

tup broken walnut meats, I teaspoon home as strongly as possible. The baking powder. Dissolve soda in milk; add flour, salt and molasses; beat its place.

hard. Add raisins, stoned and floured, nuts and baking powder. Mix. have four or five pieces of cardboard and turn into a greased mold. Steam these hours and serve with any hot will slip in easily. Wrap dresses or houses in tissue, one or and estern houses in the same of the house in t

mallows with scissors. When this layer sets, add more jelly, add more layer sets, and more jerry and more marshmallows and proceed until jelly is all used. The lemon jelly can be kept in a warm room, so that it selly hefore ready to be used. Serve with whipped cream.

Serve with whipped cream.

Rolly Poly Pudding.—Make a suet crust; roll to the thickness of one-half an inch; place any desired jam in the centre and spread equally over the paste, allowing a margin of about half an inch for the pudding to join.

Roll up lightly, join the ends securetly, place upon a floured cloth and bind with tape, allowing a little room for the pudding to swell. Plunge into sation in an interesting article he

with tape, allowing a little room for the pudding to swell. Plunge into sation in an interesting article he boiling water and boil two hours or has prepared on "Surgery in the same length of time.

Rice and Cabbage Soup.—Three cups shredded, half-cooked cabbage, one-half cup rice, two quarts stock, butter and Parmesan cheese. Half-cooked cabbage, should the aut into seems to feel sensations in it or water than the cooked cabbage of the same cabbage. The same cabbage is the same cabbage and even months after a limb has been cut off or taken off, the person seems to feel sensations in its own. cooked cabbage should be cut into seems to feel sensations in it, or rastripes and fried in butter. Wash ther in the place where it once was rice and boil until tender in stock, and is conscious of it in different positions which should be well seasoned. Add tions as though it were present. These cabbage, let them boil together until cabbage is tender, and pass freshly the patient says that he feels his lost grated Parmesan, cheese when serve arm lying by his side or on his becaute

cabbage is tender, and pass freshly grated Parmiesan cheese when serving. This is an Italian recipe.

Pumpkin Pie Without Eggs.—Here is a recipe for pumpkin pie without eggs. Remove the pulp and seeds from the pumpkins and cut into inch cubes; do not remove the skin. Stew until dry and of a rich brown color. Then sift. To make the pie use one cupful of sifted pumpkin, one cupful of signal pumpkin, one cupful of sugar, one full tablespoonful of mediately after removal, or otherwise flour, one-fourth of a tablespoon each flour, one-fourth of a tablespoontul of mediately after removal, or otherwise of salt, cinnamon and ginger. Mix these dry ingredients thoroughly, and then add slowly one pint of rich, sweet milk that is scalding hot. Have ready a deep pie plate lined with pastry cut to turn up at the edge far concept to be niced into a subject to turn up at the edge far concept to be niced into a subject to turn up at the edge far concept to be niced into a subject to turn up at the edge far concept to be niced into a subject to turn up at the edge far concept to be niced into a subject to turn up at the edge far concept wet in cold water a strip of white cotton cloth one and one-half inches wide and pin it around the scalloped codes. Fill the court and beautiful to the brain, and the brain becomes conscious of the feeling as because the strip of the comes conscious of the feeling as because the strip of the strip of the series of the strip of t edge. Fill the crust and bake in a longing to a particular muscular ac-moderate oven until the middle of the tion. After this muscular action is no

mato soup?
To keep

material by sprinkling a little tomato juice on to the stain; after leaving for a few minutes wash in the usual

Whenever you have collected a expensive.

number of ends of soap shred them into an old saucepan, and add to every ¼ lb. soap one pint of water. Let this just simmer, and then cool.

tenspoon soda, I cup sweet milk, 2 with thick glue, wrap as much as cups whole wheat flour, ½ tenspoon possible round the nail and reinsert salt, ½ cup molasses, I cup raisins, I the latter in the hole, pressing it

marshmallows with scissors. When this meded as fresh as when first packed.

Still "Feel" Their Lost Limbs.

longer possible the nerves may still, through irritation, weakness of A little saltpetre in the water will seep flowers fresh a week.

Baking soda wet and bound on arts will remove the salt of the

Baking soda wet and bound on warts will remove them, it is said.

New pails or tubs should be painted with glycerine to prevent shrinking.

Did you ever try adding a cup of cold, cooked oatmeal to beef or tomato soup?

