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is just the tiny buds and young leaves from  
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it yields so generously in the teapot.

## A Man Chooses

The Story of a Struggle to  
Attain a Great  
Ambition.

By R. W. Johnson.

PART II.  
She stirred the covers, forgetting  
her own letter, a letter from home,  
as the postmark told her. "If you  
were free, Bud, unhampered, may-  
be you might—"

He missed the acute misery in her  
voice. Roughly he drew out a chair  
and dropped into it.  
"Of course," he retorted grimly,  
almost resentfully. "That's what  
young folks always get by trying up  
in the puppy age! What's your news?  
Better read it."

Her face went but little paler when  
she read her news. It was from the  
old-maid sister at home.

Mother is very sick. The doctor  
has but little hope of her recovery.  
I'm sure. And, Deen, she is pining  
to see you once more. Can you ar-  
range to come home, if only for a few  
days? Remember, you haven't been  
back since you married. It seems  
to me, from what I've seen of life,  
that husbands are cheaper than moth-  
ers. We are losing ours. Will you  
try to come?

It was then Bud Barnes rose to his  
feet, and heaved a sigh.

"Of course you are going to your  
mother," he announced when he had  
read the word. "A fellow, yester-  
day, was wanting to buy my old fid-  
dle. I can spare it now. I can use  
the Beech. First thing in the morn-  
ing I'll hunt him up. He'll pay cash,  
and glad to do it. Get your things  
ready. I'm sorry about Mother,  
Deen. We've neglected her, but it  
looks like we never could make the way  
to go."

There was no pleasure for Nadine  
in that belated visit—only grief and  
a sense of unreality. The dear moth-  
er-face, grown so strangely remote,  
strangers coming and going, noise-  
lessly, sympathetically everywhere  
the atmosphere of waiting—it was all  
like a bad dream. But through it all  
hidden and unacknowledged, ran a  
deeper, sharper ache—Bud and his  
chance.

A stranger face grew very familiar  
during that hard time—the face of  
the attending physician. She grew  
to watch for his little personal flash  
of understanding and sympathy. There  
had been so few in her bare young  
life who cared, however remotely, for  
her needs, physical or spiritual. This  
was a new sensation to be followed by  
respectful but admiring glances. It  
was a new sensation to rest her weak-  
ness on a man's strength. In her  
awful trance, watching the fight for  
a life, the subtle fascination crept  
through. And when the end came,  
and out of chaos she heard this new  
friend offering what seemed a larger  
life, she came suddenly to a place  
where her life's road blurred before  
her.

On its face the proposition was  
honorable and munificent. A chance  
of travel, a new atmosphere, a big salary



### Are Fruits and Vegetables Luxuries?

In the House of Diet fruits and  
vegetables may be likened to windows  
and doors, fireplaces and chimneys;  
we could dispense with them, we could  
board up our windows and make a  
fire on a big stove in the middle of  
the room, letting the smoke escape  
through a hole in the roof but such a  
course would not mean comfort  
year in and year out. So we may  
exist without fruits and vegetables,  
but it is worth while to stop and con-  
sider what we gain by their use.

There is an old adage, "An apple a  
day keeps the doctor away," which if  
true, means that the apple is a real  
economy, a kind of health insurance,  
for an apple costs seldom over five  
cents, often only one, and a doctor's  
visit may easily cost a hundred times  
as much. There is a certain amount  
of truth in the saying though the ap-  
ple does not have a monopoly on the  
supposed virtue.

It is more accurate if less poetic, to  
say that an assortment of fruits and  
vegetables helps to keep us in good  
health. Before the days of modern  
cold-pack canning, in the spring moth-  
ers used to assemble their little home  
groups and, in spite of sandy hit-  
tings under tables of the part of re-  
luctant Johannes and Susies, dutifully  
portion out herb tea or sulphur in  
molasses. Spring cleaning could  
never stop short of "cleansing the  
blood!" And after a monotonous  
winter of meat and potatoes no doubt  
heretic measurers were necessary to  
make up for a badly balanced diet.  
Nowadays we recognize no such sea-  
sonal need. We carry our surplus of  
fruits and vegetables over from sum-  
mer to winter and profit not only in  
the greater daily pleasure of our  
tables but in clearer skins, brighter  
eyes and less "spring fever."

