

NOTES AND COMMENTS

No military triumphs that the Teutonic Allies have gained in one year of war can compensate them for the loss of the command of the sea. These triumphs have been many, for while the other Powers were not, if peace were signed to-morrow, leaving everything in statu quo, the territorial gains of Germany, at least, would be very great indeed. But against this fact must be set a consideration of untold consequence. The German fleet is as if it did not exist. Its submarines have sunk merchant ships and murdered non-combatants, but the military effect of their successes is nil. Its battleships remain in port. The few that were foolhardy have been captured or sunk. The German flag has been driven from the ocean. A rich commerce has been destroyed. Moreover, German methods of warfare have aroused bitter indignation and resentment all over the world. If every German merchantman were now released, it would take years to regain what has been lost. To keep Belgium and Poland and a part of France would not be adequate compensation for the ruin of German foreign trade.

Count von Reventlow may console himself by the reflection that by hiding behind the defenses at Kiel the German fleet has kept the British fleet at bay. But as Mr. Balfour reminds him, the British fleet has accomplished all that the circumstances permitted. It could not destroy the enemy, but it has made him helpless. There is but one way for Germany to regain command of the sea, and that is by a victorious battle. Submarine warfare cannot do it. Even if a larger proportion of the British and French mercantile marine had been sent to the bottom, even if the interference with commerce had been much more serious, no German merchantman would have been released, no interruption to the transport of troops would have been achieved. A fleet in existence is a possible menace, but it is not an actual menace while it remains in port. Austria, with a much smaller mercantile marine, though one that was growing rapidly, is in the same case as Germany. The Austrian flag has also been driven from the sea, and the operations of Austrian warships in the Adriatic have been so limited that they are not a serious factor in the result.

Whenever a treaty of peace is signed, and whatever its terms, this loss of the command of the sea will mean a stupendous defeat for Germany and Austria. The results of war are not always to be measured by the immediate gain. Alsace-Lorraine was a poor substitute for the failure of Germany to reduce France to the level of a second-rate Power. Italy has emerged from the wreck of her military reputation in Abyssinia with one of the finest armies in the world. No nation can live on itself, least of all a nation with limited boundaries and great industrial aspirations. It is quite likely that Germany has now reached the full extent of her achievements on land, that hereafter she will wage a losing fight. But however this may be, her impotency at sea spells disaster. In her boundless egotism, her overweening ambition, she has thrown a pearl away richer than all her tribe.

ASQUITH NEARLY 63 YEARS OLD

Born in the Little Town of Morley in Yorkshire.

Unlike other distinguished men, there has never been any argument regarding Premier Asquith's birthplace. He is a hard-headed Yorkshireman from Morley—the busy little town, five miles from Leeds, and eight miles from Bradford—where he was born at the Croft House 63 years ago on September 12. It is recorded that Mr. Asquith's ancestors lived in the town for over 400 years.

It might be mentioned, by the way, that the house in which Mr. Asquith was born is still utilized, a place of equal interest being the Rehoboth Chapel, which he attended as a boy. Some time ago Mr. Asquith, when referring to this period of his life, stated that he recalled as a small boy taking part in the Sunday-school processions and carrying a banner on the occasion of the rejoicings at the declaration of peace in the Crimea.

Mr. Asquith lived at Morley until he was seven years old, when his father, who was a manufacturer, died. Mrs. Asquith then moved to Huddersfield, where the future Premier was sent to the local grammar school. Subsequently Herbert Henry Asquith and his brother William attended the City of London school, and the former, having obtained two scholarships, went to Oxford.

How Did He Dodge That.

Designing Widow—Speaking of conundrums, can you tell me why the letter "d" is like the marriage service?

Slowboy—I'm no good at conundrums. Why?

Widow—Because "we" can't be "wed" without it.

A mule has a good ear for music, but a poor voice.

The appointing of field-marshal in the British Army is entirely in the hands of the King, promotions being made from the lists of general officers.

About the Household

Grandmother's Recipes.

Here are a few of good old-fashioned combinations, some pet recipes straight from grandmother's handwritten book.

Spiced Plums.—Boil ½ gallon of plums five minutes. Pour off water and add three pounds of sugar, one teaspoonful each of cloves, allspice and cinnamon (ground) and one pint vinegar. Boil half hour, stirring constantly. Put in jars and seal at once.

Pear Conserve.—Chop four pounds pears, four lemons (rind and pulp), ½ pound crystallized ginger. To this chopped mixture add four pounds of sugar. Boil three to four hours until desired thickness is obtained.

