

NOTES AND COMMENTS

The London Times, which has been giving publicity to many disagreeable truths, declares that the British system of education is at fault, "not because it does not fit a boy efficiently into the wheels of the money-making machine, but because it turns out young men without character, which alone, in the last resort, is of value to the nation."

There is much asininity in discussions of man as a money-making machine. Money represents frugality, achievement, courage, brains. It is the visible evidence most often of efficiency. Who makes it, nine times out of ten earns it. Its possession, when earned, raises a presumption of valuable service to society in favor of the possessor. "Money-maker" is a badge of honor, not of dishonor.

But the Times touches the quick. There is no wealth worth while unless there is character back of it. Our criminals, our wayward boys and girls, our mollycoddles should have been saved in the nurseries. Our preventive measures otherwise are locked stables empty of horses. Education without character is nothing. On personal character nations are built, prosperity, everything that is worth while. Any system of education that fails to apply this cardinal principle builds moral skeletons, not men, about whose rattling bones homes and country alike must topple to inevitable ruin.

Word comes from London that an "inventions board," composed of British scientists, has been formed to assist the government in relation to naval requirements and that Lord Fisher, who recently resigned as first sea lord, will be at its head. The idea is to bring to the support of British arms the scientific imagination and inventiveness which Germany has been utilizing from the outset.

With this evidence that the nation recognizes the importance of science as an aid in the great struggle British scientists and inventors, whether on the board of inventions or not, will naturally be put upon their mettle. The outstanding problems, whether they concern naval matters or army matters, will at once be given a careful study. And it will be strange indeed if the concentration of so many able minds on these various subjects fails to produce important results.

The creation of the "inventions board" is another evidence that Great Britain finally realizes the difficulty and importance of the struggle and is resolved to use every element of the national strength in the effort to give the war an issue favorable for the British arms and the British Empire.

THE ARISTOCRAT OF BERRIES.

(By Peter McArthur.)

The writer in a recent number of the New York Independent has made a grievous mistake, which I hasten to correct. He has labelled the currant—though it is quite evident that he labelled it through ignorance. From the tone of his article I am convinced that the offending writer is not a man of the world even though he lives in New York. It is apparent that he has never strayed far from a quiet New England home, and "home-keeping youths have ever homely wits." He describes the currant as if it had seen nothing of high life, when the real truth is that it is unquestionably our most aristocratic fruit—the fruit of kings as well as of ordinary people. Listen to what this person has to say:

"July opens with the currant, a humble sort of fruit but beautiful and wonderfully helpful. The bush gave the pioneer no trouble, for it would grow easily anywhere, bore neglect humbly, had no haughty manners and always did its best." From reading that you would imagine that the currant "had never walked farther than Finberg," had never seen court life, and had been the companion and comfort of humble people who could not afford anything better. Shades of Savarin and all great chefs. Did the poor man who wrote that never eat venison or Cuvée duck? No chef would think of serving those supreme delicacies of gastronomic art without flanking them with currant jelly! Without currant jelly you cannot hope to catch the best flavors of game or of any of our best meat dishes. It is found with all the aristocratic dishes and is even served with the most delicately wrought omelets.

It is quite true that jellies, jams, pies and tarts occupy the larger part of its life, but it is even more at home on the tables of the rich and exclusive. No hostess can make a pretence of epicurean hospitality without a plentiful supply of currant jelly, which may be used from the first meat course until it makes its last appearance with the cheese.

Bar-le-due jelly and petit Gervaise cheese! My lips suffuse at the bare mention of that most delectable and aristocratic combination. But enough! The currant is the aristocrat of our berries even though it is never absent from the tables of the plain people. It is the true cosmopolitan of the fruit family, found everywhere, and instead of being humble—"Too proud to care from whence it came."

Dr. Torrie of Alberta University is using his efforts in the province to get law student recruits to fill the depleted ranks of the Princess Pats.

About the Household

Vegetable Dishes.

Vegetables supply salts and acids that are much needed to keep the system in healthy condition. And especially in warm weather, when a surfeit of meat is undesirable because it gives more heat than the body needs, vegetable dishes that are hearty enough to take the place of a meat dish, for the main course at luncheon or for a dinner entree, are desirable. The wise housekeeper makes vegetable dishes serve two purposes, now that they are inexpensive and abundant—she makes them a means of reducing the size of food bills and a means of giving health to her family.

