#### NOTES AND COMMENTS

It is safe to say that one of the descrations which the newly-made Lord Mayor of London, Sir Charles Cheers Wakefield, will not wear at the inaugural banquet in the Guildhall next augural banquet in the Guildhall next month is the Order of the Crown of Selected Recipes.

Selected Recipes.

Salt sprinkled on a range will absorb all grease splutterings.

Salt sprinkled on a range will absorb all grease splutterings.

Salt, warmed, and rubbed on a soildelight coat, will clean it.

Salt added to the rinsing water
point, and in consequence has picked
to traveler and noted as a philanthropist, and in consequence has picked
a layer of finely sliced or minced raw
a layer of finely sliced or minc

With rare exceptions the post is

Armenia and the Armenians, figur-

In the same region, legend has it, was the Garden of Eden. If so, what cooked fish, free it from skin and was a terrestrial paradise has become bones, and then chop fine. Have six a hell on earth. The scene of the potatoes nicely belied and mashed, was the Garden of the was a terrestrial paradise has become a hell on earth. The scene of the atrocities is Turkish Armenia, particularly the region of Lake Van, where there were living about 925, with pepper and salt to season law with pepper and salt to season law with pepper and salt to season.

scattered through Europe, perica and the East Indies. The af-Europe, flicted people in Turkish Armenia have shared the land with 645,000 other Christians, Jews, a sprinkling of Gypsies and 4,500,000 Moslems, 1,-666,000 of whom are the much-hated Kurds, who may be described as the agents of the Turks in the recent mas-

#### THE SHIPS THAT KEEP THE SEA. British Fleet Is Always Ready for

Britons had no special need to have their faith in the navy re-inspired. It has never been lacking. Every day of immunity from German attack by sea, says the Ayrshire (Scotland) Post, has been its warrant; every day, too, of the skulking of the enemy in the Kiel Canal. It lies there, Post, has been its warrant; every day, too, of the skulking of the enemy in the Kiel Canal. It lies there, helpless, and not a single German craft, militant or peaceful, dare venture out into the blue seas. It is cheering, none the less, to read the account furnished by the accredited representative of the United States who has been permitted to visit the British ships, and to see with his own eyes how they look; and how they fare, and how sufficient they are for their work. There are the submarine hunters. By officers and men the submarine is regarded as "great sport."

Banana Cream Pie.—Two cups milk, three eggs, three-fourths cup granulated sugar, one-fourth cup cornstarch, one-fourth teaspoon salt vanilla, two bananas, three tablespoons powdered sugar and pastry. Scald milk and stir into sugar, constarch and past the with the Government has already announced that it a quarter for wheat, but the Government has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and the same of ment has already announced that it departs and parts and the same of ment has already announced that it departs and the same ines were either captured, or sunk, or supposed to be sunk. The auxiliary and salt well mixed. When smooth and thick cool a little and stir in one other like craft, number 2,300. Out on the North Sea are the patrols, and were these to report the slightest sign of the enemy, the big ships are ready to respond at a moment's notice. And be hot at first, then moderated to pre-vent boiling. When his is done slice went boiling. When his is done slice went beginning to the big ships the moderated to pre-vent boiling. When his is done slice went beginning to the big ships the moderated to pre-vent boiling. When his is done slice went beginning to the big ships the moderated to pre-vent boiling. When his is done slice went and more than the patrols are the patrols, and preleaf to the p to respond at a moment's notice. And the behavior of the big ships themselves, "the impense field of grey shapes at anchor in precise order, which as one drew nearer became line after line of Drealnoughts!" As compared with powdered sugar and one-fourth teasome of the later monsters, the Queen Elizabeth, home from the Dardanelles, looked small. In her place in what is looked small. In her place in what is called "The Cat Squadron," lay the Tiger, the same Tiger that the Ger-

## About the Household

Selected Recipes.

of a pound of flour and a quarter of a pound of suet, finely minced; roll it out rather thin and cover it, first with a layer of finely sliced or minced raw potato, on this put a layer of finely chopped meat of any kind, with a very small quantity of minced onion and a seasoning of salt and pepper. Wet ations and other honors abroad. He is the third native of Lancashire in succession to be Lord Mayor, and will be succeeded next year by another Lancastrian in the person of Sir William Dunn.

