



Economy

The difference in cost between an ordinary baking powder and the pure, strong, *double-acting*

EGG-O Baking Powder

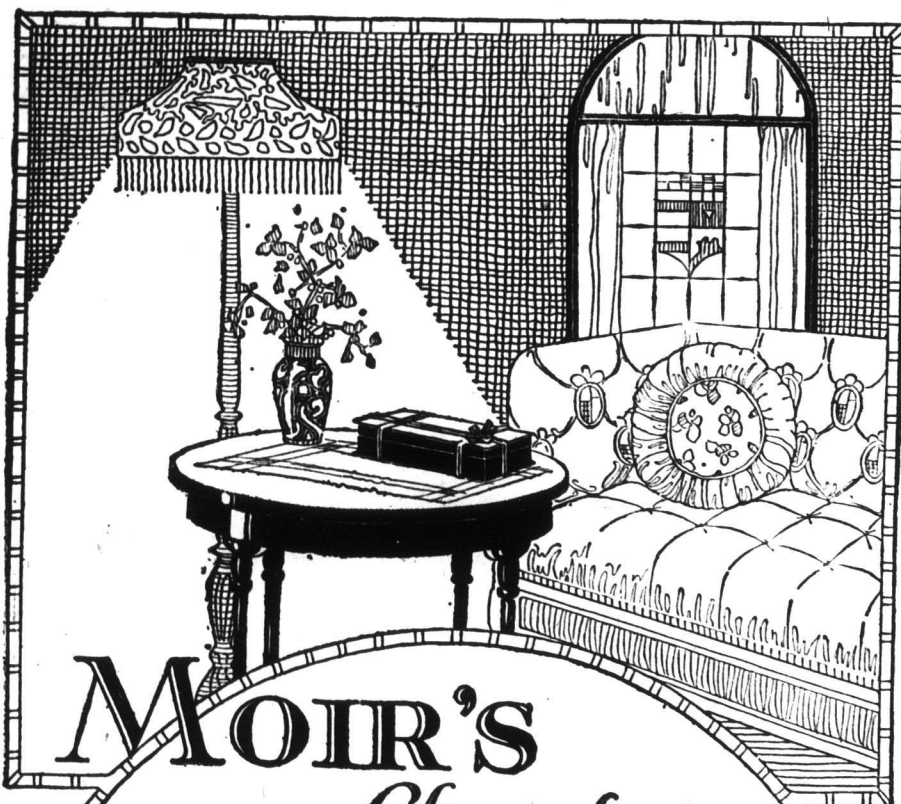
is trivial. It amounts to only a fraction of a cent on each cake you bake. Against this you risk your high-priced flour, butter, sugar, eggs and milk, and your reputation as a cook.

Spoiled bakings not only cost you money, but they waste food. With the heavy Government Standard flours in use to-day, the selection of a strong baking powder is absolutely necessary.

The double-acting strength of Egg-O is needed to make a baking of a light cake from a heavy flour. Try a can and watch your bakings improve. You can use sweet milk, sour milk, buttermilk or water with Egg-O—a different and better baking powder.

Egg-O Baking Powder Co., Limited
Hamilton, Canada

22



MOIR'S Chocolates

The guest will know that you appreciate her call when she sees the box of Moir's Chocolates. The name "Moir's" is known to stand for the highest achievement in chocolate coatings and distinctive fillings.

100

Moir's Limited, Halifax

courses, fixes standards, and awards credits which will be recognized by the Universities of Canada.

Soon after its organization, about 1,500 students were taking classes in Canada's Khaki University, this number, of course, being subject to great fluctuations, dependent on the movements of the troops. The most popular courses have proved to be Business, Agriculture, and Elementary Engineering, particularly Motor Mechanics. At each local college there is a reference library for the use of students, and there is also a plentiful supply of motor engines, and near some of the camps there are stock farms, with high grade live stock that is used for instruction in practical agriculture.

There is no doubt in the minds of those engaged in the work as to whether the Khaki University has justified its existence. There has been no mistaking the eagerness with which many of the soldiers have grasped the opportunities offered. The young man who has interrupted a college course, or stepped out of business life to serve his country overseas, is openly glad of the opportunity that saves him from rusting along those lines, and it is pathetic to see the eagerness of the men, who have for some time been denied access to libraries, to renew their acquaintance with books, and many a Tommy has confessed the fact that somehow Canada seems so much nearer and his future there so much more real because of the fact that he is able to-day to continue in definite preparation for that future. In a word, the gulf fixed between his past and his future is being bridged.