For luncheon a vegetable loaf, made according to the following recipe, is very good. Soak two cupsful of fine bread crumbs in a cupful of milk for an hour, then add two beaten eggs, two cupsful of ground pecan nuts, half a teaspoonful of summer savory, half a teaspoonful of salt and pepper and celery salt to taste. Press the mixture into a greased pan and bake for half an hour, basting frequently with butter. Use about half a cupful of melted butter in this basting, which really consists in pouring the butter over the top of the loaf. Turn out on a platter, garnish with parsley and serve.

Cheese and creamed cabbage are delicious prepared like this: Soak a young cabbage, head down, in cold water for an hour, so that any insects or worms will be dislodged from its leaves. Then boil it until tender and chop and drain it. Take about two cupsful of it and put it in alternate layers with a thick cream sauce in the shell of an Edam cheese. Season the sauce well and put it into the oven until the sauce bubbles. Then serve. There will be just enough cheese flavor from the shell.

To prepare tomatoes and eggs on toast, melt about two tablespoonfuls of butter in a skillet and fry a small onion, chopped, two or three minutes. Then add two cupsful of cooked tomato and six minced olives. Bring to the boiling point and add six beaten eggs, and cook until thickened sufficiently. Season with salt and cayenne pepper and serve on slices of hot buttered toast.

Steaming Is An Art.

Steaming is an unappreciated art. In steaming both meat and vegetables all the juices and valuable food elements are retained and not wasted in the water, as in boiling. Steaming does not seem to heat up the kitchen so much on the hot summer days as having the oven running for roasting.

For steaming, prepare the chicken as for roasting. Tying the wings and legs close together, and rubbing with salt and pepper; do not stuff. Fill the boiling pan about half full of boiling water; place the chicken in a shallow pan three by three and one-half inches in height, as in this way all the juice is saved for the gravy or sauce. Place this pan in the steamer. Be sure that the boiling pan and steamer fit very closely, so that every puff of steam may be doing its full duty.

Another variation is to steam the chicken until it is tender, then dismember, and fry as if it were a spring chicken. Dip each piece in flour and fry in butter, and it is easy to fool the most fastidious judge of food.

We are continually reading warnings about wasting the mineral salts of vegetables by our usual careless methods of boiling; we set the helpless vegetable adrift in a sea of boiling water, and then, when all the valuable elements (such as phosphorus, calcium, and iron) are boiled out, and the flavor of the food thereby reduced, the vegetable is reduced to a mere hollow shell of its former self, with all its life-blood extracted—and served to us, while the rich salts and flavors find an untimely end by being poured down the kitchen sink.

In steaming, all this is avoided. Physicists always recommend potatoes for children and invalids, because they are most digestible. Steamed ones are just as good, if not better, for the steaming renders the starch absolutely soluble.

Steamed carrots are a revelation to people who say they never eat carrots because they have no taste. Spinach, likewise unpopular, unless served with vinegar or lemon or something "to give it a taste," will be found to possess a decided flavor. Asparagus is delicious when steamed. Indeed, everything which can be boiled can be steamed, and it is a much more economical as well as a practical method.

Household Hints.

Polish a dining table with melted beeswax, rubbed on with a soft cloth. Put a pinch of salt into water, in which cut flowers are placed and they will last longer.

To clean a clogged drain pipe, pour down some kerosene and follow it immediately with boiling water.

Remove acid stains from scarlet woollen goods with weak pearl ash water.

Lemon juice added to the water in which rice is boiled improves the flavor and makes it beautifully white. A little turpentine put into a copper boiler will help to whiten clothes and will prove an economy both in soap and labor.

For a nice "pick up," this is good: Cut rounds of thin bread, butter them and heap with grated cheese.

Brown lightly in the oven and serve at once. They are good with salad for luncheon or Sunday night supper when the salad course is a hearty one.

A gold chain may be made to look very bright by dipping it in a cup containing one part of ammonia and three parts of water.

A little vinegar rubbed on the steel parts of an oven door, no matter how badly tarnished with the heat, will brighten it at once.

When roasting a piece of meat the surface should be seared quickly in a hot oven to prevent the juices from escaping. After it has begun to brown reduce the heat and with a long-handled spoon dip the fat which has collected in the bottom of the pan and pour over the meat. If the meat is basted in this way every 10 minutes it will be more juicy when finished.