Description of the way of the person of the pers abroad. He petato, on this put a layer of finely

Yorkshire Tart .- Line bottom of with rare exceptions the post is never held but one year, and there has been no exception for 30 years. Sir Charles' oil firm has recently erected on Cheapside an imposing business building, Wakefield House, where his office is located, a block weight in sugar, in butter and in flour, where his office weight has block weight in sugar, in butter and in flour, cream butter, in butter and in flour, cream butter, in butter and in flour, weight in sugar, in butter and in flour, cream butter, in butter and in flour, cream butter, in butter and in flour, cream butter, in butter and in flour, cream butter and in flour, cream butter and in flour, cream butter and in flour. above St. Mary-le-Bow's, whose bells, according to tradition, were said to whipped light, and put in flour, mixed call Dick Whittington to be thrice with one-half teaspoon baking pow-Lord Mayor-elect, like the immortal Dick, prides himself on being a selffrom oven rub top of paste with butter or with raw egg.

Butter Balls .- Select young fresh Armenia and the Armenians, figuring unhappily in current dispatches,
are terms which require more than
ordinarily careful definition. In the
widest significance, Armenia embraces the northeast corner of Asiarub into this one tablespoonful of
tic Turkey, the southern half of the
Russian\_territory of Trans-Caucasia
definition. In the
dispatch to be the proposition of the control of the con and the north-west corner of Persia. and rub into tiny balls between wellThe three boundaries have a common point on little Ararat. The greater lightly, and when the peas are tender Ararat, where Noah is said to have debarked nearby in Russian Armenia.

Fish Balls .- Take half a pound of Armenia has not held a majority of the Armenians, even in Turkey. There are 2,000,000 of this race alcogether in the territories of the Porte.

teaspoonful of finely chopped parsley, with pepper and salt to season. The mixture should be of a workable consistency, and it is then made into balls, with floured hands, brushed with egg, and tossed in fine breadcrumbs. The balls are then fried in dear the same of the balls are then fried in dear the same of the port. ing fat until of a pretty golden color, In Russian Armenia are 1,000,000 and when drained served hot and more, and 150,000 in Persia; 250,000 piled on a hot ashet on which a doily

pieces and pour over the following sauce. Mix one and one-half teaspoonful of mustard, one and one-quarter teaspoonful salt, one tea

Salt sprinkled on a range will ab-

Salt will quickly clean a discolored bath or enamelled utensils. 
Salt—a lump of—placed in the sink

will keep the drain wholesome. Salt placed first in the frying-pan prevents grease from spluttering.
Salt and water rubbed into the scalp is good for falling hair after illness. · Salt and water removes the lime in new curtains, and makes washing

Salt and water cleans all crockery more easily and better than plain wa-

ter.
Salt—a tiny pinch—added to the

the flues.

Salt—a teaspoonful to a pint, of warm water—rubbed into weak ankles

strengthens them. Salt and water will prevent the red borders in towels, etc., from running tish, French, Russian and Belgianif the towels are steeped in it for the principal foods are meat ar

ly done ensures flouriness and prevents them going to nieces. salt sprinkled over carpets before sweeping preserves the colors and favorably with that of the British:

keeps away moths.

Salt rubbed on to an inkstain on removes the mark.
Salt thrown on fallen soot prevents

the carpet marking, and enables the soot to be swept up cleanly. Salt sniffed into the nose in the a early morning, and the mouth then washed out with warm water, cures catarrh.

MORE WHEAT IN BRITAIN.

Increased Production Urged by Lord Milner's Committee.