How do fruits and vegetables help  
to keep us well? In the first place,  
by their wholesome effect upon the  
bowels. As a rule we associate regu-  
lar daily movements with health  
but do not always recognize the part  
which diet plays in securing them. If  
we eat little besides meat and pota-  
toes, bread, butter and cake or pie,  
we are very likely to have constipa-  
tion. This is particularly true for  
those who work indoors or sit much  
of the time. Now fruits and vegeta-  
bles have several properties which  
help to make them laxative.

In the juices of fruits and vegeta-  
bles we find a variety of laxative  
substances. This explains why ap-  
ple juice (sweet cider), orange juice  
or diluted lemon juice may be a very  
desirable morning drink. The effect  
is partly but not wholly due to the  
acid. Juices which are not acid to  
the taste, as those of prunes, figs,  
onions, are laxative.

So from a great variety of fruits  
and vegetables, especially those which  
are fibrous or acid or both, we may ob-  
tain the substitute for "pills" in  
wholesome foods which are generally  
cheaper than drugs.

No diet can be properly built with-  
out a suitable supply of mineral salts.  
The free use of milk is our greatest  
safeguard against lack of any save  
iron but when milk is scarce and has  
to be saved as now for the babies of  
the world, it is fortunate that we can  
make fruit and vegetables take its  
place in part. Some of our very com-  
mon vegetables are good sources of  
the calcium and phosphorus so freely  
supplied in milk. Among these may  
be taken as an example the carrot,  
which has not had due recognition in  
many quarters, and in some is even  
spoken of contemptuously, as "cattle  
food." Its cheapness, which comes  
from the fact that it is easy to grow  
and easy to keep through the winter  
should not blind us to its merits. A  
good-sized carrot (weight one-fourth  
pound) will have only about half the  
fuel value of a medium-sized potato  
but nearly ten times as much calcium  
as the potato and about one-third  
more phosphorus. While actual fig-  
ures show that other vegetables, es-  
pecially parsnips, turnips, celery,  
cauliflower and lettuce, are richer in  
calcium than the carrot, its cheapness  
and fuel value make it worthy of  
emphasis; a medium-sized carrot will  
furnish as much calcium as a scant  
quarter of a cup of milk.

Even when meat and eggs are not  
prohibitive in price, fruit and green  
vegetables are an important source  
of iron in the diet. And when war  
conditions make the free consump-  
tion of meat unpatriotic, it is reasur-  
ing to think that we really can  
get along without meat very well if  
we know how. Two ounces of lean  
beef will furnish no more iron than  
quarter of a cup of cooked spinach or  
half a cup of cooked string beans or  
dried beans, or one-sixth of a cup of  
raisins, or half a dozen good-sized  
prunes. Cabbage, peas, lettuce, dan-  
dion greens, beet tops, turnip tops, and  
other "greens" are well worth includ-  
ing in our bill of fare for their iron  
alone. By the time children are a  
year old we begin to introduce special  
iron-bearing foods into their diet to  
supplement milk. Aside from egg  
yolk, we give preference for this pur-  
pose to green vegetable juice or pulp,  
especially from peas and spinach or a  
mixture of both.

There is a further significance for

fruits and vegetables in their contri-  
bution to the diet of the growing  
months, health-protecting vitamins.  
That the presence of fruits and vegeta-  
bles in the diet is a safeguard  
against scurvy is well known, though  
the full scientific explanation is not  
yet ours. That the leaf vegetables  
(spinach, lettuce, cabbage and the  
like) contain both of the vitamins  
which are essential to growth in the  
young and to the maintenance of  
health in the adult, seems assured and  
gives us further justification for  
emphasis on green vegetables in the  
diet of little children, when properly  
administered; that is, always cooked,  
put through a fine sieve and fed in  
small quantities.

