

I have done what I most wished to do. I have often failed, and I have often been discouraged, and might have given up were it not for the help I received at my worst times from our minister and Mrs. Murray, who often saved me from despair."

A sudden flush tinged the grave, beautiful face of the minister's young wife. A light filled her eyes as the master said these words, for she remembered days when the young man's pain was almost greater than he could bear, and when he was near to giving up.

When the master ceased, the minister spoke a few words in appreciation of the work he had done in the school, and in the whole Section, during his three years' stay among them, and expressed his conviction that many a young lad would grow into a better young man because he had known Archibald Munro, and some of them would never forget what he had done for them.

By this time all the big girls and many of the visitors were openly weeping. The boys were looking straight in front of them, their faces set in an appearance of savage

gloom, for they knew well how near they were to "acting like the girls."

After a short prayer by the minister, the children filed out past the master, who stood at the door and shook hands with them one by one. When the big boys, and the young men who had gone to school in the winter months, came to say good bye, they shook hands silently, and then stood close about him as if hating to let him go. He had caught for them in many a close baseball match; he had saved their goal in many a fierce shinny fight with the Front; and while he had ruled them with an iron rule, he had always treated them fairly. He had never failed them; he had never weakened; he had always been a man among them. No wonder they stood close about him and hated to lose him. Suddenly big Bob Fraser called out in a husky voice, "Three cheers for the captain!" and everyone was glad of the chance to let himself out in a roar. And that was the last of the farewells.

(To be continued.)

HEALTH IN THE HOME.

By a Trained Nurse

Trays.

Food should—in fact, must—be presented to the sick in as attractive a form as possible. Use the whitest linen and the daintiest china available, and do not forget to add a flower if there is one to be had; even a spray of green leaves will impart a sense of freshness that is not easily obtained in any other way, and the sick person is pleased by the appearance of the tray, and he forgets that it represents food. Do not offer much at a time when the appetite is capricious. Make small slices of toast; have them a nice light brown, and cut the crusts off evenly all round. If meat is allowed, put a little small piece of the best upon the plate, and garnish with a sprig of parsley. Many people are tempted to eat more by the addition of some condiments as a relish, and the doctor will often allow a little for the sake of getting down the solid food. Homemade condiments are the kind to use, because it is known of what they are made, and that particular one can be used which is known not to contain anything the patient may not have. These things are so often adulterated that it is a great mistake to give anything but the homemade article to the sick. Some people find that a little jelly helps considerably in getting down cold meats, and it also adds to the appearance of the tray. It is always safe to give plain vanilla ice cream, unless solid food is entirely prohibited. Baked potatoes are allowed before potatoes prepared in any other way, and should be served hot, and very thoroughly cooked. Butter must be cold and hard, or one glance will probably settle the patient's chances for a meal. All food not intended to be cold must be really hot, and cold things really cold, unless the doctor has prohibited all but lukewarm food for some special reason. Never let a patient see you taste his food, and never on any account taste it with his spoon or any utensil intended for his use. This is a very disgusting thought to many sick people, and they will never enjoy a meal unless quite satisfied as to your care and daintiness in preparing it. It is a small thing, perhaps, in the estimation of some, but it is a point of honor. Sick people are at the mercy of those who wait on them, and it is an uncomfortable position unless there is absolute confidence about such matters. Persons whose appetite is not good enough to ensure enough food being taken through the

day, should have something during the night—a cup of good strong malted milk, or any of the foods of that description, or plain hot milk, or cocoa if it agrees with them. Oyster and clam broth often appeal to poor appetites, though clams are indigestible, and should be taken out after the broth is made. Tiny squares of toast are a pleasant addition. Old people, even if they are not sick, are benefited by a cup of something hot before going to bed; they will sleep better, and have better sleep because of it. If only a little food can be taken at a time, it must be taken oftener. Coaxing a sick person to eat is of very little use. He does not care, very often, whether it is good for him or not. Everything must be presented so as, if possible, to make it appear less than it really is. A patient will often eat two small pieces of toast when he would not look at one large one at all, and a small bunch of grapes will appeal when the mere sight of a large one will turn the patient quite against them. Sick people are not, of course, all like this. Water, and cold at that, need never be refused to a patient, unless the doctor has forbidden it for some special reason, which very seldom happens. Oranges are usually allowed, and there is a nice way of preparing them so that nothing but the pulp and juice is served. Take the orange on a fork, peel it like an apple, and cut down between the pulp and skin of each section, so that the fibrous part remains on the fork, while the juice and pulp fall into a dish.

