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The Revolt From Four Walls

By C. COURTENAY SAVAGE.

tained from sawdust and wood, and the production of sugar is only an-other example of the way in which

"Yes." I rather imagine it's a case of frightening people, and probably use the scare as a start for some bigger scheme."
"Exactly. And we've got to be actly one jump shead. In the meantime it might be a good idea to send word to a few of the more reliable men around here—the fellows you are sure you can trust, to drift down this

The tongue of a giraffe measure on an average, two feet in length. Minard's Liniment Relieves Colde, Etc.

waste material.

chemists to-day are obtaining useful products from almost every kind of



Choosing the Day's Food.

While it is essential that every one have foods from the five food groups in order to be kept in the best physical condition, it is not necessary that we have all five classes at every meal, or even every day. There can be occasional lapses of a few days when the family goes without some one class without any special harm resulting, but no one can eliminate one class for several weeks or months. resulting, but no one can eliminate and eggs. Plan during the summer to have a cellar full of root vegetables without suffering. For example, the quickness with which under remaining troin vegetables, in the content of the content without suffering. For example, the quickness with which under-nourished children who never had milk, add to the children who never had milk, add to the control of the con ed children who never had milk, add flesh when they drink two quarts of milk a day—or even one quart—shows the necessity of milk in the dictary of growing children. However, while we do not require vegetables or fruit, meat, eggs or milk, cereals, fats and sweets at every saled milk. If the family will not drink milk, see that they get it in cornstarch pudding, rice, tapicca and bread pudding, custard, and in creamed vegetables soup. Cook the vegetables until they will go through a strainer, and add to it the sealed milk. If you have nothing cereals, fats and sweets at every meal, we should aim to have all five

The typical Canadian breakfast is a good one for the best physical development. In the average home it

the mineral salts which they contain. Furnishing a balanced ration is not

scalded milk. If you have nothing else, make cream potato soup and flavor with onion juice.

Small Economies.

CHAPTER VI. (Continued).

CHAPTER VII.

CHAPTER VIII.

CHAPTER VII

Big Me
The Record of Agreement of the Control of th

of fur-bearing animals, which in con-sequence are decreasing in numbers at an accelerated rate. The draining of marshes has a tendency to wipe out the muskrats. bearing animals lies in their domestication—i.e., in establishing preserves for them where they will be safe from

"Keep Sweet and Keep

Hard to be sweet when the throng is dense, When elbows jostle and shoulders

crowd; Easy to give and to take offence When the touch is rough and the

voice is loud;
'Keep to the right" in the city's throng;
"Divide the road" on the broad

highway; There's one way right when every-thing's wrong; "Easy and fair goes far in a day."

"Keep sweet and keep movin'." The quick taunt answers the hasty

word— The lifetime chance for a "help" is missed;

The muddlest pool is a fountain stir A kind hand clinched makes an ugly

When the nerves are tense and the

mind is vexed,
The spark lies close to the maga zine; per a hope to the soul per

Banish the fear with a smile ser ene-

Can you imagine the satisfaction of the man in an armchair in front of a fire in his home who knows he has a savings account in a bank every dollar of which is working for him night and day.

Dr. Lorenz, of Vienna, the "bloodless surgeon," was paid \$160,000 by Philip J. Armour, the "bloodless surgeon," was paid \$160,000 by Philip J. Armour, the "bloodless surgeon," was paid \$160,000 by Philip J. Armour, the "bloodless surgeon," was paid \$160,000 by Philip J. Armour, the "bloodless on depth of half an inch. As the night advanced the temperature fell, and at midnight frost crystals formed on the floating straw. At three o'clock the straw was embedded in a sheet of land.

Another famous bloodless surgeon.

presents to us (considering it as a flat disk) has the enormous area of 585,-

5,000 horsepower per acre.

disk) has the enormous area of 585.
750,000 square miles, each square foot of which emits energy equivalent to 12,500 continuous horsepower. The average radiant energy delivered on the surface of the earth at noon on a clear day in middle latitudes is about \$100.00 horsepowers are seen as a second of the day. Provided with a mirror for a reflector they will run up to 290 degrees.



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Take Home a Smile.

Home is the place where the laughter should ring,
And man should be found at his

Let the cares of the day be as great

as they may, The night has been fashioned for rest. So stand at the door when the toiling

is o'er And leave all your burdens behind, And just be a dad to your girl or your

A dad of the tollicking kind.

The work-place is made for the tasks

you must face; It is built for the toil you must do; You may sit there and sigh as your cares pile up high,

And no one may criticize you;

You may worry and fret as you think of your debt,
You may grumble when plans go

astray, But when it comes night, and you shut your desk tight, Don't carry your burdens away.

Keep daytime for toil and the nighttime for play,

Work as hard as you choose in the town, But when the day ends and the darkness descends.

forget that you're wearing a frown. Go home with a smile! Oh, you'll find

it worth while, Go home light of heart and of mind;

Go home and be glad that you're loved as a dad, A dad of the fun-loving kind.

A Desert Ice Pack.

With the thermometer registering at noon one hundred and thirty de-grees Fahrenheit, says Popular Mechanics, a party of professional men made ice near an oasis in the Sahara Desert and saved the life of a comrade who suffered from malignant fever. At seven o'clock in the evening the men shoveled down through the hot sand to a cooler stratum and formed a pit about eighteen A famous British physician, Sir Mor- deep. On the level bottom of the denorning of life.

Don't put off until afternoon what out can do in the morning.

A famous British physician, Sir Morney pression they placed a blanket that pression they placed a blanket that double this \$100,000, with extras for Then, drawing on the supply of camel Then, drawing on the supply of camel fodder, they covered the chopped straw. From the oasis they drew water and covered the blanket

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Canals of a total mileage of more than 3,000 miles are in efficient use in England.

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You will immensely improve the tastiness of dishes and add tremendously to their nourishing value if you use plenty of