Runaway Julietta

By Arthur Henry Gooden

yours, httle girl ?" A flush darkened her cheeks. Her eves fell, and by chance lighted upon the picture of the beautiful woman. Underneath was a name in big black "Julietta! Just Julietta!"

Into the stout man's eyes crept a puzzled expression. Then he glanced at the magazine, and chuckled suddenly

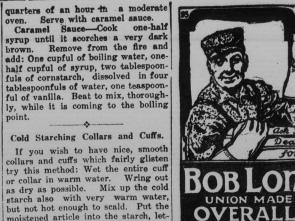
"Pon my soul! You're a great actress yourself, eh?" "That's my name," she said firmly. "Well, Julietta, what do you say to tackling the diner? All right! Come along!"

Everyone doesn't know it but the United States and Canada alone are fact remains that delicious white in a position to meet Europe's de-bread may be made simply and solely sperate need for wheat. And still from potato flour. Thih is not a war, we go on using white flour freely! It discovery. Long before August, 1914, and the beginning of the reign of bloodshed, potato flour was in use and bakers liked it particularly for mak-ing sponge cake. In the area of the proton and it of nothing other There are enormous quantities of them, polatees, elegementations of the reign of the area of the proton of the standard flour may be saved. There are enormous quantities of them, polatees, elegementation and the standard flour flour the standard flour PIANOS! PIANOS! our justly high grade

In order to get our justly high grade backs ing sponge cake. plano in each town, village or town. Ing sponge cake. There are enormous quantities of than potates, oleomargarine and a there are enormous quantities of than potates. The food material in no-

thinking a lot about—about myself and the world. I—" "What's all this nonsense?" ex-claimed Morrow, staring at her. "For-get it! When you leave Mrs. Drake next month you're going on to the University. Your application has been in for the last four years. You—" "'I've decided not to go." She

brown. Remove from the first and add: One cupful of boiling water, one-half cupful of syrup, two tablespoon-fuls of cornstarch, dissolved in four tablespoonfuls of water, one teaspoon-ful of vanilla. Beat to mix, thorough-



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and a second s Now there is just one WALKER HOUSE In ONE TOWN where I stay, And, say, you ought to see me grin When my trip heads that way. The only other time I was so happy, Goodness knows, Was when a kid Dad bought me Red topped boots with copper toes.

When other travellers hit that town, they, too, don't want to roam, For they say, "At that WALKER HOUSE It's just like staying home." Where is the ONE TOWN where WALKER HOUSE is? Don't you know? you know? Why, it's that good old burg spelled T-O-R-O-N-T-O. The House of Plenty The Walker House

The fo notatoes in Canada. The farmers little fruit know that; their wives know it; city tatoes is 98 per cent. digestible. Po-people know it. What are we going tato flour is very fine in texture and to do with them all? Are we going has an agreeable flavor. to allow such valuable food material

Spring Diet.

to go to waste? to go to waste? Senator Colby, loaned by the United States Food Administration to the Canada Food Board, and who has just returned from the front, is impressing laso produces certain acids that should

rcturned from the front, is impressing it on his audiences all over the coun-try that he would not sit down at a table where there was one slice of pure wheat bread after what he saw in Europe. To eat it would seem to him like reaching his hand out and snatching it from the mouths of starv-ing people. "Eat substitutes," he says. "Eat substitutes," the Canada Food Board has been preaching for months past. "Eat substitutes," echo all thinking and earnest-minded people. They why not encourage the manu-

They why not encourage the manu-facture and the free use of potato flour? It is wholesome, makes a delicious loaf and does not rob the peo-ple of Europe of the thing they most

delicious loaf and does not rob the people of Europe of the thing they most contain calcium, which is a bone-build-need—wheat and the manufactured ing element. Eggs, fish, cheese may product, the staff of life. Bread is the basis of social order. Everything that makes life endurable in times of stress depends upon bread. People which cause the kidneys and liver to the staff of liver and the staff of liver to the staff of liver and the staff of liver to stress depends upon bread. stress depends upon bread. have bartered their souls before now filter and refine the blood stream ac-tively, thus removing many poisons for a crust of bread.

Indeed, starvation has reached such from the body. These poisons would, a point in certain districts of Russia under ordinary circumstances, revert that members of the improverished into the blood stream and cause autoclasses are selling their wives and children for bags of flour. Is it not essential then that we save bits of the selling their wives and intoxication, or spring fever. therefore, let us all First. Eat good, plain, whole

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