To keep pancakes from being working its information and working its effect without definite conscious senses. This is not to be regarded as an actively but is rather of the nature of organic sense, giving its information and working its effect without definite consciousness. This is not to be regarded as an actively but is rather of the nature of organic sense, giving its information and working its effect without definite consciousness. This is one of the proofs of what physicians call a muscular sense. This To keep pancakes from being greasy and heavy, do not have batter too thick and be sure that the griddle is piping hot.

Mirrors spot when the light falling on them is too strong. Place them so that the light comes from the sides. When water is spilt on a highly-polished table rub with furniture cream as soon as the water is wiped.

Working its effect without definite consciousness. This internal sensibility corresponds to every changing condition of the muscles, and even after the removal of a limb, or any part of the body, the sensations as sociated with it by the consciousness.

TRIBUTE TO TEMPERANCE.

off and no mark will remain.

Rub a little vinegar on the skin if your hands get very cold whilst you are hanging clothes out to dry. The trick makes the hands much warmer. Ink can be removed from washing material by sprinkling a little tomato this en to the stain; after leaving revailing. But, he says, "we Russia, writes of the terrible conditions prevailing. But, he says, "we have to thank the work of public or against soap or borax, put a quantity of soap in the water and boil them. The grease and soda make a soap that does its own work and cloths smell sweet.

If you wish flower slips to bloom while plants are young, put the cuttings in small crocks. As soon as the crocks are filled with roots, plant and they will begin to bloom, especially geraniums.

Russia, writes of the terrible conditions prevailing. But, he says, "we have to thank the work of public or ganizations, the mild autumn with late rains, and the temperance of the people for the fact that the crisis is passing without grave disturbances. To temperance, more than any other factor, is due the heroic calm with which the homeless wanderers are pursuing their melancholy pilgrimage."

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THE CZAR'S FAMILY.

ABOUT THE
HOUSEHOLD

Economical Recipes.

Rice Pudding. — One quart milk (skimmed is all right), 1-3 cup washed rice, ½ cup sugar, ½ teaspoon salt, 1 teaspoon vanilla.

Sago Pudding. — One cup sago.
Soak 2 hours in 1 quart of water, then add a few grains of salt, 4 tablespoons sugar and 8 large apples quartered. Bake 2 hours.

Tapioca Rouge.—Soak four tablespoons Lapioca in cold water for several hours.

Babe 2 hours.

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Tapioca Rouge.—Soak four table—spoons tapioca in cold water for several hours. Boil until thick and clear. Stir into this while boiling a cup of red currant jelly. When thoroughly blended put into a mold. Serve cold with cream.

Delicious Cake Without Eggs or Butter.—One cup thick sour milk, 1 cup sugar, ½ cup lard, 2 cups flour, 1 cup chopped raisins, a few grains of salt, 1 teaspoon cloves, ½ teaspoon mithmend, ½ teaspoon cloves, ½ teaspoon number in several lard, sugar, salt and spices. Add raisins to flour. Beat all ingredients together. This makes 1 loaf or 12 small cakes baked in gem pans.

Whole Wheat Pudding.—One-half process:
Sturate a bit of wadding the several larguages with earn and the spoon soda, 1 cup sweet milk, 2 with thick glue, wrap as much as professional artist. Both sisters read to spice the washed gloves the wearing and is consequently in splendid health, and is consequently in splendid health, and is spoon soda, 1 cup sweet milk, 2 with thick glue, wrap as much as spoons and a cold water for several more proposed for this purpose. The Carrina cheerfully said "good take his place at the head of his armies, and she and her daughters working indefatigably on behalf of the wounded. The Czarina has no time for morbid worrying and is consequently in splendid health, and is lowed to remain, would decompose and give rise to an unhealthy odor.

As soon as a picture nail driven in a wall gets loose and the plaster begins to break around it, it can be gins to break around it, it can





such is his title—makes a picturesque entry into the larger field. Well has he served his bleeding country. The best evidence of this could probably be obtained from the few surviving Germans who engaged the then Colonel Meighen's Fourteenth Battalion at St. Julien. Called home to lend his experienced advice to the Militia authorities of Canada, the honors of war gained only by duty well done have overtaken the young regimental commander.

regimental commander.

But military prowess is not essential to the make up of the Canadian Pacific Railway Director, and men do not graduate in the service of their country in an industrial way by leading gallant Canadian soldiers to victory in Europe. In the velns of this man runs the blood of Mount Stephen. The first President of the Canadian Pacific Railway Company, Lord Mount Stephen, was General Meighen's uncle. Robert Meighen, father of the new Director, was a railway associate of Mount Stephen, and himself a Director of the road. Here, then, is the Meighen pedigree: It is a piece off the C. P. R.'s family tree.

