

BEGIN HERE TODAY.

his way to Sailortown, ancient rendez- talk about what's to be done." vous of men who follow the sea, where he meets up with little Joe Bunting, al being not even fit for shanghaiing. a good thing'-and marches through frightened horses. He shuddered. a woman's voice.

NOW GO ON WITH THE STORY. slowly by, two men, and a girl.

have brought Mary into a den like ever. Stevens apparently was the this; but time is short, and you must sail-master of the Orontes clipper; Some Rules to sail today."

I wanted to see Oh; look!" the voice value as a man. dropped to a stage whisper. "There's "He says I'm not even worth shanga man in there!"

Drake groaned silently. He wanted that with him!" to take a square look at the owner of But how? Drake took steps to peep voice, that they had passed on.

thave done all that's needed in change Alden Talbot Drake is contemptuous of masters. You'll take the Orontes of the idle life he is leading in his out to atavia. Take good care of luxurious home. The urge which took Mary, and see her safely to her brohim to sea on leaving schol has never ther's place. I'll get the business left him. One night he slips away that's keeping me ashere all settled from a party at his house and makes by the time you get back. Then we'll

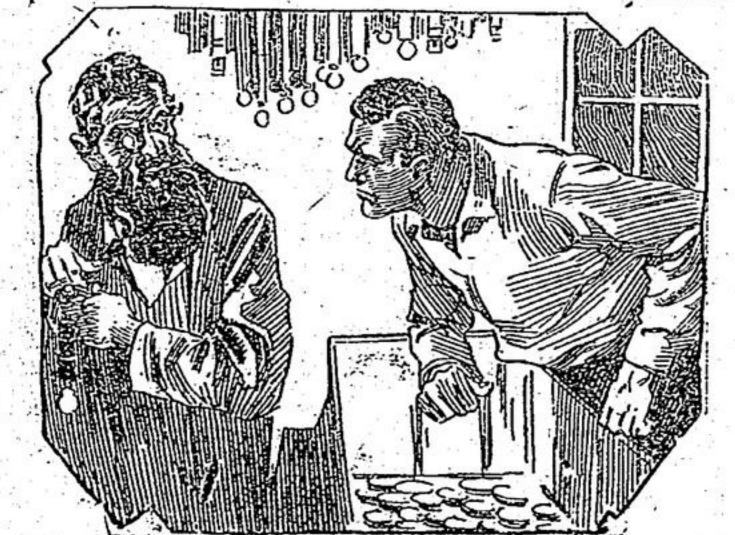
Drake's first peep showed him the sailor. They drink each other off their thick gray bearded, copper-bronzed old feet in a barroom, and Drake is car- gentleman of 'nautical aspect whose ried upstairs, presumably to be shang- fat chaise horses he had startled with haied next morning aboard the Or- his clanging gate. His next was more ontes. Drake hears himself denounced than a peep, for he raised his head, by Captain Stevens of the Orontes as and looked straight into the wide blue Drake mutters: "This is too much of eyes of the girl who had handled those;

the door of the room in which he was! He wanted, as he had wanted no thrown the night before. At the thresh- other thing in life, to show that clean, It's the driest, roomiest, lightest forehold he stops, however, upon hearing self-possessed young lady that he be- castle I ever saw in a sailing ship. longed of a clean race, too. He wanted Wonder you never saw it before." to tell her something. He could still In the passage three people walked Lear her voice. He could hear the deep rumbling tones of her father, if is a nice big place, isn't it? How "So it's as well you were delayed Captain Manning were her parent; many men live here? O-oh!" over the men," a deep, puzzling un- hear too the blatant, confident roar of strange voice was saying. "I shouldn't Stevens. He hated Stevens more than