Following the report prepared by Production of Food a strong campaign To Prepare Cauliflower.—Prepare is being waged for the further development of wheat cultivation in the casier, and steam until soft. Separate in British Isles. Lord Milner's committing

spoonful of mustard, one tagquarter teaspoonful salt, one teaspoonful of powdered sugar, one and
one-quarter teaspoonful of paprika.
Add yolks of three eggs lightly beaten, one-fourth cupful olive oil and onehalf cupful vinegar. Cook over hot
water until mixture thickens. Remove from fire and add two tablespoonfuls butter cooked with one teaspoonfuls butter cooked with one tea-

looked small. In her place in what is called "The Cat Squadron," lay the Tiger, the same Tiger that the Germans claim to have sent to the floor of the North Sea. And overhead sailed the seaplanes keeping guard over the monsters dozing at their anchor chains. Sir John Jellicoe, with his telescope under his arm, Beatty, Sturdee, and the rest of the squadron commanders, impressive in their youth, and all of unslacking vigilance, the bluejackets healthier than they were in peace times and constantly kept up to the mark in drill and in shooting and in reading ried to the Moscow chemical lab youth, and all of unslacking vigilance, the bluejackets healthier than they were in peace times and constantly kept up to the mark in drill and in shooting, and in readiness for action at a moment's notice—all combing to make complete a satisfying picture. And from Jellicoe down they are all agreed that, if ever Germany had a chance on the North Sea, she has none now. It is Britannia that rules it. It is Britannia that rules it. It is Britannia that rules it. It is Britannia that keeps the sea. Germania sees to the canal.

Ambushed.

He (thinking of another girl)—"Would you believe that I am desperately in love?"

She—"I might, if you were a little more demonstrative."

Salt and hot water will thaw a frozen drain-pipe.

Salt and hot water will thaw a frozen drain-pipe.

Salt and hot water will thaw a for all the analytical processes, lost one-fifth of its weight. A sufficiency of it has now been collected for the lieate china cups.

Salt spread in blackbeetle haunts will kill the pests.

Salt added to snow makes the mixture much colder.

Salt and water, warm, will stop thilbiains from itching.

Salt thrown on a fire will extinguish a burning chimney.

Salt and water will thaw a of all the analytical processes, lost one-fifth of its weight. A sufficiency of it has now been collected for the purpose of systematic observations, which will have to be conducted with very great care, and will reveal, it is hoped, the frue importance of the discovery, which the Russian scientists incline to regard as superior to that burning chimney.

Salt and water will stop of it has now been collected for the lieate china cups.

Salt and water will stop of it has now been collected for the mixture much colder.

Salt and water will thaw a of all the analytical processes, lost one-fifth of its weight. A sufficiency of it has now been collected for the iteate china cups.

Salt and water match of all the analytical processes, lost one-fifth of its weight. A sufficiency of it has now been collected for the iteate china cups.

Salt and w

### THE ALLIED ARMIES ARE WELL FED

THE PRINCIPAL FOODS ARE MEAT AND BREAD.

British Forces Are the Best Fed Ever Placed in the Field.

No branch of the non-combatant services of the British army has won greater praise from soldiers at the front or more admiration from public at home than has the Army Service Corps. It is only owing to the untiring efforts of this little army

ever been placed in the field.

The knowledge of this splendid provisioning of the army has uncon-sciously given rise to the theory that the soldiers of the other Allies are comparatively more or less insufficiently supplied with ammunition for

ter.
Salt—a tiny pinch—added to the whites of eggs makes them froth more quickly.
Salt, thrown on the fire once a day, the accumulation of soot in the soldiers of the allied nations will the soldiers of the soldiers of the soldiers of the allied nations will the soldiers of the soldier prove that the Frenchmen and the Russian are, like the British soldier, among the best-fed fighters in history

In each of the allied armies-Bribread. A glance at the following fig ures, which indicate the daily allow ance of meat and bread to every man of the four armies, will show tha the fare of the others compares very

	Meat,	Bres
	lbs.	lbs.
British	11/4	11/4
French	1	134
Russian	034	234
Belgian	0%	134

How Russians Are Fed. . The Briton, it will thus be seen, actually receives less bread than any of his comrades; but, on the other hand, his allowance of meat is considerably larger.

In examining the soldiers' menus more closely, that of the Russian may be taken first, since it is the least known. In every case the allowances have been translated into English terms in order to make a compari-The Russian breakfasts later than

A VERY SINGULAR METAL.

More Marvellous and Mysterious
Than Radium.

