

## NOTES AND COMMENTS

A reconstituted Poland catches the imagination as a valid triumph of justice and right. The historic struggle of the Polish people for national unity, development and recognition seems now to be nearer realization than at any time since the Napoleonic wars. The Russian prime minister has given official sanction to the early promise to establish an autonomous Polish kingdom.

Powerful influences are at work which should make for an autonomous Poland. No one can now say what might have happened if the course of history had been different. Still there is sound reason to think that a free nation lying between Russia, Germany and Austria might have eliminated the rivalries and conflicts of international ambition which seem to lie behind the present war. In a certain sense Europe may now be paying for the ancient crime of Poland. The international sins of the fathers may be visited upon the children of the third and fourth generations and beyond.

Whatever the issue of the war, apparently a better day is dawning for the despoiled nation of central Europe. Germany has already announced its desire to see the Kingdom of Poland revived, and in this matter Austria is apt to follow the advice of its ally.

The histories of Poland and Russia have been closely connected since the earliest times. Somewhat the same influences which sapped the sovereignty of Poland aided in establishing an autocracy in Russia. The empire of the Czar is now in the process of a social regeneration. Reform is less revolutionary than it was during the years immediately following the establishment of a constitution, but it is said to be no less thoroughgoing.

In all the changes which have upset Russian officialdom within the year past liberals have been replacing the older autocrats. The enemies of the duma were in power when the war was started. The friends of the duma and of social reform are now in control. Democracy has a better chance in Russia at the present moment, according to competent observers, than at any moment since the revolution. The re-establishment of Poland is an integral part of the program for a rejuvenated Russia.

Since the war Poland has suffered, it is said, to an even greater degree than Belgium. Denied, as they were, an impelling voice in the events out of which the war grew, the Polish people have had to bear the brunt of terror. Men of international renown who had retired to country homes for the declining years of life have seen everything swept away. Some have been driven to cellars where the only food left would, in normal times, have been regarded as hardly fit for domestic animals. Poland has drunk the cup of bitterness to the dregs.

Now destiny seems about to decree a happier state of things. Instead of the memory of an ancient crime, instead of the oppression which has been exercised to keep Poland a subject land, a new nation is seen arising, an old aspiration is being fulfilled. It is a good omen for the future well-being of the human race.

### BATTLEFIELD TERMS.

Many Military Terms Are Not Generally Understood.

Although used every day in the descriptions of happenings at the front, many military terms are not generally understood. Here is a selection from the lesser-known military terms: Beaten zone.—The belt of ground beaten by a cone of fire. Enfilade fire.—Fire which sweeps a target from a flank. Grazing fire.—Fire which is parallel, or nearly so, to the surface of the ground. Dead ground.—Ground which cannot be covered by fire. Abatis.—An obstacle formed of trees or branches of trees picketed to the ground, with their points towards the enemy. Banquette.—The place upon which the men stand to fire over a parapet. Counterscarp.—The slope of the ditch of a work farthest from the parapet. Donga.—A channel or gully formed by the action of water. Embrasure.—A channel through the parapet of a work through which a gun is fired. Fascine.—A long bundle of brushwood, tied up tightly, used for road-making, etc. Fold in the ground.—A slight hollow caused by the regular lie of the ground, being broken by a rise or depression. Gabion.—An open cylinder of brushwood, sheet iron, etc., used for revetting. Revetment.—Any method of making earth stand at a steeper slope than the natural one. Sap.—A trench formed by men working from the bottom of the trench and constantly extending the end towards the enemy. Spitlock.—To mark out a line on the ground with the point of a pick.

A lawsuit is apt to wear out at the pockets first.

## About the Household

### Seasonable Dishes.

**Peach Salad.**—Scald and peel large, ripe fruit. Cool and remove stones, and fill with blanched almonds, or stick full of shredded almonds. Cover with French dressing made with lemon, then with whipped cream or cream mayonnaise.

**Steamed Blueberry Pudding.**—One cupful milk, two eggs, one cupful blueberries, rolled crackers or sifted graham bread, one teaspoonful salt, one-half cupful sugar, two tablespoonfuls melted butter. Beat eggs and add milk, with salt and sugar. Stir in berries and enough crumbs for drop batter. Steam one hour. Serve with pudding sauce. About one pound of bread crumbs will be needed.