, with Mary Manning as passenger. "Oh, please don't worry about me," Stevens, a brute, a manhandler who answered the girl's voice. "It's fun. set himself up a judge of a man's

haiing! Caesar! I'd like to argue

that voice. It was a rich, liquid, happy outside again. If he could just catch voice. It sent a queer ripple along his Mister Stevens alone for a moment, throat. But he dared not take his arms with that girl out of the way, he would from his face. He knew, by the next see. The big blond beast might batter a clumsy customer like the crimp, slow "All the men are aboard but one, moving, slow thinking, a creature of Captain Manning." This was Stevens one idea. But Drake had known the speaking. "I'll have a man in half day when he could handle himself



"DON'T BE FUNNY. HOW MUCH?"

discordantly. Evidently playing to There was nothing like confidence. the girl, thought Drake. "If you saw | "So you'll get on board, Captain

meant that to be frosty, or was having you at Cape Town." ing past the cor again.

sir. I hammered him well."

Captain Manning.

double left handed thing in silk strip- side. ed pants that-"

"Yes, yes," said the captain impa- producing his gold fob watch. tiently. "Never mind the dude. You | "Where'd y' pinch it?" returned get your ship warped out to the pier- Uncle, a jeweler's glass in one sharp head whether you have a full comple- eye alongside a battleship's ram of a ment or not. You'll lose the rest if |benk. you don't." The trio were right at

the door, rake simply had to peep. "I

Im never too tired to sleep now~

Rested nerves make all the difference Your doctor will tell you how hewing relieves nervous tension, how the healthful cleansing action of Wrigley's refreshes the mouth and tones you up.



an hour. The crimp tried to send me above a bit. He had licked the halfa putty dude." The fellow laughed deck bully on his first voyage to sea.

it, Miss Mary, you'd want it for a Stevens, and haul out to the pierhead dolly, but you'd have to wash it first." before your crew jump," the old or broiled. Fried meats should not be "Are you speaking about a man?" gentleman was saying. "Mary, my given to children. Most stews made came the girl's voice, cool and unap- girl, take care of yourself. Have a with potatoes and other vegetables preciative. Drake never could decide, good holiday with Jack, and he'll bring are recommended, provided they are even years later, whether the girl you home when he comes. I'll write thoroughly cooked and the fat has

fun with Stevens too deep for his Drake followed stealthily. His hopes understanding. Now they were com- were dashed, for the three left the ally no food value, but soups made place together and walked towards the from meat, to which vegetables and "Tried to dump the dude onto me, Docks. He stood on the sun-bathed barley, rice or macaroni are added,

pavement, staring after them. "Who, the dude?" queried the girl, Then he hurried down the quieter especially those made from peas and side street. The sight of three gilded beans with the addition of milk, are "Hush, child! Let Mister Stevens balls over a grimy window full of nutritious and cheap and may largely get through. Time's short," cut in knives, pistols, sextants, ship models, be substituted for meat and eggs. and curios from all the Seven Seas "The crimp," said Stevens. "I would rounded out a resolve which set his feel like a child beater if I hit that pulse bounding again. He slipped in-

"How much, Uncle?" he demanded.

"Don't be funny! How much?" "It got a name in it. 'Tain't vort' much. Gif y' a arf quid fob an' all." "How much can I buy a suit of duncarees and a shirt for?"

"T'ree arf crowns."

o send a telegram. for these togs and pumps, and we'll We are apt to forget completely a hunmake the deal," he said. "I want the dred little kindnesses and courtesies

odd half crown cash." fifteen precious minutes coding a mes- man since then; it was there he showsage to his lawyer. After which he ed his real character,"- as if a man's

creep out of sight above the dock wall. ing and overcoming of many days and The Orontes was moving out to the years. locks. Drake mingled with the gang shifting her lines as she warped along. Minard's Liniment for sick animals. He hauled wet, heavy bowlines en thusiastically. But Lord! how soft he had grown! How his arms ached.