Pineapple Honey.—Peel and cut eyes from three pineapples. Cut in pieces, taking out hard centre. Run through grinder. Add as much water as you have pineapple after grinding and as much sugar as pineapple and water together. Boil about ½ hour or until desired consistency is obtained.

Grape Conserve.—Three pints grapes, washed and picked off stems; three pints sugar, one pint water, one cup English walnuts, ½ pound raisins. Press pulp of grape from skin, beat pulp until soft. Run through colander and put back in kettle with the skins, water and sugar and two oranges sliced thin. Cook until done (one hour).

Jim-Jam.—Five pounds currants, 1½ pounds seeded raisins, juice and rind of two oranges. Wash currants, nearly cover with water, and cook until soft. Strain through jelly bag. Put raisins through grinder. Grate rind and squeeze juice out of grapes. Put all together, taking cup for cup of mixture and sugar. Cook till the consistency of jelly.

Preserved Watermelon Rind.—Seven pounds rind, ¾ pounds sugar, 1 quart vinegar, ½ ounce white ginger, cloves and cinnamon to taste. Take the thickest rinds and pare off the hard green covering, slice and drain in colander over night. In the morning place in a strong brine, changing every three days; in the last brine put in a little alum to make rinds hard. Make the syrup and when hot put in rinds; cook 10 minutes, remove and cook the syrup 15 minutes. Pour over rinds. Can and use after standing two weeks.

Tomato Sauce.—One peck ripe tomatoes, 6 onions, 3 stalks celery, 3 red mangos. Chop fine. Mix well with one cup of salt and put in thin sack to drain over night. Next day take 2 pounds brown sugar, 5 cups strong vinegar, 1 tablespoonful mustard. Let this come to a boil, then set aside to cool. Pour over above mixture and put in jars.

Menus for Children.

Some suggestions for menus and foods allowable after 30 months are:

Menu 1.—Beef broth with vermicelli, bran or wholemeal bread and the best butter obtainable, lightly broiled lamb chop, minced and seasoned with salt; spinach, boiled tender, and mashed through a puree sieve, served plain or with a spoonful of cream or broth; baked potato with salt; orange marmalade for dessert and a bit of fruit juice to drink.

Menu 2.—Chicken broth with rice, minced broiled tenderloin steak with salt (no butter on it), spaghetti creamed, brown bread and butter, asparagus tips or stewed celery with hot cream sauce; cup custard for dessert.

Menu 3.—Mutton broth, the white meat of chicken cut into very small pieces, macaroni in hot milk, cauliflower or spinach, mashed and seasoned with salt and cream; bread and butter; orange float for dessert (made with gelatin).

Menu 4.—Beef tea, stewed squash, boiled or steamed rice, bread and butter, puree of Bermuda or Texas onion, puree of Bermuda or Texas onion, stewed very soft in milk; junket with egg for dessert.

Menu 5.—Milk soup, roast beef, rare and minced, with dish gravy; boiled spaghetti, with dish gravy from the roast beef; spinach or stewed celery, bread and butter; rice pudding for dessert.

Menu 6.—Strained vegetable soup, minced broiled mutton chop, rejecting all fat; baked potato, apple sauce, bread and butter; junket and cream for dessert.

Menu 7.—Beef broth, creamed or broiled fish (watch that it has no bones), boiled macaroni with milk, cooked very soft and creamy; cooked asparagus tips, also very soft; gelatin with whipped cream for dessert.

Useful Hints.

Iron rust stains may be removed from goods by using sour milk.

To cleanse hands from vegetable stains, rub with a slice of raw potato.

To clean out flour barrel use a child's small broom; the long-handled kind.

To prevent cream from spotting table linen, dip linen in cold water before washing.

Press mohair with a very moderate iron. Press silk between two pieces of tissue paper.

Porch chairs of wicker or reed can be cleansed with soapuds and a scrubbing brush and then can be shellacked.

Iceing for a cake can be colored a beautiful pink with a small quantity

of beet juice. It is inexpensive and absolutely pure.

Linen that has become yellow may be bleached snow white if soaked in buttermilk for a short time—rinse and hang in sun.

Cucumbers make a delicious vegetable when stewed and served with a white sauce, or seasoned with butter, salt and pepper and served on toast. When one rips out threads they wish they had three hands. Use a steel crochet hook and the work is easily done. Pull out bastings the same way.

