

HOME

Miscellaneous Recipes.

Lettuce and Tomato Salad.—Take a few lettuce leaves, add one or two sliced tomatoes, according to amount wanted. Mix with a few slices of cucumber.

Veal with Sour Cream Gravy.—Take a loin of veal for roasting, cut strips of fat and lay over meat at the bottom of the pan. Baste freely with sour cream for the first half hour, and then cook slowly. Make a gravy by mixing two table-spoonfuls of flour, and the same amount for each pint of liquid.

Mayonnaise Dressing.—Stir the yolks of two eggs with a wooden spoon until they are fluffy. Add enough oil to thicken, stirring all the time. Add a pinch of paprika, one-third teaspoonful mustard, one-half teaspoonful salt, and stir well. Mix the two ingredients together and put on ice until ready to serve.

Chocolate Bread Pudding.—Take two cups of bread crumbs softened in one quart of scalded milk. Add two squares of chocolate cut fine. Use one teaspoonful of salt and one scant cupful of sugar. When cool add two eggs well beaten. Bake one hour and serve with hard sauce. Hard Sauce—One cup of powdered sugar, one-half cup of butter and a little vanilla flavoring.

Try Celery This Way.—Wash, scrape and cut in inch pieces three cupfuls of celery. Cover with boiling, salted water and cook 20 minutes, or until tender. Melt four table-spoonfuls of butter, add three table-spoonfuls of flour, and when well blended, add gradually two cupfuls of hot milk. Heat, and when the boiling point is reached add half a teaspoonful of salt, a quarter teaspoonful of white pepper and a half cupful of grated cheese. Cook until the cheese is melted, add celery, and pour into a buttered baking dish. Cover with buttered breadcrumbs, and bake in a moderate oven for 20 minutes.

Plain Cookies.—One egg, 1 cupful of butter, 1½ cupfuls of sugar, ½ cupful of milk, 1 large teaspoonful of baking powder, 1 teaspoonful of cinnamon, 1 teaspoonful of grated nutmeg. Cream together the butter and sugar, add the egg, well beaten, then the milk and spices. Add sifted flour enough to roll, making it as soft as can be rolled easily; roll a little thicker than pie crust. Cut with a large sized biscuit cutter. Place on buttered tins and bake in a quick oven until a light brown.

To Keep Parsley.—To keep parsley for winter use, place it in a paper bag, tie it round with string and hang near the kitchen range to dry. In a week's time it will be perfectly dry. Take off the stems and place the leaves in glass jar, cover it closely, and when needed for soups, etc., it will look and taste just like the fresh herb. We cannot afford to waste anything of any food value at the present time.

Chicken Casserole.—Clean or truss the chicken or cut in pieces suitable for serving. Slice two small onions and two small carrots or three stalks of celery. Saute it in a tablespoon of bacon fat until browned; add a cupful and a half of boiling water or stock; pour over the chicken in the casserole, cover and place in oven to cook. If the chicken is young an hour and a half will be sufficient time for cooking; but if an old fowl is used, an hour or more extra time should be allowed. When half done sprinkle with a teaspoonful and a half of salt, and two shakes of paprika. Make a sauce from the juice in the pan and serve in a sauce boat. Rabbits may be used instead of chicken if desired.

Household Hints.

Let the white woodwork have plenty of sunshine; too much shade will make it yellow.

Two table-spoonfuls of powdered sugar to the white of one egg will make excellent meringue.

Butter should be kept tight in a stone jar with the lid on tight, or it will absorb the taste of foods.

Handsome old brocades or cretonne in peacock designs are most in favor for sofa pillows this year. Don't leave matches, knives or hot water or other dangers within reach if there are children in the house.

That if the hands are rubbed on a stick of celery after peeling onions the smell will be entirely removed.

If troubled with tired, sore feet, rub thoroughly into the feet at night alcohol and mutton tallow well mixed.

Orange salad is best served with roast chicken, celery sauce with quail and currant jelly with roast goose.

Cookies should be put into cloth-lined stone jar when hot, if you would keep them melting and crumbly.

A bill file with its point projected with a cork is a useful little object to hold a spool of carpet warp for crocheting.

In washing cotton crepes and crepon have grease stains removed with naphtha or gasoline before putting the crepe into water.

When baking tomatoes or peppers put them in muffin pans and they

will hold their shape nicely. Greasing the tins will prevent sticking.

To keep a baby covered in his crib, double a sheet or blanket, lay it lengthwise in the crib under the mattress, and then, after the baby is in, fold each end and tuck him in.

