

## NOTES AND COMMENTS

The Rev. Ernest Houghton of Bristol, England, has made an appeal to patriotic women of the nation to come forward and marry the maimed heroes of the war and devote their lives to ameliorating their sad condition. He contends that unions thus arranged "promise a greater degree of happiness than is customary from the methods in England because they are based upon a high degree of unselfishness."

Leaving this slightly obscure argument in favor of the plan untouched, we may point out the fatal weakness of this as well as of most other benevolent plans to cause people to get married on a large scale. The plans do not go beyond the altar. They seem to go on the theory that when the ceremony is performed the whole problem is solved. They take for granted that the happy pair will live ever after, undisturbed by such petty considerations as food, clothing, shelter and the like.

If the Rev. Ernest Houghton has devised a plan which will only assure the maimed hero a wife but will deal in an acceptable manner with the pressing problem of support which is sure to come to the front after the first brief period of patriotic exaltation, he is indeed a man of real talents. But a bright idea which ends at the altar and forgets the larger is a little too impracticable to confer great increase of fame on its originator.

That war respects places as little as persons is the moral of the apparently trustworthy report from the Holy Land of target practice on Golgotha and Cavalry by the Turks. Years ago not a few persons resented the railway from Jaffa to Jerusalem as a commercial intrusion on regions of sacred association; but what is to be said when the walls of the Church of the Holy Sepulchre tremble with the concussion of high explosives?

When the Kaiser made his now famous pilgrimage in 1898, and left a statue of himself in the likeness of a Crusader on the Mount of Olives, it was expected that after a few years in the "reversed crusade" the alliance of Gaiour and Moslem would give the Turks license for gun play amid the treasured relics of the life of Christ on earth. But if the sanctity of an oath, and the right of the human soul to its own unprofaned holy of holies is disregarded, who can expect that the mailed fist now raised against Christendom will halt at the door of Christ's tomb?

### IS THIS KAISER'S NUMBER?

Surprising Combination of Revelation and Arithmetic.

The following ingenious attempt to prove that the Kaiser is the "beast" mentioned in Rev. 13, is taken from an old country paper:

"Take the letters of the Kaiser's name and arrange them one under the other; then to the right of each letter put down the number of each letter as it stands in the alphabet; after that put the figure six; carry these figures into another column, and add the total together, thus:

K	11	6	116
A	1	6	16
I	9	6	96
S	19	6	196
E	5	6	56
R	18	6	186
			666

Then refer to the 13th chapter of Revelations, 4th, 5th and 18th verses. The answer will be surprising, and, it is hoped, prophetic.

The verses referred to run as follows:

"And they worshipped the dragon which gave power unto the beast: and they worshipped the beast, saying, Who is like unto the beast? Who is able to make war with him?"

"And there was given unto him a mouth speaking great things and blasphemies; and power was given unto him to continue forty and two months."

"Here is wisdom. Let him that hath understanding count the number of the beast: for it is the number of a man; and his number is six hundred, three score and six."

### His Debauch.

"Emmett Whillikens just nacherly prized up heck while his wife was away, didn't he?"

"Gosh! I should say so!" replied a prominent citizen of Petunia. "Why, he had a gang of fellers at his house 'most every night till 9.30, drinkin' elderberry wine, playin' dominoes and listenin' to dance tunes on the phonograph!"

It is a popular error to think that the pulse may be felt only at the wrist. It may be felt in any superficial artery—for instance, at the temple, in the neck, or behind the ankle, on the inner side.

Brussels boasts the largest soup kitchen in the world. Nearly 50,000 entirely destitute people wait in the queues every day, and over 6,000 gallons of soup and 4½ tons of bread are distributed. More than one hundred people are engaged in the preparation of the soup.

## About the Household

### Dainty Dishes.

**Lemon Jelly.**—Make the jelly by using the juice of 2 lemons and the rind of 1 grated, 3 eggs, butter size of an egg, and 1 cup of white sugar, thicken over the fire, but do not let it boil. This is nice for tarts, which should be made of puff paste.