How his breath caught. Drake recalled all his earlier knowl- that the Socialists were advancing edge of a ship's arrangement. He had under the banner of plunder and the no fear about being seen for a brief Liberals under a policy of squander. while, where all men were strangers. He knew there was only one man abeard who would be likely to know why the kind of people who borrow the men he had shipped, and that man, books alway have dirty thumbs.

recently the mate, was now walling the peop, master. A whistle shrilled out aft. The mate ran to the forecastle rail to answer; and Drake ducked and ran into the forecastle itself. through the bows, and was hollow to the big wide heel. The Orontes had. American and European Countries." He wriggled into the convenient cavity like an eel, and lay there palpitat- the Orient to other nations of the

ing jubilantly. Overhead the dreary gang tramped the capstan around.

CHAPTER V.

. MAG'S FANCY BLOKE. Crouched in his narrow steel shei Drake thrilled to the adventure he

had hurled himself into. He inhaled a deep breath, for the confines of his steel shell grew stuffy. Dry red lead dust tickled his throat the stars there was nobody to hear. Then started to sneeze again, and fought desperately to stop the explosion; for voices sounded appallingly

near. At the forecastle door. "Workt be fit for a lady to look into once those hogs get settled down here, Captain Stevens was saying. "I am rather proud of this ship's forecastle. centuries. "Oh, Daddy never let me come forward!" laughed Mary Manning.

(To be continued.)

# Follow In Feeding the Pre-School Child

Rules for Eating 1. Children should wash their hands

before eating. 2. Food should be eaten slowly and

chewed thoroughly. 3. Include some fresh vegetables in

each day's meals. 4. Give each child at least a pint of milk a day.

5. Water should be given freely beween meals, but not at bed time. 6. A glass of milk and a piece of bread or some fruit is all that should be given to a well child between meals and then only if he is really hungry.

Cooking Food

Cereals.-Coarse cereals require at least three hours' cooking in a double boiler, fine cereals at least one hour. Cereals are largely composed of starch and fibre. Long cooking is necessary to soften the fibre and thoroughly cook the starch. In a fine cereal, heat penetrates more quickly to the centre of each grain than in a coarse cereal-hence the necessity of longer cooking of coarse cereals.

Vegetables.-All vegetables need to be thoroughly cooked. Steaming is th ebest method of cooking vegetables; because there is not as great a loss of food material, particularly the valu able mineral salts. If vegetables are cooked by boiling, however, the water in which they are cooked (stock) should be kept, and used when making soup or vegetable sauce. Potatoes are best baked, or boiled with the skins on and peeled afterwards.

Eggs.-Should be soft cooked, coddled, peached or scrambled, not fried. Meats.-Should be roasted, boiled been removed.

Soups.-Clear soups have practicmake valuable food. Thick soups,

Serving Food

Meals should be served at regular nours. Dinner for children should be served at noon.

Food should be served warm and well cooked, on clean plates and on a clean table. Food that is "off flavor" or tainted should never be served. Milk should be kept cool-if posible on ice.

Flies should be kept away from

### Unbalanced Memory

It is so easy to forget a kindness, Drake mentally calculated. He had and to remember a kick. Yet controlling our recollections is almost as "Give me a good pair of stout shoes important as controlling our temper. which one has shown us, and to re-Rearrayed in blue dungarees, shod member a single careless slight or with wooden pegged shoes, still minus thoughtless word. Often we hear i a cap. Drake almost ran until he found said of some wrong or foolish deed, telegraph office. There he spent "I have never thought so well of that ran in good earnest through the Dock real character appeared more in one gates, for he had seen the long jibboom separate deed to which, perhaps, he with the snowy furled jibs, slowly was sorely tempted, than in the striy-