**Celery and Onion Salad.**—Dice crisp stalks of celery and mix with same amount of diced Spanish onion (or less, depending on which you prefer uppermost, celery or onion), and toss lightly in cooked salad dressing, after seasoning with salt and paprika. Dispose salad portions on crisp lettuce leaves, tuck a radish rose or two to one side of celery and onion mixture, and serve.

**Peach Fritters.**—Skin three or four small peaches and cut into small pieces. Mix and sift one cup flour, one and one-half teaspoons baking powder, three tablespoons powdered sugar and one-fourth teaspoon salt. Add one-third cup milk gradually, stirring constantly, and one egg well beaten; then stir in prepared peaches. Drop by spoonfuls into hot deep fat and fry a delicate brown. Drain on brown paper, sprinkle with powdered sugar and serve on napkin with lemon or vanilla sauce.

**Scalloped Tongue.**—One cup chopped cold tongue, one and one-half cups cream sauce, three hard boiled eggs, one-half cup boiled rice, one tablespoon melted butter. Butter baking dish, put in alternate layers of tongue mixed with cream sauce, chopped eggs and a little rice, seasoning to taste. Sprinkle bread crumbs and grated cheese on top and bake until light brown. Ham may be used to advantage this way.

**Bean Soup.**—Wash, pick over and put beans on to cook over a slow fire in about twice as much cold water as beans. Change water after first five minutes' boiling, using hot water for second cooking; add pinch of baking soda as large as bean and one-half teaspoon finely chopped onion, and cook two hours slowly. Add one-fourth pound sliced bacon to soup and cook until beans are tender. Skim bacon out, crisp it in frying pan and fry one-half cup stale bread cut into cubes in hot bacon fat, browning them well. Keep them dry and hot in oven until time to serve soup, then place a few in each soup plate.

**Mutton Stew with Salt Pork.**—Buy one or one and one-half pounds of diced salt pork to every four pounds of shoulder of mutton. Have mutton cut in small pieces for stewing, and roll pieces in flour. Remove fat from mutton, put salt pork on to fry, add mutton and saute until slightly brown. Have ready one onion, peeled and diced, one green pepper with seeds removed and diced, two peeled carrots, sliced lengthwise, and peeled potatoes, enough for family's needs. Add onion, pepper, carrots and one potato, diced, to contents of pot, season, cover with boiling water and let cook slowly until mutton is almost done; add remaining potatoes and cook until potatoes are done, adding more boiling water if necessary. Serve with mutton heaped in middle of dish, surrounded by potatoes, carrots and rim of parsley, and pass gravy in separate bowl. Those who do not like mutton will find this way of making the stew gives new turn to an old dish.

### Useful Hints.

The best iron-cleaner is a piece of wire gauze. Tinned and bottled fruits should be kept in the dark. Fine cotton is better than silk for mending gloves. Artificial flowers can be restored by being held in steam. Tussock silk should be washed in bran water, and no soap used. Suede shoes can be freshened by being rubbed with sandpaper. Brown boot polish is excellent for polishing dark varnished doors. Blue will not streak linen if a little soda is mixed in the blueing water. A paste of chloride of lime and water will remove ink-stains from silver. A pan of charcoal in the larder keeps everything sweet and wholesome. A pinch of carbonate of soda added to soup will keep it from turning sour. A warmed knifeboard polishes knives quicker, better, and with less labor. Powdered alum added to ordinary stove-polish increases the latter's brilliancy. To remove fat from soup, pour the soup through a cloth saturated with cold water. A little piece of cotton-wool in glove-tips prevents holes being rubbed by the finger-nails. New tinware will never rust if rubbed with fresh lard and baked in the oven before use. All white garments should be hung in the sunlight; all colored articles in the shade. Herbs for drying should be picked

early in the morning, and just before the buds open.

Cedarwood scattered on the range gives a pleasant odor, and nullifies cooking smells.

### For Mothers.

Tea is poison to a baby. No meat should be given to a child under four years of age.

Pieces of raw potatoes clean an infant's feeding-bottle better than anything else.

