



Lemon Tart

A delicious dessert made from a recipe in the Lantic Sugar Cook Book which tells how to make many new sweets and desserts.

Lantic Sugar

"The All-Purpose Sugar"

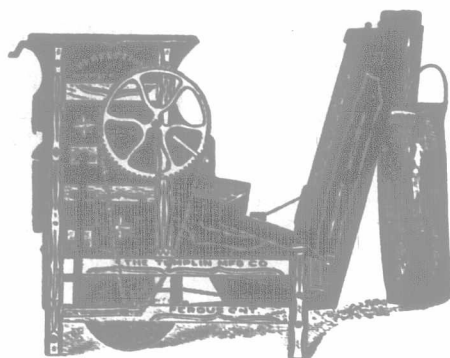
is best not only for the table but for cooking. The extra "FINE" granulation dissolves instantly, saving labor and giving high sweetening power.

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Will assist you to increase your production in 1917. Will pay for itself in one season. Wherever tried it gives satisfaction. If it is good enough to be used on the Government Farms at O. A. C. and Prison Farms at Guelph, and Harrow, Ont.; Farnham and St. Casimir, Portneuf, Que.; Fredericton, N. B.; Truro, N. S.; Charlottetown, P. E. I., and Indian Head, Sask., it is surely good enough for everybody. Turns twice as easy as any other mill, and will do work no other mill will do. Full particulars in Circular A by writing for it.

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When writing please mention this paper.

Facts and Fallacies About Tuberculosis.

Although there are many things that we do not know about consumption, or tuberculosis, there are some that we do and a few that we are in the act of learning.

We do not know, for example, what makes for susceptibility and what for immunity. Strong and robust persons are sometimes stricken down with it; invalids and convalescents from other diseases are no more susceptible to it than are other people, and it is possible to live for an entire lifetime in the condition known as "run-down" or "weak" without becoming tuberculous.

People still speak of consumption as "inherited," but it is not inherited. A child may be born with a certain tendency to it, but if proper measures are taken early enough, and kept up steadily and long enough, this tendency can be overcome. A child whose parents before him, and their parents before them, perhaps for generations back, have been poor breathers, will probably inherit a small, meager chest, and will therefore be the natural victim of the consumption germ as soon as it reaches him. That child will have to be taught to breathe. The tendency to pigeon-breast can be overcome, and a narrow chest de-

veloped to normal capacity; but to do this, the child must be kept constantly in good air, and taught how to develop and use the lungs. A pigeon-breasted child who is being brought up on the coddling process—oversheltered, over-fed and overclothed—is in as much danger as if he lived under the famous sword hanging from a hair.

Another long-lived fallacy, which is a great pet with many people, is that other diseases "run into" consumption. A man comes down with an attack of typhoid fever or pneumonia; after the attack is over his convalescence is slow and doubtful; finally, unmistakable signs of tuberculosis appear, and he says, "I had pneumonia, and it ran into consumption." But if he had been examined before the pneumonia started, he would have been found to be already consumptive; in fact, it would really be more sensible to say that his consumption "ran into pneumonia."

It must be remembered that consumption may be present a long time before the germs begin to appear in the expectation. In spite of hygienic precautions, we must all come in contact with the germs of consumption many times in a lifetime. These germs we shall either breathe in or swallow. We cannot escape them. But there is an armor that is germ-proof. It is an invisible armor, woven of oxygen—fresh air.—Youth's Companion.

OUR NEW SERIAL STORY

Serial Rights Secured from the Bobbe-Merrill Publishing Company.

The Brown Mouse

CHAPTER V.

THE PROMOTION OF JENNIE.

If Jennie Woodruff was the cause of Jim Irwin's sudden irruption into the educational field by her scoffing "Humph!" at the idea of a farm-hand's ever being able to marry, she also gave him the opportunity to knock down the driver of the big motor-car, and perceptibly elevate himself in the opinion of the neighborhood, while filling his own heart with something like shame.

The fat man who had said "Cut it out" to his driver, was Mr. Charles Dilly, a business man in the village at the extreme opposite corner of the county. His choice of the Woodruff District as a place for motoring had a secret explanation. I am under no obligation to preserve the secret. He came to see Colonel Woodruff and Jennie. Mr. Dilly was a candidate for county treasurer, and wished to be nominated at the approaching county convention. In his part of the county lived the county superintendent—a candidate for renomination. He was just a plain garden or field county superintendent of schools, no better and no worse than the general political run of them, but he had local pride enlisted in his cause, and was a good politician.