Bread when a day or two old may be treated thus: Dip a cloth in clean cold water, cover top and sides of loaf, and bake in a moderate oven for half an hour. It will be as nice as when first baked.

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON, FEBRUARY 28.

Lesson IX. Samuel the Victorious Leader. 1 Sam. 7. 3-17. Golden Text, 1 Sam. 7. 12.

Verse 3. Samuel spake.—Samuel has not been mentioned since chapter 4, verse 1. The burden of his message was repentance.

4. Baalam and Ashtaroth.—Baalam, as mentioned in a previous lesson, is the plural for Baal, and Ashtaroth is the plural for the female divinity Astarte.

5. Samuel said, . . . I will pray for you.—For other instances of intercession with Jehovah see Exod. 17. 11, 12; Num. 12. 13; 1 Kings 18. 26, 37.

6. Drew water, . . . and fasted.—At the feast of the tabernacle the high priest used to draw water from the fountain of Siloam in a golden vessel and pour it over the sacrifices. The feast of the tabernacle lasted from the fifteenth to the twenty-second of the month of Tisri. The name "water-gate," given to one of the gates of Jerusalem, is supposed to have been named from this custom. In 2 Sam. 23. 16 we find David pouring out water to the Lord; although he was fasting he would not drink the water. Fasting was enjoined on the day of atonement, according to the law of Moses. The day of atonement was on the tenth of the month of Tisri. That Samuel should have observed these two feasts as preparatory to his intercession with Jehovah is indicative of his deep concern over the seriousness of the situation.

7. The lords of the Philistines went up against Israel.—This means that the whole strength of the Philistines was called upon. Just as kings and emperors to-day will go to the front in order to encourage their soldiers, so the lords of the Philistines thought it necessary to be in the midst of the battle in order that the full fighting strength and determination of the soldiers could be secured.

8. The children of Israel said to Samuel, Cease not to cry unto Jehovah our God for us, that he will save us out of the hand of the Philistines.—The Israelites' fear of the Philistines was increased when they saw that the lords of the Philistines were taking part in the battle.

9. Samuel took a sucking lamb.—The very best offering was for the intercessory prayer. As to the law of burnt-offerings, see Lev. 1. 10-13.

10. But Jehovah thundered with a great thunder on that day.—Instances of thunder, rain, hail, thick fog, and other natural phenomena are frequently recorded in history. Because of such an event, victory has rested with one or the other side.

11. Beth-car.—This place was on a hill close to the Philistine territory, which would indicate that the Philistines were driven back into their own land.

12. Samuel took a stone, and set it between Mizpah and Shen.—Mizpah is the modern Nebi-Samwil. Jerusalem is only five miles further beyond to the southeast. Shen means "tooth" or sharp rock (see 1 Sam. 14. 4).

13. The Philistines were subdued, and they came no more within the border of Israel.—As Canaan was subdued by Israel (see Judg. 4. 23, 24).

The hand of Jehovah was against the Philistines all the days of Samuel.—"All the days" means all the days of his government, as Samuel's power ceased when Saul became king.

14. The cities which the Philistines had taken from Israel were restored to Israel.—Samuel conquered the Philistines not only in driving them from the borders of Israel, but by carrying the war into their own country and taking from the Philistines the cities which had been taken by them from Israel.

There was peace between Israel and the Amorites.—The Israelites and the Amorites made common cause against the Philistines.

15. Judged Israel all the days of his life.—This means that he was a civil judge. He was not supreme as a judge after Saul became king.

16. He went from year to year in circuit to Beth-el, and Gilgal, and Mizpah.—Beth-el was the most important place on this circuit. Gilgal was over against Mount Ebal and Mount Gerizim, and Mizpah was five miles northwest from Jerusalem.

17. For there was his house: . . . and he built there an altar unto Jehovah.—Samuel from youth up had lived near the altar of the Lord, and in his old age did not forsake it. Where his house was, there also was the altar of the Lord.

HEALTH

Cirrhosis of the Liver.

Cirrhosis is the replacing of proper organic tissue by fibrous tissue, as scar tissue, for example, replaces the destroyed flesh after a burn or other injury. Cirrhosis, when it occurs in the liver, is either atrophic or hypertrophic. In the atrophic form the liver decreases in size, the circulation of blood within it is impeded, and dropsy results. That form is also called "gin-drinkers' liver" and "hobnail liver." In the hypertrophic type, on the other hand, the liver is much enlarged, and jaundice is a marked symptom.

