

A MEATLESS HOT PIE

Another Use Discovered For These Oxo Cubes.

Here is a recipe calling for no meat other than the concentrated beef goodness to be found in the familiar Oxo cube.

Peel and slice sufficient potatoes to half fill a large pie dish, add few small onions, also sliced. Put into cold water, bring quickly to a boil, boil one minute, then drain.

Put back in pie dish with few slices of tomato, season with pepper and salt and flavour with herbs. Dissolve one Oxo cube in 1 pint of hot milk and pour over mixture. Put few bits of butter on top and bake for two hours in moderate oven. It's delicious.

Eat Raw Cabbage and Live Longer.

"Vitamines" and "antiscorbutics" are terms that are bandied about quite fluently these days. We see many an article discussing the vitamin value of various foods in popular style.

The modern housewife is directly concerned when preparing her food to retain as much as possible of these vitalizing ingredients to safeguard the wellbeing of her family.

One of the most valuable vitamin bearing foods is cabbage in the natural state. Cook it and you lose 70 per cent. of the protective value. Why bother to cook cabbage when it is so much more healthful, more delicious, when raw?

Heretofore oranges have been considered the advance guard in warding off scurvy and riches, especially in the case of children fed on sterilized milk. But when they cost 10 cents a piece there are a great many who cannot fortify themselves with this medical food luxury. Science disclosed the fact only the last year that cabbage is quite as effective as an antiscorbutic (scurvy fighter) as the golden fruit.

To be sure, invalids and infants cannot eat cabbage, so the orange still reigns supreme in nursery and sick-room, but for normally healthy persons who want to keep themselves fit we recommend the cabbage as it stands.

There are several ways in which cabbage can be served raw, so its retention need not pall on you. Always have it very crisp and cold, but do not soak it in water. Shred it very finely; a little sharp knife serves the purpose just as well as a don't marinate the cabbage in dressing. This makes a tough, wilted mass, and the cabbage propagandist will fail if it is presented in this dejected plight.

Cabbage combined with ham or chicken, apples or pineapple, as well as with preferred salad dressing, is delicious, and once you get the raw cabbage habit you will be an addict for life—and your life will be longer.

Engineer's Daring. Conquered the Desert.

The Prince of Wales, when he decided to make his recent journey from Perth to Adelaide, by means of Australia's first trans-continental railway, paid a high compliment to the daring and skill of the Australian engineers who conquered one of the

world's most formidable deserts. It was the late Lord Kitchener who suggested the line, pointing out that for strategical and other reasons Western Australia should be linked with the other States of the Commonwealth by an iron road.

But the great Victorian Desert lay between a barren, inhospitable and waterless stretch of country, over a thousand square miles in area. Not a rivulet is to be found in the whole of this vast region. It is one dreary expanse of sand and limestone rock, relieved here and there by salt-bush, which even cattle refuse to eat. Worse still are the intense heat and the blood-sucking insects which abound.

The heat meant a five years' battle against terrible odds. It was only completed just before the Armistice.

The survey work alone occupied two years and cost \$100,000, the total expenses of the undertaking amounting to over \$35,000,000. Camels had to be requisitioned to carry the surveyors and their stores. The chief engineer records how it was impossible to use ink, as it instantly dried on the pen and the leads dropped out of the shrivelled pencils. To secure relief from the rays of the midday sun they had to bury themselves in holes in the sand, when they were attacked by fierce insects.

The route having been decided on, the steel rails were laid simultaneously from each end across the desert. As the country was for the most part flat, and not a river or a noticeable hill intervened, little navvying work was necessary. It was simply a case of making an even bed on which the sleepers were quickly laid. Then came the placing of the steel rails across them by means of a track-layer, and spiking and bolting them.

Very trying, however, was the heat, particularly during the summer months. It was often impossible at midday to touch the steel rails or handle a shovel without fear of blistering the fingers. The men had to be provided with rubber gloves to enable them to handle their tools and also to save their finger-nails from splitting, and wear masks as a protection against the insects. Life was only made possible by a liberal daily supply of ice, obtained from the refrigerating cars attached to the construction trains which followed them.

At intervals of fifty miles or so, water tanks were built, the intention being to use these in connection with the working of the trains. They were to be supplied with water pumped from the reservoirs at Kalgoorlie. But after two and a half years' work, during which the track had progressed at the rate of about a mile a day, the engineers realized that if a really efficient service was to be maintained the proposed method of obtaining water would have to be modified.

A Priceless Discovery.

So they sent for a boring plant, and at a point 350 miles from Kalgoorlie, began boring for water. Everyone shook their heads, declaring there was no water in the whole barren land. But at a depth of 1,300 ft. water was found.

This discovery of water not only relieved the engineers of considerable anxiety and greatly lessened their work, but it has changed the whole aspect of the country.

