

NOTES AND COMMENTS

On the face of the statistics for 1912—which seem to be the most complete available at present—Germany and Austria-Hungary would seem to be able to maintain themselves fairly well on their own resources of food—assuming, of course, that they can manage to maintain the same level of production. Germany is a big importer of wheat, rye, oats and barley. But Austria-Hungary, which in this particular case means chiefly Hungary, is a big exporter of wheat. In 1912 she exported 103,260,000 bushels—about 18,000,000 bushels more than Germany found it necessary to import. Taking Germany and Austria-Hungary together we find that the imports of breadstuffs of both for 1912 exceeded the exports by only about 35,000,000 bushels. This is a comparatively small percentage of the total consumption, and these countries, under stress, could presumably get along fairly well without it.

Moreover, Roumania must not be lost sight of. That country, which is still neutral, is a fairly large producer of breadstuffs for export. She is a particularly large producer of Indian corn, the crop for 1910 being 62,500,000 bushels. The same year she produced 58,548,689 bushels of wheat. Some of the German needs might conceivably be supplied from that quarter. However, we must remember that the figures given are the production for normal times. In spite of the willingness of women to help and the added diligence of the men at home, it is highly improbable that the production during a war like the present can equal that of normal times.

The more one considers the preservation and maintenance of food supplies as an essential element of the "grand strategy of the war," as it seems to be developing under pressure of the desire for retaliation, the plainer it appears that the campaign against Hungary is more important than has heretofore been thought. Hungary is to a great extent the granary of the dual alliance. If Hungary, which along is prepared measurably to make up the shortages in other sections, should be prevented from producing, a situation unquestionably serious would promptly arise. The presence of German reinforcements in Hungary and the vigorous effort now making to clear the country of Russians would indicate a recognition of the danger which confronts the German cause there. Not to protect Hungary is to fail to protect the great source of food.

Cows on Safe Ground.

With a fraction of uncertainty on one or two points, such possibly as high prices for feed, scarcity of help, the dairy farmer, nevertheless, the whole Dominion over, is actually engaged now in planning for a more abundant milk harvest than ever from his faithful, patient cows. The prudent, far-sighted man has cogitated nearly all points, such as seed selection, labor-saving implements, better stables, more alfalfa, a new silo, abundant water and the best cultivation he can possibly give to the land owned or rented.

On many dairy farms, however, one more point needs immediate attention before the herd owner can truthfully be said to be on really safe ground. For, if the abundant crop of the expensive feed purchased is given to a cow, or cows, whose dairy ability is lacking, sadly lacking, some one is bound to receive an unpleasant surprise and disillusionment. If dairy ability means ability of the cow to turn feed into good milk at low cost, is it not the step of wisdom to make sure that each cow on the premises does possess that ability?

Where no cow testing has been practised a moderate estimate is that three out of twenty cows consume feed valued as high as the price received for the milk they yield. Dairy records aim at detecting these bovine crooks; but further, a study of records, kept so easily, show the dairyman which cows produce the most milk and fat, and which produce them the cheapest, (for instance 63 or 95 cents per 100 pounds of milk), so any man keeping dairy records is speedily on the home stretch towards the winning post inscribed "each cow pays a good profit." That is safe ground.

A small piece of gum camphor in a vase of water will keep cut flowers fresh a long time.

White vaseline is a good dressing for russet or patent leather; polish with absorbent cotton after applying it with the finger tips.

HOME

Crackers in Cookery.

Sardine Mixture.—(Serve as an appetizer at luncheon.) Bone and skin one small box of sardines; add the juice of one lemon, a little Worcestershire sauce and enough catsup to make a smooth paste. Spread on crisp saltines and serve two on a plate with a slice of lemon and two stuffed olives.

Mock Oysters.—Form fresh sausage meat into oval cakes resembling a large oyster in shape and size. Roll liberally in finely rolled soda crackers and saute in a pan, using a good amount of beef dripping and butter. Cook long enough to let centre be well done, and do not let outside get too dark or crisp.

Escalloped Oysters.—Drain the liquor from a pint of oysters. Small ones will do. Place in layers in a small pudding dish, seasoning each layer with salt, pepper and dots of butter. Between each layer and over top strew a good layer of fine cracker crumbs, dotting top well with butter. Bake in moderate oven until well heated through and top is light gold color.

Escalloped Tomatoes.—Proceed as directed for oysters, but also add a teaspoonful of sugar to the seasoning of each layer. The juice drained from tomatoes may be partly added if many cracker are used, while the rest may be used for soup stock.

