1920

olcse, but o act, he There he

ips, look-For two wo years now, and

e chase,

ter close

hill toil!

But the

fear in peakable

he dust,

it rose,

heir setnat was

m where

each the

pace, he d looked hud and endless auttered my life. w from u alive.

e shelf at cairn ter, and om had

le, and in the of man

sic **In**

cent in-

erstand

properthis is

ty, like

y culti-

er life.

nation

ur com-

cal one

pųblic

formed.

of the

viously

In each

usician,

he wise

pupils, taught

dependa great infant

autiful

a great n their

How I Learned to Swim

Written for The Western Home Monthly by Private Robert Chaloner

and four days after he donned the king's uniform he broke his neck while diving. From that day his body became para-lyzed and so far surgical science has been too young to able to do but little for him. Determined for the best. to overcome his difficulties and make as much of his life as possible, this plucky little story, taken from an incident in his publication.

Private Robert Chaloner enlisted in a such as this, I decided that obedience Winnipeg Battalion in the year 1916, was the best policy, for as long as I did what I was told I would be able to sit down with comfort. *Of course I thought my sister very unjust and cruel, being too young to understand that it was all

After these experiences I always obeyed my sister while at home, but when I boy taught himself to write by holding got away I used my own judgment in his pencil in his teeth. The following most things. One day she sent me with my next older brother to pick blueown life, was written in this way, and berries. I liked picking blueberries about is the brave author's first effort for as well as I liked castor oil, and would have told her so, only I had not forgotten



Private Chaloner writing his story at Tuxedo Hospital

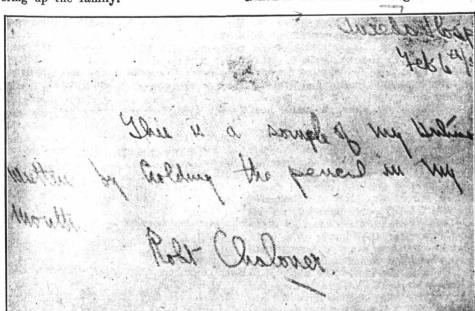
How I Learned to Swim

I suppose before I tell you about how I first learned to swim, I had better tell you something about myself and my early childhood.

My mother died when I was five years old. I was the second youngest of seven children, three sisters and two brothers older, and a baby sister of only a few months. My father worked up north and only came home once or twice a year, so things were pretty hard, and my oldest bring up the family.

what the slipper felt like, so I went without a word, but before going I slipped my bathing suit into my berry pail. I hoped I would be able to get my brother to go down by the river, and I knew that once there, the blueberries would be forgotten. I had a hard time coaxing my brother to come with me, but finally got my way, and he said perhaps we might play on the shore for a while before picking berries.

When we arrived at the river, (only sister, only eighteen, worked in an office half a mile from home) we met two and so left the sixteen year old one to other boys, neighbors of ours, and they asked if we would like to go for a boat



impressed while lying across my sister's knee, face downwards, while she tried I did not jump in. Of course he was her best to wear out one of Dad's slip-only fooling, but I thought him in pers across me. After a few impressions

The baby took up most of my sister's ride. We had been forbidden to go on time, and I, being considered well able the river without our older brother, but to look after myself, was given more we thought no one would ever know if liberty than is good for little boys, and we only stayed a few minutes, so we I got very disobedient. It was all right got into the boat and started to row for mother to tell me what I should, and around the shore. It was a very hot day should not do, but when my sister started in the latter part of July and we soon to bess me (as I called it) I didn't like got very warm. I took off all my clothes it, and wouldn't do anything she told and put on my bathing suit so that I me to. However, there are ways of im- would be cooler. I, being the youngest pressing upon little boys, the conse- of the four, and the smallest, got lots of quences of disobedience, and I was duly abuse from the others. One of the boys threatened to throw me in the water if

Continued on Page 64



At Sleep-Time **Bubble Grains**

Millions of happy children, at bedtime, get Puffed Wheat in milk. And think what a dish it is.

Whole wheat with no element omitted. Every food cell blasted, so digestion is easy and complete.

Wheat puffed to bubbles, eight times normal size—thin, flimsy, flaky morsels, like fairy foods.

Never was a whole grain made so enticing, never so fitted to digest. What good-night dish compares with this?

The Supreme Delights

Puffed Grains hold first place among all cereal dainties. Each is a food confection. The grains are so nut-like that people use them in home candy-making—as garnish on ice cream.

Yet they are whole grains, and are scientific foods invented by Prof. Anderson.

Every food cell is blasted by a steam explosion. Every atom is fitted to digest.

When you have foods so delightful, so hygienic, serve in every way you can. Children revel in them.

Puffed Wheat

Puffed Rice

Steam Exploded—Puffed to 8 Times Normal Size



At Breakfast

Serve with cream and sugar. The airy grains taste then like toasted nut meats puffed.



Mix With Fruit

The blend is delicious. these crisp, flimsy morsels add what crust adds to a shortcake.



The Quaker Oals Company

Peterborough, Canada

Sole Makers

Saskatoon, Canada