Peaches never make a firm jelly that will retain its shape when turned from a mold, but no jelly is more delicious for cake fillings. For jelly select peaches not quite ripe enough for eating. Rub the down with a rough cloth, cut in pieces, saving pits. Cover with water and cook slowly, closely covered, until the fruit is perfectly soft. Turn into a jelly bag and hang to drip. When the juice is all extracted measure and allow to every pint of juice a pound of sugar and the juice of a lemon. Set the sugar in the oven to heat, and place the liquid uncovered over the fire. Cook steadily 20 minutes, add the heated sugar, stir until dissolved, cook five minutes, then strain through cheesecloth into glasses.

THIRD UNIVERSITIES' COMPANY

There are many men in Canada who are anxious to go and play their part in the Great War, who are willing to go as officers, but from want of adequate military training, or for other reasons, are unable to obtain commissions. There are other men who would prefer to join the ranks simply because they realize the enormous responsibility of the waste of life which results from the bad leadership of an improperly trained officer.

Some of these men hesitate to go in the ranks, merely because they are uncertain of finding the congenial companionship of men of similar training and tastes.

Now, there is an organization in Canada exactly suited to the requirements of such men, and its existence should be brought clearly to the notice of every young man in Canada.

The Universities of Canada are working jointly together to raise a company after company, and to send them overseas to reinforce as units that famous regiment, the Princess Patricia's Canadian Light Infantry.

These companies are composed of men from the Universities of Canada, the friends of such men, and broadly speaking, from men of that type.

It must be clearly understood, that they are not all University men, for there are bank clerks, lawyers, architects, engineers, ranchers and others, and it has been found that such men pull well together and enjoy military life to the full. If the existence of such a force was known throughout the length and breadth of Canada, there would be no difficulty in recruiting a full company within a week.

The First University Company, under the command of an excellent leader, Captain Gregor Barclay, has been for some time in England. An eminent military authority has declared this to be the finest company which has ever sailed from Canada.

The Second University Company was composed of men of a splendid type and was embarked recently at Montreal.

The Third Universities' Company (and note that the plural is deliberate) is recruiting with fair rapidity and there is every hope that it will reach the high mark of success attained by the first two companies.

There is certainly no difficulty in obtaining officers, but it is harder to find picked men for Sergeant-Major, Company Quartermaster-Sergeant, Platoon Sergeant and Section Leaders, on whom largely rests the success of the Company. Indeed, Canada needs chiefly a training school for non-commissioned officers.

The general principle is followed of giving commissions to well qualified men from the University or from the district which furnishes the recruits.

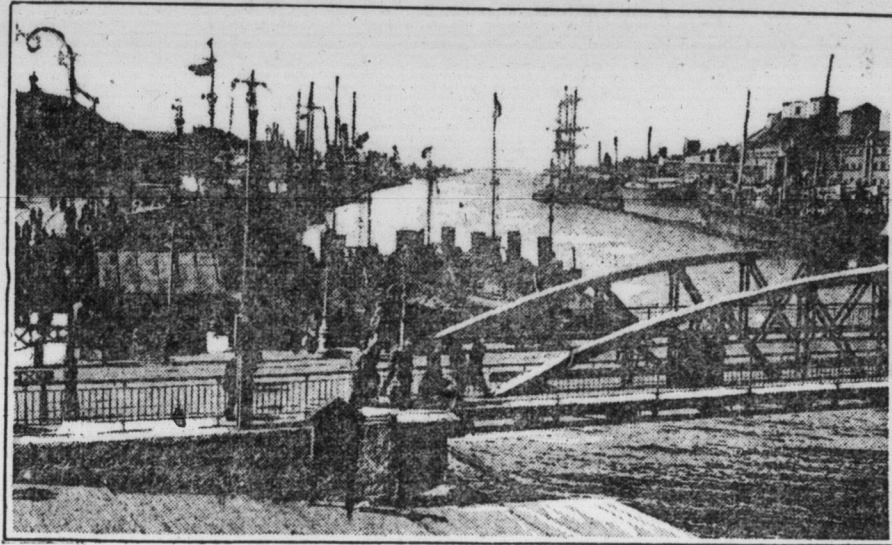
The West has certainly been a great recruiting ground for the Universities' Companies, and the men have proved themselves good soldiers, well disciplined and efficient, with fine physique. It is hoped that the Maritime Provinces will rival the West in furnishing recruits. Indeed, in the Second Company, men doubtless Canadians, came to join from Oklahoma, Arizona and Missouri.

A recruit can be examined medically and attested in his own district, and transportation will be provided to Montreal.