An insect in the ear may be floated out by putting in a few drops of warm olive-oil.

No child should sleep on the floor, as all heavy, impure air sinks to the floor level.

Feeding-bottles with long tubes are so dangerous that in France they may not be sold or used.

Children should not be hotter than adults—the temperature should be from 98.6 to 99 degrees.

Swedish mothers put money into their child's first bath, believing that this brings future wealth.

Mothers in Greece, before putting their children in the cradle, turn round three times. This is to ward off evil spirits.

Green wallpapers should never be used in a nursery, as some contain arsenic. If a piece, on being burnt, smells of garlic, arsenic is present.

### FALL FASHIONS HAVE MANY DELIGHTFUL NOVELTIES.

Many have been the fashion changes this season. Some have been good, some bad; some permanent, some ephemeral; some beautiful and some ugly. A feature of the Autumn frocks that will be seen largely in silks and chiffons is a novel distinguishing armseye. Ladies' Home Journal Pattern, No. 9042, above not only has this delightful feature, but it has a very smart new skirt opening in front, and a deep hip yoke in girde style. The lower part of the skirt is extended in cascade effect. It cuts in sizes 32 to 42 inches bust measure, requiring in size 36, 5½ yards of 36-inch material, with 1½ yards of 36-



No. 9042. inch chiffon for sleeves, and 1½ yard 24-inch net. Patterns, 15 cents each, can be purchased at your local Ladies' Home Journal Pattern dealer or from The Home Pattern Company, 183-A George Street, Toronto.

### Never Pleased.

When we our teeth are cutting  
We cry and make a fuss;  
Nor do we like it later  
When our bally teeth "cut" us.

Turkish parents beat their children on the soles of the feet.

## THE SUNDAY SCHOOL

INTERNATIONAL LESSON.  
SEPTEMBER 26.

Lesson XIII.—Obedience and Kingship—Review. Golden Text: Psalm 21. 1.

We have been studying this quarter about men who showed strength or weakness in obeying or disobeying God's laws. The first young man, named Abimelech, had every reason to be strong, but became weak and helpless and finally met a miserable death because he broke one of God's laws by disobeying the commands of his own father. If he had obeyed God's word (Eph. 6. 1), he would have been strong in the hour of trial.

The next young man started out in life strong in body, mind and spirit. His father, David, gave him such good advice when he was anointed king that he could not but be strong if he followed it (1 Chron. 28. 9). One of the first things Solomon did was to make such a wise choice that his strength was greatly increased. He found the very source of strength and drew upon it for many years (Prov. 9. 10). He was chosen to build a great and splendid temple to the Lord, a place which should be a strength and tower to the nations.

A beautiful queen, hearing of Solomon's glory, came to visit him to find out if all she had heard was true. She found his glory greater than she had dreamed, and she learned that it was God who had given him all this glory and wisdom (Prov. 8. 11).

Solomon's son, Rehoboam, lost his strength by thinking more of himself than he did of the people over whom he ruled. His people were divided and he was weakened. It was something in his heart that made him fail in his day of opportunity (Prov. 16. 18). When the kingdom was divided, the larger share of it fell to Jeroboam, who was not of the royal family. Jeroboam lost his power by doing a wrong thing in his effort to keep the people loyal to him. He disobeyed one of God's commandments when he did this (Exod. 24. 4, 5a).

But a good king came to reign in Judah who increased his strength by doing what was right in the sight of God. He relied upon God for his strength, and God never failed him. God had promised, and Asa relied upon the promise.

Ahab was a weak king because he disobeyed God's laws, but a strong and fearless prophet came to him bringing a message from God. The prophet drew his strength from God, who never fails (1 Pet. 5. 7).

Elijah the fearless prophet made a wonderful test with the prophets of Baal, in which he proved God's power to be greater than any earthly power.

though over four hundred were combined against him. While their test failed, his succeeded, because he prayed in a way that was acceptable to God (Prov. 15. 29).

After this test Elijah seemed to show signs of weakness, and he was discouraged. He went into the wilderness alone, and there God gave him strength. In order that he might prove his new strength, God sent him on an important mission. Elijah did prove the new strength which he had received in the wilderness (Psa. 45. 10). He found it sufficient for his new needs.

