

# Delicious in the Cup.

# "SALADA" TEA

has no equal for quality and flavour.

If you have not tried Salada, send us a post card for a free sample, stating the price you now pay and if you use Black, Green or Mixed Tea. Address Salada, Toronto

## The Making of 'Val' Pierce

By CONRAD RICHTER.

IV. "It's your mountain as well as mine," assured Val, smiling inanely with relief.

The boy approached with a simplicity that Val instantly liked. "I generally come over here from the path evenings," he explained shyly. "I like to look at North mountain. That's her up there." His basket indicated the towering wedge-shaped mass. "They say from the top you can see Williamsport. I'm going to Williamsport some day." His eyes were fixed on the mountain as if reflected in its crest he could see his city of dreams. "Listen!" he said suddenly. "Hear that?"

Val listened intently and made out the faint baying of a hound in the valley below.

"That's George!" said the boy proudly. "The best rabbit dog in any of these valleys. He can chase fox or coon just as easy. I wouldn't be scared to take him along for squirrel or turkey. I'm going to miss him a lot when I go to college."

Val glanced at the boy with renewed respect.

"Good idea, college. Going to be a doctor or a lawyer?"

"Business college," explained Davey proudly. "I'm going to get a job in some good business, and then work till I own it myself, so I can get nice things for Ma and Mol."

Val said nothing. He felt instinctively the contrast between himself and this likable youth, who with steady faith was setting his face toward a city job that could not hold a fraction of the promise of the one that he had spurned.

"Mister," he heard the boy say shyly. "I'll have to be going now. I was wondering if you'd like to come down for the night at my place. Ma's not going to have anything special for supper, just fried rabbit, potatoes and huckleberry preserves. But Mr. Jones said you used to run an automobile in one of the big cities. I thought maybe you wouldn't mind to tell us about it. We've never been any place much but Rockville."

The wistful invitation touched Val uncommonly. He felt drawn toward this lonely valley home with its fire-side and mother. His mouth watered at the thought of a family tablecloth laden with home-cooked food.

"You're sure it'll be all right?" he questioned doubtfully.

"Ma said I was to try to bring you, long ago," answered the boy, "but I didn't get an excuse to ask before."

Together they went down the gradual north side of Sunset mountain, following a deep ravine wooded with dense hemlocks and carpeted with moss and fern, a primeval wilderness of dim recesses, brown rotting logs, huge wet boulders and thick copes of painted bramble. Twice grouses started Val with their abrupt roaring flight, and once a young buck, with velvet horns barely showing, stood aquivering in the path ahead as they came around the bend, only to leap the next moment like a jackknife into a thicket of birch and witch hazel.

As they broke out into the welcome light of the cleared land George came bounding to meet them, a mixed fox-hound and a beagle, white, black and tan, loosening his tongue in surprisingly mellow music.

"Ma calls him my supper bell," said Davey, bending to fondle the long silk ears.

As they approached the log house, painstakingly whitewashed, its porch

**COARSE SALT LAND SALT**  
Bulk Carlots  
TORONTO SALT WORKS  
C. J. CLIFF TORONTO

**"Kaybee" SCENTED RED CEDAR CHESTS**  
Absolutely moth-proof and wonderfully handsome pieces of furniture. Direct from manufacturer to you. Write for free illustrated literature. Eureka Refrigerator Co., Limited Owen Sound, Ont.

**Used for 70 Years**  
Thru its use Grandmother's youthful appearance has remained until youth has become but a memory. The soft, refined, creamy white appearance it renders leaves the joy of Beauty with you for many years.  
**Oriental Cream**  
G. W. HOPKINS & SON, Montreal

covered with flame-colored Virginia creeper, a figure appeared, then suddenly popped inside.

"That was Mol," said Davey, grinning. "Bet she was excited when she saw somebody was with me."

Val felt the simple pride of the boy in bringing him to his remote dwelling, and it ineffably warmed him. Davey held the home-made screen door open for him to enter. A gray-haired woman in a faded dark dress rose guiltily from the floor beside the stove.

"Don't bother with that, Ma," said Davey. "This is Mr. Jim Barth. He won't mind a little dirt aside the wood box."

"Mr. James, David," reproved his mother, bowing to Val with the same shyness that was characteristic of Davey.

"Where's Mol?" demanded the latter exuberantly. Then at his mother's reply, "She's fixing up, I bet. That's what she is! Wait till she comes down!"

"Davey!" protested his mother gently. A door opened and a slight feminine form entered. The twilight was too thin for final judgment, but Val was immediately interested.