Robert Meighen was a big man in his day and he left his imprint on the country. His C. P. R. affiliations were extensive, and it is appropriate that his son should resume the connection direct. One of the father's achievements was the founding of the Lake of the Woods Milling Company, and in more recent years Frank S. Meighen has been widely known

challenges on should resume the connection direct. One of the father's achievements was the founding of the Lake of the Woods Milling Company, and in more recent years Frank S. Meighen has been widely known as its President. In addition to the large interest held by the Robert Meighen estate in the great railway company, this Lake of the Woods Milling Company, one of the biggest of the railway's customers.

Let no one imagine, however, that this new member of a galaxy of Canada's captains of industry, is without merit of his own, or that he is riding into the C. P. R. board room on family prestige. At the present time he holds the following important offices: President of the Lake of the Woods Milling Company; a Director of the Bank of Toronto; President of the New Brunswick Railway Company; a Director of the Canadian North-West Land Company; President of the Montreal Opera Company; a Director of the Paton Manufacturing Company. To figure thus prominently in the business life of the Dominion is to prove his great personal ability and mental acumen. "Level-headed" is the adjective that the big business men of Canada apply to Frank S. Meighen.

While filling so large a place as this, General Meighen has still found time to play. Throughout Eastern Canada he is noted as an expert exponent of the hazardous game of pony pole, and many a careering battle has been won by his own skill and daring. He is an enthusiastic sportsman in many directions, as is evident in his membership in the following clubs: The Forest and Stream, the Montreal Hunt, the Back River Polo, the Montreal Jockey, the Toronto Hunt, and others.

General Meighen was born at Montreal, Docember 24, 1869. He was educated at Montreal High School and graduated in Arts from McGill University in 1889. He began his business life in the steamship office of the Robert Reford Company, later entering the service of the Lake of the Woods Milling Company, in their Montreal office. For many years he was Treasurer of the Company, succeeding to the Presidency on the

Treasurer of the Company, succeeding to the Presidency on the death of his father in 1911.

Besides the clubs mentioned General Meighen is a member of the St. James and University Clubs of Montreal; the York Club of Toronto; the Junior Athenaeum, of Lendon, England; and the Point Judith Club, of Narrangansett Pier. His public-spiritedness is indicated in the fact that he was Honorary Treasurer of the local committee for the Quebec Tercentenary Celebration in 1908, and was one of the principal promoters of the Typhoid Emergency Hospital, in Montreal, in 1919.

For most of his life General Meighen has served in the inshifts of Canada. He was formerly adjutant of the 5th Royal Highlanders and became Lieutenant-Colonel commanding the regiment in 1906. He volunteered for service in South Africa. When the present war broke out he went to the front in command of the 14th Battalion, leading his men through several of the most famous and important engagements of the war on the west front. He was recalled in an advisory capacity, and is now engaged in organizing and recruiting the 87th Overseas Battalion, Canadian Grenader Guards. His premotion has lakes alone since sections.

HE SAW PRESENT WAR COMING

SOME CHARACTERISTICS OF SIR JOHN FRENCH.

Countess of Warwick Describes British Commander as a Man of

him from serving his country. The only difficulty was to find him something useful to do, and Sir John offer-Origin of the Great Chinese Tea Radzivilishki, while travelling on a ed to take him on his staff as a galloper. To-day I am pleased to think that he is still serving under him,

The Chinese claim to be the first food, in a cartshed, she was beaten now as brigadier-general.

Has an Iron Will.

I recall General French as I saw him at Claridge's, firm-mouthed, curt in manner, briefly incisive in speech, saying no more than was absolutely necessary, and looking at me with the curious glance that bespeaks the man of action who dreams and sees visions. A strong, resolute figure, with an iron will behind it, a human war him at Claridge's, firm-mouthed, curt

and, in a strictly professional sense, a deeply-read man, he had no knowledge of the French language, and he could not rest until that defect was remedied. So, in the summer of 1908

—I think this was the year—he set tided in the little village of La Boulle, this region, and only primitive meth-taken prisoner by the Germans in

the inefficient. He broke a high offi-cer, who was also a personal friend, because that officer made a bad blunder. Private considerations were swept aside, as they always were with him. He spares nobody, least of all himself, but his men love him almost as much as they trust him, and he STARTLING EVIDENCE IN REwatches over their proper comforts
with a jealous eye.

PORT JUST ISSUED.

Deep Student of War.

I do not think Sir John reads much save books dealing with military questions. He does not hunt or shoot or play polo, indeed, acknowledge the

tish Commander as a Man of Iran Will.

