A HOME FOR JACK-O'-LANTERN

By EDNA TUCKER MUTH.

As Ruth listened to the reading of the hymn she heard Ermina catch her-breath in a sigh that was almost a

gasp.

"What is it, Ermina?" she asked, gently shaking her friend's arm.

"What are you worrying about?"

"A home for Jack-o'-Lantern" Ermina answered. "It's his last week here, and I'm almost desperate."

There was no time for Ruth to speak. They rose with the little choir, and the sound of young voices overflowing the dim chapel echoed along the corridors of the hospital:

"Joy to the world, the Lord is come! Let earth receive her King—"
Suddenly, from without, a voice.

Let earth receive her King—"
Suddenly, from without, a voice
high and clear like a bird note took up the hymn. It was the voice of a child singing in perfect time and tune. The chorus within the chapel softened

The chorus within the mapel softened until the new voice seemed to lead.

The hymn ended presently, and two by two, the nurses walked briskly away to their corridors. As always, Ruth Keniston and Ermina Vincent walked together, but, not as always, they talked in sober tones.

"A home for Jack-o'-Lantern," Ruth was repeating. "If only somebody.

was repeating. "If only somebody could hear him sing before they saw his freckles!"

"That's the idea, Rufus. I'm get-ting up a sort of scheme. Don't ask me or you'll be abetting me in it, but with or without abetting I'm going to find a home for Jack-o'-Lantern. Ruth stood still and shook a finger

warningly.
"Then sit right down and count ten,

"Then sit right down and count ten, Mischief," she said. "O Ermina, I'm just as anxious as you are! I suppose I ought to nip your scheme by asking about it, but I won't."

"Five people have been up here to see him in the last two weeks!" moaned Ermina. "Five people who went off and took little dimpled things without any backbones, but with lots of light curly hair or with flashing black eyes. any backbones, but with lots of light curly hair or with flashing black eyes. There Jack sits in 211, getting stronger every day and perfectly sure that he'll have a father and a mother and a home when the right time comes. I've promised him that. It would be dreadful if I couldn't get him a home. If he goes to some institution next week, I'll hie down and kick and scream."

Ruth smiled as she walked toward the diet kitchen. She was used to Ermina's impulsive threats. She had acted as Ermina's pilot in the first stormy days of probation and had helped her sail through with colors flying. (the had been present when even Ero ina's pleasure-loving guar-dian gave her due praise for persever-ance, and in Ruth's own pleasant home ence, and in Kuth's own pleasant home there was no guest more vielcome than Ermina with her gay laugh and tumbled curly head. Lieut. Bob, Ruth's brother, once said, "I like to see a butterfly make good." He had taken Miss Leech, the superintendent of nurses, to dinner, and they had talked of Ermina.

mina.
"She is wonderful with children,"
Miss Leech had said.

Miss Leech had said.

"I was a lonesome youngster myself," Ermina told Ruth. "No one helped me to play. Perhaps if I had had more fun in that gloomy old house watched over by servants, I should not be overdoing it now."

Three weeks before this morning in the chapel, the charity ward at St. Barnabas had overflowed, and Jack and Ralph, two waif natients, had

Barnabas had overflowed, and Jack and Ralph, two waif patients, had been moved to room 211 in the children's corridor of the new building. In this two-bed room Jack now sat erect singing to himself. As Ermina put down his tray, he smiled at her, and it was not hard to see why she had given him his name. Under very hight-blue, white-lashed eyes spread light-blue, white-lashed eyes spread light-blue, white-lashed eyes spread light-blue and nature sing.

So wone of the doctors, mad asked when and nature sing to take this man and woman to room 211, and now on the very threshold Jack was singing them away from Ralph. Ruth tried to speak, but the eyes were filled with tears.

"Let every heart prepare Him room And heav'n and nature sing, And heav'n and nature sing."

a mouth of generous proportions, always curved in a smile.

"Now, young man," she admonished him this morning, "if you want to get strong enough to run races after your bath, you'd better eat a wonderful breakfast. One to get ready! Two to keep steady! Three to eat bready! Go! Ralph, what do you think the fairies will bring you if you don't eat oatmeal?"

gotten Ruth.

"He is very plain," she whispered. They had reached the threshold of the room.