To carry out such a scheme it is apparent that a very large staff of teachers would be necessary, but since all the Canadian universities have former members of their staffs in the army, as have also the high schools, business colleges, and agricultural colleges, and as it is hoped that the military authorities will be able to place at the disposal of the Khaki University all such men who are willing to act as teachers, it is felt that a large staff could be raised. If the staff thus assembled proved insufficient, it is proposed to apply to the Canadian universities to help out in the matter by sharing its teaching staff with the Khaki University.

But if anyone has perchance been inclined to doubt concerning the possibilities of securing the necessary teaching staff to carry on during the demobilization period, such doubts must surely be dispelled by a consideration of the magnificent staff of unpaid soldier instructors who have handled the work during the progress of the war. Amongst them are several Rhodes' scholars who have held high office in some Canadian university; presidents, deans and professors from universities and colleges from one end of Canada to the other, men holding degrees from the leading universities of Canada, America and the British Isles.

And surely there never was a group of instructors more enthusiastic in imparting to students the knowledge which they possessed. Very soon examination results began to indicate that the student enthusiasm in the institution was quite equal to that of the staff. It has been manifested in the lower as well as in the

Romance

By Grace G. Bostwick

'Twas just a little leaf that drifted down,
From out the myriad of other leaves;
Patterned the same, as faintly tinged with brown.
As when, first touched with frost, the verdure
grieves.
But at its center, scarlet-splashed and gay,
A tiny heart, like blood, was plain to see,
And as I gazed, there, on the common way,
The poignancy of life came home to me.

They stir and move a-rustling in the wind,
Of daily life, the myriad of those—
The human leaves from out of the sordid grind,
That bear no hint of scarlet or of rose;
But in the heart of each, thank God, there gleams,
A tiny, never-dying fire of dreams!

Extensive plans have been formulated to cover the needs of the demobilization period. The most expert judgment puts the length of this period as sufficiently long to accomplish something very definitely helpful for the men, and it has been planned to have a highly organized university, offering widely diversified courses of study. It has been planned that all men from the Canadian forces, desirous of improving their educational equipment, will be concentrated in one centre for this intensive instruction. It has been confidently expected that at least ten thousand students would enroll in this great institution. In connection with this central university a department of extension is operated, which organizes and conducts lectures, either singly or in short series, of a popular character, but of a distinct educational tone.

In the central university courses are offered to cover:

- (1) An agricultural course, equivalent to one year's work in a Canadian agricultural college.
- (2) Business college course.
- (3) Matriculation course.
- (4) College grade work.
- (5) Engineering course, covering the first two years in an engineering school.
- (6) Normal training course.
- (7) Medical course for practitioners who have served in the war zone.
- (8) Legal studies.
- (9) An extension department.
- (10) Department of religious work.
- (11) Department of physical education.

higher branches taught. The occasional man who, probably through pioneering conditions, had missed even the rudiments of an education, has flushed with a sense of triumph as he has solved a simple sum in mathematics, or written his first letter. It is hard indeed to tell where such a beginning may lead him. Just how great a service Canada's Khaki University will render to the Dominion we will never know, but to-day it looms large as one of the important movements on foot to help solve some of the problems of the reconstruction period. Great Britain has recognized it as an important movement, and the British educational organizations have given it most valuable assistance. Through the kindness of the Universities College Authorities, magnificent class rooms in London have been given entirely free of charge, except for incidental expenses.

A Huge Dinner Can

"What's that?" asked the visitor, indicating a gasometer.
"Dinna ken," replied the Scot.
"Some can, too!" was the astonished rejoinder. "You must have communal dinners in this town."

The Bowels Must Act Healthily.—In most ailments the first care of the medical man is to see that the bowels are open and fully performing their functions. Parmelee's Vegetable Pills are so compounded that certain ingredients in them act on the bowels solely and they are the very best medicine available to produce healthy action of the bowels. Indeed, there is no other specific so serviceable in keeping the digestive organs in healthful action.