All the trials and tribulations caused when trying to sew the bows on one's pumps may be avoided if a few curved surgical needles are added to the sewing basket. Purchase at any drug store.

To clear a house of roaches equal quantities of sugar and pulverized borax is recommended. Spread where the insects congregate the most.

Next time you bake beans add a diced carrot, a couple of tomatoes cut fine, and one small onion, browned in pork fat, and see what a delicious dish you have.

To remove mildew soak article in sour milk and lay in the sun. Or use chloride of lime made in proportion of a teaspoonful of lime to a quart of water.

Cream of tomato soup is not apt to curdle if a teaspoonful of cornstarch with a pinch of soda is mixed in the cream before it is added to the tomato mixture.

If a crust of bread toasted till nearly black be put into the water where greens are boiling it will prevent the disagreeable smell that arises when they are cooking.

If the wall is so soft that it will not hold a picture nail, mix a little plaster of paris and water; enlarge the hole and fill with the plaster and in a minute insert the nail and let it dry.

When you must go to the dentist's carry your prettiest boudoir cap and don it before you get into the chair; and when the ordeal is over you will find your hair in as good order as when you went in.

PLACES UNAWARE OF WAR.

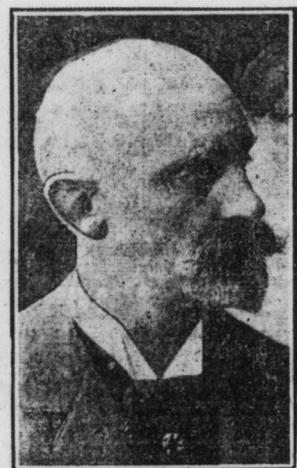
In Distant Islands the People Haven't Heard of It Yet.

Incredible though it may sound, there are still places which have not yet heard a syllable about the war. Tristan da Cunha, the lonely South Atlantic island, says the secretary to the Postmaster-General, has not received a mail since the outbreak of war. Tristan da Cunha is entirely dependent on chance communications from the Cape, 1,500 miles away. Sometimes it is a year or more without its people hearing from the outside world. It is a British possession, and its people, numbering about eighty, all Church of England, are mainly descendants of shipwrecked sailors. They are of mixed origin—English, Scotch, Irish, American, Dutch, Italian, Asiatic, and negro. There is not one "enemy alien." Another place that has probably not yet heard of the war is Yquitos, in Eastern Peru. Yquitos has perhaps the most romantic mail service in the world. Its letters are taken by British mail steamers up the Amazon to Manaus, and thence right across South America up the mighty river in a river steamer. It is only a few hundred miles from Lima, the Pacific capital of Peru, but the wall of the Andes is an almost impassable barrier. The "quick" route, therefore, from Yquitos to Lima is all the thousands of miles down the Amazon and across the Atlantic and then "via Liverpool!"

"Snug & raw was I ere I saw war & guns" spells the same both backwards and forwards.

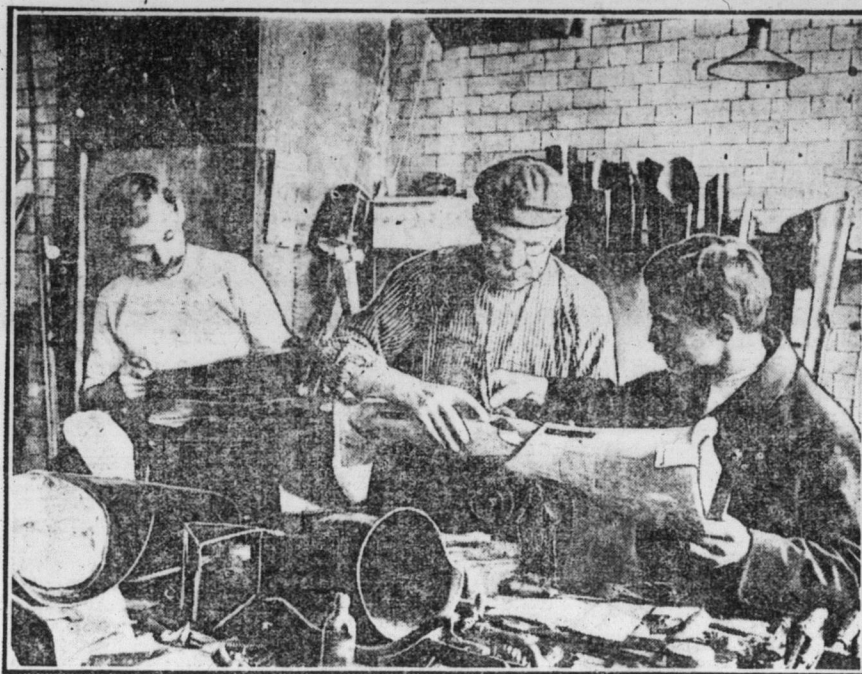
The Indian girls of Arizona show their unmarried state by dressing their hair in the form of a squablossom, which is changed after marriage.