"Plain!" repeated the woman.

"Plain! Look at him, George!"

Neither of them glanced toward.

"He doesn't believe in Santa Claus or fairies or anything. He just believes in people. He says nothing but people is really sc."
"I'm glad your don't feel that way," said Miss Vincent soberly.
"I believe in fairies but not people," "Sure." said Jeck stoutly.

said Jack stoutly. "So do I sometimes,' agreed Miss said

"Ralph says he doesn't need any

dries," Jack went on. "He is going not a bit. Enmina flushed."

"But, E mother to-day." those wer mather. T

"Perhaps," she replied. "If the tht father and mother come, he will; t if the wrong ones should come, will go away again." there times they did that to me."

a fasher and mother more than anything else in the world. I should go to the fairies with it." Miss Vincent legan craftily. "Everyone has to do s best for the fairies, and if one ere prowling through the corridor and heard a boy singing his very best at the right time it night drop in and say, 'You can have one wish,' the way

COARSE SALT Bulk Carlots TORONTO SALT WORKS TORONTO

In the little chapel of St. Barnabas they do in books, and then a boy could Ruth Keniston and Ermina Vincent, come right out and tell about a father first-year nurses in training, sat side and a mother and a home. Maybe he by side.

As Ruth listened to the reading of the hymn she heard Ermina catch her fairies."

"How would I know one was prowling, Miss Vincent? I can't see the

"What if I should find out for you? I could stand in the corridor, and then at the right time I could come to the door and hold out my hand like this. It would be a signal, and you could begin to sing that very second. The same song you sang this morning—your very best. And maybe—mind, I only say maybe—"

only say maybe "I'd like to try it," breathed Jack-o'-

Lantern.
"So should I," said Ermina. "Shall we?" said Jack. Ermina nodded.

That day Ruth and Ermina had their hours off together in the morning, but, contrary to custom, Ermina avoided Ruth, and when they were together listened half-heartedly to her plans for the vacation that was very near.

"Are you cross about something, Ermina?" Ruth asked at length.
"Don't ask me questions, Ruthie, please don't. I'll tell you fibs if you entering the corridor, had come down through it until they stood upon the threshold of room 211. Miss Leech was saying. "There he is," Miss Leech was saying. "I am sure he will be just what you wish. He is eight years old. We know of his parentage. His name is Ralph—a quiet boy of excellent mentality—" Ermina's eyes flashed and Buth's through it until they stood upon the threshold of room 211. Miss Leech was saying.

Ermina?" Ruth asked at length.
"Don't ask me questions, Ruthie,
please don't. I'll tell you fibs if you

Ruth looked troubled as she stood facing her friend. Here was the old impulsive Ermina.

"Is it—" Ruth began "Tell me, Ermina—"

Presently Ermina heard Ruth's mina," Ruth said as they skipped to quiet voice in the corridor. Ruth did not belong in that part of the building. What was she doing here? Ermina stood in the doorway watching her best friend's head appearing through the banisters. Ruth came up to the landing, and behind her came two people, a man and a woman. The woman was very pale and walked slowly her hand was on her husband's his heart so is he" be more fittingly bear to be so in her husband's his heart so is he" be more fittingly hard the many as the said as they skipped to ward the nurses's home.

"Will you, Ruth?" asked Ermina.

(The End.)

Health—the Everlasting Reality. woman was very pale and walked slowly her hand was on her husband's slowly her hand was on her husband's arm. "She made me think of Easter lilies and telling stories after supper and everything that's lovely," Ermina said afterwards. "But I wished Ruth hadn't brought her up."

She could not afford to hesitate, however, Her hand work helpid her

however. Her hand went behind her in the prearranged signal to Jack. As the three visitors stepped into the corridor, a burst of joyous music came from room 211. There stood the old

corridor, a burst of joyous music came from room 211. There stood the old headstrong Ermina. Any means to gain her end, and yet—Jack-o'-Lantern deserved a home.

The song went on, and the woman with wistful brown eyes and tender lips turned impulsiely to her husband. "Isn't it beautiful, George?" she asked. "Aren't you glad you came?" The man nodded and patted her hand.