Mr. Winston Churchill declared at a | Conservative meeting at Sevenoaks

Science knows overything except

# Symbols In Rugs

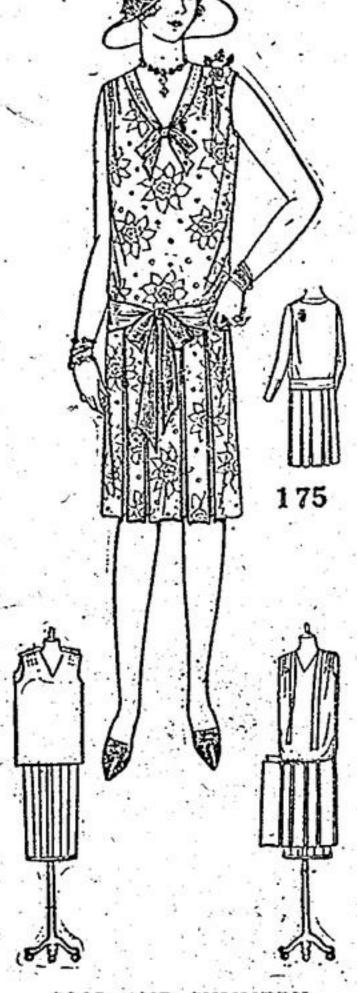
Montreal.-Interpretations of drawings on Oriental carpets were exem-Some steel ships, he knew, had a steel plifted by D. W. Thomas, president of bowsprit which entered the forecastle St. David's Society, in an address on "The Influence of the Orient over

Various industrial contributions of

world and a short history of the Orient opened the speaker's remarks. In early days, Oriental rugs were not marketed. They were given to relatives or friends as tokens of remembrance or friendship. But to-day, the Orient, like all other countries, has commercialized all its products and its arts. Nevertheless, the same art as that of preceeding centuries still prevails in all exported carpets.

To the majority of possessors of and nostrils. 'He sneezed. Thanked Oriental rugs, the speaker stated, the designs are without meaning. But such is not always the case for every design such as the eight pointed star,

Persia. There is a notable difference bility, there is an impression of active between the style of Northern Persia energy, as though soldiers were hard- white sugar. and that of Southern Persia. The lat- ly needed to defend it, and its many ance of curves rather than the geo- only. It is an inspiration to stand on or from three to four cupfuls of red Northern Persia. Various examples determinedly as far as the eye can recipe and leave standing one hour. of these differences were illustrated reach in either direction, up hill and Peach: Two cupfuls of peaches, by the speaker.



COOL AND SUMMERY.

that swathes the hips makes it doubly fell rapidly from us. can be made sleeveless or with long boulders, with here and there carefully.

HOW TO ORDER PATTERNS.

ly, giving number and size of such who, when the village temple was patterns as you want. Enclose 20c in stamps or coin (coin preferred wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto. Patterns sent by an early mail.

### Usefulness:

In youth you must lay in a stock of knowledge which may carry you through life, whatever your after pursuits may be, with usefulness and honor. But recollect, this is not to be done without exertion, without the frequent sacrifice of momentary pleasure and gratification. Self-denial is a virture of the highest quality, and he who has it not, and does not strive to acquire it, will never excel in anything. Conybear.

The newest car on the market is The Roosevelt, but it is a cinch that no ad will refer to it as The Rough Rider.—Birmingham News.

NURSES WANTED The Toronto Hospital for Incurables in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and traveling expenses to and from New York. For further information write the Superintendent. information'write the Superintendent.

SALADA has the finest flavour in the world and it costs only one-quarter of a cent a cup



### Western Hills

the many things I enjoyed those that the sun, the flowers, the four cardinal stand in m ymemory for delight are points and the bird, is the symbol of excursions outside the city. I had an actual thing. Imitation of the been prepared by photographs for the style existing in pilars erected in Per- beauty of the Great Wall, but it was sia has also prevailed throughout the exciting beyond expectation. Besides the power that belongs to all great These carpets are found chiefly in walls, the sense of fortitude and sta-

> self, a breathless impetus carrying it to the top of the highest hills. Puffing up the pass by train the juice. Wall had impressed me merely as a Peanut: Omit sugar from the recipe magnificient enclosure. The first hint and add as flavoring three-quarters of of its livingness was at the station a pound of peanut brittle put through where we stopped. Here it fled from the food chopper. the mechanical monster which had Macaroon: One cupful of dried, powcut it through, a headlong flight up dered macaroons and one teaspoonful when they leave school- these childprecipitous hillsides leaving its stair- of vanilla. way wrecked behind it. We joined it by a gentler slope, and found it broad as a lane and generally in wonderful

preservation. My visit was in July and the hills, obviously never very green, were completely bare. In the crannies of the Wall itself were hints of what wild flowers there might be strange varieties generally of things well known at home: salvia, campanula, morning glory, etc. There were also Mongolians lying in wait for the innocent sightseers, with stalls of lemonade and other refreshments.

