## The Wooden Bell

## NUREES <br> 







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 less work, and less tax on the digeas
tive organe siderably. could be simplified, too, con
mind, I am not say food at one meal. Meat, potatoes, one
vegetable, bread and butter and
dessert, with tea, coffee or milk, is enough for anyone. Why multiply
it by cooking two vegetables and mak
ing a fancy salad and having pie and ing a fancy salad and having pie and
another sweet? It means nore work
and goodness knows the farm woma $\left\lvert\, \begin{aligned} & \text { has plenty to do without increasing } \\ & \text { "neesessary nuisances." } \\ & \text { Aside from the s.in }\end{aligned}\right.$ Aside from the saving in work, th
simple fare is better for your health
You remember Daniel and his friends would not eat the kind his's young meat
and were allowed to try out the end of the prize they werer. A oun
to be in better health than the youths who had eaten from the king's table.
To bring it right down to the twen-
tieth century, consider how the boy in the army training camps were
built up with simple fare and regular
hours and proper exerc cians will tell you that the poor are
freer from dietary ilk than the rich,
because they are forced to live simpl

## Who is England?

When you're down and out and hopeless, and a demon at your side
Whispers, "What's the use of trying? chuck it up and let things Whispers, ", $\begin{aligned} & \text { slide," } \\ & \text { Just sit down and think of England; she whose cradle was a }\end{aligned}$, She who had to win to freedom from the bondage of a slave.
Tell yourself her tale of glory, then let England's dead reply To the question of your spiry, "Who is England if not I? ?" England, once the least of nations, where the Roman Eagle flew,
Where the sons of Thor came burning, where the mighty Nor
$\qquad$ Standing like
In terself secure and giving light to all the trembling work What is England's glorious story but the story one by one Each with dauntless heart believing wrong can never win a fight
These were England, and they fashioned all the grandeur that we see,
And their blood that won the triumph flows for God in you and

## When Cat Meets Dog.

$\qquad$
 foreed to defenamed themselves at a mo. For example, even a Pomerania curling up to go to sleep - a reversion
to the days when its ancestors had to makpe a oed for themselves.
The instinctive in The instinctive arching of a arts
back when it meets dom
dith
 oluntary position of defence against
the expected attack. The fact that
 and gives the claws a firmer grip on
the ground, thus permitting exeeption-
ally rapid movenent in any direction. Hereover, the cat knows instinc-
ively that the ecg will seek to sink
stethi in the back of its neck, so tit

## They Liked Leeks.

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$\qquad$ also were called "leeks," with a pre-
fix denoting some peuculiarity of the
plant. Thus, garlic was formery plant. Thus, garilic was formerly "gar-
leac," or "the leek with a spear," from ed par- The onion was "ad of the Pews were first placed in churches
for the use of Norman nobles. Ordi-
nat

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