**Yorkshire Pudding.**—One pint of sweet milk, 2 eggs, 5 tablespoons of flour; salt to taste. Mix eggs, flour and salt with a little milk until smooth, then add the rest of the milk gradually. Pour the mixture into a well-buttered dripping pan and bake 15 minutes in a tolerably hot oven. This is nice served with roast beef or poultry.

**Cabbage Slaw.**—Take a small head of cabbage, wash well, cut very fine with a slaw cutter or a knife of any kind. Take two small onions, peel and cut fine, mix with the cabbage, then season with salt, pepper, and vinegar to taste. Now take an extra dish and mix three good-sized tablespoons of thick cream with one tablespoon of sugar and mix with the slaw. This is delicious, especially if kept cold till serving time.

**Bread Sauce for Game.**—Cook half pint of soft, stale bread-crumbs, a pint of milk, one good-sized onion chopped very fine, a saltspoonful of ground mace, a saltspoonful of paprika and a level teaspoon of salt for five minutes in a double boiler; stir constantly. The mixture must be perfectly smooth. Add a rounding tablespoon of butter; stir until melted; then add four tablespoons of thick cream and use at once for game or roasted guinea fowl.

**A Substitute for Whipped Cream.**—Sometimes one wishes to serve a dish that calls for whipped cream when neither the cream nor the time for whipping it are available. An excellent substitute is made by beating the white of an egg to a stiff froth, adding a ripe banana cut into very thin slices and beating until the banana is only a pulp evenly distributed through the egg. The result is a creamy delicacy that can be used in any recipe that calls for whipped cream.

**Turkish Rolls.**—Pound one cup blanched almonds to a paste, put into a double boiler with one pint of milk, a pinch of saffron and a tablespoon of sugar, a scant teaspoon salt and a tablespoon rounded of butter. Heat to scalding, remove from fire and when lukewarm, add one-half cake yeast dissolved in a little water. Add sifted flour to make a soft dough and knead ten minutes. Put into a warmed earthenware bowl and cover until light; make into very small, lofz rolls, place an inch apart in greased pans to rise, then brush with beaten white of an egg and sprinkle with finely minced almonds. Bake in a quick oven.

**Pot Roast.**—The genuine pot roast is brown and rich and juicy, being cooked wholly in its own gravy and without any added water. A four to six pound is a nice size to cook properly. Select a piece with enough fat on it to furnish richness. Also add a small piece of beef suet. Heat an iron kettle until it is hot enough to sear the meat at once, then drop the suet and the meat into the kettle and turn over from side to side until the whole is seared so that the juices will not escape. Do not let the roast burn, turn often enough to prevent that but let it roast to a deep brown. Add no water for the meat will cook thoroughly in its own gravy. Do not have too hot a fire. Three to three and one-half hours of slow cooking should do the meat to a turn. If it is desired to serve browned potatoes with the roast, remove the meat when cooked, add water to the gravy and drop the potatoes (either Irish or sweet) into the gravy and let them cook as usual. Season both meat and potatoes to suit the taste.

### Household Hints.

Coarse salt is an excellent cleanser of irons.

Cheaper cuts of meat always require more cooking.

Good milk, eggs and butter are necessities, not luxuries.

Salt in cold water will remove blood stains from linen.

A tiny pinch of salt added to eggs makes them froth more quickly.

A lump of sugar dropped into milk will prevent its turning sour, it is said.

Glass or china can be safely packed if damp straw or hay is used for packing material.

A large glass bottle makes a good receptacle for buttons. By shaking the bottle you can see whether you have the button desired without taking it all out.

Sugar forms about 70 per cent. of honey; it is derived from natural sugars by inversion, and is more easily digested in this form than cane sugar.

Before washing lace curtains run a narrow strip of muslin or tape along each outer edge. This will keep them perfectly straight, and will keep them from stretching at the edge.

To clean a burnt pan dip a hard crust of bread in kitchen salt and rub the burnt portion, then wash in hot soda and water.