My last trip in the Western Hills was in late October, to the great pilgrimage temple of Miao Feng Shan -the Mountain of the Marvelous Peak. To go there we followed the Pilgrims' Way. This, while not much more than a path in-width, is one of the very few made roads in North China, paved in its length. In the persimmon orchards. The trees, far larger and more bushy than any to be seen in an English orchard, were elaborate, though it is certainly ap- no hour that the man lives. Emerson. when you met them to-day after two propriate, the Nature Lover's Moun-A flowered dimity the choice of tain Lodge. It was situated in Ming Most of Canada's bullion is now they are practically uninterested in smart women for warm days. The Tao Kow, Cherry Glen by interpreta- refined in the Royal Mint at Ottawa. the things of the mind, uninterested in all-around box-plaited skirt is liked tion, the leaves, autumn-tinted, still because of its youthfulness. A girdle made the foreground brilliant as it

attractive and becoming to the woman | Below a mountain stream rushed, with a mature figure. Style No. 175 tearing its way between Trees and dart-fitted sleeves, and is designed in smooth sheet of water. . . . The view sizes 16, 18, 20 years, 36, 38, 40 and from the dwelling house itself was 42 inches bust measure. Tucks at broad, enclosed by fine outlines of orshoulders, furnish sufficient fullness dered hills, blue and purple at sunset to bodice. It's charming in printed against a primrose sky. Half a mile pique, pastel silk crepe, georgette, up a steep glen on the other side of shantung, printed rajah, silk pique or the stream the temple of our host linen. Size 36 requires 31/8 yards of was dedicated "To all great men who 40-inch material with % yard of 40- loved nature.' The tablets of Keats, inch contrasting. rice 20c in stamps | Shelley, Walt Whitman and Shakeor coin (coin preferred). Wrap coin speare, among English-speaking nature-lovers, and many another great one from every nation, were there in Write your name and address plain- company with two fine old Buddalis





CONDENSED VIII

overtaken by destruction, had four a refuge here.-Rachel Wheatcroft. "Siam and Cambodia in Pen and Pas-During my months in Peking, of tel."

#### Mousse Flavorings

Chestnut: Mash three cupfuls cooked French chestnuts and add one tablespoonful of vanilla.

Grapejuice: For water in the recipe substitute one cupful of grapejuice and two tablespoonfuls of lemon juice.

Strawberry or raspherry: Mash one valleys ridges on which to perch it- for strawberries.

Pineapple: One cupful of pineapple syrup and two tablespoonfuls of lemon



"Say Bill, has your doctor proven

clockwork."

Being and Thinking laden with large golden fruit, bril- Thinking is the function; living is the turned out to be illiterate. liant as oranges among sparses crim- functionary. The stream retreats to son leaves—the sight of the orchards its source. A great soul will be strong quences of the war period, when the alone would have been well worth the to live as well as to think. Living is children were sacrificed during the journey. The stage ended at the a total act; thinking is a partial act. war, and it is not merely those who house of our host, Lo Ching Shan Let the grandeur of justice shine in were at school during the war, but Chai, so christened by the late Em- his affairs. Let the beauty of affection now, even at the present time, chilperor. In English the name sounds cheer his lowly roof. The scholar loses dren who left school two years ago,



You'll be amazed with the results - clear, sparkling negatives - fewer failures better pictures-rain or shine -anytime, anywhere.

Remember - Gevaert films practically eliminates underexposure—the cause of ninety per cent of poor pictures.

At dealer's everywhere. Say "Gevaert" the next time you ask for film.