Britain's biggest bell is not Big Ben, but Great Paul, which hangs in St. Paul's Cathedral. It weighs nearly seventeen tons, and is rung by the combined efforts of four men.



The Duke of Genoa.

While King Victor Emanuel of Italy is at the front, the Duke of Genoa, the King's uncle, remains at Rome and takes the active leadership of affairs.



Great Demand For Artificial Limbs in Germany.

THE scene shown in the photograph depicts how, in Germany, the manufacture of artificial limbs has grown apace with the war. So many of the Kaiser's men have lost arms, legs, or both, that it was a serious matter to meet the demands for artificial limbs. The limbs are an advance on those which have been manufactured in the past. They are lightly constructed.

RED CROSS NEWS.

Red Cross Sundays are becoming a feature of the Red Cross campaign in Ontario. The Belleville churches took the lead and were followed by Guelph and Berlin.

A Red Cross Calendar Club has been formed at Annapolis, Nova Scotia. Its members are to contribute daily one cent each until the end of the war.

Druggists in Kingston are selling ready-made bandages at cost prices, and 12,000 were purchased by the Kingston women in one day.

The farmers of Glenboro, Man., are going to set aside one acre each of their crops for the Red Cross.

The Ottawa Free Press is sending free copies to all the Canadian Red Cross Hospitals.

In Vancouver there is a Red Cross branch in every city ward in addition to the branch in Strathcona Heights, the fashionable suburb.

Mrs. Cruikshank of Calgary, the Regent of the I.O.D.E., has devoted to the Red Cross all proceeds from her novel "Whirlpool Heights."

Hodder and Stoughton, the publishers of "The Way of the Red Cross," perhaps the best description to date of Red Cross work, are contributing all profits to the Red Cross funds. In the first two weeks the book netted \$3,500.

The Canadian Red Cross is endeavoring to identify and mark the graves of Canadian soldiers who have fallen in France.

There are no less than five Red Cross Hospitals at Wimeroux, France.

The New Brunswick Pharmaceutical Fund of Prince Edward Island has raised \$2,000 for a Red Cross ambulance, making the second they have given.

The Port Credit, Ont., Women's Institute Jitney Association, which is this summer running a jitney service in Port Credit, has sent the Red Cross treasurer \$350 for seven beds in the Duchess of Connaught's Hospital at Cliveden.

In France the different classes of nurses and hospital helpers wear different colored veils. The first class of professional nurses wears blue veils; the second class, composed of certificated nurses, wears white veils; the third class, made up of nurses with no professional training, wears a grey veil.

The Marquis of Salisbury has given his London residence as an office for the Red Cross Inquiry Dept. for wounded and missing soldiers.

The Canadian Red Cross in England has organized a body of "Visitors" to visit the sick and wounded in the hospitals.

During a bombardment the ordinary civil hospitals are not entitled to fly the Red Cross flag. The Geneva Convention extends this privilege only to military hospitals.

The Red Cross conducts a service of "X-ray" automobiles, equipped with a photographic dark room and an electric dynamo. One such X-ray outfit can serve several Field and Clearing hospitals.

A sale of livestock was recently held in Cambridge Cattle Market, England, for Red Cross funds. A small pig was resold twenty-eight times and ultimately realized twenty-five pounds.

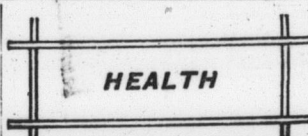
M. Chedomille Miyatovitch, former Serbian Minister to England, declared in a recent speech in London that Serbia had lost over 150,000 men and women owing to the insufficient number of doctors to cope with the epidemic of typhus.

"Potash and Perlmutter" was recently put on in London for the Benefit of blinded soldiers and sailors.

Miss Maxine Elliott, the famous actress, gave an Operating Theatre to the Red Cross Hospital at Netley, England.

Mrs. Pagden, of Revelstoke, B.C., who has knitted 43 pairs of socks, is said to hold the Red Cross record for Canada.

There are 240 ways of preparing potatoes.



HEALTH

How to Treat Stoutness.

