add a can of the best salmon, which taste the latter at all. has been rubbed through a sieve to free it from bones and bits of skin. Serve with croutons.

the pan and cook over a moderate fire until the peas are tender. Then remove the onion, parsley, and lettuce. Mix well together the yolks

The pan and cook over a moderate cleanser of varnished paint.

A bit of left-over fish, especially salmon or halibut, will make a delictuce. Mix well together the yolks

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A bit of left-over fish, especially salmon or halibut, will make a delictuce. Mix well together the yolks fuls of cream, and pour the mix-ture on the peas. Serve immedi-

Scalloped Egg Plant.—Peel the skin, cut the egg plant into dice and parboil for twenty minutes. Drain well, put into a buttered bake dish with alternate layers of fine crumbs, dotting bits of butter upon each layer, sprinkling with salt and pepper and finely minced The dish is good even without this pear. addition. When the dish is full moisten the contents with milk or cream, put a layer of crumbs, butter, pepper and salt on top, cover and bake for half an hour, uncover and brown.

Baked Young Onions .- Peel the onions, cook for ten minutes in boiling salted water, drain and place in a buttered pudding dish. Sprinkle with pepper and salt and pour over them a white sauce made as directed in recipe for creamed carrots. Strew fine crumbs over or molasses. the top and bake covered for twenty minutes. Uncover and brown

onions after peeling them. tender, lay in a pudding dish, and pour over them a white sauce to unslackened lime in the cellar. out even an answer and abruptly pour over them a white sauce to which you have added one or two well-beaten eggs. Season with pepness in the cellar and so be a factor Moses and Aaron of meddlesome inness in the cellar and so be a factor Moses and Aaron of meddlesome inlaborious speech is, in the hands of product of the perness in the cellar and so be a factor Moses and Aaron of meddlesome inlaborious speech is, in the hands of product of the perness in the cellar and so be a factor Moses and Aaron of meddlesome inlaborious speech is, in the hands of product of the perness in the cellar and so be a factor Moses and Aaron of meddlesome inlaborious speech is, in the hands of product of the perness in the cellar and so be a factor Moses and Aaron of meddlesome inlaborious speech is, in the hands of product of the perlaborious speech is, in the hands of product of the perlaborious speech is, in the perlaborious speech is, in the hands of product of the perlaborious speech is, in the

Savory Onions.—After you have boiled peeled young onions untender, drain them and pour over them a cupful of good stock and simmer in this for ten mine tes.

Take out the onions with spoon and keep them hot was thicken the gravy with a tables of browned flour rubbed to a pawith the same amount of butters. Stir until smooth and thick, Stir until smooth and thick, a teaspoon kitchen bouquet and one of good catsup, with salt and pepper to taste and pour over the friends call "luck" with plants, friends call "luck" with plants,

pepper over the top and bake.

a fork until they are smooth. Pour one-half of a cupful of boiling milk over one-half of a pound of bread-plant. crumbs; add the parsnip puree, an ounce of butter, a teaspoonful of grated cheese, the yolks of two eggs, and a few drops of lemon-Mix the mass thoroughly, and form it into balls. Roll each hall into the whites of the eggs, slightly beaten; then roll it in bread-crumbs, plunge into boiling where the familiar licorice root comes from. As a matter of fact, oil, and fry to a light brown. Drain, the bulk of it hails from Syria.

wash two small bunches of aspara-gus, and stand them upright in a product is used for flavoring con-kettle of water, allowing the tips to be above the water. As the water tering into the make-up of many boils, it steams the soft tips, while the thick stocks are boiled. Drain the asparagus, and cut it into pieces, discarding the toughest portions. To each two cupfuls of as-shipped from Aleppo annually, paragus use an equal amount of while Bagdad yields another 6,000 of the oppressed people to Moses bread-crumbs, one cupful of milk, tons. With the exception of the two tablespoonfuls of butter, onehalf teaspoonful of salt, and a lit- is in the hands of a single firm. tle pepper. Butter a baking-dish, and put the bread-crumbs and as-