It was not right. These were Ralph's parents. Miss Leech, being detained by one of the doctors, had asked Ruth to take this man and woman to room 211, and now on the very threshold Jack was singing them away from Ralph. Ruth tried to speak, but the

Ernina came close to them. So engrossed had she become in the success of her scheme that she had forgotten Ruth.

to keep steady! Three to eat bready!

Go! Ralph, what do you think the fairies will bring you if you don't eat oatmeal?"

"Ralph doesn't believe in fairies," said Jack, with his mouth full.

"O Ralph, after yesterday and all the nice things they left by your pillowk!"

"He doesn't believe in Santa Claus "He doesn't believe in Santa Claus"

"Plain!" repeated the woman. George!"

"Plain!" repeated the woman. George!"

"He woman in George!"

The woman with his power to see and to impress upon the mind of his patient the image of the ideal, instead of that of the diseased, discordant, suffering individual, will he be able to help him.

No Drinks for Women.

In Uruguay the law forbids the sale of intoxicents to women.

room and, kneeling by his bed, touch-

ed his hand.

"My little boy," she said, "would you like to come with us and be our little boy?"

"Sure," said Jack-o'-Lantern, "I

"Sure," said Jack-o'-Lantern, "I was looking for you."
"It all came out just as I planned," said Ermina, squeezing Ruth's arm.
"A home for Jack-o'-Lantern."

"But, Ermina, it isn't a bit right, not a bit. That was Ralph's home, and those were to be Ralph's father and mother. They're wonderful people, and Ralph would have had a wonderful

You mean Jack will have. After hev'l go away again."

Telive times they did that to me, aid Jack that man and woman I couldn't have done differently, Ruth. I just had to have them for Jack-o'-Lantern. Others will want Ralph, he's o good to look at, but I promised Jack—"

to the fairies with it." Miss Vincent of the fairies with it.

Conviction died out of Ermina's voice. She was not quite sure. She had never been quite sure.

"Poor Miss Leach," she said contritely, "I'm always confessing to her, and she's always forgiving me. There may be a limit to her forgiveness. Ruth. I suppose I'll have to take this to her. What do you think?"

"I don't know, Ermina, really, I don't. I wanted a home for Jack just as badly as you did, so badly that I didn't dare ask you about your scheme. I—I hoped it would work. I wasn't smart enough to think up one myself. If you go to Miss Leech, I will, too."

"I know what I'll do, Ruth. I'll tell that woman, Jack's mother. I'll ask that woman, Jack's mother. I'll as

Accordingly they drew Jack's new mother just outside the door, and Ermina began her story just where she should have ended it.

"Ruth Keniston says it was almost like stealing—having him sing like that—just at the right time. He always wins people when he sings, but at first—if he doesn't sing—he's plain in spite of his grin, and he hasn't a very good way of expressing himself —except of course in music. Jack-o'-Lantern is really smarter than Ralph. Your husband will be surprised how much he knows about baseball—all the big pitchers' names and everything.

much he knows about baseball—all the big pitchers' names and everything. Fairies, too—I told him to sing in hopes that a fairy would—"

"It was lovely to hear him sing then—just at the right time. I knew as soon as we heard him that my husband would—but I think anyway

we—"
"I should have given Ralph his chance, though. It wasn't square."
"My dear girl, I can't get it through my head what you've done that isn't square. If it helped to give me my little boy, it couldn't have been very crooked."

They had been talking so busily and were so intent upon each other that they had not seen three people who, entering the corridor, had come down

Ermina's eyes flashed, and Ruth's pale cheeks were as pink as prim-You didn't—then you didn't come

Ruth looked troubled as she stood facing her friend. Here was the old impulsive Ermina.

"Is it—" Ruth began "Tell me, Ermina—"
"Don't ask me! I'm having some underhand dealings with a fairy of my acquaintance, and that's all I will say. Good-by, Ruthaline!"
During the first part of the afternoon Ermina hovered about room 211. She arranged and rearranged the pird and at Jack's request carved a little bird from a large piece of cuttle bird and fairy stories for Jack. But every other minute she darted into the corridor. Ralph was expecting his new parents, and Jack his fairy, and they were often disappointed when Miss Vincent returned with neither.

Presently Ermina heard Ruth's quiet voice in the corridor. Rath did not helong in that mart of the huild.