In the London Daily Express the coarse of an outrage they "might all die to gether."

That is all changed now, however, and the country of the hashand when he went to be a more of the outlets as are working indefatiguably on behalf of the wonded. The Cararina has no time for morbid worrying and is consequently in splendid health, and is time to the most energetic and hardward working indefatiguably on behalf of the wonded. The Cararining of the wonded. The Cararining of the wonded. The Cararining of the wonder and the profitted by the careful training of the wonder and the Grand Duchess Tatians points like a received herself.

The Bussian Grand Duchess Cararing and is consequently in splendid health, and is the consequently in splendid health, and is the consequently in splendid health, and is the consequently in the careful training of the wonded. The Cararining of the wonder and the Grand Duchess Tatians points like a received herself.

The Bussian Grand Duchess Cararing the careful training of the wonder of the careful training of

users of tea as a drink, and how it with swords, and her body pricked originated is told in a pretty little with needles to make her give tofor-legend that dates from 2,000 years her mation to German officers.

Brutality to Girls. sions. A strong, resolute figdre, with an iron will behind it, a human war machine in perfect order—that was my first impression.

Many of my soldier friends were with him in South Africa, where his gifts as a cavalry leader roused enthusiasm. Writing home from the front, they told me he had but one fault as a commanding officer—he could not realize that horses do not respond as readily as soldiers to human emotions. He could over-drive his men, and they did their utmost for him, because they had implicit belief in their leader's direction and unbounded faith in his skill.

He came back to England wearing all the laurels of a successful general, and I met him several times in town. "The dust of praise that is blown everywhere" was no more to John French than any other dust. He brushed it sharply away.

WAR ON THE LOCKERS

A young girl fainted on being compelled to witness the brutal execution of a friend in the public square of Kalish. She recovered her senses in an apartment where she was kept a prisoner for the satisfaction of German officers. She was rescued by Russian troops.

The deposition of Private Nicholas Semenov Dorozhka furnishes details of the burning of a cartshed sheltering sixty-six wounded Russians after the battle of Ivangorod. Dorozhka the custom spread throughout the kingdom—and the great Chinese the industry became a fait accompli.

WAR ON THE LOCKERS

to Stamp Out the Pests.

HUN ATROCITIES

Brutality to Girls.

sented in part as follows: Vasili Vodyanoi, a corporal, was He brushed it sharply away.

When the Entente Cordiale was in the air, and there was a chance that Great Britain and France would to Stamp Out the Pests.

WAR ON THE LOCUST.

made prisoner by German troops on April 27. He refused to give information as to the position of the Russian staff and the number of Russian to Stamp Out the Pests.

It is a staff and the number of Russian staff and the number of Russian infantry troops. The German subal-tern cut off the lobe of Vodyanoi's left car and the helix of his right our leading military men who showed in Turkestan, where formerly the inhabitants, for religious reasons, did fortunately though a well-alwested hered to the heredy anything to check the rayages. our leading military men who showed in Turkestan, where formerly the inteach you how to speak," whereupon a full appreciation of its value. Unhabitants, for religious reasons, did he seized Vodyanoi by the throat and fortunately, though a well-educated hardly anything to check the ravages throttled him until he fainted. After

ment Rouen, and lived for three months in absolute retirement, mastering the language. He would not claim to have acquired the Parisian accent, but he can at least speak fluently.

We were motoring through France that summer, and stayed in the little hotel he had chosen for his headquarters. He was extremely anxious to take me on a motor tour over the scene of Napoleon's last campaign, an ambition of long standing only now possible of fulfilment.

Studied German Methods.

Taking for his motto "Fas est abhoste doceri," "It is allowable to learne even from an enemy," he adapted what he thought was best from the German mannethods, and it is well known that he and his close friend. Sir Douglas Haig, in making the British Army the perfect machine that it is, bore well in mind the lessons to be gathered from the German man neurores.

He objected strongly to the German for over the man close formation, holding it wasteful and unvise. He had grafted South African experience on his stock of takeical knowledge, and if the drilling of our men was terribly hard, he and Sir Douglas have found the ripe frout so of the man flows formation, holding it wasteful and unvise. He had some formation and in the bestless round ypres. For German honogeries.

He objected strongly to the German for over the man close formation holding it wasteful and unvise. He had say stoce the sprayers going; can be succeeded in escaping next and the stock of tactical knowledge, and if the drilling of our men was terribly hard, he and Sir Douglas have found the ripe frouts of it in that wonderful retreation in stock of sufficient capacity to keep sprayers going; capture of larvas the sprayers going; capture of larvas