In many cases the disease can be traced to the abuse of alcohol, but there are so many cases in which alcohol cannot possibly be to blame that there must be some other cause for the condition. Cirrhosis of the liver sometimes attacks young people who have not had the time or opportunity for a long course of hard drinking. Then the trouble is believed to be owing to obstruction of the liver duct by gallstones, to irritating articles of diet, or to malaria.

When the grave symptoms of cirrhosis of the liver appear, especially dropsy and hemorrhage, the disease usually progresses rapidly to a fatal end; and whenever fibrous tissue has replaced healthy tissue in any organ, that organ can never be perfectly normal again. At the same time, if the diagnosis is made early, before the tissue changes have become extensive, much may be done to prolong life. In some cases the disease may be arrested; the cirrhosis will still exist, but there will be no active symptoms.

To bring about that fortunate result, the diagnosis must be prompt, and the treatment must be followed with the utmost care and perseverance. If the cause is strong drink, that must, of course, be given up at once. All articles of food that can irritate the liver must be avoided, especially spices, seasonings, curries, and hot condiments. The reason that cirrhosis so often attacks white men who have to spend years in the tropics is because these men fall into the habit of gorging their jaded appetites with such things, and try to support their spirits in the face of the endless heat with alcohol. If the patient has malaria he should move to some place where malaria does not exist, and maintain his general health by following a simple diet, getting plenty of fresh air, and avoiding fatigue, cold and dampness. The medical treatment the physician must prescribe. —Youth's Companion.

Prescription for Pneumonia.

Slice enough good large onions to make two or more good large poultices and boil in good vinegar until soft. Thicken with oatmeal or corn meal and apply hot as can be used and changed before cold. Same poultice can be used by heating over two or three times and keep warm. The writer knows of three cases whose lives were saved by above remedy when their doctors had given them up. Our soldiers at the front might be saved by use of this simple remedy.

A simple icing for cake may be made from the unbeaten white of an egg mixed with a cupful of powdered sugar and the juice of only half a lemon.

Always brush, not only the skin, but the lining of your nose you take them off. It is unhygienic to be constantly wearing furs in which dust is allowed to remain.

GREATER AND BETTER CROPS.

By Prof. J. H. Grisdale, Director of Experimental Farms, in Canadian Countryman.

[For the length of his article Prof. Grisdale gives more practical advice and timely suggestions than are to be found in many volumes—advice that if followed this spring will bring rich returns to farmers.—Editor.]

Profits, net, are Professor Grisdale's object at the Experimental Farm at Ottawa—and he gets an average of \$45.77 per acre.

The average Canadian farm yields a profit of \$6.50 per acre—only one dollar for every seven got by the scientific methods practised and recommended by Professor Grisdale.

There are no secrets in his methods—they are described in this article. If you have not been getting anything like the above profits, you will find the reason somewhere in the article—look for it!

Do you know who is to be credited with the introduction of the silo in Canada? The Experimental Farm! Do you know the effect of it in Eastern Canada? An increase of fifty to 100 per cent. in the cattle-carrying capacity of the farm with the silo!

The usual measures of crop production in normal years are the industry and ambition of the farmer and the prospective profitable market for the products of his labor.

The Canadian farmer of to-day is not lacking in industry, the markets, both immediate and prospective for all the products of his energy have never been better, and to these may be added the call from the motherland for help such as can be given by your farmers and by none better, if they will, in the way of plentiful supplies of food-stuffs of all kinds for man and beast. Given the effective combination of ability to produce and profitable demand for the product, with the further inspiration of patriotic necessity, surely such a year of farming activity may be anticipated for 1915 in Canada as has never before been seen and as will long live in our annals as the banner year in Canadian agriculture.

Canadian wheat, coarse grains, meats, dairy products and hay are certain to be greatly in demand by Great Britain and her allies during the period of this war and for many months thereafter. These products of our farms are such that, for the most part, but little time is needed to permit of a material increase in the output. True, only a slightly larger acreage can be devoted to each or any one of these crops than was contemplated or planned for in the fall of 1914. Fortunately, however, or possibly we should say unfortunately, the return per acre and therefore the total return of cereals and hoed crops in the country, very largely depends upon cultural methods practised by the individual farmer, as well as upon the area sown thereto. Hence, with every farmer doing his grain seeding better than ever before, handling his hoed crop as it always should be, but seldom or never in the way of maintaining a mulch and keeping free from weeds, such an increased return per acre may be anticipated in this country as would astonish the farmer himself and go far towards enabling this country to meet the extraordinary demands the motherland is sure to make upon us.