Cane chairs that have become slack can be tightened by rubbing them with salt and water. Turn them upside down and put them in the sun and air to dry. They will be found to have tightened up like new articles.

To destroy the smell of paint place pails of cold water—which should be changed daily—in the rooms that are being painted. It lessens the annoying smell considerably. If you live in the country and can get hay put a handful of hay into the water, as this also helps to absorb the smell.

Quite a number of people find porridge made in the ordinary way most unpalatable, but here is a hint that will make the mixture one of the most sought after breakfast dishes. Put the water into your pan. Add a beaten egg and mix well in before sprinkling the oatmeal. Then boil and salt as usual.

When the butcher has cut the roast too heavy, ask him to cut off thin slices for steaks. Have the pan very hot, put in a piece of suet to make the pan greasy and fry steak quickly. The meat has a very good flavor.

Tar may be removed from any washing dress by spreading butter on the tar. This should be left for an hour or two to soak well in, and should afterwards be washed in the ordinary way, when all trace of tar will be gone.

The best and simplest way to test silk is to cut off a small piece and burn it. If it burns out quickly, leaving a clear, crisp, grey ash, the silk is pure; but if it smoulders and leaves a heavy, reddish-brown ash, the material has been treated with chemicals and will not wear well.

### Macaroni in Variety.

**Macaroni with White Sauce.**—Break the macaroni in one inch pieces, three-fourths of a cup, wash, roll and cook in salted water, then drain. For the sauce, melt four tablespoons of butter in a sauce pan. When it begins to fry add four tablespoons of flour and stir until well blended. Then stir in gradually while beating two cups of scalded milk, bring to the boiling point, add salt, the macaroni and let simmer for a minute before serving.

**Baked Macaroni with Cheese.**—Boil the macaroni in hot water as directed. (It should first be broken in inch lengths.) Put a layer of the macaroni in the bottom of baking dish, then a layer of grated cheese, add pepper and salt, repeat with another layer of crackers and cheese. Put bits of butter over the top, add enough milk to nearly cover the food and bake in the oven until a rich brown. Serve with crackers or toast.

**Macaroni Cutlets.**—Cook a half cup of macaroni broken in small pieces, drain and make a sauce as follows: Melt two and a half tablespoons of butter and add one-third cup of flour. Stir until well mixed. Pour this gradually into a cup of hot milk. Add one-fourth cup of grated cheese, and season with salt and pepper. Cool and shape in the form of cutlets, roll in bread or cracker crumbs, dip in beaten egg then in the crumbs again and fry in plenty of hot fat to brown nicely.

### THE ORIENTAL FATALIST.

An Incident in a Caravan Journey to Bokhara.

We were standing round a small fire, wrote Arminius Vambery, the Hungarian linguist and traveler, in his account of a caravan journey to Bokhara—when we were startled by two reports from firearms and the loud yelling of some person who was badly hurt. The whole caravan was alarmed, and we all ran to the rear, where we found one of our companions with a shattered arm.

The cause of the affray was this: Several horsemen who were conveying the annual taxes from Shiraz to Tehran had come up with two Jewish shopkeepers, whom they first insulted and then started to assault, when a Persian of our company interfered. One of the horsemen became so enraged that he lifted his rifle and shot at the Jews. He afterwards declared that he had intended to frighten one of the Jews by shooting through his cap, but he missed his aim and hit the Persian's arm.

The incident so exasperated the whole caravan that our men pursued the culprit and brought him back securely tied. The poor wretch was given such a beating that he was unable to walk, and was placed with his victim on one of the caravan mules. Left to themselves, the would-be murderer and his victim became quite friendly. They tied up each other's wounds, consoled one another, and went so far in their newborn friendship as to kiss each other; for according to the Eastern way of thinking, neither of them was to be held responsible for what had happened. Fate had willed it.

### She Knew Better.

Wife (during storm)—Gracious! That was an awful clap of thunder; it frightened me terribly.

Hubby—Nonsense, my dear. Thunder can't hurt you.

Wife—Indeed! Didn't you ever hear of people being thunderstruck?

