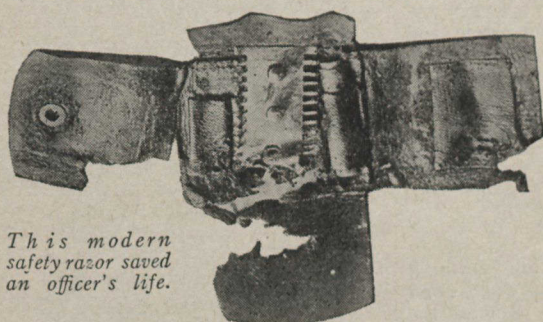


SAVING SOLDIERS' LIVES

Accidents That Are Proving the Value of Armour Plate as Protection Against Bullets

WHEN Sir Arthur Conan Doyle, the famous English author, seriously suggested that the English soldiers wear a breast armour, or at least a plate of tempered steel over the heart, many people laughed at the idea and made remarks about reverting to the days of knights in armour. But it was a good and sensible suggestion, nevertheless, and one which many soldiers, both officers and men, have personally adopted.



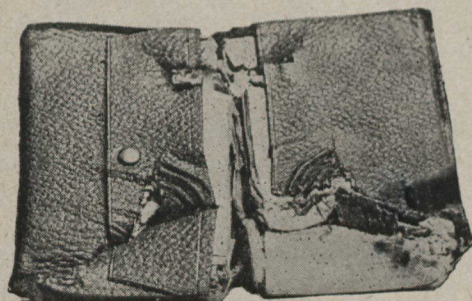
This modern safety razor saved an officer's life.

Sir Arthur based this suggestion on the remarkably large number of soldiers whose lives have been saved during the present war by queer objects in the breast pockets of their coats, over the heart. There is no means of knowing how many lives have thus been saved, but there are thousands who cherish some battered object and exhibit it with the remark, "It saved my life."

Soldiers on all fronts have the same experience, and prisoners in camps as well as their guards exchange stories of their pet "life-saver."

One officer carried a modern safety razor in his breast pocket, one of the sort that comes apart and fits flat in a thin leather case. Leading a charge one day he was knocked down by the force of a bullet, but scrambled up again and went on. After the charge he discovered the hole in his pocket, took out his safety razor and found a bullet half split and impaled on one end of the blade guard.

An identification card, some Bank of England notes, a letter from the folks at home and a letter from "her," encased in a double folding morocco wallet, saved a young subaltern's life. He was down on all fours leading some men through the dark to cut wire entanglements. An illuminating bomb lighted the field, there came a volley from enemy rapid fire guns and one bullet



A letter from home and some Bank of England notes stopped the bullet meant for the subaltern who carried this card case.

struck this wallet in the corner and stuck inside. Without the wallet it would have doubtless torn straight through the young chap's body. Now his folks have it at home and he has a thicker and heavier purse than ever in his breast pocket.

More like the steel plate over the heart which Sir Conan Doyle advises the soldiers to wear, is a form of card case made of metal and covered with leather. An officer in the "Queen's Own" carried such a card case. A bullet struck it and glanced harmlessly off, leaving only a hole in the coat and leather and a dent in the metal side of the case.

How many good watches have been spoiled by bullets—and good lives thereby saved—will not be known. Some time ago there was an objection to the men wearing wrist watches since a bullet which would otherwise go through the wrist leaving only a clean hole easily cured, would, on striking the watch, frequently cause a loss of the hand. But the watch in the coat pocket, firmly held against the body, will stop the most vicious bullet with no more than a painful jolt to the owner. Of course this watch will never run again, but better stop a watch than a human heart.

Twenty-three cents isn't much of a price to pay to save your life. One soldier is alive to-day because he had twenty-three cents in his little flat coin purse in his

breast pocket. A bullet pierced a coin and inflicted a painful wound in the breast, but the coin so deadened the speed let did not the heart. metal identifi- and various pocketknives, cigarette cases combs have means of stop- and saving French soldier scrap of steel wrecked Zep- ried it in his souvenir. The this kindly stopped bullet and



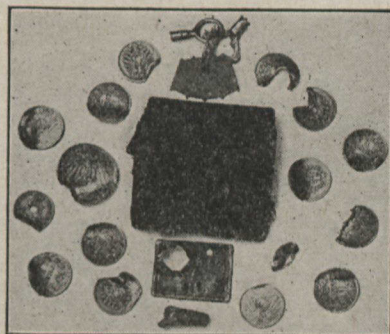
The watch that stopped a vicious bullet.

ALFALFA AS FLOUR, TEA, COFFEE, SYRUP

THE World and his Wife have long known that alfalfa honey is the best in the world, so it is not surprising that it also produces a good syrup. But the making of flour, tea and coffee from the leaves is a bona-fide discovery that will greatly increase our food resources. Council Bluffs, Iowa, is the scene of the experiments by which Mr. Rich has produced these wonderful results. He has found that the different uses require different treatments in the growing, cutting, and curing of the plant. Established flour mills cannot be adapted to the manufacturing of the produce.

Alfalfa flour has a greenish tint, which can be bleached out if white is desired. It is not best to use it alone, but blended with wheat flour about half and half makes an excellent bread, nourishing and pleasing to the taste as well as being highly medicinal in some cases.