In crop production, thorough work practically always pays and pays well. A close observer of the following points in connection with cereal and hoed crop production in 1915 would work wonders. Let us all try them.

(1) Make every preparation possible for seeding long before seeding time comes around. (a) Clean, test and bag your seed. (b) Get your horses, harness and implements in-

MAN IS THE WITNESS OF GOD

We Know That He Lives for We Meet Him Everywhere in Good Men and True

" . . . Who . . . subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, . . . from weakness were made strong, waxed mighty in war, turned to flight the armies of the aliens . . . were stoned, sawn asunder, tempted, slain with the sword . . . being destitute, afflicted, ill-treated . . . —Hebrews xi., 33-37.

It is a marvellous story that history has to tell us of the sufferings men have endured, the perils they have faced and the deaths they have died for the sake of the causes they have loved. No road has been too hard for those who have had some goal to seek, no agony too sharp for those who have had some victory to win, no death too bitter for those who have had some God to serve.

Nothing, apparently, that the ingenuity of the human mind has been able to devise has been strong enough to overcome the valor of patient hearts nor terrible enough to daunt their courage and determination. If a word had to be spoken it was spoken, if a deed had to be done it was done, if a blow had to be struck it was struck, regardless of peril or of cost. Poverty, exile, imprisonment, bodily pain, loss of friends and family, life itself—all have been offered as willing sacrifices upon the altar of human need whenever in dark hours and wherever in waste places

That Altar Has Been Reared.

Nor is only among the accepted martyrs and saints of history that the heroes of humanity are to be found. On the contrary, in the humblest walks of life—in homes darkened by sickness and misery, on ships tossed by wind-swept waves, in mines consumed by flaming fire, in the grim hours of personal tragedy, amid the thousand and one circumstances of existence which test humanity to the breaking point—do we find men "crowned

with glory and honor." Never has there been lack of courage, patience and devotion. Never have martyrs failed or heroes been wanting. Saints walk in every street, apostles dwell in every home. A thousand Christs are met with every day, and pass, like ships in the night, unrecognized.

What this all means is hard to put into words. The author of Hebrews explains it all "by faith." Other seers speak of courage, love, consecration. But these terms themselves demand explanation, do they not? And where is such explanation ultimately to be found save in the presence within the hearts of men of a holy spirit, which comes from God? The materialist cuts a poor figure when he is brought face to face with the sublime heroisms of human life and is asked to explain them in his philosophy. His materialism may serve to explain the sands of the sea, the trees of the plain, the birds of the air, the beasts of the field. But when comes to man

It Fails to Meet the Facts.

For in the human realm, however it may be in other realms, we meet not things material but things spiritual, and are borne, in spite of ourselves, perhaps, to the high places of religion. We know that the divine spirit is present in the world, for we see it at work by the bed of illness, on the field of battle, in storm and flood, in the prison, at the stake and on the cross. We know that men are immortal, for we see them daily attaining unto the measure of the stature of eternal life!

It is in man—in the life he lives and the death he dies—that we have the "evidence of things hoped for, and the assurance of things not seen." In him all doubts are answered and all dreams fulfilled. He is the prophecy of immortal life. He is the presence of that "spirit over-brooding all," which "eternal love remains." —Rev. John Haynes Holmes.

to good shape. (c) Anything else that can be done before seed time to facilitate or expedite seeding should be most carefully performed.

(2) Lose not a minute when seed time arrives. Get on to the land at the very first opportunity. Earlier seeding usually means bigger crops.

(3) Perform every operation thoroughly: Do the ploughing well. Disc and harrow the land until a perfect seed bed is prepared. Sow the seed carefully, with no misses from bad driving, no blanks from plugged drills, seed sown not too deep but deep enough, according to character and condition of soil. After seeding, roll if the soil is not too damp, then lightly harrow.

(4) See that water furrows are run where needed.

(5) Keep weeds down.

(6) In the case of hoed crops, even more thorough work, extending until August, will ensure success.

(7) Do not economize in labor at seed time. A last stroke of the harrow after the seed bed seems perfect usually means extra bushels.

To Summarize:

Get ready for seeding now. Prepare land thoroughly for seed. Use good seed. Sow seed early. Sow seed well.

The result.—Much large crops of a better product.