### Hard to be Good.

Ted—Why are you in such a hurry to get married?

Ned—Before she'd accept me, I had to promise to stop drinking and smoking.

## SWISS PAY DEAR FOR NEUTRALITY

COUNTRY HEMMED IN BY WAR-RING NATIONS.

Can Produce From Its Own Soil Only a Sixth of the Grain Required.

A nation of less than four million inhabitants, Switzerland had an army of over a quarter of a million upon its frontiers before the end of the first week of August of last year, all well armed and well drilled, completing mobilization before either Germany or France.

Within Switzerland's own borders, among the twenty-two cantons of the confederation, influences have been at work to break the Government's neutrality which began their activities before the soldiers had rushed to answer the first call to arms. Among the French Swiss were numerous friends of France who cared more for the interests of the sister republic than for those of their own. Among the German Swiss assistance to Germany was sought at the expense of patriotism. The Italian Swiss worked toward the same end; to sacrifice their country in answering the call of nationality. Every village was flooded with pamphlets, newspapers were subsidized, and orators travelled through the land, each preaching doctrines whose acceptance by the Government would have wrought nothing but evil to Switzerland.

### Production Small.

Switzerland can produce from its own soil in a year only food sufficient to last for two months. Most of its grain it has been accustomed to get from Russia. For over a year it has been starved for food.

Material interest must speak loudly in Switzerland for England. Great Britain buys twice as much as it sells to Switzerland, and is, in fact, the little republic's best customer. The German nationality has the majority among the cantons, there being nearly three million Germans to one million divided between the French, Italian and Roumansch; but the German Empire buys of Switzerland about half as much as it sells to it.

But to close the commercial door to Germany would be to deprive the country of some of its vital necessities. All the pig iron which goes into the Swiss machinery, sold in the markets of the world, must come through Germany.

In times of peace the Swiss embroidery machinery and the Swiss embroidery find eager buyers; the Swiss lace can more than hold their own with those manufactured in Nottingham and Saxony. Importing raw silk from Italy, the Swiss merchants can produce finished products to rival those of Florence and Lyons.

### Markets Lost.

The Swiss watches are the best in the world. The Swiss milk industry produces chocolate so excellent in quality that the shrewd British merchants long ago obtained the monopoly. The Swiss hotel system has satisfied the desires of tens of thousands of tourists annually.

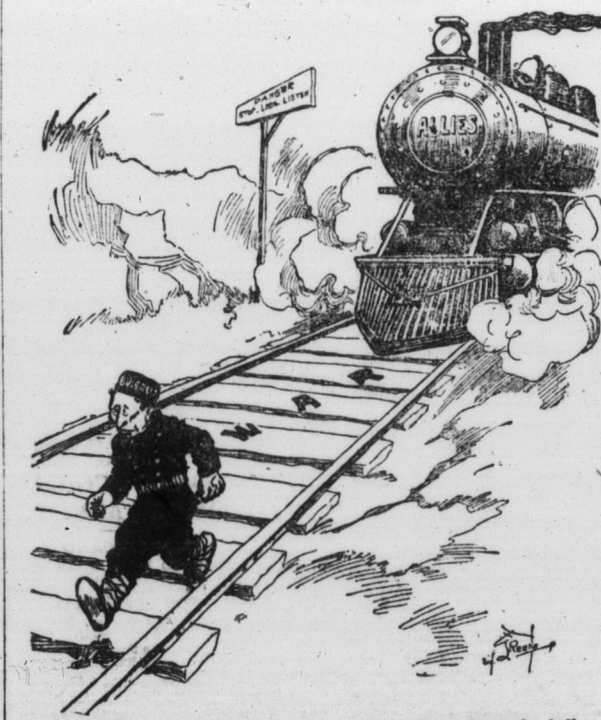
All of these industries of peace and wealth have been rudely swept into ruin by the war, and Switzerland is reduced merely to the sustenance of life. She must have food and she must have coal, and she must have the wherewithal to pay for them through legitimate commerce.