Ben-hadad had a great and powerful army, but this availed him nothing, for he lost the power to control the soldiers when he lost the power to control himself. The young men who had trained themselves to obey overcame and defeated Ben-hadad.

In Psa. 72 the writer prays for a king to come in whom there shall be every element of strength—mercy, justice, gentleness, forgiveness, faithfulness, fearlessness. A king came whose reign shall never cease. He is the example of strength through obedience. He is our brother Jesus Christ, the son of God our Father.

### BURIED TREASURE IS SAFE.

Valuables Worth \$250,000 Escaped Huns' Thieving.

A refugee Belgian professor, who buried his entire fortune consisting of \$250,000 worth of stocks, bonds, jewels, gold, and plate, in his garden at Malines, before he fled from that city, has just received word from the United States Consul at Malines that his property is safe and has been taken under the guardianship of the United States Government. The house was bombed and later burned to the ground, but the buried treasure in the garden was not disturbed.

Some time after he reached London the professor went to the American Embassy, gave them a detailed plan of his house and garden, and told them where his treasure was hidden. The search was successfully carried out by the American Consul at Malines, and the property is now registered in his name, pending its release from German trusteeship when the war is over.

### He Knew Her.

Wife—"I threw myself away when I married you!"  
Husband—"Well, Jane, I never knew you to throw anything away yet that was worth over a nickel."

A "saunterer" in the old days was one who had made a pilgrimage to the Sainte Terre, the Holy Land. The connection between the word and place is clear.

"Say, Subbubs, I understand you have Wombat's rake." "I have." "If you'll lend it me occasionally I'll let you use Dingbat's lawnmower whenever you like."

### CANADIANS FOREVER.

Air "The Maple Leaf."

With tuneful lips your voices raise  
And happy be awhile;  
Still glad as the voice of praise  
Greet fortune with a smile;  
While time may bring as many cares  
And ties of friendship sever,  
May Heaven guide, protect and guard  
Canadians forever.

### Chorus:

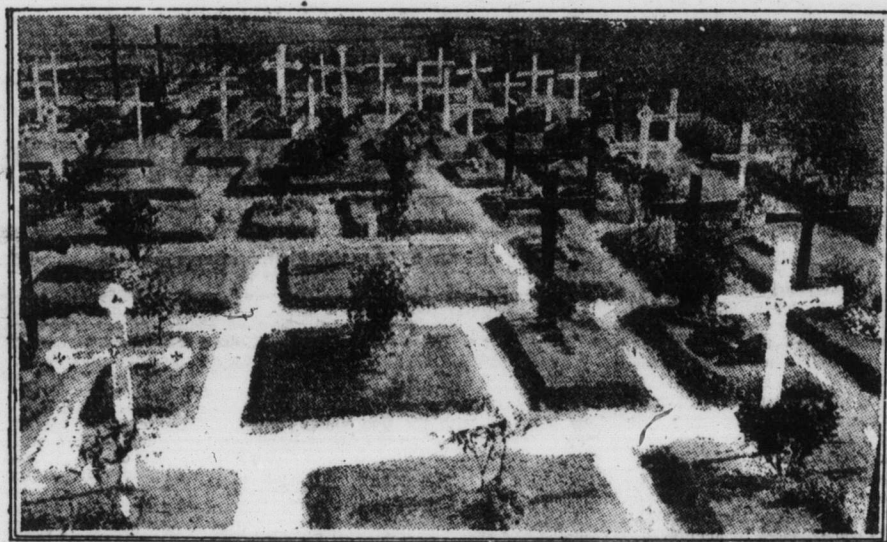
We'll sing one song till echoes long  
Resound from rock and river;  
True Britons all we will remain  
Canadians forever.

With faithful hearts void of all guile,  
Still humbly let us pray  
That universal brotherhood  
Will surely come some day.  
When man's humanity to man  
Shall weld their souls together,  
And world over their theme shall be  
Canadians forever.

This is our home to memory dear.  
The fame of those who came  
And bravely dared the forest drear:  
All honor to their name.  
Then here's a trusty brother's hand,  
A solemn pledge that never  
Shall fail the sacred tie that binds  
Canadians forever.

—WILLIAM JOHNSTON.