In the overwhelming majority of cases excessive fatness is caused either by an excess of food or an insufficiency of exercise, generally both. There is undoubtedly a hereditary influence in the direction of leanness or corpulency, but it will be found that nearly every fat person is either a large eater and drinker or very indolent. One rarely sees a fat fat laborer, because their work is heavy and their food too often scanty, whereas fat brewer's draymen are the rule, for their work is light, and their consumption of food and beer excessive. There are, no doubt, some people with so small a tendency to corpulency that they can eat freely and take little exercise without becoming unduly fat, but such cases must not be taken as a guide by those whose natural tendency is to put on fat.

The treatment of obesity, therefore, consists in three things: the limitation of the diet, the exclusion of alcoholic drink, and the taking of regular and abundant exercise.

The destruction of fat is considerably increased by work, and perhaps the best form of muscular work for those who wish to reduce their fat is regular daily uphill walking. There is no drug which will reduce the weight except by impairing the functions of the digestive organs. None of the expensive remedies are of the slightest value. As to diet, it will be seen that each individual case must be considered.

In the mildest cases, that is, those of people who are getting a little stouter than they desire, the diet is comparatively a simple matter. Sugar should be avoided altogether, saccharine or sasin being used instead. Bread, potatoes, and other starchy food, should be taken only in very small quantities, and alcohol in any form must be altogether eschewed.

A Physician.

Weeping Sinews.

Physicians use the word ganglion to describe a swelling of the sheath of a tendon, which contains fluid, and which usually occurs about the wrist. A weeping sinew is the same thing. A little swelling forms, and the fluid distends it more and more as it collects. The swelling is elastic and soft. Sometimes it is small, and does not cause any trouble, and occasionally it passes away without any treatment. It may yield to long-continued gentle pressure, like that which a ribbon band exerts. A well-placed ribbon bandage also helps to relieve the feeling of weakness that almost always accompanies a ganglion.

In a few cases the fluid that the ganglion contains is tuberculous, but in most cases the ganglionic swelling is entirely harmless. In tuberculous cases it is best to remove the sheath and its contents completely.

Ganglions are usually seen on the back of the wrist, but sometimes one comes on the front, and increases in size. It is then likely to spread down the sinews into the palm of the hand. That naturally cripples the victim more or less, especially since the swelling often gives pain in cold and damp weather.

There are various ways of breaking a weeping sinew. Sometimes it can be dispersed by sudden pressure, applied by the thumbs, which bursts the ganglion without breaking the skin. It is best then to bandage the part very tightly in order to prevent the little sac from filling up again; the bandage should contain some thin, hard substance, such as a large coin, directly over the site of the sac.

Sometimes a ganglion refuses to burst, but yields to tight bandaging combined with treatment by a blister or by painting with iodine. The cure in such cases is effected by gradual absorption. If other means fail, there is nothing to do but to open the ganglion.

lion and scrape out its contents—Youth's Companion.

Inferior bacon is improved by being sliced, put in cold water, boiled for two minutes, and then fried.

It has been said that the only two words in the English language with the vowels in order are "abstemious" and "facetious"; but others could probably be found.

Prince Rupert raised \$140 to give to the local Serbians and Montenegrins going to the war; the volunteer allies gave it to the Red Cross.

Edward B. Allen, assistant master mechanic for the smelter at Anox, was killed by the fall of a water-jacket. He was a native of St. John, N.B.

Part of a cedar telephone pole placed in the ground near Burnaby Lake in 1885, perfectly sound now, has been submitted to British postal authorities.

Carl Hapstead, of Dawson, Y. T., was buried by his request on Haystack Mountain, 1,000 feet above the scene of the mining activities. For the bearers of his coffin he provided beer.

Christ's Personal Touch

Again and Again He Stretches Out His Hands of Power Until He Sees Clearly.

"And he took him by the right hand, and lifted him up.—Acts iii., 7.

These words indicate how wisely Peter translates into trust services of life the power of Christ resting on him. Met by one, lame and needing and asking for help, Peter commands him in the name of Christ to rise up and walk, and then, taking him by the right hand and lifting him up, a complete restoration followed. Thus is emphasized and made clear to us to-day how we may more fully cooperate with God in restoring to our fellow-men the powers of strength and usefulness. It is more than preaching that men need, more than teaching, more than stern laws, more than true and righteous living before them. It is our taking hold of them with such love that vitality and power will go from us to them and lift them up toward God.