### Base Libel.

Tom—"Is it true that you proposed to Alice and was rejected?"

Ned—Exactly rejected—she said she felt like making a fool of herself she'd let me know."

## ALA TURKEY



The boy walked on the railroad track, he did not hear the bell.

Choo! Choo! Crash! Bang! From The New York Evening Telegram

## HEALTH

### The Staff of Life.

Bread always has been called "the staff of life." That old saying came into existence when bread and its making was in the primitive state. The wheat and rye were harvested and prepared for food in a more or less crude state. But that state left the grain almost whole, and all the virtues were allowed to remain intact.

To-day, bread, as made either at home or in bakeries, is more of a menace to health than "the staff of life."

Bread always is placed before us every meal and partaken of by the whole family. Its healthfulness, therefore, and adaptation as food becomes a matter of more importance than any other form of sustenance in use.

In producing disease superfluous flour bread ranks next to pork and is made much more unhealthful by the fermentation process, which is destructive to the cell structure.

Yeast, when combined with dough, changes a portion of the starch of the dough into sugar, and this sugar is then decomposed and changed into alcohol and carbonic acid gas, and as this gas cannot escape through the gluten of the dough it collects in small bubbles throughout the mass and causes the loaf to greatly enlarge until the fermenting process is checked by the application of heat in baking. If this mass is allowed to remain a little too long before being placed in the oven it becomes a putrid, sour mass, wholly obnoxious and unfit for anything but the ash barrel.

By the chemical changes which take place in the sugar alcohol and carbonic acid gas form 10 or 15 per cent. That takes away from the nutriment of the bread 10 or 15 per cent, rendering it unhealthful by the development and presence of the gas and alcohol.

Those elements of the grain which go to make bone, teeth and brain are largely removed by boiling, and the lime and phosphorus which nature has placed next the inner surface of the bran are mostly removed with the latter by bolting. This process of bolting is separating the coarser from the finer particles by sifting.

The coarse elements in grain are those beneficial to health. And these elements are, therefore, almost entirely absent in fine flour and the consequence is starvation of the teeth and bony structure of the body.

As long as people continue to use fine bolted flour, with nearly all the elements of bone sifted from it, they must expect to have decayed teeth, and feeble, slender bones.

If there is no reform in this direction in but a few generations more our osseous systems will have dwindled down to dwarfish size, and natural teeth in the young will be found very much inferior to what they are in this generation.

It is folly to look for the full and natural growth of any part of the body which is mainly deprived of the material in the food which enters into it.

If whole wheat, corn meal and rye were used exclusively for making bread, and no hot fine flour biscuits or bread were allowed to appear upon the table, there would be little indigestion (for indigestion is a condition of fermentation), no headaches and better regulated systems.

When you have growing children try feeding them with oatmeal bread, whole wheat, rye or corn bread in place of fine white flour bread and you cannot fail to see a great improvement in their health, strength and sturdiness inside of six months.

Too much care cannot be given our children, even though we neglect our own systems. A future generation depends on our care of this one.

## Race Hatred and Prejudice

Peace Will Come to the World When Men Will Walk in the Creator's Paths.

"And many people shall go and say, Come ye and let us go up to the mountain of the Lord, to the house of the God of Jacob, and He will teach us of His ways and we will walk in His paths . . . and they shall beat their swords into ploughshares and their spears into pruning hooks. Nation shall not lift up sword against nation, neither shall they learn war any more."—Isaiah ii, 3 and 4.

The world is still not converted to the teachings of the Lord. It has not yet learned to walk in His paths. Therefore, nation is still lifting up sword against nation and the art of war is still most flourishing. Men are astonished, nay, amazed, that in the year 1915 the peoples that are standing on the height of so-called civilization are decimating one another. Some have accordingly questioned the value of religion and have despaired of its influence, and have pessimistically given up hope that peace would ever come to the world.