A New Rule For Raspberry Shortcake.—The ordinary raspberry shortcake is inferior to strawberry shortcake principally because rasp berries do not give enough juice Green Corn Balls.—Beat a whipped egg, two teaspoons melted butter and one of white sugar and
salt into two curs green corn

Selected Recipes.

even if a great many are used. To
overcome this difficulty, make the
shortcake in the usual way, and
for the filling use a box of raspberries and a box of currants. Put ralt into two cups green corn cut the currants through a sieve with a cup of sugar, and add the juice snough our to enable you to handle it and form it into balls. Roll these in raw egg and then in flour the berries very slightly. The fill-This makes a white sauce. ries is so much stronger than that

#### Useful Hints.

egg is quickly cleaned by rubbing they have come in the name of Jewith damp salt or with a clean dampened with ammonia. The God of Israel. It is well to wash an embroid red pongee in gasoline. While the

water might not injure the pongee, occasionally iodine stains get on bedding or linen. If the spots are covered with ammonia or alcohol and washed the stain will disap-

Should grease be spilled on matting apply at once a thin paste of fuller's earth. As soon as it dries, cover with a paper and do not remove for two or three days.

A splendid way of washing Chinese crepe is to make a strong lath- not for information, but in utter er of boiling water and white soap; crepe quickly and rinse in a strong favor of him. solution of salt and water. Hang to dry in the open air.

through the food chopper and use have upon other peoples. Custard Onions. Cook the young it for seasoning the French dresswell-beaten eggs. Season with perper and salt before turning on the in keeping this part of the house the per and salt before turning on the in keeping this part of the house the people with the daily tasks of Arthur Meighen, a quick-fired, persistent beauty and precisely sweet and dry. The lime will have the people. to be renewed from time to time.

friends call 'luck'' with plants, but, as a matter of fact, it is generally because they treat their plants with some thought and care and study their needs. A woman about an inch square, put over and cook for twenty-five minuse. Drain in a colander, pressing out all the water, and mash free from all the water, and mash free from her pleasure to see them flourish lumps. Whip into the squash two beaten eggs, a small cup of milk, little thing she does is rather a and a tablespoon of butter; sea- new idea to most of us, yet one can son with salt and pepper and turn see how it would affect the good into a greased pudding dish. Strew shape of a fern very much. As crumbs, bits of butter, salt and each new sprout appears she turns it toward the light until it is well passage. Parsnip Croquettes .- Boil one up and begins to bend in the right pound of parsnips and press them direction. By the time one is bendthrough a fine sieve, or mash with ing properly it is another's turn to

### LICORICE ROOT.

The Bulk of It Comes From Syria -Its Uses.

Very few people have any idea and serve on a folded napkin. The eroquettes are excellent with gravy great stacks, where it remains un. til it is thoroughly dry. It is then Scalloped Asparagus.—Carefully taken to the factory to undergo ash two small bunches of aspara-certain processes. The finished

## Pour the milk over it, and bake THE SUNDAY SCHOOL STUD

INTERNATIONAL LESSON, JULY 27.

Lesson IV. Moses's Request Refused. Exod. 4. 29 to 6. 1. Golden Text, Matt. 5. 4.

Having determined to obey the command of Jehovah and return to Egypt, Moses is further instructed him in his momentous undertaking. was very convincing.

Somewhere in the desert east of Mr. Meighen is a barrister, and

request to Pharach in person, mak-the time came to read a quotation, Silver that had been stained with ing it very plain to the king that the legal-minded young member for

Let my people . . hold a feast unto me in the wilderness-They do not immediately present their demand for the entire liber ation of the Israelites from bondage, but proceed to test the king's temper and attitude toward the Israelites by a much more modest request-that for permission to make a short religious pilgrimage and offer sacrifices to Jehovah just beyond the borders of Egypt.