Meadows cannot now be increased in area nor can much be done to increase the quantity of hay in 1915. Not a few old meadows in the eastern provinces, however, might be broken up and sown to oats and peas after thorough working. The returns would surely be much better than if left in hay. This is true whether the crop be harvested green as hay or allowed to ripen for grain. In Ontario and Quebec, these old meadows sown to corn for forage would give the best returns of all. A little extra work before seeding is worth a light dressing of manure if such is not available. Hay is likely to be dear; grow other forage crops and be in a position to sell a few tons. Selling hay is bad farm practice, but war knows no law.

Forage crops and coarse feed in abundance mean cheap production of flesh and milk. Beef can thus be readily produced, mutton and pork made abundantly available and milk be put on the market at a reasonable price with a fair profit to the producer.

By each and every one of us doing the best that is in him and making the very wisest use of every acre that is under his control, we, as Canadian farmers, may do much to help our country, our empire and the great cause of freedom.

Ignorance must be bliss in the case of the fellow who never knows when he gets the worst of it.

It isn't until a fellow takes a seat on the water wagon that he realizes soft drinks come hard.

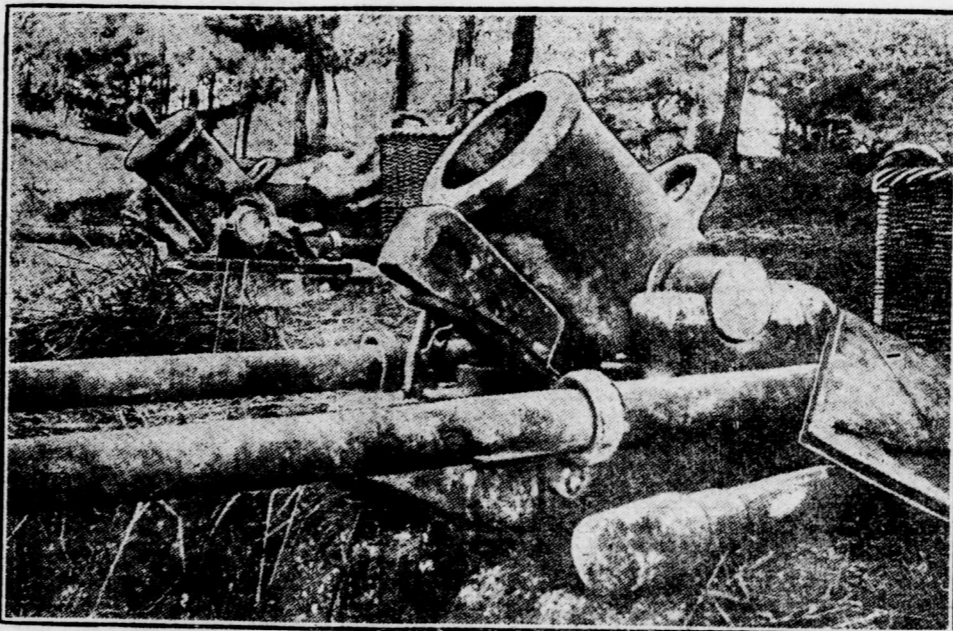
Most of us get what we deserve; but only the successful of us will admit it.

When asked by her teacher, "Which of the feathered tribe can lift the heaviest weights?" a little girl replied, "The crane."

The man who tells us of our faults is our best friend," quoth the philosopher. "Yes; but he won't be long," added the mere man.

"Naturally," said Sirius Barker. "I want my daughter to have some sort of an artistic education. I think I'll have her study singing." "Why not art or literature?" "Art spoils canvas and paint, and literature wastes reams of paper. Singing merely produces a temporary disturbance of the atmosphere."

When a lady patient living far from town had to telephone for her physician she apologized for asking him to come such a distance. "Don't speak of it," said the doctor cheerfully. "I happen to have another patient in that vicinity and so can kill two birds with one stone."



Ancient Louis-Philippe Mortars Employed in the French Trenches.

As a set-off to the German trench-mortars, employed for dropping shells at short range from one set of trenches to those facing, a species of artillery first made use of in the Flanders campaign, the French, pieces that for a long time have been considered obsolete, and in the light of historic curiosities, work there was, we are told, a regular hunt round and rummage in the arsenals of the older French fortresses in districts near the seat of war. In that way it was that the curious, ancient type mortars, shown in the photograph, a "crapouillot," as it was called, a cast-iron weapon of Louis-Philippe's reign, made for firing with black powder and spherical bombshells, came to make its appearance at the front. With other pieces of their kind, the "crapouillots," have, all the same, been turned to good account, their short range, deeply curving trajectory, or line of flight, and big, heavy shells, which contain a destructive bursting charge, coping with the German trench-mortars in general effectiveness.