"Let's have some light," jeered the boy, "and see how you dressed up!"

"Davey!" The girlish voice was exasperated. "If you light the lamp I'll make you wish you hadn't, after—"

"Guess I hadn't better," grinned the boy, then to Val proudly, "This is Mol I told you about."

"Molly, David," corrected his mother.

"Molly, then," agreed the boy. His eyes danced at Val. "You got to watch out what you say to her. She can fight like a catamount. She picked over 200 quart of huckleberries this summer and sold them through the gap over in Smoke valley. She can even lick me."

"That isn't very much," said his sister, both disdainful and blushing. She offered her hand to Val in a shy uncertain gesture hardly to be expected of a mountain berry-picking Amazon. Her form was slim, but sturdy and well knit. In the dusk her eyes seemed alive with light and the features fair. Later, when the paper-shaded oil lamp was lighted, Val looked across the platter of browned rabbit, the pyramid of steaming fried potatoes and the sliced pile of flaky home-made bread and saw an evenly tanned skin, a glimpse of soft dark hair and a face which, except for a scarcity of freckles, resembled Davey's own.

That evening they popped corn on a blue hickory fire. Later, as they plucked the white crisps, buttered, sugared and salted, in hungry handfuls from a deep yellow bowl, Val answered questions about the city, its trolley cars and automobiles, its apartment houses and bathrooms, its department stores, its office buildings and elevators, its water, food, prices and smoke, and its millionaires. That night he lay down beside Davey under the sloping redolent roof. Husked corn and blue mountain tea hung overhead from the rafters. Through the open window came the scent of apples on the ground and yellowing forest leaves.

He lay quiet without sleep for a long time. He felt now like a leopard in a shepherd's cottage. His body seemed to burn the mark of Cain into the blankets and pillow wherever he touched them. Only toward morning was he mercifully permitted to fall asleep.

Next morning the trio of Davey, Mol and George showed him the log barn, the boy's beloved collection of rusty-jawed traps, the extent of the cleared land, the iron spring and finally the half mile of their mother's swamp land.

"This is great!" Val exclaimed, lookin up in genuine admiration at the virgin timber, deep-girted, lofty-limbed, forming massive columns, roof and rafters of an incomparable cathedral.

"Daddy place for coons, I tell you!" said Davey.

"With this," declared Val, "you and Miss Molly both ought to go to college."

The girl's face lighted up with startled eagerness, but Davey shook his head.

"Saule and Saule, of Rockville, offered Ma forty dollars." "Forty dollars!" repeated Val in anger.

"They know we can't sell it to anybody else on account of the mountains," said Davey simply. "They own most of the timber around here. They're going to put a narrow gauge in from White Springs some day." (Continued in next issue.)

Buy Thrift Stamps.  
Minard's Liniment For Burns, Etc.

## Woman's Interests

### Buying Food Wisely

High prices for food still hang like a bank of clouds over the housekeeper, but rifts in the clouds are beginning to appear. The first improvement in the situation is the fact that some articles of food—potatoes, for example—are less expensive than they were last year at this time. The second rift is a very small one: the average family expenditure for food has decreased in many places, although in some it has increased.

The third rift, and the real silver lining to the clouds, is the fact that many women have become eager to learn more about foods, since the advantages of buying wisely have made it worth while. To feed her family as well as she fed them in the past, without spending much more, means that the housekeeper must know what she is doing. One who understands what foods are worth in nutritive value can often substitute something cheaper for something more expensive. Even seven per cent. more knowledge will counterbalance seven per cent. of increased cost.

If the shopping list of foods is arranged in the form of food groups, and the quantity that is needed of each group is taken as a general guide, a good beginning will have been made toward adjusting the family table to changed food costs. So long as each group is represented every day by the right amount, and so long as there is a reasonable variety, it makes little difference what members of the group are chosen.

### Food Groups

1. Vegetables and Fruits—Vegetables and fruits differ somewhat among themselves. Some contain more iron, some more lime, some are more laxative than others, and so it is well to have a variety; but in general they are interchangeable in the diet and may be chosen according to cost. Some of the leafy vegetables, such as spinach or other greens, cabbage and lettuce, should be included two or three times a week. So far as possible fresh fruits and vegetables should be used, but canned fruits and vegetables are far better than none. Dried fruit can be used in place of part of the fresh fruit. One pound of dried fruit should be reckoned as equal to six pounds of fresh fruit.

The average adult needs about two and one half pounds of vegetables or fruit a day, but he can use much more with safety and usually with benefit.

