

not gobble everything up, as if they were animals.

At children's meals, there should not be a variety of courses to choose from. There should be only the courses which we know they need, and they should be given a little of each dish. Otherwise, they will only eat what they fancy, and they may eat a plateful of rice and too much starchy food, when we know that what they need most at that time is fruit.

Children, even those who do not go to school, should be taught the relative value of food. Some women, alas, do not know this themselves! Then the best thing they can do is to learn. There are so many books and papers where they can pick up this knowledge, that, once a woman knows how to read, she has no further excuse for ignorance. Ignorance on the part of the dispenser of the food is almost criminal. A life may depend on the woman's knowledge of how and what foods to serve at different times.

Now, during the war, when we had to make considerable changes in our diet, and even in the way we made bread, it was not surprising if, at the beginning, some of us got a little sick, because we did not understand. But this is just the reason why we should apply our brains and study more; for we want to raise strong, healthy children for the Empire, and no woman can do this when she is culpably ignorant of such an important subject as: "How she should feed her household."

**The New World**

When the business matter was settled, the merchant leaned back in his chair and looked at young Harding. There were hard lines about the young man's mouth, bitterness in his eyes.

"John," the old merchant said quietly, "you know what your father was to me. May I say a word to his son?"

The young man hesitated a moment—then nodded; but it was manifestly only courtesy to his father's friend that made him yield. The old merchant looked past him out across the city.

"You were only a boy when your father died; he never told you about my black year, did he?"

"No, sir," John Harding answered, wincing.

"It was a black year. First, I failed. It took ten years to climb back again; but I lost a whole year through my own weakness. Nervous breakdown, the doctor said; it was really spiritual worry and lack of grit. And in the midst of that, Amy died."

"I know, sir," John Harding said in a low voice. It had been a lonely house ever since he could remember.

The old man did not seem to hear. He went on slowly: "Your father stood by. I never can tell you how he stood by me through it all or of the patience with which he met my rebellion. One night he was staying at the house with me when a heavy electric storm came up. In the midst of it there was a tremendous crash and two great oaks in front of the house went down. My grandfather had planted those oaks and I had inherited a love for them. It seemed to me then, warped as I was by my illness, another real calamity. But in the morning Jack called to me suddenly, 'Look at your view, man, look at your view!' And there before us lay the city, a thing of magic beauty in the early light, and beyond, the hills—miles and miles of them. Jack turned to me with deep eyes.

"It's a parable of life, old fellow," he said. "There's a whole world waiting."

"I knew what he meant, and I resented it. But I couldn't get away from that view and the parable of it. All my life I had been shut in by my own possessions. God had to strip me of them to open my eyes. It was a hard battle, but I surrendered at last and went out to discover the world."

"You've found it, sir; everyone knows that," John Harding said.

"What I want to say to you, Jack, is that it is worth it. Looking back now, I would not dare give up what sorrow and trouble have given me. I wanted to tell you that God's ways are big, Jack, even with our little lives. Trust Him, and find your new world. It will be greater than the old."

The two gripped hands, and then the younger man was gone.

**Dried Vegetables Will Reduce Freight and Save Tonnage**

This has been rather carefully worked out by George T. Renke of New York, and other food and transportation experts, who have calculated that the saving in freight charges alone, following the sensible and utilitarian plan of leaving the water at home, and adding it to the dried vegetables in France, or in the camps, barracks or ship messes as needed, would amount to nineteen millions of dollars annually.

Mr. Renke estimates that one ship loaded with desiccated vegetables, would carry as much actual food as would fifty ships, loaded with vegetable substance plus the eighty-five per cent or ninety per cent of water with which it was originally saturated.

In view of the paramount necessity of providing transportation for the food supplied our armies, and for the provision needs of our Allies, the vital importance of this fact can readily be understood.

The saving in motor lorries and in men at present engaged in handling the oceans of water we are now shipping and dragging around with our vegetables, would put an added punch into our war-work that would inevitably increase the efficiency of our efforts in democratizing the world.

And our soldiers would be fed with an ample supply of vegetables and fruit, which, under the present conditions, there is no possible means of furnishing.

Thus the adoption of this modern system of supplying vegetables would serve to "help win the war," while at the same time enabling those left behind to serve our soldiers.

**Whole Wheat Gems**

Separate two eggs; to the yolks add half a pint of milk, half a teaspoonful of salt and a cup and a half of whole wheat flour; beat thoroughly. Now add a teaspoonful of baking powder beat again, and then fold in the well-beaten whites of the eggs; bake at once in hot gem-pans in a moderately quick oven for twenty minutes.

**To Make a Meringue**

The frosting, on the top of a baker's lemon meringue pie is nothing but a meringue. Beat the whites of the eggs until they are light, not stiff; add a table-spoonful of powdered sugar to each white and beat until fine and stiff. Spread this over the pie; dust thickly with powdered sugar and brown in a slow oven.

**Raisin Pie**

One cupful of seeded raisins, one cupful of water, two table-spoonfuls of cornstarch, four table-spoonfuls of sugar, one-half teaspoonful of salt. Wash the raisins; add cold water, bring slowly to a boil; add the sugar, salt and the cornstarch, which has been mixed with a little cold water; boil for three minutes; pour into a pie tin, lined with crust, while hot, cover with crust and brush the top with cold milk.