All information can be obtained from Captain A. S. Eve, 382 Sherbrooke Street West, Montreal, the headquarters of the successive companies.

The newspapers and publicity agents, by the voluntary aid freely given, have shown themselves to be the most efficient means of furnishing recruits, but we ask every reader to help the men to join the Company they are looking for, and the Company to find the men required.

RUSSIAN PORT IN POSSESSION OF GERMANS



The above view is of the harbor of Libau, in Baltic Russia, showing the Russian vessels taken by the Germans when they occupied the place. In the foreground is seen a German torpedo boat flotilla.

HEALTH

Pimples on the Face.

There are various kinds of pimples which affect the face, and all are decidedly objectionable. One form especially afflicts young people of both sexes between the ages of 14 and 20, who are naturally sensitive to their appearance, and who become often very depressed at the resistance of the trouble to the remedies the doctor advises. They need never worry; with a little patience all will come right. This complaint, technically termed acne, usually disappears spontaneously when full growth is reached; even when no particular treatment has been followed.

The best thing these boys or girls can do is to bathe the face night and morning for ten minutes in very hot water; then rub it dry with the roughest towel they can procure. Before this, any blackheads should be carefully squeezed out with thumb and finger. They must take all the exercise possible in the open air, and eat plenty of fruit and well-cooked vegetables. Also the bedroom window should be a little open at night. In every way they should study to lead a quiet, regular, wholesome life—the safest and cheapest insurance policy for old age. Pimples later on in life generally signify unwholesome living in some way—mostly in the way of abusing alcoholic drinks. Some reform in the personal habits is indicated as a rule; though occasionally pimples, as well as boils and carbuncles, spring merely from such an undreamt-of source as bad drinking-water. If these troubles do appear mysteriously the first step to be taken is to have the cistern overhauled and properly cleaned. And the second is to eat plenty of fresh fruit and green vegetables. It is well always to avoid salted meats, salt fish, bacon, pork; with highly spiced food of any kind.—A Physician.

Tuberculous Meningitis.

This disease is caused when the tubercle bacillus attacks the brain. Although adults sometimes have it, it is usually a disorder of children, and it is most common in children under ten years of age who belong to families in which there is a tuberculous tendency. The symptoms of meningitis often declare themselves with what seems great abruptness, but the history of the case will generally show that there has been a period of failing health and strength of several days. The child loses his appetite and is fatigued after the least exertion; he often complains of headache and grows irritable.

Although the child is constantly drowsy, his sleep is restless, and disturbed by night terrors or gritting of the teeth. Presently all the symptoms grow more severe, and there are paroxysms of vomiting. Indeed, vomiting that occurs independently of eating is very suggestive of this trouble. The headache grows more violent, and is sometimes so agonizing that the child screams from the pain; often there are convulsions. The temperature may rise to 102 deg. or 103 deg., but the pulse is rather slow. This lack of agreement between the temperature and the pulse is characteristic of tuberculous meningitis, and it enables the physician to distinguish it from other diseases that in some ways it resembles.

This stage of the illness is succeeded by another, in which there is less headache and no vomiting, but which is characterized by dullness and then stupor, which after some days becomes coma, from which the child cannot be roused. In this final stage the pulse and breathing are very rapid and irregular, and convulsions may be continuous. Most of the patients die in a state of deep unconsciousness.

Tuberculous meningitis must be considered as an almost universally fatal disease, and since that is the case, parents cannot give too much care to children who are suspected of having a tuberculous constitution. It sometimes follows in the train of the infectious diseases, especially whooping cough and measles. Sometimes it is caused by unskillful interference

with tuberculous joints or glands in the effort to heal them. Only expert physicians should be permitted to undertake that sort of treatment.—Youth's Companion.

THE SUNDAY SCHOOL

INTERNATIONAL LESSON,
AUGUST 8.

Lesson VI. The Kingdom Torn Asunder—1 Kings 12: 1-24. Golden Text, Prov. 16: 18.

I. Rehoboam Takes Counsel of the Elders (Verses 6, 7).

Verses 6. With the old men, that had stood before Solomon—Solomon valued good counselors highly (see Prov. 11: 14; 15: 22; 22: 6). These men were most advanced in years, as they were the counselors of Solomon, Rehoboam's father. Rehoboam was forty-one years old when he began to reign (1 Kings 14: 2 Chron. 12: 13). These men probably were at least seventy years old.

7. If thou wilt be a servant unto this people—That is, listen to the popular clamor. This at least would have been expedient and, therefore, in the opinion of the elders who were close to the people, wise.