Sheep now graze along the track, which a few years ago was a barren

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One Class Favored in Russia.

There is only one favoured class in Russia today, according to a correspondent. Strangely enough this class is composed entirely of women. They are the theatrical stars and beauties. They alone are permitted the wearing of rich garments and the possession of jewels. The Russians have always been passionate lovers of the theatre, and even under the present regime, they treat their stage favorites as so many reigning queens. Incidentally, the actresses are the only women in Russia who are permitted to wear shoes during warm weather. The peasant women of Russia always went barefoot during the summer months. Hence Russians regard bare feet as the distinguishing mark of the women of the people. Any woman who affects to wear shoes in Russia, nowadays, unless she be a favourite of the footlights, is regarded as a daughter of the despised "bourgeoisie." She is considered a fair target for insult and persecution. Even the wives of the Soviet dignitaries, such as Trotsky and Lenin, have been obliged to howl to popular sentiment. They may be seen any day in Moscow, tripping through the streets barefoot.

Extraordinary Job for a Woman.

Fifty-five years ago last August the steamer Pewabic was sunk in collision with the steamer Meteor off Thunder Bay Island in Lake Huron. Her cargo of copper grew vastly more valuable as years went on, and many were the adventurers who dreamed of salvaging it and sought to put their dreams into action. What these male adventurers failed to achieve was left to a woman to accomplish. She is Mrs. Margaret Campbell Goodman, the only woman in the world in the deep sea salvage business. A little creature is she, a trifle over five feet and slender and delicate of physique, but in courage and perseverance she is quite gigantic. It took three years of employment of these remarkable qualities to bring success in her first effort at salvage, but success came at last. With the raising of the first load of copper from a vessel submerged over half a century came the breaking of a world record in deep-water salvage and the climax of a story that borders on legend. Mrs. Goodman who is the daughter of the late John Burdett Campbell, a scion of a Scottish family, spent her early life in Mount Pleasant, Michigan, and after her school days she went to Toledo, Ohio, which is her present home.

A Modernized Utopia.

Dr. Hahum Syrkin, of New York, has been outlining the plan of a socialist Jewish state in Palestine, which, with the help of the much-discussed and often-abused international Jew, it is thought to establish, in view of the new order which the war has created. The association with which Dr. Syrkin is connected has had a committee at work in Palestine and in other lands and hopes to act in connection with the Zionists, who have long entertained the hope of securing a restored Holy Land as a home for the scattered people of Israel. The idea is to avoid the struggles between capital and labor, so disturbing to the peace and progress of modern peoples. In the new state it is proposed there will be no capitalists. Public utilities, resources and big industries, agriculture included, will be conducted on a co-operative plan, ownership resting with the nation. Distribution of merchandise will be carried on under a like plan. The purpose will be to produce for use, not for profit, which is the great socialistic ideal. The beginning will be somewhat costly. The ownership of the land in Palestine is in various hands, the Mohammedans holding most. To re-establish the Jewish people thereon it will be necessary to obtain a new title, and this, with the other necessary outlays, is expected to call for a capital of \$300,000,000. It is in providing this that the international Jew is expected to play his part. The sum is a huge one, but what has been done by Jewish men of wealth and liberality for their poorer fellows suggests that it may be possible to raise it. The getting of the capital may be but a little part of the great task. The Jew, having no home land of his own, has homes in many lands. There are cases where his withdrawal would mean more loss to the land in which he lives than benefit to Palestine. It is doubtful, also, if a socialist commonwealth would be as attractive to the Jewish people, the opportunity for individual gain that is the great incentive to industry in the case of ordinary men. Many working Jews, it is true, are theoretical socialists, but they have become so, it is to be thought, rather from their surroundings than from study of the principles in issue. The proposal is a sign of the drift of thought among many earnest men. It seems doubtful, though, if it will be carried to the extent of making Palestine, once again, a land flowing with milk and honey.—Montreal Gazette.

Women Who Live Underground.

Among the startling discoveries made by Mrs. J. R. Forbes, the well-known woman traveller, who lately returned after wandering for several months from Morocco to Syria, was a tribe of women who live underground. They are to be found in caves in the Tripoli mountains, and come up only once in the course of their lives. That is when they marry and change their abode for that of their husbands. Being continually in their underground caves a remarkable change takes place in their appearance. They become very white in the face, and their eyes become dark and brilliant. As they grow older they are seized with a passion for dyeing their hair with henna. In the daylight these women are almost blind; in fact, they stagger about as though under the influence of drink. Their houses are spacious enough for them to keep all their live stock belowground, including their camels. Another curious adventure of Mrs. Forbes was into the harem of the Syrian sheikh Mohamed Abdulla. At a feast at which she was entertained a sheep was roasted whole, and, by way of doing tribute to his guest, Mohamed Abdulla extracted the sheep's eye whole with his hands and proffered it to the Englishwoman.

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