NOTES AND COMMENTS

A report from an Associated Press correspondent at Warsaw shows that the misery and devastation in Poland bave, if anything, been underestimat-ed. It declares that of the smaller nations which have suffered so ter-tibly as a result of the war Poland is in hy for the warst condition.

have inderestimation.
have suffered so ter-fibly as a result of the war Poland is in by far the worst condition.
An agricultural population of about 7,000,000 is on the verge of starva-tion. Hunger, misery, and disease abound on every hand. Great num-bers of people hide themselves in the forests or under the ruins of their former dwellings and have as food only roots, barks, rinds and the de-caying carcasses of animals killed on the battlefields. Congestion in cer-tain cities supposed to be safe from immediate war dangers is adding to the sum of misery produced by insuf-ficient nourishment and bad sanita.
The devastated portion of Poland
Recipes for Dainty Dishes.
Syrup Scones.—One pound of self-raising flour, add four ounces of buta-ter or dripping, two ounces of sugar, an ounce of sultainas, one-half pint of milk and a tablespoonful of golden syrup. Mix all together thoroughly.
Saucer Potatoes.—Take cold boiled potatoes, mash them with milk and a little minered parsley. Fill saucers with this mixture, allowing one for each person; sprinkle the top each with brown bread crumbs and a little grated cheese. Bake in quick oven till browhed.
The devastated portion of Poland

The sum of misery produced by insufficient nourishment and bad sanitation.
The devastated portion of Poland mittee decess. Bake in quick or the second the constant of the second the second

If an efficiency expert applied his tests to war, what would he make of it? Putting morals and humanity aside and concentrating on the mere physical facts, could he name any business in which a larger effort is spent for a smaller outcome? Of the millions of shots each day, how many reach their mark? The proportion of misses to hits is literally so stag greing that it has been said it takes the weight of man in lead and steet to kill him.

About the Household

GERMANY.



Refugees of Two Franco-German Wars

A MAN and his wife who recently passed from Lille through the French lines arriving at a first Cross Station from which they were sent to a refugee camp. Both were driven from their homes during the Franco-Prussian war of 1870, returning after the war only to be driven put by the eame agency later in their lives.



Eczema. Genuine eczema is one of the com-monest of skin diseases; and in most cases is due to bad habits with neglect of healthy cleanlines. You stop up the pores of the skin—either by accu-mulated dirt or by wearing woolly under-garments saturated with per-spiration; and nature duly punishes you for the sin against her just laws. In a patch of true eczema you find title origines the muths of the sudo.

But for the tripod of poles it would have been impossible to find it. He carefully chopped the ice from round the letter packet and lifted out the whole in a solid block. He re-INTERNATIONAL LESSON, moved the gramophone in like man-ner, loaded everything on the dog sleighs, and carried everything on to he fort. Of the twenty-three letters that

or the twenty-three letters that came to me, six had been through the ice ordeal. They were written with a blue ink that ran. And how it did run! A smear of blue was the ad-dress on the soaked-apart envelope; several blue smears, like the oceans on a man, with a few disionized words

on a map, with a few disjointed words between, formed the body of the let-ter from home. On inquiring at the fort I was told that the block of ice containing the letters had been placed by the fire, and as fast as they thawed, the let-ters were one by one peeled off the lump. The gramophone, except for a spreading of the dovetailed corners spreading of the dovetailed corners of the box, was not injured in the

Trade in War Time.

English and Italian Crops.

ountry. "I'm glad you take it so cheerfully," strength.

6. Nation against nation.—The other tribes against Benjamin (Judg. 20. 83-48).

City against city-Judg, 9, 45,

II. Asa is Converted (Verses 8-15).

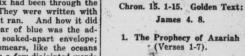
8. The Prophecy of Oded-Or Iddo, Azariah's father. A prophecy not re-corded, but what Azariah doubtless remembered having been uttered by t deal The prospective wheat crop of Eng-there land and Wales is placed at 63,000,000 his father. t con-tr pac-year; the barley crop 44,000,000; a sear-vear; the barley crop 44,000,000; a sear-vear is the barley crop 44,000,000; b sear-v

year; the barley crop 44,000,000; a van, our month of June. decrease of 7,000,000 bushels, and the 11. Seven hundred ... seven thou-





HEALTH



(see 1 Chron. 28. 9; Jer. 29. 13). 8. Without the true God-Israel 8. Without the true God-Israel became disobedient and repudiated their God several times (Judg. 3. 7,

12; 4. 1; 6. 1; 8. 33; 10. 6). Without a teaching priest—Israel always had priests and prophets, but Soon after the war broke out, says the London Telegraph, a friend called on an English merchant, who did a large Continențal business. "This war must have hit you hard," he ven-25.

INTERNATIONAL LESSON,

AUGUST 22.

esson VIII.-Asa's Good Reign, 2

"Very hard," said the merchant. "I've over \$10,000 owing me in Ger-many, and it's touch-and-go whether I got to put up with something for the country."

Of the lands — The district into said the friend. "Well, of course there's profit and loss in war time. I owe \$18,000 in Mount Ephraim, Sharon, etc.