Cakes, cookies, and crackers are as great a success as the bread, and are no longer in the experiment stage. The baked leaves of alfalfa make a coffee possessing the taste and all the tonic and nourishing properties of the coffee bean without its injurious elements. Tea is made from a selected leaf, carefully cured and dried, and put through a special preparation. Extracts are made for flavouring candy, pop and soda water drinks.

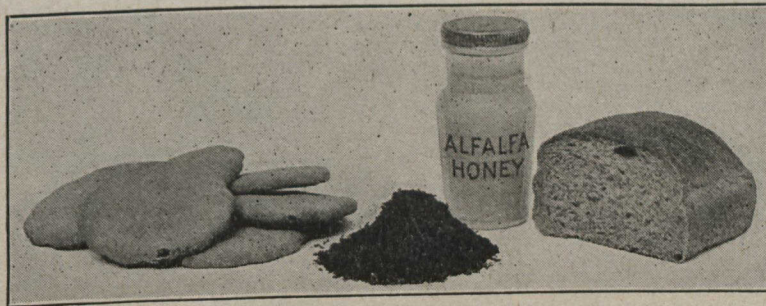


Coins carried in purse in breast pocket saved a life.

MAKING SOLDIERS INTO CITIZENS

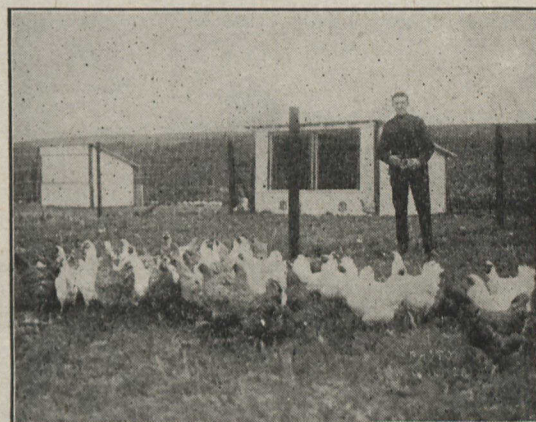
Beating Their Swords Into Ploughshares

IT is a long way from the battle-fields of France and Flanders to a farm house in New Ontario, but twenty-eight returned soldiers are now being trained in the Government Demonstration Farm at Monteith, where Mr. W. G. Nixon, B.S.A., an expert in all lines of farming, is training these men in agriculture, animal husbandry, and all the branches of practical farming to fit them for their own farms at Kapuskasing, about 70 miles west of Cochrane. It is one of the ironies of warfare that the interned aliens, who would have fought against us had they been free, have had to make the roads in this new country for the soldier who has fought Germany in Europe. This saves a great deal of the heavy preparation work that is usually so trying to the pioneer. The soldiers are quite satisfied with the arrangements under which they go to the soldier colony. The Government gives them a lot, clears



Who would believe that these four good commodities were made from alfalfa? They were.

10 acres, loans them \$2,000 at 6 per cent. for twenty years, with which they are to purchase necessary equipment and stock, and erect suitable dwellings on each homestead. The township will be run on the community plan, with Major Thomas Kennedy in charge of the colony buildings, and giving general supervision to the district. As more men wish to farm, the colony will be extended or new ones formed, and all is being done to transfer the pleasures of social life to the rural community. At Monteith the temporary home for the soldiers is made comfortable and attractive, with recreation rooms, where they have books, music, billiards, and other games. The bedrooms are equally



A war veteran who finds profit and recreation raising poultry.

comfortable. The men take a great interest in practical work; the science of agriculture is not taught except incidentally. Horrors of war seem to be forgotten as they are absorbed in learning their new duties of growing grain, building fences, tending cattle, judging horses, and the many lines of farming. That some men at least will be able to tear themselves away from the life of the city has already been proven, as these men go happily about their work. When their course at the Demonstration Farm is completed the men, with their wives and families, will be transferred to the new colony, to carry out for their own profit what they have been learning at the farm. British soldiers and sailors are also to be sent to settle on Canadian land, according to the report signed recently by Lord Tennyson and the majority of the members of the Empire Committee, including Col. E. Reid, Agent-General for Ontario, and Bruce Walker.



We are gradually discovering that wounded soldiers can earn good livings. These chaps are learning carpentering at the Grey Nunnery, Montreal.

WOMAN'S INVENTIVE GENIUS

MISS EDITH O. MACDONALD has discovered that the colouring matter of brown maple leaves makes an excellent brown dye for wool and silk, that is fast to washing and sunlight.

A sanitary drinking cup, formed of a single piece of thin metal with rounded edges, and a projection that forms a handle, has been invented by Elinor C. Walsh.

Eugenia W. King has invented a Thread Cutting Thimble, which has a lip punched up from its body with a short thread-cutting edge facing, and is slightly inclined toward the closed end so as to form an uninterrupted continuation of the said edge.

A simple Spool Protection for keeping the thread clean and to prevent waste by unrolling is the invention of Jane White. An elastic band rests on the bevelled edge and has an eyelet through which the thread is drawn.