2. Who is Jehovah? - Pharaoh feigns ignorance concerning any other gods than his own, and asks, contempt, concerning the God in when it is nearly cold, wash the whose name they venture to ask a

3. The God of the Hebrewsodry in the open air.

Grass stains may be removed by Crass st soaking them in alcohol, kerosene ception of Jehovah as the one and only true God over all nations and Do not throw away any cheese, peoples. His claims upon his own and serve in the dish in which on-

4. Wherefore do ye . . ing served with a vegetable salad. the people from their works?—The It is well to keep an open box of king dismisses their petition withthe people from their works?-The

Get you unto your burdens-The

5. Many-In the estimation of Pharaoh there were already far too great effect. In his passages with many Hebrews in the land. To lesson their burden and grant them leisure for religious feasts and ceredidn't come off second best. The monies would tend only to increase young lawyer has a brilliant way of their strength and make them so going indignantly at the specious

6. The taskmasters are the Egyptian overseers and slave-drivers, place in his book of reference the while the officers are Habren meanwhile. His voice is a little

was customary to stamp the name very satisfactory to those who, sitof the reigning king upon the separate bricks, and modern excavations in Egypt have brought to light a less to hear.

Arthur Mei number of these bricks bearing the name of Rameses II., father of the graduated from Toronto University

Gather straw for themselves-They would not be able to secure good straw, but would be compelled to find a substitute in the field rub.

She was a constant and popular to find a substitute in the field rubbish of every kind, including twigs, during the debates last session, and stems, roots, and withered leaves. no listener betrayed a greater in-To prepare this for use in brickmaking required that it should be band's brilliant speeches than she sorted and chopped, this process did. of the Israelites.

8. Lay upon them-Require of them.

9. Let them not regard lying words-Such as Moses and Aaron had in the thought of Pharaoh been guilty of in encouraging the people to believe that they might hope for grading custom of blacking their fly Blue. a favorable reply to their request.

12. Throughout all the land of Egypt—Not to be taken literally, but meaning rather "far and wide." Stubble for straw—Compare verse

14. Officers . . were beaten years'

The remaining verses of our les son (5. 15 to 6. 1) give the complaint by Jehovah to Moses that he, Je- flame against which there is no inhovah, would so deal with Pharaoh surance. paragus in alternate layers, the last layer being one of crumbs. or turn your back and let them go. of the land.

MR. ARTHUR MEIGHEN.

Canada's New Solicitor-General Earnest and Strenuous.

Arthur Meighen, the new Solici-tor-General, was one of the few earnest young men on the Govern-ment side who had a chance to distinguish themselves at the last strenuous Parliamentary session. Born in 1876, the new Solicitor-General is only 37 years old. In appearance he looks almost absurd-ly young when pitting his legal ly young when pitting his legal knowledge and power of argument these in raw egg and then in flour and fry in deep fat.

Salmon Bisque.—An attractive and palatable soup is made by adding three pints of milk to two whipped cream decorated with rasping thr and of English Parliamentary prac-Season it with salt and pepper, and of the currants that you do not ness to meet Moses, and to assist tice, and his general array of facts

Somewhere in the desert east of Mr. Meighen is a barrister, and Egypt the brothers meet and return his legal training has developed a Small Peas.—Pour one ounce of butter over one quart of small peas. Add a head of lettuce, an onion, a little parsley, and salt or sugar according to taste. Cover the pan and cook over a modern or sugar according to taste. Cover the pan and cook over a modern or sugar according to taste. Cover the pan and cook over a modern or sugar according to taste. Cover the pan and cook over a modern or sugar according to taste. Cover the pan and cook over a modern or sugar according to taste. Cover the pan and cook over a modern or sugar according to taste. Cover the pan and cook over a modern or sugar according to taste. Cover the pan and cook over a modern or sugar according to taste. Cover the pan and cook over a modern or sugar according to taste. Cover the pan and cook over a modern or sugar according to taste. Cover the process of charcoal in the refrigerator. They will absorb the signs by which Jehovah had set his seal of indorsement upon their tastion or the slightest delay. In the of the power and dexterity an or-