To nothing else touching his life can the aphorism "As a man thinketh in his heart so is he" be more fittingly Health can be established only by thinking health, just as disease is established by thinking disease. Just as you must think success, expect it, the foods left in the oven until they visualize it, make your mind a huge success magnet to attract it if you are healthy, you must think health, you must expect it, you must visualize it, you must attract it by making your mind a huge health magnet to attract more health, abundant health. As long as physical defects, weaknesses, or diseased conditions exist in the imagination, as long as the mind is filled wth visions of ill health the body must correspond, because our bodies are but an extension of our thoughts.

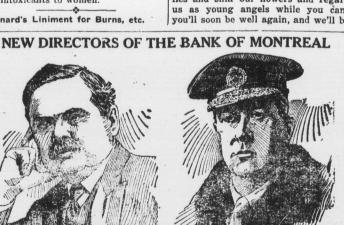
our minds objectified.

Health is based upon the ideal of the body's perfection and the absolute denial of disease, the denial of every thing but the ideal condition; upon the idea that only that which is good for us can be real in the highest sense of the word; that all physical discords are only the absence of harmony, not us. Health is the everlasting reality, is only seeming.

In proportion to the physician's ability to suggest perfect soundness of body to his patient, to visualize him as physically perfect; in proportion to his power to see and to impress upon the mind of his patient the image of

of intoxicants to women.

Minard's Liniment for Burns, etc.



SIR LOMER GOUIN

GENERAL SIR ARTHUR CURRIE

The enlargement of the directorate of the Bank of Montreal, which was decided upon at the recent annual meeting as a result of the extending scope of the institution, has resulted in two gentlemen of national rep being added to the board, namely, the Hon. Sir Lomer Gouin, K.C.M.C. General Sir Arthur Currie, G.C.M.G., K.C.B., LL.D.



Not everyone realizes what temperature means in cooking; yet the intelligent use of graded heat largely determines the palatability of a dish. The higher the temperature used the more pronounced is the flavor of the food, especially at the series of the flavor of the more pronounced is the flavor of the food, especially when dry heat is em-

food, especially when dry heat is employed.

Take, for example, the characteristic taste of roast beef and the savor of broiled eysters; if the beef were boiled and the oysters stewed, each would lose much of its flavor.

Take, for example, the characteristic taste of roast beef and the savor of broiled eysters; if the beef were boiled and the oysters stewed, each would lose much of its flavor.

Take, for example, the characteristic taste of roast beef and the savor close to the edge of our great discovery, but now you're taking a wrong turning, Gwenneth interrupted her characteristic taste of roast beef and the savor close to the edge of our great discovery the oven, dipped in hot butter and rown the crackers and brown the crackers are in the oven.

Oyster crackers may be crisped in the oven, dipped in hot butter and crackers are crackers and brown the crackers are the oven.

hance the natural flavor of foods; it creates new flavors by making new substances through high temperature. The fresh crust of Lread, muffins and toast, the well-browned top of a rice pudding and the crisp surfaces of broiled or baked meats, poultry and fish all have a new and delicious fish all have a new and delicious and the crisp surfaces of broiled or baked meats, poultry and fish all have a new and delicious and scintillating. Awful!"

"You absurd old Gwen," protested for being bright! And you haven't yet told me of your great discovery."

"The discovery," said Gwenneth soberly, "came when we realized that a certain little person had taken sick full of vanilla. For foundation, use small, plain crackers. Put a spoonful hance the natural flavor of foods; it and scintillating. Awful!"

Cocoanut marguerites are easy to make a flavors by making new "You absurd old Gwen," protested make. Boil a cupful of sugar in one-

Moreover, baking insures the retensubstances that are dissolved in boiling and lost when the water is poured into the sink. The constant use of foods impoverished in that way causes malnutrition as surely as does a diet that lacks some one of the important

Some foods, however, should not be subjected to intense heat during the whole of the cooking process. For example, if an egg is boiled steadily for three or four minutes the white Jack-o'-Lantern."