2. The Milk and Meat Group—"Let no family buy meat until it has bought for five persons three quarts of milk a day," is the saying of a wise man. Of course it must be interpreted according to the respective ages of the family, but even the adult should use from one quart to one-third of a quart of milk a day.

There is no substitute for milk. Meat, fish, eggs, cheese, dried beans and peas, and peanuts, the other chief members of this group, like the vegetables and fruits, are more or less interchangeable. A certain number of eggs are needed to insure enough iron; indeed, eggs are sometimes classed with milk and leafy vegetables as protective foods, because if one uses all three of them freely there is little danger that any necessary element will be lacking in the food. Cheese is especially valuable for its lime salts.

There is little difference in the food value of the different meats, except in the amount of fat they contain, and for the healthy adult one may be used as well as another; or fish may be used instead. Indeed, meat is not necessary at all. Milk, cheese, eggs, beans and nuts will supply everything needed from this group, so far as health is concerned; but meat adds flavor, and every housekeeper knows that if some of it is used it is easier to provide an acceptable menu.

Too much of the family money usually goes for the foods of this group, because the quantities that are bought are too large. Besides milk, five-eighths of a pound a day is enough for an adult, and for every additional cup of milk one-eighth of a pound less of others of the group can be used.

3. The Cereal Group includes the grains and their products—wheat, bread, macaroni; corn meal and hominy; oatmeal, rice, barley, rye. Here, again, each one of the members differs a little from the others, some containing a little more starch, some a little more fat, some a little more protein; but there is so little difference that one can be substituted for another, especially if there is variety from time to time. The whole grains should be used when for any reason there is not an abundance of vegetables, fruits and milk.

Cereals are the least expensive of our foods. The more cereal food the meals contain the cheaper they will be, although too much makes an unattractive diet. Ten ounces a day is a fair amount. As little as six ounces may be used, or as much as sixteen. That means dry cereal; one pound of bread counts as three-quarters of a pound.

4. The Sugar Group, besides sugar, candy, molasses, syrups and honey, includes cakes, cookies and sweet dried fruits, such as raisins and dates. All the sugar that the body really needs could probably be obtained from fruits and vegetables; but be-

cause we use it for flavor, sugar has become a necessary to most people. From this group a quarter of a pound a day or less is enough for one person.

5. Fats—In this group belong bacon, salt pork, chocolate and the more oily nuts, as well as butter, cream, the margarines, the vegetable oils and lard. Butter has certain advantages over the margarines besides that of flavor; but if enough whole milk is used, the cheaper fats can be substituted. Three ounces of butter or its equivalent a day is enough for one person.

A sixth group may be made of tea, coffee, spices, flavoring extracts, baking powder and the other food adjuncts that have no nutritive value, but that are used to make foods more palatable. Tradition and prejudice frequently lead housekeepers to buy the more expensive qualities of articles in this group when the cheaper qualities would do just as well.

The woman who plans her meals and does her buying with the aid of such a list, arranged according to groups, can check up prices and, noticing when any foods fall in price, can buy them in place of more expensive things in the same group without being afraid that she is making a serious mistake. That is not, of course, the whole secret of careful buying; for a housekeeper may have bought so unwisely in the past that it will be cheaper for her to-day to buy some food the price of which is rising than to continue to buy those varieties that even at a low price give a small return for the money.

### For the Business Girl

Let me give you a few suggestions which I have learned from my own experience and from my observation of others. Write the gist of them in the cover of your note-book, or anywhere you'll be sure to see them every day, and learn to apply them. For in the daily practice of these suggestions lies the secret of pleasing and satisfying your employer—and of winning that increase in pay.

First, make yourself attractive—both in appearance and personality. First impressions are bound to greatly influence your employer's opinion of you, and the girl who is simply and attractively dressed, and whose hair is neatly arranged, has scored an important point at the start. I have heard men say, "She doesn't look as if she had rubbed her hair for a week." Remember, too, that your hands and nails should be absolutely clean, but don't polish your nails too highly. Somehow, if a girl's appearance shows care and neatness, the thought follows that her work will display these traits, too.

If the first impression is created by your appearance, the next is created by your personality. That's a broad word and includes a good many things, every one of which is very important. For instance, no matter how attractive a girl may be in appearance, what would your impression be if she gave you the tips of two or three very limp fingers as you tried to shake hands with her, if she spoke so indistinctly you couldn't understand her, and giggled nervously throughout the interview? You wouldn't care about working with her day after day—would you? And it is a fact that, in spite of the importance of technical skill in shorthand and typewriting, the expression of a pleasing personality is of even greater importance. I have often heard business men say something like this, "I need an assistant who has horse sense—who knows how to use her brains—who can see what needs to

**Bob Long**  
Union-Made  
Gloves  
Overalls & Shirts

Bob Long Says:—  
"My overalls and shirts are roomy and comfortable, and made especially for farmers. I designed them with the idea that you might want to stretch your arms and legs occasionally."

