

# EAT PLENTY YET SAVE

## THIS BOOK SHOWS THE WAY

This is the year that counts. This is the year that the Allies will pass through the biggest food

through the biggest food crisis of all the years of the war. It is a year of crop shortage the world over. Famine faces all people in all its gaunt horror. More so at this very moment than in all the four previous years. The government's dictum "Save Food or Starve" must ring in the ears of every housewife in Canada until it becomes a very mania to cut down food consumption. The mania to cut down food consumption. The housewives of Canada must gird themselves with strength and determination to reduce the consumption of food to the very last jot.

that Will WIN the WAR

#### A Million Homes in Canada Must Do It

Yet we must live. We must have sufficient nourishment for our bodies to carry on the heavy burdens that are placed on our shoulders by the war. It is a tremendous problem this—to save food yet carry on. But it can be done and must be done.

#### This Book Solves Your Problem Forever

We have been fortunate enough in being able to secure this book to offer the women of Canada. "Food That Will Win the War" is the completest and most reliable book so far preparied on the "HOW" of preparing foods that you can eat in these days when you must cut down on eating. It shows you how to save yet how to ear plenty. The book is written by America's great food experts—Houston Goudiss

and Alberta Goudiss. It will amaze you to see what you can do to save food and reduce your food yet have plenty.

## It Will Cut Your Food Bill in Half

If you follow the methods laid down in this book you can cut your food bill by nearly fifty per cent. Yet you will be eating the proper amount to nourish your body and satisfy your palate. Read the list in the small right-hand column of what this book contains.

#### We Give You This Book

You may have this wonderful book. All we ask is that you allow us to enter your subscription to Everywoman's World for one year and the book is yours. Everywoman's World is Canada's greatest household magazine, read each month by over 500,000 Canadians.

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you within five days after I receive it. Name.....

Address..... If you are already a subscriber, send us your renewal or a subscription for a friend.

### This Book Shows You How

To make Cheap Food Tasty
To use Corn 12 different ways
To use Corn 12 different ways
To use Barley 6 different ways
To use Barley 6 different ways
To use Rye 6 different ways
To make Potato Bread
To make Cheap War Bread
To use up Sour Milk
To make Economical Pancakes
To use Cheapest Cuts of Meat
To use Cheese as a Meat Substitute
To prepare War-Time Fish Dishes
To make Vegetables into Meat
Substitute Dishes
To make Sugarless Desserts

To make Sugarless Desserts
To make Sugarless Candies
To make Sugarless Preserves
To make Pastry Without Dripping
To Save Fate

To make Pastry Without Dripping
To Save Fats
To use Left-overs
To make Sauces for Left-over
Dishes
To eat by Food Values
To use Gelatine for Left-overs
To make Old Bread, Cake, Cereals
into Tasty Dishes
To make Left-overs into Soup
To make Left-overs into Soup
To make All-in-one-dish Meals
To prepare Weatless Menus
To prepare Meat Substitute Dinners
To prepare Meat Substitute Dinners
To prepare Vegetable Meals
And a hundred other war-time cooking ideas and economies.



## These Three Things

(Continued from page 29)

him to the parlor and went away. Jean was about to enter when he stopped at the sound of Louis' voice, saying something indistinguishable, and Hermine's answer.

"You tell me we were mistaken," she was saying. "Well, Louis, it is not for me to answer that. The debt is mine, and you must take your payment in any manner you choose."

"It isn't a matter of the money, Hermine," answered Louis, petulantly. "I loved you years ago and wanted to marry you. You refused me, and I don't think you ever cared for me. I've come to recognize it—that's all. I offer you your freedom if you want it."

"And you, Louis?" she asked. "You, too, have ceased to care?"

Jean Robichaud, hesitating clumsily at the door, hating to overhear and yet uncertain whether to go away or enter, heard his reply.

"Let's be frank," he said, in the high-pitched voice of a man who cannot be frank. "If we had married years ago, we'd have been a couple comfortably settled down by now. We mightn't have cared very much, but we'd have our love to look back upon. Now we haven't anything to look back upon."

"Go on," she said steadily. "Be franker."

"Well, then, if I must say it, my position requires me to take a wife with certain qualities: money for one, which will help me in the political world; wealthy friends, who will admit me into their coterie and serve the same purpose—you see, I am being as frank as you asked—"

"And?" she asked.

"Beauty," said Hermine quietly.

He must have nodded or made some sign, for Jean Robichaud heard nothing but Hermine's voice:

"I release you, then, Louis."

A ND Louis Dussault came out of the door, breathing heavily, like a man who has accomplished the hardest and most successful task of his life. He stumbled past Jean in the dark hall and did not even see him. When the front door had closed behind him J an Robichaud went in.

He almost cried out at the sight of the veiled woman who gave her hand to him.

"Mademoiselle Hermine, I" he faltered, "I do not know why I have come, except to say—" here his voice broke "I am your servant."

"Is that all, Jean?" she asked, standing up straight before him.

"And that I love you. Ah Hermine, I overheard, and it brought it all back to me, all my wickedness of these past years, and all my sufferings."

"If you had told me that under other circumstances—" Hermine began, in a tone that sent the blood pounding through Jean's veins.

"You—you—" he stuttered.

"You have not looked at my face, Jean Robichaud. You had better go away

"I love you, but I know the folly of it, Hermine. If I had not overheard, I should never have dared to tell you again."

"Do you dare look at me and tell me that once more, Jean Robichaud?"

that once more, Jean Robichaud?"

He did not remember answering her, but he must have answered, for with a slight gesture of her hand she brushed back the veil from her forehead, disclosing the unmarked skin, and the cheeks, reddening beneath his gaze, and the eyes turned toward his. And so he knew that, without seeking it, he had crushed Louis Dussault into the mire of his own evil aspirations and gained his own heaven.

And that was Jean Robichaud's third lesson; that love is never given in vain.

HE September issue of Everywoman's World, besides being the special Fall Fashion Number, represents as well one of the livest numbers yet produced. It will contain "The Amiable Pretenders," It will contain "The Amiable Pretenders, by the well-known American writer, Eleanor Hoyt Brainerd; "The Rest Camp"—the fourth "Shadow of the Salient"; "How are you Furnishing Your House—on Cash or Credit?"; special motion picure page; and innumerable other entertaining features.

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