Meringue.—Beat the whites with a revolving egg beater until stiff, add sugar, two spoonfuls at a time, beating two minutes between. Now pile on top of pie or run on with a pastry squirt, sift a spoonful of sugar over top and set in moderate oven until a light golden color. Meringue must then cool in a warm place or it will fall. It must be firm and creamy in centre with a short crisp top.

Cracker Torte.—Ingredients: Four eggs, one cupful of fine granulated sugar, one-quarter cupful of cold water, one teaspoonful of vanilla extract, one cupful of cracker dust, two tablespoonfuls of cocoa, one scant teaspoonful of baking powder. Method—Break eggs into a large round-bottomed bowl, add sugar and beat five to seven minutes. Add water and extract, beat well and then beat in the prepared cracker dust. As soon as well blended pour into a small Vandusen tube mold and bake until a toothpick if inserted comes out clean. Invert and cool in pan, then either ice with plain confectioners' icing or better still split into three layers and spread with sweetened whipped cream between and over top and sides. By using one pint of cream this will be sufficient for eight people.

Cinnamon Crackers.—Niece with afternoon tea. Take plain soda biscuits, spread with soft butter, sift well with sugar and cinnamon and bake light golden crisp.

Margarites.—Ingredients: One egg, one cupful of confectioners' sugar, a dusting of cinnamon (optional). Method: Beat egg and sugar for ten minutes and rest and beat well. Run along top of salt wafers, or you can use plain soda crackers.

Cracker Sandwiches.—Cream cheese, plain or with pimientos, preserves or a mixture of cream cheese and currant jelly all make good fillings. Nice for afternoon spreads, picnics or the home luncheon.

Helps Along the Way.

A weak solution of alum will revive the colors of a faded carpet after a thorough sweeping.

The cooking process of anything cooked in a double boiler can be hurried if salt is added to the water in the outer boiler.

Rhubarb can be mixed with other fruits and made into a delicious pie. For instance, rhubarb and apples together are delicious.

Fine linens and pieces of lingerie will last much longer if they are wrung out by hand and not put through the wringer.

A piece of lace or net starched and put under a hole in a lace curtain, then pressed smooth with a warm iron, will scarcely be visible.

If flour is placed in the oven until it is thoroughly heated it will not be so apt to lump in making thickening for gravies, soups and sauces.

A lemon that is heated will yield more juice than one that is cold. When cold, place the lemon in a heated oven until it is warm through.

When cooking rice, if necessary stir, always use a fork instead of a spoon, as the spoon crushes the grains and makes it look mushy.

There is a vast difference between the flavor of good turnips and those that have been standing on the market stall for a week or two; ask the market man to cut a turnip in two for you and if it is solid and juicy-looking inside, it is good. Potatoes will remain firm and meaty all winter if air-lacked lime is sprinkled over the barrels or bins; the lime absorbs the moisture.

Clean your sewing machine fre-

quently if you would have good service. Kerosene oil and absorbent cotton are admirable for the purpose; follow with a good lubricator.

For tired feet, throw a handful of Epsom salts into a foot-tub of very warm water. Immerse the feet and ankles for 10 or 15 minutes, dry quickly and get into bed. Refreshing sleep will follow, and that tired, aching sensation will be quite gone. Continue every night until a cure is completed.

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON; APRIL 18.

Lesson III.—The Shepherd Psalm. Psa. 23. Golden Text: Psa. 23. 1.

I.—The Good Shepherd. (Verses 1 to 4.)

Verse 1. Jehovah is my shepherd—To regard a ruler as a shepherd in a pastoral country was natural. Jehovah is frequently spoken of as the Shepherd of Israel, and Israel as his flock. Jacob speaks of the "God who shepherded me" (Gen. 48. 15; see also Gen. 49. 24). David himself as king was called the shepherd (see 2 Sam. 5. 2; 7. 7). The future king, of whom David was a type, was called a shepherd (Mic. 5. 4; Ezek. 34. 23). The use of Shepherd applied to Jehovah is frequent in the Psalms (74. 1; 77. 20; 78. 52; 79. 13; 80. 1; etc.). The emphasis on the personal pronoun my is striking.

I shall not want—Future assurance based on past experience. Looking back on the journey through the wilderness, Israel saw that she "lacked nothing" (Deut. 2. 7). Hence she could look forward to the Land of Promise and say, "Thou shalt not lack anything in it" (Deut. 8. 9).

He maketh me to lie down in green pastures—In pastures of tender grass. This suggests the shade and coolness and rest during the noontime heat.

He leadeth me—In the Orient the shepherd never sleeps, but always leads his sheep. Such was God's guidance of his people (Exod. 13. 13; Psa. 23. 3; Isa. 49. 10). The still waters—In Hebrew, "waters of rest," where refreshment as well as actual rest was found.

