

### THE REINDEER

is an inhabitant of the Arctic Region, and it is possibly the most useful of all the animals which dwell in this part of the world. Unlike the Reindeer, SUNLIGHT SOAP is to be found in all parts of the civilised world, and its great utility is vouched for by millions of contented housewives who would not be without it.

### SUNLIGHT SOAP

enjoys a well-merited reputation, it is absolutely pure, and will not harm the most delicate fabric. A piece of Sunlight Soap used in your next wash will convince you of its excellence.



### Feeding Our Armies.

How Three Square Meals a Day Are Being Supplied to Every Fighter.

The feeding of our armies is an even bigger and more complex business than the feeding of Jack Tar, which was described in a recent article in this series.

The War Office never anticipated that it would be called upon to feed such immense armies as it now has to do. The existing arrangements for the feeding of the Army when the war broke out, however, sufficed to meet immediate needs; but arrangements were promptly entered into and got into working order with marvellous rapidity for the feeding of immense armies.

Sir Redvers Buller is reported to have said that the feeding of an army exceeding a million of men presented appalling, if not unsurmountable, difficulties. But these difficulties have been satisfactorily tackled. There is not a British soldier at home or abroad who has ever had to go a day without three substantial meals, except when actually fighting in the trenches.

#### Everything Contracted For.

The work of feeding Tommy Atkins is performed chiefly by contract. Separate contracts are entered into for the supply of all the regulation articles of diet to each military centre at so much per head. Under this sort of contract the contractor has to supply everything from, say, cocoa to potatoes.

Now, let us take a military centre where, say, 10,000 troops are stationed. The contractor has to make daily deliveries of meat and vegetables and other articles of food for immediate consumption, and weekly, or possibly, monthly, deliveries of other articles, such as tea, sugar, etc.

The contractors for our Army in France deliver the goods to the quartermaster-general at headquarters, from whence it is distributed to the different units. Not a day or night passes without ships containing hundreds of tons of food for our soldiers, crossing the Channel; and day and night tons of food are being distributed to the troops at home by rail and motor-waggons.

But the collection and distribution of these immense quantities of food were not the only difficulties in the way of feeding the new armies. The food—or a good deal of it, at any rate—has to be cooked, and the finding of a sufficient number of cooks presented a gigantic problem.

#### Cooks by the Thousand.

Many thousands of cooks would be required as the armies grew. Clearly it was impossible to get them from the civil population; but it was possible to make them, and by November last at least 10,000 cooks had been trained under the direction of the Army cooks at different military centres. What the number of Army cooks is at present it is, of course, impossible to say, but it certainly exceeds 25,000. At a military centre, where there are, say, 10,000 troops, 100 cooks would be employed, and another 100 general assistants, would help in preparing the daily meals of the troops.

In the early days of the war, when

the new armies were rapidly growing, and there was a partial shortage of cooks, Tommy would often cheerfully undertake to supplement the work of the cooks' department by his own untutored efforts, and some invented dishes that have since obtained a wide popularity in the armies.

At a camp in one part of the country, where there were 4,000 soldiers and not more than three or four cooks, the meals were prepared by a battalion of amateur chefs for some time. Among these was a genius who invented a remarkable dish in which cheese and bacon formed the main ingredients.

#### What Was It Made Of?

This appetising dish is now known in the Army as "Polly," the nickname by which its inventor was known in his company.

All the culinary inventions of Tommy as a chef did not, however, meet with such success or popularity.

A story is told of a corporal who, left to his own devices in a camp kitchen, prepared for his company a dish that met with a very bad reception indeed. By unanimous consent the company decided that the corporal should be compelled to eat the whole of the compound which he had prepared to satisfy the appetites of 120 men.

The corporal, under compulsion, swallowed about ten mouthfuls of the mess, and then was mercifully allowed to retire to his tent. The dish consisted, so the corporal afterwards declared, of nothing but treacle, bread, dripping, and flour; but the general opinion, supported almost by incontestable evidence, was that the corporal had inadvertently flavoured the dish with a powder intended for polishing bayonets.

The regulation Army menus are generally as follows:

Breakfast: Bread-and-butter, bacon, or tinned meat; tea.

Dinner: Beef, vegetables, pudding, Tea: Bread-and-butter and jam; tea.

The food is plain and wholesome, and there is plenty of it. Indeed, there is rather too much, for it is undeniable that there is waste, often considerable waste, and immense quantities of food are thrown away or destroyed. But there are some difficulties in avoiding this waste.

For example, a contractor may under his contract have to deliver daily supplies to a camp or military centre for 15,000 men. Perhaps 10,000 of the men may be suddenly ordered away at a few hours' notice, and it takes at least a day to alter the existing contract arrangements. There are many such circumstances where it is difficult to avoid over-supplies and consequent waste, at any rate, under existing arrangements, which certainly are in need of alteration.

#### They Got an Over-Dose.

Large consignments of delicacies and dainties are sent to the front by Tommy by various people and organisations at home, but the same attention cannot, of course, be paid to the delivery of these gifts as given to the delivery of the irregular supplies. The deliveries of these gifts are therefore attended with some uncertainty.