"It won't be necessary for Miss Leech to forgive you this time, Ermina," Ruth said as they skipped toward the nurses's home. both the white and the yolk will be cooked evenly. A cake, a loaf or a joint of meat that is put into a very hot oven and kept there until it is cooked will be overdone on the outside and underdone inside. That is because the substance formed by continued high temperature on the surfaces of

such foods is a non-conductor of heat. Foods that are injured by continued high temperature should be baked for twenty minutes in a very hot oven; the heat should then be reduced and are cooked through.

Sophie.

Sophie's pleasant, round face was less round than usual, and the pink had faded from her cheeks. Her hair, in two childish pigtails, was brought forward over her shoulders as she lay against a pile of pillows. Her eyelids drooped, and she looked, until Gwenneth entered, like a tired-out little girl. Then her whole face flashed alive in

"Oh, Gwen, dear, it's good to see you!" she cried softly. "You're the first of the girls they've allowed to

the convalescent with a twinkle of moisture on her eyelashes; for Sophie promised to stay only a few minutes. us. Health is the everlasting reality, promised to stay only light is the absence of reality. It is only seeming.

If I tired you, they mightn't let the rest come, and then—I don't know and then—I don't know and then—I don't know and then the rest come, and then—I don't know and the rest come. what would happen! The pack would turn and rend me! They spend their ranted. At least 65 per cent. of each whining to get in, and they are jealous in ahead."

"Everybody's been so good," said about it yet, I should cry if I tried."

"Don't try. Enjoy our transitory sweetness while it lasts. Eat our jellies and sniff our flowers and regard us as young angels while you can; emergency measure, but should ensuitable site for a community camp you'll soon be well again, and we'll be gage the attention of the Federal and could be selected in the centre of each you'll soon be well again, and we'll be

would lose much of its flavor.

The rule applies to vegetables as well, for, although turnips, tomatoes and a few others have their flavor increased to an unpleasant degree by high temperature, by far the greater number are better biked than boiled. Carrots, parsnips, beets and squash can be baked on the rack of the even as potatoes are.

But baking does more than to enhance the natural flavor of foods; it and scintillating. Awful!"

Lurning," Gwenneth interrupted her imperatively, "We are a clever crowd," the strictles, "We re a clever crowd," the show of three of the are always good. So are butter cracked the habit of tossing the talk back and the talk back and forth. That's well enough, as long as paste made of cheese and apple butter.

To make a delicious sweet cracked the pour chocolate sauce and grated walnuts over well-buttered reception flakes, or melt a chocolate cream on a plain cracker.

Coccanut marguerites are easy to

—a person who never said anything small, plain crackers. Put a spoonful clever, but who just laughed and itstened and appreciated our nonsense. and who put in an occasional sensible remark just at the proper moment, or and who was always sweet and good tempered and modest without an iota of show-off-i-ness in her whole system, and-

"Why, Gwen!" said Sophie. "Why, Gwen!

"Oh, yes, Sophie dear! We found rises. out that it was a small thing to be clever and a big thing to be wise and kind, and that the one person we couldn't possibly do without was— Goodness! Time's up. There's your sister in the doorway, making signals. Good-by!"

She vanished with a nod and a wave of love for her friends—though she could not really believe in their great discovery—that snuggled described spoonful of butter; then add to the spoonful of butter; the spoonful of butter; the spoonful of butte discovery—that snuggled down her pillows with a sigh of content.

The Hospitable Hour.

Winter is the season for cosy tea parties. A homelike room, some hot, fragrant tea and a plateful of tempting sandwiches will look very inviting to guests who have tramped through cold and sleet to see you. Here are recipes for palatable cracker and sandwich fillings.

Canadian Song Writers to pretect you from fraudulent SONG-WRITING STUDIOS, submit your song poems to me, and I will advise you as to musical settings, international copy-rights and publication of your song, Residents of Canada communicate

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of cheese and pickled onion. Grate the sultation and made a discovery. You'd never guess what it was."

"No." assented Sophie, "you know I wouldn't. I'm not a bit clever. But at least I'm not too stupid to know that ture on crackers and brown the crack-

almond or strawberry icing. Cheese wafers spread with dates and

brown the crackers in a moderate oven.