Mr. Arthur Meighen. Solicitor-General for Canada.

sistent, keenly-aimed, and precisely Get you unto your burdens—The command is to Moses and Aaron as spirit and with life. And his argurepresentatives of the people. at the facts and uses them with the wily Dr. Pugsley and other vetmuch the greater menace to the through it with the forefinger of one hand, the other keeping the

Pharaoh referred to in our lesson in 1896. He married in 1904, and has two boys. Mrs. Meighen is one visitor to the Speaker's Gallery terest in her clever young hus-

### Fact and Faney.

It takes two to make a quarrel, and then 27 mutual friends help to

keep it up. The women of Japan have altogether ceased the hideous and deteeth after marriage.

four cents a pound. pocket on his books. After 24

and womanhood.

He is, indeed, good whose merit outlasts his memory.

IDEAL OF THE MORAL

Its Very Essenee Is Love, Which Is the Most Positive Force In All the World

the most significant of the parables man is the man who does not steal, of Jesus. According to the story, "a certain man had a fig tree planted in his vineyard," and year after year "he came seeking fruit thereon." Each year, however, he have been told, is to attain to the had the same discovering the story, and so on through all the man who does not steal, lie, kill, commit adultery, covet, and so on through all the mean who does not steal, lie, kill, commit adultery, covet, and so on through all the melanthal steal and so on through all the search all steal and so on through all the search and steal and so on through all the search all steal and so on through all the search all steal and so on through all the search all steal and so on through all the search all steal and so on through all the search all steal and so on through all the search all steal and so on through all the search all steal and so on t had the same disappointing exper- ideal of the moral life. Hence is ience of finding none, and at last, disgusted with the tree, he ordered his vine dressers to "cut it down."
"Why," he asked, "doth it cumber the ground?"

Now, it is to be noticed that there is nothing said in this parable about the fig tree not being a perfectly good tree. It was not poisonous or noxious. It was not withered, or gnarled, or undersized. Indeed, if we are to trust the story, it was so excellent a specimen, so far as its attributes as a tree were concerned, that each year its owner expected to see its branches laden with figs. There was nothing at all that was actually bad about the tree. The trouble was that there was nothing that was

#### Positively Good.

It failed in its one specific mission of bringing forth fruit. Its room was more valuable than its pres-

Now, here do we have a striking illustration of one of the most original characteristics of the teaching into the fire."—Rev. John Haynes of Jesus-namely, its emphasis up- Holmes.

"Behold, these three years I come seeking fruit on this fig tree, and find none. Cut it down; why doth it cumber the ground?"—Luke xiii., 7. Here is the conclusion of one of agreed to regard as evil. The good the world crowded with men and women who regard themselves as wholly good simply because they have never done anything that was bad. Like the rich young man, they can boast that they have kept all the commandments from their youth up, and therefore they think themselves

#### Entitled to Eternal Life.

Not so, however, if we are to trust the teaching of the Nazarene Jesus' standard is positive, and not negative at all. To His min it is not enough that a man should merely keep the commandments directed against moral offences of one kind and another. Beyond the "Thou shalt not" in the greater commandment, "Thou shalt."

Goodness, therefore, is a posi-tive thing. In telling the story of the vineyard Jesus was only illustrating His familiar statement in the Sermon on the Mount—"Every good tree bringeth forth good fruit

Every tree that beareth not

# Young Folks

Butterfly Blue.

On the rim of a flower cup Butterfly Blue tilted gently. She folded and unfolded her wings as if she were a fan. You could hardly believe that she was not a flower her-

"Move aside, please," said a voice close by, and the blossom dipped down suddenly. "I have business inside that will not wait."