It is most interesting to notice the many instances of Christ's personal touch as He effects His cures among men. He leads the blind man of Bethsaida by the hand out of the town, and there, away from the companionships of earth and sin, He labors with him, teaches him how to discover the divine things, asks him if he can see, puts His hands of strengthening power upon him as he looks up and says, "I see men as trees walking." Again and again Christ stretches out His hands of power until he sees clearly. Such was the persistence of Christ's gospel of

The Outstretched Hand.

We all know, too, in our sicknesses how much of confidence is inspired and how much of desire to regain health and strength is brought to us by the presence of the skillful physician or the ever vigilant and faithful nurse. It is not merely that they possess the knowledge of the effects of certain drugs upon the physical system, nor that they understand so well the best sanitary rules and equipment. But I think, most and best of all, it is in the way in which they bring these very facts into touch with us. The confidence which they inspire, the hopes which they awaken, the courage which they impart, help us most of all to become brave in the great battle for life.

As I go along the streets in my parish there are some children who always grasp me by the hand and cling thereto with a love which I can easily recognize as throbbing in their hearts as they walk with me for a part of a block and whisper their messages of good cheer. I cannot fail

FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told In a Few Pointed Paragraphs.

Pentiction has cancelled its annual fall fair this year.

The price of milk in Phoenix is now 12½ cents a quart.

Civic salaries at Kelowna have been heavily cut this year.

Much of the alfalfa crop of Okanagan was ruined by excessive rain.

Aldermen of Fernie get \$5 per meeting; the mayor is paid \$500 yearly.

Greenwood will not sell the property of active soldiers for overdue taxes.

Vancouver has two bloodhounds now attached to police headquarters aid work.

Every employee of Granby Smelter, Grand Forks, gives \$2.25 to the patriotic funds.

Of the 120 volunteers for the war from Rossland it is said but twenty are still alive.

Some of the interned alien enemies at Fernie are found to have as much as \$1,000 in cash.

Governor Dunne of Illinois was a charmed visitor to the Canadian Rockies and the coast.

About 600 mechanics have been sent to British munitions plants from Victoria and Vancouver.

There are this year 300 white fishermen on Skeena river as compared with 20 two years ago.

On the Comonage at Vernon 12,000 acres of ranch lands were sold for \$50,000 to W. J. Hanna.

To stamp out potato scab, greater restrictions are urged for the Chinese growers in British Columbia.

Manchurian corn is to be shipped into Canada and the United States in large quantities, via Victoria, from Kobe.

Mayor Curley of Boston was surprised at the size and opportunities in coast towns of the Pacific in Canada, he said.

It is proposed at Vancouver that civic salary cuts extend to the mayor and aldermen, who have not yet passed the plan.

Burnaby unemployed ask the council to advance railway fares to the harvest fields and promise to repay the loans.

The school year report at Vancouver showed a decrease of attendance of 2.5 per cent; and at the high school 14 per cent.

to hear and to heed a message of the gospel of love in those little outstretched hands. Have you not felt it, too, dear parent and teacher? And has it not cheered and vitalized you for daily service? I assure you that it means even more to us than the gospel of an outstretched hand. It is as the glad tidings of an outreaching heart. This gospel of an outstretched hand which I commend and emphasize has been only partially realized by us. We have too often drawn back and lived within ourselves our Christian lives when we ought to have expended ourselves for others.

God's Word Standeth Forever.

Too many of us have been sheltering ourselves behind the first part of Peter's words, declaring what we would do if we possessed what so or so does. But we do not complete with Peter his declaration of determination to give to others for their uplifting such as we have, so that when men and women of the world come into our society and companionship they would say as a certain Robert Barclay declared of himself, "I felt a sweet power among God's people which touched my heart, and as I gave way to it I found the evil in me weakening and the good raised up."

What mighty possibilities are before us if we will just live and exemplify this gospel of an outstretched hand as Peter did so well for his Lord!

Our times are disturbed by stupendous problems and changes. But the word of God standeth forever. Character is made unique and rendered irresistible through communion with the mind and will of God. It is Christ in us which is the hope of glory both for the individual and the State. It is this gospel of the hand of helplessness which will quicken the Church and the nations in moral vision, in intellectual perception, in emotional discernment. It is by such a gospel that we shall be judged.

May God fill us with compassionate, daring heroism for our Lord in these days of opportunity! And may we move amid the changing circumstances of life in the very spirit of our Lord and present everywhere the helpful ministry of the gospel of an outstretched hand!—Rev. Andrew Hageman.