ISSUE No. 27—'29

## The New Woman Minister of Labor

Miss Bondfield the First Woman to Hold Highest Position in the Labour Ad-

ministration It will be remembered that in the last Labour Government that Miss Margaret Bondfield, M.P., held the post of Under-Secretary of State at the Home Office, and as Mr. Ramsay MacDonald is to be Premier Miss Bondfield is likely to get an important post. The "Socialist Christian" reprints an address of hers which was not widely reported at the time in the newspapers, and it dealt largely with the question of teaching the rising generation how the mind can be trained towards the right use of leisure. . Miss Bondfield said:

"It is brought home to us in this mass of unemployment in a most terrible way. Here are our young people condemned to most terrible idleness-I am aware that many people cannot see as I see about this question, but I am profoundly convinced that we must set up as part of the machinery Maple: Use maple sugar instead of of this country, training centres, or adult educational establishments-I personally do not much care what is taught in those centres, as long as ter differs from the first in the abund- watch-towers were fo rits own use quart of ripe prepared strawberries, they are places where young people metrical and symmetrical forms of a Tower and see the Wall travelling raspberries, mix with the sugar in the may demand to go whenever the inbour, ho go there and learn those things they want to learn-dancing, down dale, discovering even in the minced or crushed, used as directed Spanish, engineering, or whatever it is, not because they want to make moneyout of it, but because they have a mind, and it is the duty of society to give them every opportunity.

#### "WHEN I GO INTO FACTORIES"

"When I go into mass production factories, and I see the nature of the work that these children are sent to ren have been taken out of that social environment which has brought out all that is fine in them if you have anything-like a decent school and a decent staff of teachers-these children are surrounded by everything that will help them to expand and when they leave school at fourteen, they are surrounded by an invironment that shuts them up absolutely, as far as giving them any encouragement to learn anything more or try to do anything bigger; their transition is so sudden, so drastic, so terrible that we have to-day to recognise from many quarters that by the time the girls or boys have reached sixteen they have lost all desire to write or read, and what they have learned at school has been wiped out as though a sponge had ben passed across a slate.

"It is not merely economic waste, "Yessiree! A pint a week regular as but it is a national disaster when that kind of thing happens. In the papr the other day, a paragraph occured first stage my vivid recollection is of For sunburn, apply Minard's Liniment about the men recruited for the police force and it was stated that a very large number of them-young men, of Character is higher than intellect any age from eighteen upwards-

> "That is one of the awful conseyears in a mass production factory, following up anything like a scholastic development.

#### RIGHT KIND OF LEISURE AS WELL AS WORK

"And so, in order that we may not lose ground, in order that the personality and the character of our people may be maintained, it is sovitally necessary to recognise the importance of not merely providing work in the first instance, but owing to its monotonous character, of so reducing the hours of work that there shall be leisure for the development of creative power, and that shall encourage them to use this leisure.

"I had the great bood fortune to be born in the country— and to me the country seems to be the natural place for all young things to be born in. It seems to me so dreadful when a little baby's first view of the world is some drab, sordid street, where they don't even get a glimpse of the sky because of the smoke-laden atmosphere.

"Life in the country may be poor, but it gives memories to the child that nothing else can ever quite efface -they at least hear the singing of the birds, they at least see the flowers coming in the spring, they at least see the green grass grow- and if we can do anything to beautify our towns, it is well worth while. I am convinced of the power of beauty in our young life. There is that movement the City Gardens Movement- I think anyone who has been down to Bermondsey at some time of the year, and contrasts Bermondsey with the kind of conditions that existed twenty years ago, will see how much of beauty has been introduced into that sordid part of London.

" I am just throwing out these fragmentary efforts because I do want to commend that one idea to you not merely a greater distinction of the worlds wealth, nor merely security for those things needful for the body, so that anxiety shall be completely removed from the minds of the people, but that we have also to realise that we are in an era when there ought to be more leisure for everybody, and probably the most important thing we have to learn is the right use of that leisure."