

## NOTES AND COMMENTS

The news of the outbreak of typhoid fever, first among the Belgian troops and now among the Germans, is not a surprise. Indeed, for some time it has been almost certain that the war causes were quietly suppressing all the news of disease as well as of other forms of disaster to the armies. There has never been a war yet in which typhoid fever has not killed at least as many men as the bullets of the enemy, and often it carried off five times as many. Rapid as were the movements of the armies in the Franco-Prussian War, they had to suffer severely from the disease.

Fortunately many of the soldiers have been protected by means of inoculation against typhoid fever, but it is quite impossible as yet that this protection should be made absolute. One of the sad but quite certain effects of the war, then, will be a very serious spread of the disease, especially among the young soldiers, with quite untold suffering and death from it.

War and pestilence have always gone together in the past, and in spite of the advance in preventive medicine and the triumph of sanitation we cannot hope that large masses of men can be irregularly and often meagrely fed in damp trenches, amid constant alarms and disturbances of sleep, without the most serious lowering of resistive vitality and inevitable contagion. Before the new year begins we must be prepared to hear without doubt of very large numbers of sick who have to be cared for in the war hospitals.

Singular honor is paid to the King of Belgium. Singularly is that honor deserved. If ever a crown wearer deserved the respect of men more than Albert of Belgium we cannot at this time recall who he was. Albert has manifested the highest type of manliness in the discharge of his kingly offices.

Albert and his most remarkable and most estimable Queen have demanded no duty of their Belgian subjects they are not willing to perform. Both of them serve as an example of royalty that is of the people and with the people. In their persons and conduct it would seem as if royalty were illumined by the light of democracy.

Seldom if ever have the heroism and the resourcefulness of a European monarch been put to a severer test than in the present crisis, in which Albert and his Queen have acquitted themselves so illustriously. Not only have these two led and directed, but they have served, and the Queen no less than the husband King. The crushing calamity that has befallen their country has given these two to the enrichment of human history.

### SHE DIDN'T KNOW HIM.

Hubby Home from the Trenches Needed a Bath. One faithful and anxious woman has had a pleasant surprise, says the London Chronicle. There appeared a man on the doorstep. He had a horrid growth of beard, he was muddy from head to heel and from no outward point of view savory. But the woman, after a moment's puzzlement, fell on his unsavory neck, rejoicing. It was her husband, home for ten days' leave.

Early that morning he had been in the trenches. Leave came. By tea time he had reached London, just as he was, taking the simplest means. What he really wanted was a bath—what he hated abandoning for six weeks on end—and a few days off. So if you meet a filthy scarecrow emerging modestly from a taxicab, don't be alarmed. Probably it is a British officer on a bit of a holiday.

### Basis for Exchange.

He had a drove of dispirited steeds and paused to give them a much needed rest. The storekeeper came out and looked them over casually.

"Want a horse?" "Guess not." "I'll take it out in goods," said the stranger. "I'll take it out in tobacco, in fact." "Might do some business along those lines," responded the storekeeper. "If we kin agree on a basis." "What's your basis?" "Well, I'll trade you, plug for plug."

## HOME

### Vegetable Left-Overs:

The English have an odd way of using left-over vegetables for a very pretty as well as a palatable dish. It is called vegetable mould and can be made from almost any combination of vegetables. Rub cold cabbage through a wire sieve, also some cold carrots and turnips, keeping each vegetable separate. Add to each a little melted butter and season with pepper and salt. Grease a small mould and put the vegetables in in layers. Then bake or steam until the mould is hot all through. Turn out carefully and serve. Other vegetables may be used in the same way, and the lighter color of the vegetables the more unusual and attractive the mould will be.

"Colcannon" is another English dish, simple to prepare and seldom seen in this country. This is made from cold left-over cabbage and potatoes. Cut the potatoes in slices and fry brown in dripping; when they are browned add the sliced cold cabbage and fry lightly together. Season well and serve.

A purée of peas, made in very much the same manner, offers a solution for left-over peas, and may also be made with the dried peas if they are soaked and boiled a sufficiently long time. Mash and press the boiled peas through a sieve. Place them in a saucepan and stir into them enough hot milk and pepper and salt to well moisten and season them; add also butter and very little sugar. This may be served like mashed potatoes, or if preferred it can be turned into a baking dish and slightly browned in the oven.

### Uses for Stale Bread.

Not a crust of stale bread should be thrown away, for it is not only useful for the crumbs which every householder keeps on hand, but may be used in countless other ways. Toast, of course, is always better when made from yesterday's bread and to make good toast is no mean art. Buttered toast, which makes a very good luncheon dish, is made from slightly stale bread. Heat a dish and stand it over hot water; toast several evenly sliced pieces of bread and spread them generously with slightly softened butter. Sprinkle with salt; place them in the hot dish and stand for a minute or two in a hot oven; serve in a covered dish.