It was Golden Bee, who was humming in a hurried and impatient way. Butterfly Blue slid off at once, and poised lightly in the air an inch or two away, while the newcomer bustled into the flower. He stayed there for several seconds, and then flew out in the same

hurry.

"Wait!" said Blue, settling herself again. "Talk to me a little;
I am lonely."

"I have no time to talk, or to be lonely, either," was the reply. "Do you suppose I came into this garlent. den to swing on a bush?"

"You seem so pleased with your Because be self, and so contented!" she kept ists (two wri

"I am pleased with myself," he said. "I am working hard—that's why I am contented. You were not made for a honey-gatherer.

"What was I made for, then? To rock on flowers all the time? I want to be of use!"

"I will tell you something," Golden Bee said. "There was a time, although you cannot remember it, when you worked very hard. You were a silk-spinner, and spun wondrously. One day you laid down in your spinnings and went to sleep. When you woke, you began to fly and flutter and swing on flower blooms. You are very fair," he went on. "And although it will never be possible for you to spin again, still-there is plenty for you

"Where?" cried Butterfly Blue. "Go out into the world and look, and keep a sharp watch in this very garden, too," Golden Bee re-plied. "And now good day." Toward evening they met again

Golden Bee, cheerily.
"Yes, I am happy," said Butterfly Blue. "I have worked hard to-day. When you left me this morn-Venison in Newfoundland costs ing, I flew up and down and in and Herbert Spencer, after writing fifteen years, was \$6,000 out of nocket on his books. After add I let it chase me through the how what it was to have something pocket on his books. After 24 years' writing he had only just wiped out this loss. He worked out and away, and into ter, was all I ever had. An egg for for 24 years, that is to say, without an open window. Round and round a child, if it was not ill, was containing a single cent.

| Tarred out and away, and the window a child, if it was not ill, was containing a single cent. | Between the white walls of a room I circled, sidered quite absurd. | There is no girlhood in China.

There is only childhood, and then

There is only childhood, and then

—at twelve or thirteen—marriage

left there at last, and travelled un

Did you care got nervous proces. til I came to a lame boy in his Women's eyes kindle the one chair. I was a little afraid, but his face looked pitiful, and I lit on his I opened and shut my wings. knee. Bahama's pink pears are the best. He did not touch me, but cried, I have not been idle since you saw wise wit.

me, Golden Bee. I am very hap "Of course you are," remarked Golden Bee, as he began to thrum again .- Youth's Companion.

What Is the Answer? What is that which is invisible yet never out of sight? The letter S.

Why is a comprehensive action an Because it embraces everything.

If a boy saw his sister fall why could he not help her? Because he could not be a bro-

ther and assist her (a sister) too. Why is a fly taller than most

Because he stands over six feet How is it that summer passes so quietly?

Because there is so often an even-

ing mist. Why is an umbrella like dried fish? Because it isn't often seen after

Why do suitcases resemble handcuffs? Because both are made for tou

Why are you, when you have a cold on your chest, not a child?

Because you are a little hoarse. What is the difference between men and women at a tiresome lecture?

men to eye their clothes. Why are chickens an economical proposition to the farmer? Because for every grain they give

Men go to close their eyes; wo-

CHILD-LIFE IN GERMANY. Minimum of Clothes and Plenty of

Fruit to Eat. In her book entitled "Scenes and Memories," Walburga Lady Paget has this to say of her early life in Germany: "We ran about without shoes or stockings in the grass; we wore a minimum of clothes; in summer we were plunged into the river, a wide and rushing mountain suddenly in a big, cool, lavender stream; in winter we had to break "Well, are you happy yet?" cried dashed basins of icy water over our backs. I can still feel the thin bits of ice mixed with the water slithering down over me. A fire in our bedrooms was never thought of, and the schoolroom was never more

> Did you ever get nervous prostration from trying to make others

happy? No? The surest way of losing one's own health is to be always drink-'Oh, beautiful!' and laughed aloud. ing the health of others, says a