Those who have plenty of highly  
flavored meat are apt to be satisfied  
if or to demand stronger flavors  
than those found in fruits and vegeta-  
bles. They are also apt to spend  
so much money on meat that they  
have none left to buy what seem to  
them unimportant items in the diet  
and apt to have a much less whole-  
some diet than they might have for  
the same money. Studies of ex-  
penditures in many families show that  
a good rule to insure a well balanced  
diet is to spend no more money for  
meat than one does for fruits and  
vegetables. Also it is well to remem-  
ber that vegetables are usually cheaper  
than fruits and that dried ones  
may largely take the place of canned  
or fresh ones.

For wholesome and economical liv-  
ing have fruit of some kind at least  
once a day and make the main dish  
of one meal, a vegetable dish when-  
ever possible. Thick cream soups,  
souffles, creamed or scalloped vegeta-  
bles are all substantial and appetiz-  
ing. The way to learn to like such  
foods is to keep trying. One may  
learn contentment with the proverbial  
dinner of herbs more easily by realiz-  
ing that one is building valuable  
bricks into the house of diet. And  
in the present emergency one may, by  
selection of fruits and vegetables of  
high energy value, save more portable  
foods for our soldiers and allies. The  
knowledge that a banana is equivalent  
in "calories" to a large slice of bread  
or a small pat of butter becomes  
tremendously significant; that an ap-  
ple, an orange, four prunes, four  
dates or a cupful of figs, may not  
only take the place of bread but ac-  
tually add something which the bread  
does not contain, means that we shall  
be the gainers from our own sacrifices.

### Canada's Stake in the World Conflict.

How Canada is becoming, thanks  
to the skill and heroism of her sons,  
linked up with the world conflict, says  
Prof. Osborne of the University of  
Manitoba. The young man who  
brought down Baron Richthofen, Ger-  
many's premier aviator, was Brown,  
a boy born in Carleton Place, and ed-  
ucated, they say, in Alberta schools.  
There was a clash for you between  
Democracy and Autocracy, between  
peace and militarism. I read a few  
weeks ago of a certain young Rose-  
vear, a Canadian boy, who had crash-  
ed to the earth and been killed after  
bringing down 23 German aviators.  
Later I learned that he was a son of  
a college classmate of mine, H. S.  
Rosevear of Port Hope, now living  
at Port Arthur. All honor to such  
sons and such fathers. I talked the  
other night with an honored school  
inspector at Guelph, William Tytler,  
who, as a teacher, had had for a  
pupil McCrae, the author of the de-  
servedly famous "In Flanders Fields  
the Poppies Grow." And so it was  
the air of Guelph, the soil of Guelph,  
the flowers and fruits and fields of  
Guelph that had ministered to the  
upbuilding of the man who was to  
write lines of such haunting beauty  
that the world will not let them die.  
How Canada, I repeat, is being bound  
into one—East and West, Catholic  
and Protestant, rich and poor, French  
and English—and brought into vital  
relation with world movements,  
world causes, world conflicts!

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Weapons which were thought mas-  
sive and powerful in 1914 are puny  
in 1918. Thus heavy artillery, whose  
weight tied it down to fixed fortifica-  
tions, is now moving merrily over the  
field of battle. Where formerly we  
talked in millions now we talk freely  
in billions. Before the war twenty-five  
to thirty knots was "battleship-cruiser  
speed"; to-day we have such ships of  
from 150,000 to 200,000 horsepower  
steaming at from thirty-five to forty  
knots. A notable instance of this  
growth is in the field of aviation,  
where the British have aeroplanes of  
600 horsepower, and the Italians have  
gone up to 1,000. "And the end is  
not yet."

Bamboo has been found very ser-  
viceable in the construction of light-  
houses on the Japanese coast. The  
wood has great power in resisting the  
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famed motion picture actress. Each  
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you make a collection for your  
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### FROM SUNSET COAST

WHAT THE WESTERN PEOPLE  
ARE DOING.

Progress of the Great West told  
in a few pointed  
Paragraphs.

Khaki-clad women are in charge  
of the Imperial Oil service stations,  
Yates street, Victoria.  
The fourth anniversary of Hea-  
ther Day, the day of the first de-  
parture of troops for overseas, was  
a Tag Day at Victoria for patriotic  
work.

A total attendance during the six  
days of the exhibition of over 100,000  
and receipts amounting to \$27,890  
were revealed when the figures for  
the week were tallied up by Man-  
ager Rolston at Vancouver.