**Apple and Sago Pudding**

Soak overnight one teacupful of seed sago in 1 pint of cold water (after washing the sago in several waters). Next day, peel two pounds of apples. Grease a pie-dish, and fill it with alternate layers of sago and sliced apples, sprinkling with sugar and grated lemon-rind. Press the juice of the lemon into 1 quart of boiling water, and pour over the contents of the dish. Cover with one of equal size, and bake until the sago is clear. If this pudding is served with custard, less sugar is required.

**Removing Fruit Stains**

Whenever you find a fruit stain on your table linen or napkins, wet it with a little camphor. If this is done before the stain has been wet with water the stain will entirely disappear when the article is laundered.

**Sweet Apple Custard Pi**

Pare and grate sweet apples. Add rich milk—the better part cream—until about the thickness for pumpkin pie. Sugar to give a pleasant taste. This depends upon the sweetness of the apples. Lastly add a pinch of salt and a little cinnamon. Bake in one crust. No eggs are to be used.

Corns cause much suffering, but Holloway's Corn Cure offers a speedy, sure, and satisfactory relief.

**Good News for Canadians  
Health Specialist SPROULE  
Specialist in Catarrh, Explains  
HIS METHOD OF TREATMENT**



**THE GREAT ENGLISH SPECIALIST**

Graduate in Medicine and Surgery of Dublin University; formerly Surgeon British Royal Mail Naval Service.

**Has Cured all Forms of Catarrh**

Thirty odd years ago a young but highly honored surgeon in the British Royal Mail Naval Service astonished his friends by suddenly leaving, and entering on private practice. That surgeon was the now famous Catarrh Specialist Sproule. His keen brain had early seen in the then new disease, Catarrh, a menace to the life and happiness of the civilized world. While other physicians were neglecting it as unimportant, Specialist Sproule studied its nature and the means of cure. He labored in office, hospital and laboratory. He mastered the subject.

As Specialist Sproule had foreseen, Catarrh spread with frightful rapidity. Thirty years ago Catarrh was almost unknown. No age or sex is exempt from it. No climate or locality is a cure for it. Altogether too many cases of incurable disease have been traced back to Catarrh as their starting point.

Catarrh Specialist Sproule, the first to make Catarrh a speciality, has perfected a scientific, constitutional treatment which has cured all varieties of Catarrh. Many hundreds of Canadian people, throughout the provinces, blessed the day they saw his advertisement fifteen, twenty or twenty-five years ago.

The widely advertised so-called "Catarrh cures" often do more harm than good, by driving the Catarrh germs deeper into the system. Painful stomach disorders and even more serious troubles have thus originated.

Catarrh is a disease of the mucous membrane and is curable only through the blood, and by remedial prepared for each case. Medicine that will cure one will often harm another. Specialist Sproule's method drives every germ out of the body. It clears the head, stops the hawking and spitting, sweetens the breath, strengthens the eyes, restores the hearing. It purifies and enriches the blood. It invigorates and tones up the entire system. It gives new life, energy, and ambition. The hardships of life seem easier to bear. Work becomes a pleasure. The man feels as if made over.

Catarrh Specialist Sproule's name is revered as that of a benefactor in numberless homes. If you have any symptoms of Catarrh the Specialist earnestly invites you to write him and tell him all about it. It will cost you nothing. He will give you the most valuable

**MEDICAL ADVICE FREE**

He will diagnose your case without charge and tell you just what to do. Do not delay. In such cases every moment is precious. Do not neglect yourself. Above all do not give yourself wrong treatment. The results may be serious.

**CATARRH of the HEAD and THROAT**

The most prevalent form of Catarrh results from neglected colds.

- 1 Do you spit up slime?
- 2 Are your eyes watery?
- 3 Does your nose feel full?
- 4 Does your nose discharge?
- 5 Do you sneeze a good deal?
- 6 Do crusts form in the nose?
- 7 Do you have pain across the eyes?
- 8 Does your breath smell offensive?
- 9 Is your hearing beginning to fail?
- 10 Are you losing your sense of smell?
- 11 Do you hawk up phlegm in the morning?
- 12 Are there buzzing noises in your ears?
- 13 Do you have pains across the front of your forehead?
- 14 Do you feel a dropping in back part of throat?

If you have some of the above symptoms your disease is Catarrh of the head and throat.

Answer the questions, yes or no, write your full name and address plainly on the dotted lines, cut out and send to

**CATARRH SPECIALIST SPROULE  
117 TRADE BUILDING, BOSTON**

Be sure and write to-day.

**DISEASES of BRONCHIAL TUBES**

When Catarrh of the head and throat is left unchecked it extends down the wind-pipe into the bronchial tubes and may in time attack the lungs.

- 1 Do you take cold easily?
- 2 Is your breathing too quick?
- 3 Do you raise frothy material?
- 4 Is your voice hoarse and husky?
- 5 Have you a dry, hacking cough?
- 6 Do you feel worn out on rising?
- 7 Do you feel all stuffed up inside?
- 8 Are you gradually losing strength?
- 9 Have you a disgust for fatty foods?
- 10 Have you a sense of weight on chest?
- 11 Have you a scratchy feeling in throat?
- 12 Do you cough worse night and morning?
- 13 Do you get short of breath when walking?

If you have some of these symptoms you have Catarrh of the bronchial tubes.

**FULL NAME** .....

**ADDRESS** .....

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The Western Home Monthly at \$1.00 a Year**