Approximately 200 beds are to you have seven?" order? Even the making of orders be added to the Esquimalt centre, with that would be fair in a large city as augmented treatment facilities. In Johnny. compared with a country home of- Vancouver about 150 beds are being fers difficulties little thought of. In added to the Shaughnessy Military

the Maritime Provinces fish is plenti- Convalescent Hospital and a building ful and comparatively cheap as in for the accommodation of hydrothe West are wheat and beef. But therapeutic equipment is under conmore fish is not needed "at the front" struction at the Military Annex of the where I am, because I am not allow-

malt Hospital as a large centre for I was before I left here to go where What rationing plan could ignore the care of Vancouver Island patients I have just come from."

school, was abandoned as a useless

Vocational training buildings are being erected at both Shaughnessy and Fairmont Hospitals, while the special treatment facilities for this district will, of course, be found at the Vancouver General Hospital Military An-

Make Good Incomes

INVINCIBLE Sample Books

We Prepay Express Charges Consumers Wallpaper Co. Established 1890

WINDSOR

there was just one WALKER HOUSE In towns along my route, Then "drumming" would be joyous, And I wouldn't give For all the inconveni-

The trains that poke so slow, If there was just one WALKER HOUSE

In every town I go.

I'd hustle like the dickens, -And take orders by the ton. Say, trav'ling then would be Just one big round of solid fun. wouldn't mind the rain or sleet,

Or mud, or frost or snow,

If there was just one WALKER HOUSE In every town I go.

The Walker House The House of Plenty Toronto .

Geo. Wright & Co., Proprietors

Watchest . Mingel" Table Ware. Write or send by Express to

M. & T. JENKINE, Limited ANTIQUE GALLERIES 28 414 30 College Street, Toronto, Ont.

The Unknown Quantity.

A. young and pretty school teacher good class she had. Calling up a

"Johnny, if I gave you two cents" "Seven," promptly replied Johnny

The teacher blushed with embarrassment, but tried again. "You can't have understood, Johnny," she said. "Listen, and I will repeat the question. If I gave you two cents and your father gave you three, how many "Seven," said Johnny again.

"I am surprised at you, Johnny,"

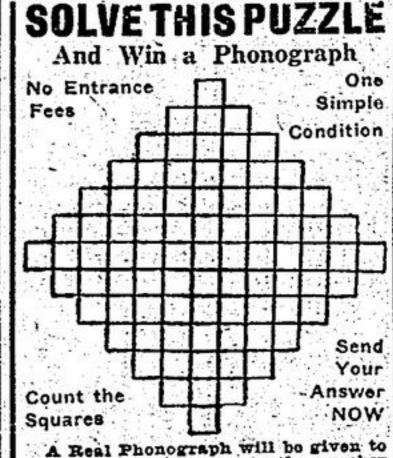
"I got two in me pocket," said

Where He Was At.

A certain British soldier's letter, according to Pnuch, runs thus:

"I am sorry I cannot tell you ed to say. But I venture to state The decision to develop the Esqui- that I am not where I was, but where

> Seed oats are likely to sell higher in any season within memory.



of squares in this diagram COR-

RECTLY and fulfils one simple con-

dition. This condition is easy.

Count the squares very carefully and

SELFAST SPECIALTY CO., Dept. X

Drawer 891, Sta. P., TORONTO

send your answer to



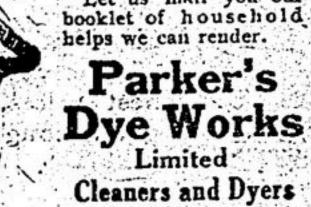
aromatic lather. Sold everywhere. Albert Soaps Limited, Mirs., Montreal Send it to Parker's

SOAP its wonderfully softening and

TOU will be astonished at the results we get by our modern system of dyeing and cleaning. Fabrics that are shabby, dirty or spotted are.

made like new. We can restore the most delicate articles. Send one article or a parcel of-goods by post or express. We will pay carriage one way, and our charges are

most reasonable. When you think of cleaning and dyeing, think of PARKER'S, Let us mail you our



791 Yonge St.

Toronto

The Peerless Perfection Fence SEND FOR CATALOG of all kinds of fencing for farms, ranches, parks, cometeries, lawns, popiliry fards, ornamental fencing and gates. See the Peerless line at your local dealers. Agents wanted in open territory.

THE BANWELL-HOXIE WIRE FENCE COMPANY, Ltd.

Winnipeg, Manitoba Hamilton, Ontario