Victoria's second community sing  
at Beacon Hill Park was attended by  
over three thousand.

The first run of spring salmon in  
the Alberni canal is excellent, and  
salmon is selling at eight cents a  
pound.

Dr. R. L. Miller, Deputy Assistant  
Director of Medical Services, No. 11,  
at Victoria, has just been promoted  
from the rank of captain to major.

On her next trip to the Orient the  
Canadian Pacific Overseas Services  
steamer Montevale will again be  
under the command of Capt. F. L.  
Davison, Capt. A. J. Hailey having  
relinquished the command of the big  
vessel for her former master on the  
ship at Vancouver.

Flight Lieut. Charles Homewood,  
Royal Air Force, formerly of Uclue-  
let, and brother of Mr. E. Homewood,  
of Port Alberni, was accidentally  
killed in England on July 8th when  
one of the wings on his aeroplane  
collapsed.

John Campbell, a full-blooded  
Mackenzie River Valley Indian, has  
arrived from Fort Yukon, travelling  
3,000 miles by trail, canoe, river  
steamer and steamship to Vancouver,  
to enlist in the Canadian army at  
Dawson.

Major the Hon. Leonard V. Drum-  
mond-Haig, M.C., in the direct line  
of succession to the Earldom of  
Kinnoull, Perthshire, Scotland, has  
been killed in action. He was the  
eldest son of Mrs. J. M. Bournes, of  
Vancouver.

Few families in Victoria have ex-  
perienced more of the agony of war  
than that of Mr. and Mrs. C. E. Ste-  
wart, of Oak Cottage, Richmond road,  
for out of a family of five sons three  
have been killed at the front, while  
one has returned suffering from  
wounds.

Sergeant-Major James Robinson, Van-  
couver, the first Canadian to win the  
D.C.M. in the present war, has en-  
rolled for service in the British Col-  
umbian contingent of the Canadian  
Siberian Force. Robinson is a former  
first vice-president of the G. W.  
V. A. of Canada.

Eight thousand people attended the  
international swimming gala held  
at the Gorge Park, Vancouver, the  
presence of American and Van-  
couver competitors proving a great  
drawing card.

A request made by the Alberni  
Lumber Company, Ltd., to the Pro-  
vincial Secretary for permission to  
erect a powder house within two  
miles of the city of Port Alberni is  
to be granted.

### PAPER FAMINE IN GERMANY

Use of Copy-Books in the Schools  
is Forbidden.

Paper is so scarce in Germany that  
the government has prohibited the  
use of copy-books in the schools for  
the sake of conservation. The Bern-  
er Bund, of Berne, Switzerland, has  
an interesting article on the subject  
in a recent edition that has reached  
here.

According to the figures obtained  
by the government, from 700,000 to  
800,000 copybooks were used in the  
schools of Germany in 1917. The  
amount of paper this represents is  
gigantic, and by stopping the manu-  
facture and use of copybooks during  
the war the government hopes to  
save enough paper for what is con-  
sidered more important needs. Here-  
after the children are to do their pen-  
manship lessons on old and discar-  
ded paper which they can collect some-  
how, somewhere, and bring to school  
with them. If they cannot obtain  
such paper, they are to do without  
lessons in penmanship entirely.

In addition no new school books  
will be allowed to be printed, and the  
old readers and other text books, no  
matter how tattered and torn, will  
have to be made the best use of that  
is possible in the circumstances. Pa-  
per is now being used in Germany  
in the manufacture of hats for wo-  
men, vests, waists and other similar  
garments. Even hosiery is now made  
of paper, and the Berner Bund says  
that it is surprising what beautiful  
hosiery the Vienna shops display, the  
sheen of silk being cleverly imitated.  
The industry of making every avail-  
able thing in Germany from paper is  
growing to tremendous proportions,  
and for this reason paper is being  
conserved in all non-essential branch-  
es.

It is reported that the milk cows  
of New Zealand, because of improved  
breeding and feeding, produced an  
average of 19 pounds more butter-fat  
in 1917 than in 1911, netting the  
farmers an increased revenue of \$60,  
261,654.

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the dough and  
bakes the bread  
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and simple. It  
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