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Gombault's Caustic Balsam is a powerful antiseptic and disinfectant, and it is also a powerful stimulant and restorative. It is the only preparation of its kind that is safe and reliable for the treatment of all these diseases.

BONE SPAVIN

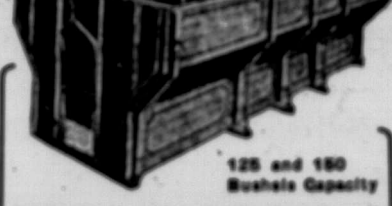
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on— Each of us had a stout club and could have made a tidy fight.

Concealment was useless and, furthermore, impossible. We passed close by a group of the harvesters and headed for a wood that lay on the other side of them. They could not mistake either the vermilion circles or our khaki tunics, faded though they were, nor our wild and dilapidated appearance, which was not made more reassuring by the clubs we carried. Glancing back we saw them gathering hurriedly in little knots.

We reached the wood, flung ourselves down and watched them until dark, during which time they made no attempt to follow us. Nor did we see any sign of other pursuers, though we kept on the qui vive all night as we trudged through interminable fields, forcing our way through tight hedges and plunging waist deep into the water of the small canals.

Weather Bad, but Hopes High

The only roads we habitually used were side ones, and especially did we avoid any with telegraph wires which might be used against us. It was a flat and swampy country, full of mist, and the nights were few in which it did not rain. And we were always very wet and very cold. The latter was worse than the lack of food. Sometimes we struggled for hours at a time knee-deep in desolate stretches of mist-covered morasses which gave no promise of firm footing and which often dropped us in to the waist instead. In addition, the country was cut up by numerous small ditches, six to eight feet wide, which along toward morning presented so much of an effort in the jumping that we usually plunged into the water by preference. Our feet were adding to our misery by this time. On one occasion, as we dragged ourselves out of the water, two dogs came rushing at us and then followed, yelping. It was nearly daylight and a woman came down to see what was going on. We remained motionless near a hedge. She failed to see us, which was good luck.

August 29: Rain, thunder and lightning most of last night. Got a bit of shelter in a cowshed in a field. We are wet and cold as usual, with no sun to dry. Fair cover in a small wood. Going good last night. Haven't struck the huckle yet. Meals: green apples and brambles. Feet pretty sore. Made a needle out of wood and did a bit of sewing. Best of health.

We had been plowing through the mist, confused by it and the numerous hedges, when at the side of a small field we had run into this cowshed, a tumbledown affair of soda, caved in at the sides and partly covered by a thatched roof. We built up the side from which the wind came the worst, hung a rotting canvas we found at the other end and then snuggled up together to swap warmth.

The mist had scarcely lifted when we heard a slight noise. We looked up. A woman was at the entrance to our hovel looking down full at us. She turned and walked away. We rose, still dazed with sleep, and found that we were quite close to a farmhouse which we had failed to observe before, owing to the mist, and from which our visitor had evidently observed the result of our building operations. "She saw us," I said, and we regretted not having seized her. She appeared to be signaling.

A good sized wood lay well up ahead. "Come on," I said. "Let's beat it. We can handle a few of them better than the whole mob." We could see the farm laborers gathered in a knot. The rain came on just then and perhaps assisted in dampening their ardor. At any rate they did not follow us into the wood. We spent rather an uneasy time though when, late that day, some hunters approached our hiding place in a clump of bushes and for half an hour shot their fowling pieces off all round where we lay.

August 31: Not much rain but very cold. Too dark to travel last night. No stars out to go by. Crossed the river this morning at last. Good cover in bushes. Feet are badly peeled. Hope for better luck tonight. Meals: apples and turnips. Cold and rain is putting us in bad state. But still confident. We were daily growing weaker and

prayed only that our strength would last to put us over the border.

September 2: No rain, but cold out of the sun. Pretty fair going last night. Feet still sore. Cover on straw stack in middle of field. Warmer than the woods. Zeppelin just passed overhead going north. Meals: turnips, carrots, apples and peas.

September 3: Fine weather. Good going last night. Feet still pretty bad. Had to cut my boots. Fine cover in the wood. Meals: baked potatoes. Feet fuller. This was our first cooked meal.

To be concluded next week

HON. W. J. HANNA

Hon. W. J. Hanna, food controller for Canada, was formerly Provincial Secretary in the Ontario Government. In this capacity he achieved prominence in connection with prison reform work. He was responsible for the establishment of the prison farm scheme, by which an endeavor was made through out-door employment in which the prisoners were put on their honor, to reform them and prepare them for



HON. W. J. HANNA

taking an honorable part in profitable employments after their release. The prison farm scheme was a decided success. About a year ago Mr. Hanna resigned from the Ontario cabinet and devoted his time to his private interests until being called to his present position. His appointment has proven popular on both sides of politics. He has taken hold of the work in connection with his new position with energy, and has already done much to shape Canada's food control policy during the war.

EGGS IN THE DIET

From a bulletin published by the State Agricultural College, New Jersey, U.S.A., entitled "Milk and Eggs" we extract the following information re the value of eggs in the diet.

Composition of the hen's egg compared with moderately lean beef:

	Hen's Egg	Lean Beef
Water	73.7%	70.5%
Fat	10.5%	8.5%
Protein	14.8%	20.0%
Mineral Matter	1.0%	1.0%

By comparing the composition of the egg with that of lean meat it will be noticed that eggs make a good substitute for meat. Nine average-sized eggs weigh one pound and contain about the same amount of nourishment as one pound of beef. As eggs contain no starch or sugar they should be served with such foods as rice, bread, fruit, potatoes and other vegetables or made into desserts with sugar, tapioca, and similar materials.

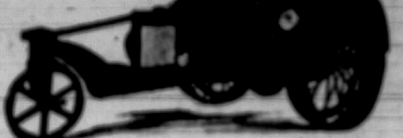
Raw eggs are very easily digested. The digestibility of cooked eggs depends upon the manner in which they are cooked at low temperature. Egg albumen begins to coagulate at 124 degrees F., becomes jelly-like at 160 degrees F., and, when heated to the boiling point, 212 degrees F., becomes a tough leathery mass and very indigestible.

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