There is an intimate connection between true religion and world peace. Religion seeks to convert the human heart. It aspires to turn the natural man into the spiritual man. The law of nature is the law of strife. And the law of the spirit, when it shall triumph and be written in men's hearts, will be the law of peace. The process must necessarily be slow. But slow as it is

### We Must Not Lose Hope.

So-called civilization has, to a great extent, to do with the mind and not the heart. The world grows in knowledge, in power over nature, in scientific use of nature's forces for man's purposes. But if the purposes be evil the knowledge only increases the power for evil.

Religion aims at teaching men that God is their Creator and Father, and,

therefore, that the unity of their humanity should overshadow their differences of race and nationality. In a perfect democracy, made up of all sorts of races and based on the rights of men, this ideal will be realized.

Religion is an eminently practical thing. It plants the love of the alien in the hearts of men instead of hate and it makes justice superior to interest. The natural man, driven by his prejudice or his selfishness, fights. Though it must be said, men also fight for great moral ideas, and there is even a worse thing than war, which is humanity's sin writ large. When a nation prefers the comfort of its skin and the integrity of its pocketbook to any consideration of freedom and justice, and would rather do anything than fight, it becomes cowardly and degenerate.

### Worse Things Than Death.

War, will, therefore, not be ended because of the horrors of it and the softening of men. It should not be ended that way, because there are worse things than death. War will not be ended in the world merely by the stronger crushing the weak. The passion for justice will always revive the weak for renewed effort until it triumphs in human hearts.

Peace will come to the world when men will have learned of the ways of the Eternal and will walk in His paths; when every bit of race hatred and prejudice shall be destroyed, and when men will have become so morally cultured that it will be instinctive with them to prefer the right to their own profit. The world, with all its present brutalities, is better than it ever was. The kingdom of God is slowly, to be sure, but nevertheless certainly growing in the midst of men. Religion is the root of the tree that will eventually bear the fruit of peace.—Rev. Samuel Schulman, D.D.

## THE SUNDAY LESSON

INTERNATIONAL LESSON, NOVEMBER 14.

Lesson VII.—Daniel in the King's Court (World's Temperance Lesson)—Dan. i. Golden Text: 1 Cor. 16. 13.

### I. Daniel's Test (Verses 8-13).

Verses 8. Purposed in his heart—No resolution for good is strong enough if made with the intellect only. It must be buttressed by the heart.

King's Dainties—Food and wine from the king's table might have been dedicated to the heathen divinities, and partaking of them would be an act of compromise. Or a part of the food might consist of the flesh of animals unclean according to the Jewish ceremonial law (Lev. 11, 4-20).

10. See your faces worse looking—Showing the effects of insufficient nourishment.

12. Prove thy servants—An easy way for Daniel to escape defiling himself and at the same time commend himself to the fairness of the monarch. Pulse to eat, and water to drink—A vegetarian diet. Pulse: peas, beans, lentils. Ezekiel and Daniel, of the ten thousand whom King Zedechiah carried off to Babylon, were the only two young men to become prominent.

### II. The Outcome of the Test (Verses 13-16, 19, 20)

20. He found them ten times better—A high tribute, and one not only deserved, but easily obtained.

Magicians and enchanters—Belief in the occult was so strong that every king of ancient times had his following of sorcerers and wizards. To-day the ruler of state covets men about him with clear minds born of god common sense. Only such can face difficulties and avoid calamity. The occult can play no part in matters of modern statecraft.

### Exactly.

"Pa, what happens when the wind blows great guns?"

"A weather report follows, my son."

### On the Safe Side.

Visitor—Is this all the soap there is in this room?

Landlady—Yes, sir; all I allow you. Visitor—Well, I'll take two rooms. I like to wash my face in the morning.

### Says Old Mrs. Fretty Fawls.

If folks would always tell the truth, And never would pretend, Nobody in this neighborhood Would have a single friend!

Submarines for naval purposes were first developed by France.

When the time is noon in London, Berlin records 12.54 p.m.

The Lord High Chancellor of England receives a salary of £10,000 a year.

To remove an obdurate screw, apply a red-hot iron to the head for a short time, the screw-driver being used immediately while the screw is hot.