II. He Rejects Their Counsel and Advice (Verses 8-11).

8. Young men that were grown up with him—Men of Rehoboam's own choosing, and hence in mind and attitude like him. It was natural for him to place their view and advice above that of the elders. These younger men were the privy counselors of Rehoboam, just as the elders were the privy counselors of Solomon. Rehoboam, doubtless, asked the advice of the elders in deference to the regard of the people for the wisdom of his father Solomon, and in the hope that they would agree with him.

11. Whips . . . scorpions—In despotic countries scourging men to induce obedience is not unknown. There is, however, no record of Solomon ever having chastised his people in this way. Just as "my little finger is thicker than my father's lions" is metaphorical, so is the expression of chastisement with whips and scorpions. Some define "scorpions" as "whips having laden balls at the ends of their lashes with hooks projecting from them." The Romans had such a whip or rod. Perhaps one was used on Paul (see Cor. 11: 25). Others suppose the term to refer to the thorny stem of the egg plant, which, when used as a whip, leaves an irritating wound. These figures of speech are sufficient to show what kind of a burden Rehoboam's young friends advised him to place upon his people. Their advice suited Rehoboam's haughty spirit, and he was not long in deciding upon his course of action.

III. He Adds to the Yoke of the People (Verses 12-16).

16. What portion have we in David—David had been able to unite the tribes of Israel. Rehoboam's conduct brought about a division. These words of the people, which express their intention to revolt, are very like the words of Sheba, the son of Bichri, who carried on the revolt against David after Solomon's death, and are a clear indication of the spark of tribal jealousy which had never been put out.

To your tents, O Israel—A rallying cry (see also 2 Sam. 20:1). The words literally mean, "Go to your homes and prepare to protect yourselves. We shall have to fight for our rights."

See to thine own house—The tribe of Judah was now all that was left of Rehoboam. He must look to it for support.

The Swiss reckon that their cupola fort on St. Gothard, manned by 200 artillerymen, could easily hold the pass against an army of fifty thousand.

PRISONERS OF WAR.

Camps and hospitals for prisoners of war are prominent features of Germany to-day. They number 247, some of which contain between 10,000 and 20,000 prisoners. The latest information gives the number of prisoners interned as 900,000.

The lot of the prisoner is something like that of a Mexican peon or a Virginia slave in the old slavery days. He has a sort of communal life. He is not confined to a cell, but his freedom of movement is restricted to a camp compound.

If he chooses labor, he is sometimes contracted out to an employer for a pittance of 12 or 25 cents a day. He is fed and clothed and housed by people who grudge him the scraps they fling him, and his lot is an unenviable one.

A neutral correspondent in Germany has written an interesting account of these prisoners' camps. It is usually surrounded by a high wooden fence, surrounded in turn by an outer bristling web of double barbed wire. Between the two fences there is a passage for the guard. Along one side run the guard houses and offices for the prisoners, canteens, bath houses for the prisoners, and then the prison barracks proper. There are no windows, only skylights in a sloping roof. On a layer of tarred paper wooden berths are built along the walls, leaving room for a passage in the middle. This is in the newest camps; in other camps prisoners sleep on sacks filled with wood shavings, which are raised up along the walls during the day.

Food regulations are much the same in all camps. The basis for the distribution of food is 2,700 calories (heat units) declared by German science to be necessary for the maintenance of a tolerable existence.

This is administered in a form of black bread and soup, a diet which gives the Canadian prisoner an acute sense of starvation. If he has money he is allowed to buy extra food and tobacco in a canteen. The prisoners themselves do the work in the kitchen, serve the food and perform all the other menial tasks in the camps. They are allowed to amuse themselves as best they can by primitive theatricals and some games.

"When I asked how they were treated," says this correspondent, "I received conflicting answers. One general conclusion, I drew, however, namely, that many are without friends to send them gifts of food, clothing and other necessities. I was much impressed by the desirability of one central organization for the distribution of gifts to British prisoners."

Such an organization is to be found in the Red Cross of which thousands of grateful prisoners of war can say "I was in prison and ye came unto me."

The concern of the Red Cross is, however, primarily with the wounded. It is only the overflow of its treasury that it can devote to prisoners of war.

The Canadian Red Cross has a special department in London, which has been sending 300 parcels a week to prisoners' camps. This amount is, of course, insufficient, but it can only be increased by an increase in public subscription.