To a battalion of a certain regiment, employed on the lines of communica-

tion there was delivered not long since some eight hundred cases containing several tons of Turkish delight. The men revelled in this delicacy until they became so sick of it that it was dangerous even to mention the words "Turkish delight" in the presence of anyone of the battalion.

Why all these cases of the delicacy were delivered to the battalion in question is one of many similar mysteries of the war. The reason probably was that, when the very busy department concerned with the delivery of such gifts to the troops came across these cases, it saved time and trouble to send them all on to one battalion, and which one it was sent to did not matter.

Another battalion, in much the same way, received a gift of twenty-five thousand chickens, and you could not have got a man in it to touch a chicken cooked in any way at all for a ten-pound note for some time afterwards.

#### Helping Another Industry.

But, of course, the greater part of the food delicacies sent to the troops at the front are properly distributed, and are greatly appreciated by the soldiers, especially those who have been in the trenches, where the fare is of necessity almost the same every day.

The feeding of the armies has, it may be mentioned, made the packing-case industry busier than it has probably ever been. A quarter of a million packing-cases, of varying sizes, are used every week in delivering the food supplies to the Army. The firms making these cases are working night and day, and there isn't an unemployed man in the industry anywhere.

The numbers of men directly engaged in the business of supplying the armies with food probably exceeds 150,000. One firm of contractors employs 20,000 men in packing and delivering goods for the Army.

Then, apart from the enormous number of men employed in this way, there is an army of cooks and assistants both at home and in France. When we bear in mind the fact that thirteen months ago there was no thought of our ever having to support and maintain an army in the field of, perhaps, more than 25,000 men, one may appreciate the extent of the difficulties encountered in bringing into existence in a few months the machinery by which millions of men had to be fed.—Answers.

### Week End Bargains!

#### SIDEBOARD CLOTHS.

White Embroidered, over-stitched, assorted designs. Regular 50c. Week-End, 25c.

MEN'S SOFT COLLARS. "Slip-Easy." Reg. 20c. Week-End, 10c. each.

MEN'S SUSPENDERS. 38 in., stripe cushion back, snap button castoff. Regular 30c. Week-End, 20c. pair.

#### SCHOOL BAGS.

Waterproof, Seal and Black Oil Cloth, bound edges. Week-End, 20c., 25c., 30c., 35c. up.

#### STOCKINGS.

Good heavy all-Wool Hose, all sizes, from 25c. pr. up.

#### LADIES' COLLARS.

White Organdie Embroidery, military style. Week-End, 25c. each.

#### The West End Bazaar,

Sept. 3, 21 51 Water St. West.

#### How One Canadian Died

Lance-Corporal Allen's Lone Battle in Trench.

London, Aug. 17.—Dr. Benjamin Rand, in a letter to the Times, claims that too little attention has been given to the gallant deeds of individual Canadian officers and men who were engaged at Ypres, and goes on to instance the case of Lance-Corporal Allen, of the 10th Brigade, Allen, he says, was awarded the D.C.M. two months ago, but the brief official record of his deeds did not do him justice, as the following report of one of his superior officers will testify:—

"I will give you some idea of what Allen did. Our machine-guns were all in one particular strip of trench. In one hour or so all the machine-guns were out of action except the one Allen was hanging on to. You can imagine what it was like when I tell you that he was the only man left in that part of the trench and it had previously held about 40 men. He fought at least 30 minutes entirely on his own. He had to set his gun up two or three times, and then when it was finally smashed by a shell he went along the trench to the next gun and did the same with that. When the last gun was smashed Allen banged away with his rifle until he was killed. He undoubtedly deserved the V.C."

Richard's Linctant Cures Diphtheria.

### A Kind Word to the Orphans.

"He Who Gives to the Poor Lends to the Lord."

How often, dear reader, have we read or heard these words, and what effect have they had on our generosity? No doubt we have heard them repeated many times, but with our customary indifference we have given them merely a passing notice, we have pondered for a while but soon forgot. However, as we approach the first Sunday of September, we are annually reminded of the collection to be taken up in the Roman Catholic Cathedral and Churches for Christ's Poor who are being attended to and looked after by the good Sister of Mercy at Belvidere Orphanage.

It is beyond question, that there have been made many demands on our people during the year, still I feel sure and have no hesitation in saying that no demand is so great, no request so urgent, no object so deserving of our consideration and our assistance as the support of the Orphans at Belvidere. There are in the Orphanage nearly one hundred and thirty children, and to feed, clothe, and otherwise attend to that huge family is indeed no easy task. Every one—at least every head of a family—knows full well how difficult it is to make the two ends meet in the upkeep of the household nowadays. Judge then for yourselves, what the labors of the Sisters must be in order to provide for those who have been deprived of the bread-earner, and thrown on the hard, cold world, unable to do for themselves. "The poor you have always with you." Our Blessed Redeemer has left them as a legacy to His Church, and true to her charge she has never neglected even the least of that band, but has spared no pains to make ample provision for their upkeep, and to do all possible to alleviate their sufferings and to compensate by her care and attention for the losses which the poor ones have sustained. Following, then the example of our benign mother Holy Church, let us give freely and generously of the world's goods which we may possess to the Orphans Collection, and we may rest assured that when the hour of reckoning comes, that He who has said, "Since you have done it to one of these the least of My Brethren, you have done it unto Me" will not forget our little sacrifices made for the orphans, and will reward us a hundred fold in the Kingdom of Heaven.—X.Y.Z.