**BOB LONG GLOVES**  
will outwear any other make of Glove on the market, because they are made by skilled workmen from the strongest glove leather obtainable.

Insist on getting Bob Long Brands from your dealer—they will save you money  
**R. G. LONG & Co., Limited**  
Winnipeg TORONTO Montreal  
**BOB LONG BRANDS**  
Known from Coast to Coast

be done and can do it without being told."

### Washing Dainty Lace

When washing tatted, baste it on a Turkish towel, wash and leave until dry. Lace may be wound around a glass jar or bottle filled with hot water and left to dry. Crocheted edges always look better if pulled into shape instead of ironed. If the pattern is an intricate one with pointed edges, it may be stretched and pinned to the cover of the board or to a towel.

Washable lace yokes on unwashable dress may be easily cleaned by placing a folded towel under the yoke and applying a thick lather of white soap, using a soft brush and scrubbing gently, then rinsing in several waters applied with a cloth.

Minard's Liniment Relieves Colds, Etc.

### Wise Men Say

That luck and work are twins.  
That a hot temper will make others cool towards you.  
That the way to carry a stiff load is to have a stiff upper lip.  
That wisdom is the adaptation of what you have to what you need.  
That there are no means of escape from the cells of a guilty conscience.  
That initiative consists in doing the right thing without being told.  
That a sour disposition doesn't make for either good digestion or success.  
That the man worth while is the man who can smile when everything goes wrong.  
That poverty is the best foundation on which to start to build a successful career.

## Old Country Papers

Have us send yours weekly or fortnightly. We pay postage on fifty cents worth. News of the World, Comics, Gems, Magazines, Union Labels, Christian Novels, etc. Send for list.

**CHURCHER'S** - 2906 Dundas Street West, Toronto

### Proper Place For It

Tommy's parents were very strict. The walls of the nursery were covered with framed mottoes and the cane was kept behind the one reading "Love One Another."

One day everything went wrong and Tommy was whipped no less than six times.

"Papa," he said, between his sobs, "d-don't you think it's t-time to take the c-cane from behind 'Love One Another' and put it back of 'I Need Thee Every Hour'?"

## BUY "DIAMOND DYES" DON'T RISK MATERIAL

Each package of "Diamond Dyes" contains directions so simple that any woman can dye any material without streaking, fading or running. Druggists has color card—Take no other dye!

### Sickly Streams

"Rivers," said the American, "why your rivers are nothing to ours. Compared with our Hudson and Mississippi your Mersey, Severn and Thames are sleepy, sickly streams."

"Oh, come!" protested the Englishman. "I think your rivers are just as sickly as ours."

"How do you make that out?" "Well, they are all confined to their beds," replied the visitor.

**Lantic Sugar**  
Last call for fall fruits  
Do not miss your chance to pre-serve these last sun-ripened gifts of summertime. How your folks will enjoy them, and how pleased you will be to serve them when canned goods made with top-priced sugar are out of reach. The time for preserving foresight is when the fruit is still in season.

Lantic is your best friend in retaining the rare bouquet of luscious plums and peaches, of delicately-flavoured pears. Its tiny, snow-white crystals of purest cane dissolve so quickly into syrup of concentrated sweetness, that you can smile at the old-time caution "Let it simmer until the sugar is all dissolved"—because it's FINE.

Fruit will retain its natural form and colour because over-cooking is unnecessary. Lantic WILL go further, and so costs less.

**ATLANTIC SUGAR REFINERIES, LIMITED, MONTREAL**  
**fine!**  
pears - plums - peaches - pumpkins

**Parker's**  
Have Your Cleaning Done By Experts.  
Clothing, household draperies, linen and delicate fabrics can be cleaned and made to look as fresh and bright as when first bought.  
**Cleaning and Dyeing**  
Is Properly Done at Parker's.  
It makes no difference where you live; parcels can be sent in by mail or express. The same care and attention is given the work as though you lived in town.  
We will be pleased to advise you on any question regarding Cleaning or Dyeing. WRITE US.  
**Parker's Dye Works Limited**  
Cleaners & Dyers  
791 Yonge St., Toronto