It often happens that the Russian soldier receives more bread than he needs, and the surplus he is allowed to sell in order to increase his meagre pay, which, it may be interesting. The Belgian Soldier

is allowed nearly 1% pounds of bread at th' ixpense of the bank."

#### per day. This is known as "pain gris," a mixture of white and black bread. His meals are: Breakfast, 6.30 a.m.—Bread; coffee

Breakfast, 6.30 a.m.—Bread; coffee, containing milk and sugar. As a general rule butter has not been served, though it is expected to be added to the rations in future.

Dinner, 12 noon.—About 2 pints of soup ,to which plenty of salt is added; % of a pound of meat which is boiled with the soup and afterward taken out and served separately; 2½ pounds of mashed potatoes, in which bacon and vegetables are mixed; sometimes pudding.

## THE SUNDAY LESSON

INTERNATIONAL LESSON. OCTOBER 31.

Lesson V.-The Boy Joash Crowned King, 2 Kings 11. 1-20. Golden Text: Prov. 14, 11,

I. Jehoiada, the Priest, Pledges the Soldiers to Fealty (Verses 4-8).

Verse 4. Fetched the captains over hundreds—The usual sub-division (see Deut, 1, 15; Exod. 18, 21, 25; and especially 1 Sam. 8, 12; 22, 7; 2 Sam. 18, 1).

Let no one protest on account of this hazardous game. For it but gives zest to life, and shows the Creator's Reader, whoever you are, how are vise design. This world is fuller of great souls, history shines with more Rev. J. B. Remensnyder, D.D., LL.D. Verse 4. Fetched the captains over to come.

Sam. the reading is "Cherethites." The marginal reading here is "executioners." The Carites were a particular sort of military bodyguard He commanded them-Jehojada

wanted, first, to protect the young prince's life and, secondly, to guard the palace. Athaliah would have atshe known he was alive; and the does when he is called to a patient is der the muscular control of its

eccssary to have a special company f men at hand to keep them in check. 8. He that cometh within the ranks

II. Joash Is Crowned King (Verses 9-12).

9. Did according to all that Jehojada the priest commanded — Jehoiada was "the prime mover," and so care-fully had he prepared the movements that both the priestly and military guards carried the plan into successful execution without any confusion. 10. The spears and shields that had been king David's—Those David took

in war from his enemies. This was 12. The king's son-He was so de-

signated to indicate that he was the rightful heir. Gave him the testimony—A part of

"Sure, O'll write me name on the back o' your note, guaranteein' ye'll pay ut," said Pat, smiling as he endorsed Billup's note, "but Oi know we won't pay ut. We'll have a laugh patches raised above the surface, and

# Thrilling Game of Life

Difficulties Needed to Teach Skill and Patience, Dangers to Elicit Courage.

beverage but water. Upon going into the trenches he is usually given a ration of condensed meat, equal in proportion to the daily ration.

The daily allowance of the French chessboard is the world, the pieces are chessboard is the world, the pieces are ality of evil against us, tempting us to false moves and fatal steps. But

ture.

The forces on our side are our higher self, conscience, a noble ambition and faith in God. Those against us are our lower physical self, the love of pilotes against us are out to be a self-the pilotes against us are out to be a self-the pi doubt of the good,

are a worthy manhood or womanhood, usefulness, the respect of our fellow men, the approval of God and eternal eventful game can win.

"So run, that ye may obtain."—
I. Cor., ix., 24.

Paul, like his Master, was a man of the people. He mingled with them, saw their activities, their amusements and their temptations. Here he is the part of the property of t

Super, 6 p.m.—Two pounds of mashed potatoes, with other vege-tables, and bacon, which is added to make the vegetables a little fat.

This mixture of vegetables and bacon forms the principal food of the Belgians. Frequently the soldier, after his morning coffee, gets no other beverage but water. Upon going interest the principal conditions and their temptations. Here he is the trend of moral heroism and does present at their Olympian games and the brightest splendor of humanity shine from sacrifice and the cross.

How shall each one play this crucial game so as not to lose? He both of the far more thrilling game of must be truly master of his soul. He must have all his powers well in hand. The fiery steeds of passion must be the real pilot of his soul. He must have all his powers well in hand.

of riches and pleasure, the world Says the great dramatist:—"All the temptation in winsome guise, and world's a stage, and all the men and doubt of the good,

The True and Eternal.