You can serve soda crackers in a new and delightful way by icing them. Make a syrup of sugar and water, stir a quarter of a cupful of sugar over the fire until it begins to burn, add it to the ayrup, pour both over one egg stiffly whipped, and stir in chopped becan nuts and a little vanilla. Place

Cinnamon tea biscuits are familiar, tut are always welcome and are easily prepared. Make a paste with soft butter, half a cupful of sugar and two tablespoonfuls of ground cinnamon. Spread if on crackers or on rounds of tosst sliced thin, and heat the toast or the crackers in the oven.

Peanut-butter fillings are cient cream to moisten the mixture.

You can make a filling that has a distinctly Oriental flavor if you rub to a paste a dozen stoned dates and half a teaspoon al of ground cloves, and thin the mixture with a little orange juice or cream; spread it on moderately sweet crackers.

True wisdom lies in gathering the precious things out of each hour as it goes by.—Emily S. Bouton.

If your guests care for cheese, you can tempt their appetites with a filling Minard's Liniment Relieves Colds, etc.

CAN REDUCE UNEMPLOYMENT BY CLEARING NORTH LANDS

By ALFRED FITZPATRICK, Principal Frontier College.

of unemployment is for the Governments of Canada to begin the long-overdue task of preparing its bush lands for settlement in the clay belts and they got tired of keeping me out," lands for settlement in the clay belts declared Gwenneth, smiling back at of the North. Owing to summer frosts, farming of northern clay lands has largely been a waste of time and money. Only by clearing whole areas overcome. Farming under present conditions, whereby each settler clears a small patch, is putting the cart before the horse, and is wholly unwarspare time on your back doorstep, lot in carefully selected townships already to bite me for slipping gangs living in -community camps. ment, now stalking before us daily in Sophie happily, with a tremulous the breadlines of the cities. Work share in all its social activities. laugh. "So good I—I can't even talk could thus be provided, particularly There need be no elaborate pr in the fall and winter months, as well tion for this work. Men in charge of as during special periods of unem- a practical bush foreman could be sent ployment. This policy of extended north at once with warm clothing, land-clearing should not be simply an tents and small portable sawmills. A local Governments the whole year round. Should any of the workers at buildings erected. The work of fellthese community camps wish to re- ing trees, cutting ties, pulpwood and main on some of the cleared lots they could be sold to them on easy terms. For the next 20, 30, yes, and for 60 years, land-clearing in preparation for settlement many men, even among future settlement should be an urgent the unemployed, are naturally loath and essential department of every to face the hardships involved.

Government in the Dominion. off" men when a pinch comes, they Well-fed men in comfortable com-could establish large land-clearing munity camps, not the bread lines of camps and homestead by proxy. In the cities is the solution.

this way an outlet would be provided Let Canada for all time abandon the

bordering States.

he farmers, too, can take a very excepted.

One means of solving the problem real part in this permanent policy for relieving unemployment. Let thousands of individual farmers apply for lands. All applications should be lo-calized in townships most suitable for future settlement. At convenient centres in such townships the Governments should provide comfortable and will this barrier to settlement ever be attractive community camps. Farm hands should be hired by the year. Instead of being turned adrift when the busy season is over, to congregate in the towns and cities, they could go north for a short period to help in clearing the bush lots of their emshould be cleared by means of large ployers. They would not, of course, be asked to live in shacks on the in-Herein lies one solution of unemploy- dividual lots. They would reside at the nearest community camp, and

There need be no elaborate preparaen- suitable site for a community camp township opened, and the necessary other lumber could be started immediately.

Because of existing conditions of writer is of the opinion that this pre-The big industrial plants of the Dominion, as well as the Governments, can assist in this great undertaking. in fully equipped community camps. Every large industry should apply for Why spend so much on able-hodied a whole township or more in the bush men in the cities, when an equal exlands. Land-clearing might be made penditure in well-organized efforts business department of many Cana- would provide stimulating employdian enterprises employing great numbers of workers. Instead of "laying-healthier environment of the north.

considerable percentage of the foolish policy of homesteading her able-bodied employees now turned in-to the streets. If as ably handled as ing separately against unequal barother departments of the business, the riers. Rather let her undertake now land-clearing department would un- a great permanent land clearing policy doubtedly prove remunerative. Lum- by using large gangs of unemployed ber, ties and pulp will always find a men, living in community camps, sur market in Canada as well as in piled with every facility for elucation and entertainment il.