He restoreth my soul—Food and drink and rest precede the restoration of soul. The Good Shepherd renews and sustains life.

He guideth me... for his name's sake—He could not be untrue to himself. Hence he must guide into paths of righteousness (see Exod. 13. 24. 5; 7). He "has regard to his revealed character in shepherding his lamb and will give direction because he is what he is, and in order that he may be known to be what he has declared himself."

Valley of the shadow of death—The pastures of Palestine were not open fields or meadows, but narrow valleys and defiles where all sorts of danger lurked. Wild beasts were about, clefts and deep ravines invited to dangerous falls. Yet in such a valley there was no danger. It was necessary to go through these valleys to find food. The phrase "shadow of death" means "deep gloom."

Thy rod and thy staff—The shepherd's crook was at once a "rod," or club, with which to defend his sheep from attack and a "staff" on which to lean.

II.—The Bountiful Host. (Verses 5 and 6.)

5. In the presence of mine enemies—Or, adversaries. Life is not only short, it is full of conflict. To prepare a feast of good things in a short life full of conflict is even more indicative of a Father's care than to lead into green pastures and beside still waters.

Thou hast anointed my head—And, therefore, I know that thou wilt again anoint me. This does not refer to the anointing of a king as Saul and David were anointed by Samuel. The reference here is to the perfumes and unguents used at an Oriental banquet (see Psa. 45. 7; 92. 10; Amos 6. 6).

My cup runneth over—In Psa. 16. 5, "cup" is used as if food were meant. Whatever the "cup" was or whatever it contained, the idea is of Jehovah's bountifulness. He was no niggardly host. What he gave was in abundance far beyond what his children could ask or think.

6. Surely—There could be no question that goodness and mercy, or "lovingkindness," should follow one who followed such a leader. The word for "follow" literally means "to pursue." There was no escaping the "goodness and lovingkindness." They would overtake the "follower" of Jehovah in spite of anything the "follower" might do.

And I shall dwell in the house of Jehovah forever—The Hebrew has the expressive phrase "for length of days." A perfected kingdom is coming in which we shall not be disturbed either by heat or drought, famine or enemy. There will not only be refreshment and rest on the march; there will be a continual abiding in the Father's house.



As It Is Too Often.

New Recruit:—"Lumme, Bill! Here's an officer! What are we supposed to do?" Second Ditto:—"I dunno. Let's cut him dead!"—Drawn by Alfred Leete in London Sketch.

HEALTH

Teaching the Baby to Walk.

In recent years, doctors and others who are interested in child study have advised that babies be "let alone." They declare that much handling of the infant is not good for the health of its body or of its mind. Dancing the baby, tossing it in the air, and "riding it to Banbury Cross," kissing it and playing with it tire the child, and excite it injuriously. The little baby needs absolute quiet, and the less older persons disturb it and talk to it, the better.

That is all sound doctrine, but by and by the time comes when the child needs a little guidance if it is to develop properly. Left alone in the bed for the first few months, it will get all the exercise it needs by kicking and clawing the air, provided its limbs are not swathed down by heavy bedclothing; but when it has learned to use its muscles and gained some idea of space and direction, and when its bones have begun to harden, it is time to teach it the difficult art of walking. It cannot learn that in the bed, and will learn it on the floor by itself.

First of all, teach the baby to creep. When it has acquired that accomplishment, begin the walking lessons. Hold the baby upright, with its feet resting squarely on the floor, and then carry it forward slowly while another person raises first one foot and then the other, and plants each ahead in its turn. Move the child's body so that its centre of gravity is transferred from one foot to the other alternately. In that way the child will learn very quickly to balance itself, and soon it can stand alone for a few seconds. By and by it will try to move forward of its own accord.

You can hasten the child's progress by moving its legs in imitation of walking while it lies on its back in bed. Make these motions correctly and methodically, and make them as nearly as possible like the motions used in walking. With the average healthy child these lessons, both active and passive, should begin about the ninth or tenth month and the child should be able to walk a few steps soon after it is a year old.—Youth's Companion.

Sleep Before Midnight.

Is there not something substantial in the old-fashioned view that sleep before midnight carries a special and particular merit? There may be, says the "Hospital," a simple and obvious explanation of this, and we are satisfied that, in any event, the practice it proposes is beneficial. To take a single illustration—it is widely known by medical practitioners that anemic girls may long be treated with want of success until they are compelled to cultivate the habit of early to bed. And though strong and vigorous young men with apparent impunity continue to hear the chimes at midnight, middle-age announces itself by some dulness of the faculties on the days following such experiences. That different individuals need different amounts of sleep is certain, and it is perhaps true that sleep,

like other habits, may be carried to excess; yet once the elasticity of youth is gone most of us are better and more fit when we avoid late hours.