Milk toast is delicious when properly made, but it is so simple that people are apt to make it carelessly. Here is a recipe that, faithfully followed, makes perfect milk toast. Make a dry toast, spread with butter and sprinkle with salt. Place it in the dish in which it is to be served. Pour over it a little boiling water; cover and place in the oven for a few minutes to steam. Put into a saucepan one teaspoonful of butter. When it bubbles, stir in a teaspoonful of flour and let it cook without coloring. Add slowly, stirring all the time, one cupful of milk. Cook until slightly thickened and add a salt-spoonful of salt. Pour this thickened milk over the softened toast just before serving.

Stale bread as crumbs or soaked in milk, custard, or stock, may be used in the making of many sweet puddings, such as bread and butter pudding, apple Betty, plum pudding, cheese pudding, etc.

### Useful Hints.

Whiting and ammonia are best for cleaning nickel. Vinegar placed in a bottle of dried-up glue will moisten and make it liquid again.

To keep irons from rusting rub with mutton fat and wrap in brown paper before putting away. Flannelette may be rendered non-inflammable by rinsing it after washing it in alum water. Dissolve two ounces of alum in a gallon of cold water.

Never throw away cake, no matter how dry, but the next time you bake a custard, slice the dry cake on top just before you place it in the oven. This makes a delicious caramel.

Bake pastry in a hot oven; this will expand the air in it and thus lighten the flour. Handle pastry as little and as lightly as possible. Use rolling pin lightly and with even pressure.

Colored handkerchiefs should be soaked in cold water for a short time before they are washed. This will prevent the color from running or fading.

When baking, the scissors are useful; a snip and the biscuit dough is quickly apportioned; a quick cut and the drop cookie falls into place on the baking tin.

The celery and cheese sandwiches are delicious. A little mayonnaise is mixed with the cheese, which is finely grated, the celery being put through the mincing machine.

Cereals will not become pasty in cooking if they are stirred with a plated fork instead of a spoon. Don't buy a chicken if the eyes are not bright. When the eyes are



His Place on the Sunbeam.

This is how a German prisoner was brought in to general headquarters during the battle of the Aisne. His captor, being single-handed, could not afford to place him behind or at his side while driving, and accordingly hit upon the plan of lashing him astride of the bonnet of his six-cylinder three-seater Sunbeam.—The Bystander.

dull and sunken; you can be sure that the fowl has been killed some time.

To soften brown sugar when it has become lumpy, stand it over a vessel filled with boiling water.

Faded silks may be restored in color by immersing them in soap-suds to which a little pearlash has been added.

Nail stains may be removed from wood by scrubbing with a solution of oxalic acid, half a pint of acid to a quart of boiling water.

To keep curtains from blowing out the windows, conceal thin iron washers in the hems and corners. This will make the curtains hang evenly and without constant stirring in a breeze.

If you have any icing left over after the cake is iced, spread it on buttered crackers and sprinkle with nuts, raisins or dabs of peanut butter.

If the turkey is not very fat, avoid its being dry after roasting by spreading butter over the outside and baste it frequently while it is roasting.

Dresses that have been laid away in drawers for some time often become very much creased. Hang them in front of the fire for a while and the creases will disappear.

A teakettle should be given frequent baths, else lime and other salts will settle on the sides. Keep an oyster shell in the kettle to prevent this.

In cooking rice, if you wish to keep every grain separate, cook in rapidly boiling water, with cover off the vessel.

To remove stains from white flannel shirts and similar things, smear with equal part of yolk of egg and glycerine. Leave for an hour and wash them in the usual way.

## THE SUNDAY SCHOOL LESSON

### INTERNATIONAL LESSON, JANUARY 10.

Lesson II. Deborah and Barak Deliver Israel.—Judg. 4:4-23; 5:1-22. Golden Text. Psa. 34: 17.

Verse 4. The wife of Lappidoth.—Deborah was a married woman. She was a wife in the home, and, undoubtedly, the mother of children. This is a very early evidence that great leadership in the state is not inconsistent with wife and motherly faithfulness and attention to the duties of the home. Much has been said about the particular sphere of women with the implication that this sphere is the home alone. No wife or mother has the right to neglect either her husband or her children, but woman's sphere is any place of service which will help the cause of humanity. This was Deborah's sphere.

5. Dwelt under the palm-tree of Deborah between Ramah and Bethel in the hill-country of Ephraim.—Because of the incursions of the Canaanites, it was no longer safe for the Israelites to have their seat of government, as it were, or, rather, the place of judgment, in the northeastern part of their borders, and hence they went up into the hill-country of Ephraim. The judges sat in an open place, usually under the gate of the city or in the market-place, where many people could be gathered together for special announcements. "The earliest seats of Israel's worship, the earliest rallies to her patriotism, were upon Mount Ephraim" (George Adam Smith).



Cigarettes are Always Welcome in the Trenches.

Mrs. Gwynne distributing cigarettes to the men in the trenches. This picture was taken in one of the trenches a few miles beyond Pervyse, and gives a graphic idea of them. Note the snow on the ground and the wrecked condition of the surroundings.

## POWER OF CHOICE IS OURS

To Every Man Has God Given the High Privilege of Moral Freedom

"When ye spread forth your hands, I will hide mine eyes from you; yea, when ye make many prayers, I will not hear: your hands are full of blood."—Isaiah 1: 15.