The stakes for which we are playing are a worthy manhood or womanhood or wormshood or wormsh or her best and looking to our men, the approval of God and eternal life. Or, losing, our career will be one of weakness, failure and miscarriage of this life and of that which is to come.

Let no one protest on account of the desired and the such God will give not a fading but an incorruptible

The Mouth in Il! Health.

HEALTH

s of Athaliah might attack the does when he is called to a pattern is be er, and should be perfectly stea party. Hence the particularity to look into his mouth. That is be er, and should be perfectly stea ling's party. Hence the particularity of the priest's orders.

6. At the gate Sur—The gate of the foundation (see 2 Chron. 23. 5).

At the gate behind the guard—The guard here means the swift runners who were kept very near the royal palace. If they were favorable to Athaliah, in this case, it was very necessary to have a special company horizontal guide post.

Since it is a muscle, its general size and shape and its susceptibility to proper control, inform the physician holds. Windows in the dining and of the muscular condition of the patient; and the state of the mucous membrane that covers it indicates two of each day spent in those rooms, the general systemic condition. A person who suffers from fever of any degree will generally show a "furred" passed, the air of

In a long-continued fever like typhoid, the fur accumulates until the tongue is covered with a thick, brown mass that shades off to a lighter tint mass that shades off to a lighter tint at the edges. In scarlet fever the tongue is often covered with a white fur dotted with little red points. That is called the "strawberry" tongue. When the stomach is badly out of con-Gave him the testimony—A part of the law of Moses (see Exod. 16. 34; 25. 16, 21). This was in token of his authority (see Deut. 17. 18, 19).

Clapped their hands—See Psa. 47.

1; 98. 8.

The dotted with little red points. Insue is called the "strawberry" tongue. Spread of the storage is called the "strawberry" tongue. Spread of brown fur; and those who are suffering from tonsilitis, or from any other inflammation of the throat, may show a layer of thick, creamywhite for all every the tongue. may show a layer of thick, creamy-white fur all over the tongue. Some-times, when the patient is much ex-hausted, the tongue will not be fur-ventilation of a room thus removed. red, but dry, red, and raw.

although not serious in itself, gener-

ally shows that the constitution is

One strange thing about the tongue is that, although it so often betrays the state of the stomach to the physi-cian, yet in two of the most serious stomach troubles-cancer and gas tric ulcer-the tongue is ger

The tongue in health is always un-

It is strange how little thought is tongue. The word graphically describes the condition, and it is not necessary to be a physician in order to recognize it.

pended upon to be stale and unscribes the condition, and it is not necessary to be a physician in order to many cases this undoubted fact is due to the now exploded idea that

sweeps over them. The mattress, too, should be turned up so that this

ly of fresh air.

Fortunately, for health's sake, valincoming air.

THOUGHTS FOR THE DAY.

Friendship is the greatest bond in the world .- Jeremy Taylor. Our greatest glory is not in never failing, but in rising every time we fall.—Confucius.

To travel hopefully is a better thing

than to arrive, and the true success is to labor.—R. L. Stevenson.

Leaving the door unlocked does not palliate the guilt of the burglar. The case with which it is committed is no excuse for the crime.—Sir Thomas Our grandfathers drank to excess. It was the fashion, and they had to do it. It is no longer necessary to

drink to excess. You may ask for a glass of milk in public and not be remarkable.—C. H. Babington. Mothers and Maidens, believe me, Mothers and Maidens, believe me, the whole course and character of your lovers' lives is in your hands; what you would have them be they shall be, if you not only desire to have them so, but deserve to have them so; for they are but the mirrors in which you will see yourselves imaged.—Buskin.

There will soon be a shortage of food in the whole world, and it is necessary that we should plant a great

food in the whole world, and it is ne-cessary that we should plant a great deal more. It is necessary that we should yield more per acre than now, and it is necessary that there should not be plough and spade idle in our country if the world is to be fed.— President Wilson.

#### WHEN THEY FOUGHT FOR COMMAND OF PERTHES