RED CROSS SERVICES.

News of interest to every relative and friend of the Canadian soldiers who are now in France and of those who will in the near future be in the zone of operations has been received at the head office of the Canadian Red Cross Society from Colonel Hodgetts, Canadian commissioner in London, in which he says that he has completed arrangements for the information bureau to forward particulars regarding wounded and missing Canadians. This work will not conflict with the official returns but will supplement them by furnishing subsequent information to relations as to their conduct and progress. The work will be carried on upon the same lines as the British Red Cross and with their co-operation.

A short time ago an information bureau was started in connection with the British Red Cross Society for the purpose of keeping the relatives and friends of wounded and missing British soldiers cognizant of their progress and whereabouts. It was felt that a similar scheme might be started by the Canadian society and the message received from the commissioner shows that this has been done. Canadians will therefore be able to hear how their wounded sons and brothers are progressing and to know of their safety if missing or captured.

There must be few people in this country who do not each morning scan the casualty list to see whether any of those dear to them have been wounded or in some cases killed. Now that the "Princess Pats" are in the trenches and part of the expeditionary force is either in France or on its way there and will therefore soon be in the firing line, these lists will be watched with even greater interest than before. The names that we wish least of all to see are those of the killed, men who have fallen on the field of honor in the greatest cause that they could die for, the cause of freedom and righteousness; to look down the column of casualties and see the name of one wounded is almost a relief, for he might have been "missing"; the wounded list conveys no uncertainty; it is true and one accepts the news with more hope. "Missing" leaves an emptier feeling. One fears long suspense, or worse than all, utter darkness.

A new field of work has now opened for the Red Cross, a work that will commend itself to every Canadian and especially those whose brothers, sons and husbands have crossed the water to fight in the great Armageddon. It will be a relief to many to hear that something is now being done to trace those who have been lost in the war.

By this new arrangement with the British Red Cross Society the relatives of men in the Canadian contingents will be kept in constant knowledge of the progress that their wounded relatives or friends are making and will also, where humanly possible, be told the whereabouts of those who are officially reported as "missing." This will surely take a great load off the minds of those relatives and friends of our brave Canadian soldiers and will enable them to correspond with them regularly.

This new branch of the Red Cross work will thus be the means of shortening the great gulf that separates the soldier on active service

THE DISCIPLES FAILED HIM

Jesus' Agony When His Followers Disputed as to "Who Then Should be Greatest"

"And He called unto Him His twelve disciples."—Matthew x. 1. It has often been remarked by candid students of the Gospels that Jesus' disciples were, on the whole, a sorry lot of men. One betrayed the Nazarene outright to his enemies. Another denied Him thrice when He was most in need of friends. All fled like frightened sheep when He was arrested. Inability to understand the Master was constant throughout the whole period of His ministry. Think of the stupid intolerance of John in forbidding "one casting out devils in (Jesus') name," for no other reason than that "he followeth not with us." Think of the amazing pride of the sons of Zebedee in seeking to be seated one on Jesus' right hand and one on His left, in the promised kingdom! What must have been Jesus' wrath at the demand of the disciples that He should bid fire come down from heaven upon the Samaritans who would not give Him shelter. Again and again did the Master patiently explain the meaning of what He was saying and trying to do. Again and again did He "rebuke them" for their follies and sins. But even to the very end they misunderstood and thus failed Him!

Took Men as He Found Them.

That Jesus was aware of the character of His disciples is evident from a hundred different passages in the Gospels. All the more impressive, in view of this fact, is His willingness to work with such men and to commit unto their hands the destinies of the stupendous movement which He had initiated. It would seem as though it would have been a wiser course to have tried His disciples as they were chosen one by one, rejected them as they were found wanting, and then selected others for similar trial, until at last He had secured followers whose moral courage and spiritual insight were in some measure comparable to His own. But such a process of selection seems never to

have entered into the Master's mind. He simply took men as He found them, poured out upon them the riches of His spirit and then left them to do with these treasures what best they could. And the amazing thing is that in the long run His seemingly careless method justified itself. For little by little did these men, who, on numerous occasions had proved to be so stupid and cowardly, rise to the "measure of the stature of Christ." Especially after His death did they seem to be transfigured as by the indwelling spirit of God and fitted for the triumphant mission of the Apostolic Age!

Our Higher Spiritual Desires.

