

From a Modern Crusaders' Notebook

Specially contributed to the Western Home Monthly
By Staff-Sergeant W. H. Roberts (a member of General Allenby's Army).

The Changes

Look, the dawn's fast brightening eye
Blinks and quivers,
And the hill-tops bow in splendid scorn;
The night birds sweep away forlorn;
The dew drops dry.

Yea, myriad shafts of faultless light
Smite the gloom,
And the fair white hosts gain the day;
The awful menace flies away;
Gone is the night.

—E. A. Earnshaw.

Travelling through Palestine under war conditions, is, or was, a difficult and tiring feat, and whether the walking was much more abhorred than the riding in cattle cars equipped with square wheels is open to question. One thing sure, on the train we missed the odor so necessary to the atmosphere of the Holy Land, we got the local colour, minus the atmosphere, so to speak. But one becomes so used to the smells he would surely miss them. Even riding camel back I really believe the desert sickness so many complain of, during their jaunt, is from the beautiful appetizing odor of the camel. No, cleanliness is emphatically not a virtue in Bible Land. I think it ceased after the Flood, and opportunity has seldom come their way since, except in winter, and then it is too cold. The nights are fearfully cold, and one must have several blankets in order to keep from feeling too uncomfortable. That sand some people sing of, and which is not supposed to ever become cold, is just

about as warm as those Australian chickens straight from the refrigerator, and issued to us. If love is as lasting as the warmth in the sand, then marriages must surely be made in Heaven. I used to like the sand; it is such a splendid receptacle for things one wishes to be hid. Our Egyptian labor boys were past masters in the art of hiding things in the sand. You see they were brought up to the game from away back in Ptolemy's time, or some such king or emperor. Anyhow I will back them against any pilferer ever raised on suckers, eastern or western variety. A costing steamer, several in fact, made our camp at intervals bringing up necessities for the advance line, hospitals, etc., and for want of decent harbors all material has to be landed by surf boats and five thousand niggers. Quite a sight, that, I assure you, especially when the Mediterranean cuts up rough, as it sometimes used to. Checkers were aboard ship, checkers ashore, and spotters on the boats coming in with the load, but stuff went amissing. Jars of rum, strawberry jam, Nestle's milk, and sundry other comforts always check short shore, and yet these men always had plenty of these articles in camp. I never learnt the scheme, but I doubt not it would be worth millions to some of our crooks, and might go well as a correspondence course in professional "scrounging."

Do you like flies, dear reader? I know he arouses a great deal of enthusiasm during the summer months, and in Palestine the natives allow him to minister to them without protest. In fact, all in-



Each Empty Package Means \$3 Saved

If Served in Place of Meat Foods

A good way to figure what Quaker Oats saves you is to save the empty packages.

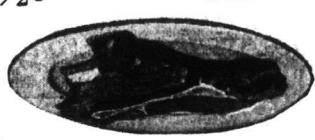
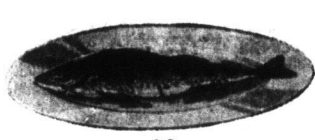
The 35-cent package supplies 6,221 calories—the energy measure of food value.

In meats, eggs, fish, etc., the same calory value will average ten times the cost.

So each package used to displace such foods means a saving of \$3.

Here is what some foods cost at this writing per 1,000 calories of energy:

Cost Per 1000 Calories

			
5½c	54c	75c	20c
			
57c		60c	

Ten people can breakfast on Quaker Oats at the cost of one egg or meat breakfast, supplying the same calory value.

And they breakfast vastly better. The oat is almost a complete food. It comes close to the ideal food. As a body-builder and a vim-food it has an age-old fame.

Average up your food cost by serving Quaker Oats for breakfast. It starts the day with a premier food, and it lessens the cost of living.

Quaker Oats

Flaked from Queen Grains Only

Get Quaker Oats because of the wondrous flavor. They are flaked from queen grains only—just the big, plump, luscious oats. We get

but ten pounds from a bushel.

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