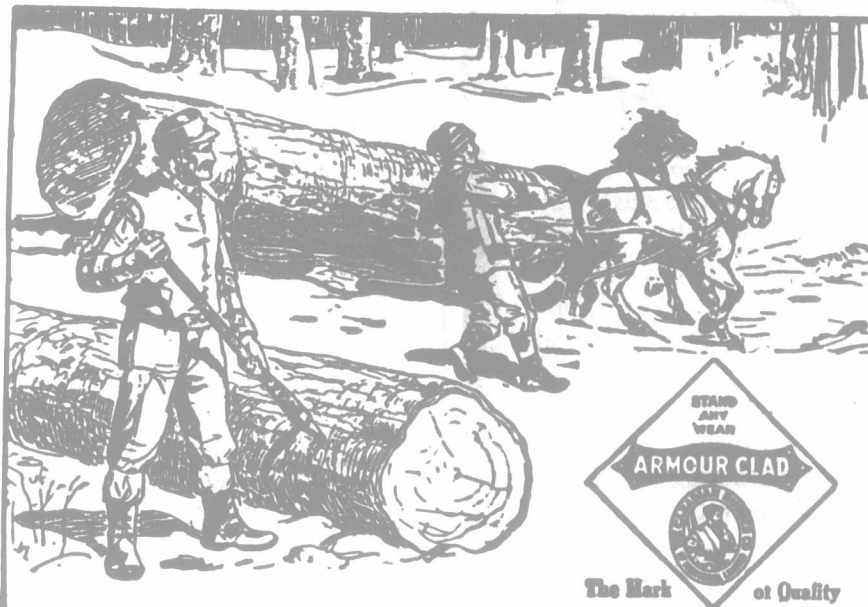
Broths should be thoroughly skimmed of fat before using. Beef tea should never have any fat on it, and will not if made correctly. Cut up the beef into small pieces, rejecting every bit of fat and skin, and put it into a granite or enamelled kettle with salt, and cover with cold water. Put it at the back of the stove, and let it get hot by degrees, leaving it there as long as possible, but never allowing it to boil or simmer. When you take it off remove the scum from the top before stirring it at all, and then strain into a clean pitcher, not straining out anything but the meat, which will be almost white. All the nourishment to be found in beef tea is contained in the little brown flakes, and if it has been boiled they are practically of no use as food. Beef tea, then, amounts only to a warming and stimulating drink. It can be taken cold if the patient prefers it.

A. G. OWEN.

IS THE BEST TOO GOOD FOR YOU ?

If it is not, use only **Five Roses Flour**; for that brand is richer in gluten; easier and more economical to use; and gives better results for bread or pastry, cakes or biscuits, than any ordinary brands on the market.

Lake of the Woods Milling Co., Ltd.



No road too rough—no weather too cold for **ARMOUR CLAD** Lumberman's and Boots. Wear them this winter and have Comfort. Stand any wear. All styles.

"The mark of quality" is on all genuine

ARMOUR CLAD

J. P. CLINTON & Co.

Edmonton, - - Alberta

REAL-ESTATE & FINANCIAL AGENTS

Estates Managed for Non-Residents.

We have lengthy lists of choice improved and wild lands in the Edmonton and Vermilion Valley districts that are rapidly rising in value with the advent of railways into Central Alberta. Many of these lands are situated near new C. N. R. town-sites. Money invested now will double in a few years.

Whole section, partly improved, all fenced; twelve miles east of Edmonton; close to church and school; also two miles from station on line of the G. T. P. Railway. Spring creek runs across farm. An ideal section for mixed farming. No better in Alberta. **\$23.00 per acre.** Easy terms of payment.

Reference: Imperial or Montreal Bank.

"Careful Attention to Business," our motto.

Correspondence solicited. We will mail lists to any address.

ADVERTISE IN THE ADVOCATE.