In all this, now, is a significant lesson for our own day and generation. How often do we silence some brave word of idealism by the plea that men are not yet ready for such a message! How often do we discourage some great work of reform upon the ground that "you cannot change human nature!" How often do we turn a deaf ear to some glowing prophet of the soul because, forsooth, the kingdom of righteousness which he would establish upon the earth is impracticable so long as men are blind, weak, selfish! Not such was the practice of the great Teacher of ancient Palestine, and not such should be our practice to-day. Undiscouraged by the poor human material with which we have to deal, we should go straight to the goal of our highest spiritual desires. Undeterred by the heedless ears of men, we should preach the loftiest message of the spirit of which our minds can conceive. Taking men just as we find them, with all their imperfections on their heads, we should seek nothing short of God's Kingdom right here and now upon the earth. And lo! the miracle, to-day as yesterday, that by the sheer power of our endeavor men are transfigured and thus fitted for the new and better day!—Rev. John Haynes Holmes.

Fashion Hints

What Paris Shows.

The new gowns already have been brought from Paris by our most enterprising buyers, says a Paris letter. There is nothing to frighten one in them. They do not signify that all the clothes we possess must be discarded. Certain lines are accentuated, the two silhouettes that have been opposed to each other all winter remain as they are.

Callot holds to narrow skirts. Premet continues to cut her hems two points instead of making them even. Chervit has modified the width of skirt which she advocated last summer and has given herself over to more pronounced Louis XV. styles; and Georgette has kept to that swinging army cape effect at the back of gowns which she mannequined herself last season and which she likes very much indeed.

The Present War and Styles.

The dressmakers thought it improbable that the present war would strongly influence fashions until it was over; but it has had a strong effect already if one is to judge by the new gowns shown in Paris and which later will set the styles here.

Callot, for example, whose collection was one of the best in evening frocks she has made in several years, put forth as a feature a soldier's tailor suit in the new blue that has been accepted by the French army and for which Paul Poiret is said to be responsible. Not only was the color inspired by the history of the battlefield, but the coat was cut in imitation of the field overcoats which have the fronts folded back and buttoned. This cut is easy to copy, but the material is very difficult to secure, because it is requisitioned by the French government for war uses. The self-advertising coloration of the field uniforms of the French has been so serious a drawback, and the acknowledged superiority of the gray-blue of the German army has been so universally recognized, that the change in color from bright blue and brilliant scarlet to a concealing color like gray was too important an issue to pass the designers.

The French name for the shade is "blue soldat," which is more sentimental than descriptive.

All Show Military Coats.

All the designers in Paris showed some kind of military coat and all from his loved ones at home and will bring comfort and joy into many a home in Canada.

of them used to the utmost the fashion for pockets. Khaki color, which the French women like, will undoubtedly give the preference to this new blue in serge, gabardine, tussah and silk. Even satin coat suits were shown in it.

Georgette, who leaped into prominence last spring after taking over the house of Francis, who had held the distinction of being the tailor to the queens of Great Britain, features zouave coats to her tailor costumes more than the short and better known coat. Her zouaves are direct copies of those worn by the Algerian troops who are fighting under General Joffre. In millinery one found the influence of war everywhere, but with the exception of a certain kind of sailor everything was small, fitting the head and representing some style of army headwear. The shapes were not over small, that is, they did not show much of the hair, but they clung to the head and did not shade the face.

Methods and Rates of Planting Corn.

The row or drill method of planting corn is still commonly followed in Ontario and Quebec. The investigation conducted by the Seed Branch shows that 956 farmers were planting in drills at an average rate of 2.14 pecks of seed per acre and 3.50 planted in squares or hills at 1.17 pecks of seed per acre. The average results of thirty-two separate tests conducted throughout Ontario for a five-year period shows that the hill method gave one ton of green crop per acre more than the drills, and three eighths of this ton was in the form of freshly-husked ears. A four year average at the Experimental Farm, Ottawa, shows two and three-quarter tons per acre in favor of the hill method. Hills should be three feet apart each way and contain three or four plants. Rows should be three feet apart and the plants nine inches apart in the row. Three and a half feet spacing might be preferable for large-growing varieties or weedy land. The hill method gives a much better opportunity for cultivating the land and controlling weeds, but the corn is rather more difficult to harvest than that which is grown in drills.

One bushel, 70 lbs. on the ear or 56 lbs. of shelled corn, germinating 95 per cent., should be sufficient to plant five acres by the hill method. One acre will require 65 cents worth of seed at \$2.00 per bushel. Seed corn of the same price planted at the average rate by the drill method will cost \$1.60 per acre.—Seed Branch, Ottawa.

If woman had her way man wouldn't have his. There are eight orders of knighthood in the British Empire, of which the highest is the Order of the Garter.