### Men's Overalls from 59c.

We have everything beaten to a standstill in this line. The Sweet-Orr Overalls have never been approached in this country by any other line. When you get Sweet-Orr you simply have the best there is. Will wear out two pairs of the ordinary kind. Prices from \$1.50 up.

### Men's Pants at \$1.25

Workingmen! We want you to know that the Pants that outlives all others when it comes to wear and tear is waiting for you here, and the ordinary price of \$1.50 will be reduced to \$1.25 Saturday and Monday.

### In Milady's Boudoir.

FALL TREATMENT FOR THE HANDS.



There comes a time when our hands are most troublesome members. I know of nothing more disagreeable than to be conscious of ones hands. If they are dry and rough, not well manicured, or from any other cause intrude themselves upon ones consciousness, there is an end to graceful ease and self-possession. That is the time when we are apt to drop fragile tea cups or knock over vases and enter into everlasting disgrace with a hostess.

To be beautiful hands must receive such care that they will be comfortable. Then they will not intrude on our consciousness. Fall and winter outdoor sports work havoc with fair skins. Carrying fur muffs which overheat the hands make them chaf more easily. Care should be taken not to wash the hands in very hot or very cold water. Tepid water is best, with a little ammonia or borax to soften it. Never use cheap soaps. Pure castile may be used for washing clothing or dishes instead of the harsh yellow cleaning soaps, which crack and dry the skin.

Olive oil soap or almond meal soap soothe the hands and should be used for the toilet. Always wipe the hands dry and they will not be as apt to chaf when you go out of doors. The following recipe makes a nice lotion for chapped hands and arms: cocoa butter one ounce; oil of sweet almonds one ounce; oxide of zinc one dram; horax one dram; oil of bergamot six drops.

The following preparation will cool hands which are hot from inflammation and it will remove the resulting redness; glycerine one and a half ounces; rose water one and a half ounces; tannin one dram. This mixture is better than pure glycerine, which is so strong it is apt to make the skin burn.

MENARD'S ENIMENT CURE FOR GABLET IN COWS.

**DEVINE'S**  
**Doubles**  
**Dollars.**

**BIG BARGAIN**  
**Battle Raging.**

**Workmen**  
**we can**  
**supply you**

**A VIGOROUS OFFENSIVE**

Begins at DEVINE'S Saturday and Monday. An army of shoppers will rally round our Bargain Counters and help themselves to the good things we have provided. READ:—

**THE GAP QUESTION.**  
It always has been a question, just where to get the right thing in a Cap. How often have you gone into every store on the street and failed to get just what you wanted in a Cap? We think we have solved the problem now. Look in and see the nice lines of Men's Tweed Caps from 20c. up.

**COLOURED MUSLIN, 6c. yd.**  
Far and near the question is being asked what kind of Muslin can they be selling at 6c. per yard? We have answered that question most satisfactorily. Those who have bought these goods say they were agreeably surprised. Shades Pink, Sky, Cream and other shades, all 6c. per yard Saturday and Monday.

**MEN'S OVERALLS from 59c.**  
We have everything beaten to a standstill in this line. The Sweet-Orr Overalls have never been approached in this country by any other line. When you get Sweet-Orr you simply have the best there is. Will wear out two pairs of the ordinary kind. Prices from \$1.50 up.

**MEN'S PANTS at \$1.25**  
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**J. M. DEVINE,**  
"The Right House." Cor. WATER & ADELAIDE STREETS.

**BARGAINS**  
— IN —  
**Bed Springs and Mattresses.**

By a special purchase we have secured a large shipment of above goods at exceedingly low prices, and we intend giving our customers the benefit of same.

**BEDS**

Exactly the same as cut, Brass Nobs, White Enamel, strong and durable. Would sell usually from \$4.00 to \$5.00.

**Our Price from \$2.95 up while they last.**

In SPRINGS we have the Waver Wire Copper and Ideal, the acme of perfection, from \$2.00 up.

MATRESSES from \$1.00 to \$20.00 each. Our special for this sale is a Wool Top, that usually sells at \$3.00, now offered for the first time for \$2.00. We strongly recommend the celebrated New Health Mattress, absolutely sanitary and guaranteed to wear well; made by first-class workmen who have spent their lives at the business.

Our Crescent Felt, equal to the Ostermoor, is a trade winner, as nothing can beat it. Remember our Mattresses are built, not stuffed, so that the Mattress comes out even all over.

**The G. L. MARCH Co., Ltd.,**  
House Furnishers, Cor. Water & Springdale Streets.

*The old reliable*  
**Allen's**  
**Cough**  
**Balsam**  
*contains no harmful drugs*

*remedy for*  
**Deep seated Coughs**  
**Bronchitis**  
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