Mr. Dilly was in the Woodruff District to build a backfire against this conflagration of the county superintendent. He expected to use Jennie Woodruff to light it withal. That is, while denying that he wished to make any deal or trade—every candidate in every convention always says that—he wished to say to Miss Woodruff and her father, that if Miss Woodruff would permit her name to be used for the office of county superintendent of schools, a goodly group of delegates could be selected in the other corner of the county who would be glad to reciprocate any favors Mr. Charles J. Dilly might receive in the way of votes for county treasurer with ballots for Miss Jennie Woodruff for superintendent of schools.

Mr. Dilly never inquired as to Miss Woodruff's abilities as an educator. That would have been eccentric. Miss Woodruff never asked herself if she knew anything about rural education which especially fitted her for the task; for was she not a popular and successful teacher—and was not that enough? Mr. Dilly merely asked himself if Miss Woodruff's name could command strength enough to eliminate the embarrassing candidate in his part of the county and leave the field to himself. Miss Woodruff asked herself whether the work

would not give her a pleasanter life than did teaching, a better salary, and more chances to settle herself in life. So are the officials chosen who supervise and control the education of the farm children of America.

This secret mission to effect a political trade accounted for Mr. Dilly's desire that his driver should "cut out" the controversy with Newton Bronson, and the personal encounter with Jim Irwin—and it may account for Jim's easy victory in his first and only physical encounter. An office seeker could scarcely afford to let his friend or employee lick a member of a farmers' road gang. It certainly explains the fact that when Jim Irwin started home from putting out his team the day after his first call on the Simms family, Jennie was waiting at the gate to be congratulated on her nomination.

"I congratulate you," said Jim.

"Thanks," said Jennie, extending her hand.

"I hope you're elected," Jim went on, holding the hand; "but there's no doubt of that."

"They say not," replied Jennie; "but father says I must go about and let the people see me. He believes in working just as if we didn't have a big majority for the ticket."

"A woman has an advantage of a man in such a contest," said Jim; "she can work just as hard as he can, and at the same time profit by the fact that it's supposed she can't."

"I need all the advantage I possess," said Jennie, "and all the votes. Say a word for me when on your pastoral rounds."

"All right," said Jim, "what shall I say you'll do for the schools?"

"Why," said Jennie, rather perplexed, "I'll be fair in my examinations of teachers, try to keep the unfit teachers out of the schools, visit schools as often as I can, and—why, what does any good superintendent do?"

"I never heard of a good county superintendent," said Jim.

"Never heard of one—why, Jim Irwin!" "I don't believe there is any such thing," persisted Jim, "and if you do no more than you say, you'll be off the same piece as the rest. Your system won't give us any better schools than we have—of the old sort—and we need a new kind."

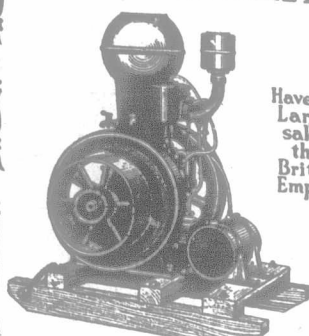
"Oh, Jim, Jim! Dreaming as of yore! Why can't you be practical! What do you mean by a new kind of rural school?"

"A truly-rural rural school," said Jim.

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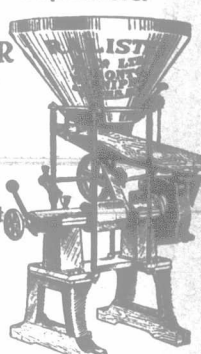


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FOR SALE — BRED-TO-LAY STRAIN, single-comb White Leghorn cockerels. \$1.00 each. A. Gilmore, Glenora, Que.

ORDER NOW — UTILITY BARRED Plymouth Rocks—famous O. A. College bred-to-lay strain. Our motto, "Early Maturity and High Egg Production." Flock trap nested and breeders selected on production basis. A few extra choice cockerels, pullets and yearling cocks, for quick November sale. Males, three to five dollars, pullets, two dollars. Prices advance after December 1st. Water H. Smith, Athens, Ont.

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