A year ago the detention of a dozen Canadians in a peon camp in Mexico would have set Canada in a blaze of indignation. In spite of the many claims on the public's purse it is to be hoped, however, that the thousands of Canadians now languishing in Germany will not be forgotten.

If you wish to "Come Unto Them" in their prison, you can do so by means of the Red Cross.

Subscriptions should be sent to 77 King Street East, Toronto.

Hat bows affected by rain can be freshened up in the following easy and practical manner without taking them off the hat: Take large iron spoon, warm it over a gas stove or lamp with the concave side toward the heat. When the spoon is sufficiently hot, put it in the bow and pass the parts over the arched side of the spoon. Before the ironing, brush and clean the ribbon thoroughly, slightly dampen the bows, and afterward they appear just like new.

BIG DEARTH OF ARTIFICIAL LIMBS

OVER 50,000 SOLDIERS MAIMED ALREADY.

1,000 Amputation Cases in One Hospital That Has Been Filled Fifteen Times.

One effect of the ravages of war has been a call from Europe for American artificial limbs. George E. Marks, one of the leading American manufacturers of artificial limbs, recently returned from a trip to England and France, having been invited there to confer with leading surgeons, and his report indicates there is now a tremendous opening in the European markets for legs and arms made here.

England, France and Russia have not enough makers of artificial limbs in their dominions to supply 10 per cent. of the number required. France seems to appreciate this condition more keenly than the other countries involved in the war, and it was from France that the call came to Mr. Marks to go over and see what arrangements could be made to meet the situation.

"In Paris and its suburbs," said Mr. Marks, "there were a month ago 15,000 soldiers who had lost one or more limbs, and many of these were waiting for prosthetic treatment. Mind you, that does not include the number in the remainder of France. It is by no means an exaggeration to say that with the war not yet a year old, the number of soldiers with amputated limbs in all the belligerent countries already is not short of 50,000.

1,000 Maimed Soldiers. "I visited a number of the hospitals in England and France, and conferred with many of the surgeons. I was taken by the distinguished surgeon, Dr. Tuffler, of the Maison-Blanche Hospital, some 12 miles out of Paris, and there I saw in one enclosure, 1,000 soldiers on whom amputation had been performed. Some had lost a leg, some both legs, some one arm, some both arms; and I saw one poor fellow both of whose legs and hands had been shot off.

"The Maison-Blanche is a hospital of considerable size, and is used exclusively for soldiers who are convalescing after an amputation. It has 1,000 beds, and I was told that it had been filled fifteen times since the war began. This is only one of many hospitals in France where patients who have experienced amputation are cared for.

"The artificial limb manufacturers of France are few and their product is archaic. The maximum output of all the artificial limb makers in France is not more than 100 limbs a month, so I was told, and it takes a French manufacturer from three to five months to fill an order. His limited equipment being now overtaxed, and most of his regular employees now being in the army, there is now no prospect of an increase in the output.

"French surgeons realize that the French maimed can be better equipped and be more fully restored to their ability to resume their former functions by American artificial limbs than by any other kind. French soldiers who are thus supplied will be able to return quickly to their homes, while those who choose to remain in the service can perform clerical work, taking the places of able-bodied men who will thus be released for the front.

Suggests Relief Scheme.

"The French are asking that American artificial limb factories be established over there so that the demand may be met on the spot, but I do not believe that it would be practicable for an American manufacturer of any proportions to establish a factory in France that would be commensurate with the demand. It would require too much time and expense. In my opinion a better plan is for each hospital in France to appoint as many surgeons, nurses, or wardens as possible to measure the soldiers for artificial limbs and send the measurements to the United States, and when the limbs are sent over to have the same measurements adjusted. Neither measuring nor fitting is difficult, as full instructions are issued. We ourselves will undertake to guarantee both construction and perfect fit.

"The method I suggested to the French surgeons is the one adopted by the Panama Canal Commission in supplying artificial limbs to employees who were maimed during the construction of the canal, and was found to be entirely satisfactory. If this method is adopted by the European countries, the maimed soldiers will be equipped in the quickest possible time."

A Test of Lunacy. It is said that in a certain lunacy asylum one of the tests applied to find out if a patient is sufficiently recovered to be discharged is to give him a broom and put him in a room with a water-tap turned full on. If he proceeds placidly to sweep up the water without turning off the tap his standard of intelligence is not deemed to be high enough.

The Alberta and British Columbia fruit convention at Calgary adopted a resolution calling for reduction in minimum weight of express car-loads.