If any one thing is clear, amid the confusion and terror of the present hour, it is that humanity is itself responsible for the overwhelming cataclysm of disaster in which it is now involved. The immoralities of international relationships, the cynical reliance upon force as the sole security of nations, the sordid struggle for political supremacy, the brutal lusts of commercial rivalries, the threats of militarism, the tyranny of autocracies, the pride of kings—above all, the disregard of defiance of all those gentle precepts of forbearance, mercy, good will, self-abnegation, which constitute the warp and woof of individual happiness and social peace—these are the sins which have brought our present misery upon us. Of this great war, as of every ill to which human flesh is heir, it is true that man's own blindness, wilfulness, blood guiltiness are the cause of all his woes.

### We Are Responsible.

And yet there are those who hold God responsible for the horrors of our day and seem to find an exultant joy in proclaiming that they can no longer have faith in a Deity who can decree, or even permit, such things. To all such let me commend the words of the prophet which have been taken for our text. To each one of us He has granted the power of choosing between good and evil. Every influence of His grace moves us toward the choice of the good and away from the choice of the evil. We have only to yield ourselves to the currents of His Holy Spirit to find ourselves borne irresistibly toward "the infinite sea of truth. But in the last analysis the power of choice is ours, and ours therefore the responsibility for results. Not even to lift us to the best or to spare us from the worst will God intervene, for to do so would be to transform us into mere automatons and thus rob us of manhood.

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To Combat An Unknown Poison.—To neutralize the action of an unknown poison, when there is no means of finding out, give calomel, magnesia, powdered wood charcoal and hydrous peroxide of iron, mixed in equal quantities. Half an ounce of each, mixed with a glassful of water, to be taken every half-hour until three doses have been administered. Where the poisoning results from an overdose of chloroform, turpentine, strychnine, prussic acid, opium, chloral, etc., an emetic should be given at once. Mustard and warm water is perhaps the most easily procured emetic to be found in the home, and this should be administered without delay, and its use continued until it has the desired effect. Salt and lukewarm water will do almost as well. It is no use waiting for the doctor's arrival with a medical emetic. Give the mustard and water at once, as every minute is of extreme value. When the doctor comes he will use the stomach pump and remove what remains of the contents of the stomach. The dose for a mustard emetic is a tablespoonful mixed with a pint of lukewarm water; repeat the dose as necessary. To give a full list of antidotes would be impossible in the space at my command, but most books on "first aid" will give a list, which can be copied on a card and hung in a prominent place in the medicine cupboard. It will then be always ready for reference when required.—A Physician.

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If blame must fall, let it be upon ourselves and not upon God. If faith must falter, let it be faith in men and not in the Most High. God wills, as He has ever willed, the best. God waits, as He has ever waited, to help us, save us, that the best may come into our lives. But the condition of our acceptance is the same to-day as it was yesterday. "Wash you, make you clean, put away the evil of your doings from before mine eyes; cease to do evil; learn to do well; seek judgment, relieve the oppressed, judge the fatherless, plead for the widow."—Rev. John Haynes Holmes.

When a battle went in favor of the Israelites, it was because they believed Jehovah discomfited the enemy. This further evidence how close the tie was between the Israelites and their God, and how, after all, the entire credit was given to him. With the edge of the sword—As already stated, the fighting of the Israelites with their enemies was hand-to-hand conflict. It must have been fierce in its contest. Sisera alighted from his chariot, and fled away on his feet.—Sisera evidently was a coward. He left his men to their own discomfiture. He himself would flee to safety. This fact relieves somewhat the awfulness of the manner in which he met his death shortly afterwards at the hands of a woman (Judg. 4: 17, 22). But Barak pursued after the chariots, and after the hosts—Even the chariots were put to confusion, so that the footmen of the Israelites could pursue the horses of the enemy. "Not a man left," is the emphatic way in which the writer describes the awful loss that the enemy suffered.

To neutralize the action of an unknown poison, when there is no means of finding out, give calomel, magnesia, powdered wood charcoal and hydrous peroxide of iron, mixed in equal quantities. Half an ounce of each, mixed with a glassful of water, to be taken every half-hour until three doses have been administered. Where the poisoning results from an overdose of chloroform, turpentine, strychnine, prussic acid, opium, chloral, etc., an emetic should be given at once. Mustard and warm water is perhaps the most easily procured emetic to be found in the home, and this should be administered without delay, and its use continued until it has the desired effect. Salt and lukewarm water will do almost as well. It is no use waiting for the doctor's arrival with a medical emetic. Give the mustard and water at once, as every minute is of extreme value. When the doctor comes he will use the stomach pump and remove what remains of the contents of the stomach. The dose for a mustard emetic is a tablespoonful mixed with a pint of lukewarm water; repeat the dose as necessary. To give a full list of antidotes would be impossible in the space at my command, but most books on "first aid" will give a list, which can be copied on a card and hung in a prominent place in the medicine cupboard. It will then be always ready for reference when required.—A Physician.

Inconsistent.—"Who are your best patients, doctor?" "The people who are always complaining that life isn't worth living."

Overheated and defective pipes are the cause of a large percentage of fires.

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