## BIG GERMAN CEMETERY BEHIND THE LINES



The picture shows a German cemetery made in the open fields behind the lines in Northern France. On many of the crosses regimental colors have been painted.

## THE SPRING AT THE HILL

Every Call of the Lord Has Its Complement In Spiritual Equipment.

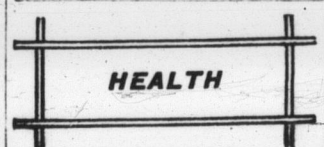
"He shall drink of the brook in the way."—Ps. cx., 7.

"I beheld then that they all went on till they came to the foot of the Hill Difficulty, at the bottom of which was a spring. Christian now went to the spring and drank thereof to refresh himself; and then he began to go up the hill." There is never any hill where that spring may not be found. Whenever life's goings pass from the easy level to the steep gradient the Lord provides the refreshing spring. There are still waters just where He begins to lead me to the climbing and difficult "ways of righteousness." Samuel Rutherford used to say that whenever he found himself in the cellars of affliction he began to busy himself in looking for

### The King's Wine.

And whenever a pilgrim of Jesus Christ finds himself face to face with some exacting duty in the highway of the Lord it will be his wisdom to look about for the springs of inspiration which the Lord of the way has most surely provided.

On the reverse side of every duty may be found a corresponding gift of grace. Every call of the Lord has its complement in spiritual equipment.



### Arthritis Deformans.

This is a chronic and progressive disease of the joints that impairs or destroys their usefulness and often produces serious deformity. Arthritis deformans has afflicted the human race as far back as we can trace it, for archaeologists have found bones deformed by it in the ancient tombs of Egypt. The disease was once believed to be closely related to gout and rheumatism; but that opinion is no longer held. There is apparently a predisposition in some constitutions to gout, or rheumatism, or arthritis deformans; but the three diseases are distinct.

Women suffer from arthritis deformans more often than men. The disease does not often appear in early life, but usually begins between the ages of thirty-five and fifty-five. If it afflicts children, it is generally because of bad hygienic conditions, insufficient food, or exposure. The same evils may also account for the fact that it is of such frequent occurrence among the poor.

Arthritis deformans is a chronic affection; sometimes it appears to be of nervous origin. At any rate, there is constant evidence that worry, grief, and mental fatigue play a part in its occurrence. The principal symptoms are pain and stiffness in the various joints as they become affected one after the other. The small joints, those of the fingers and toes, especially, are first attacked. The acute symptoms subside and then return, and with each return the deformity becomes more marked.

Persons who suffer from this disease are always "below par," and everything must be done to improve their general condition and to maintain their general health. The disease does not directly menace life. A warm and dry climate, with plenty of fresh air and sunshine, and with complete absence of care and worry, are the ideal conditions for the patient. Where they cannot be obtained, approach them as nearly as possible. The patient should be careful to avoid any chilling of the surface of the body, and his diet should be nourishing and abundant. Medical treatment by means of hot air, certain baths, and electricity is beneficial in many cases.

### Broncho-Pneumonia.

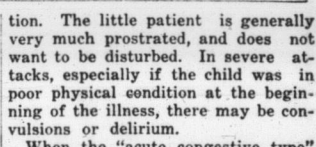
Broncho-pneumonia in infants and young children is a very serious matter. It may be uncomplicated with any other disorder; but often it appears during an attack of measles, whooping cough, or scarlet fever; it does not often attack a perfectly well child. It is most common in the first year of life, and less so up to the fifth year; after that it is not often seen. Babies who are subject to digestive troubles will often have broncho-pneumonia after an acute attack of gastric or intestinal disorder, predisposed thereto by their weakened resisting powers.

Most cases are seen in winter. It is more common among the children of the very poor, who live in crowded tenements, or among children in hospitals and institutions. The disease varies greatly in its symptoms and course, depending on the state of the patient at the onset, the nature of any other physical trouble he may be suffering from, and his native powers of resistance.

Fever, which is very seldom preceded by a chill, is one of the first symptoms. The fever rises and falls for days, and sometimes for weeks, and reaches its highest point daily in the afternoon or evening. There is usually a dry, hacking cough, a very rapid pulse, and quickened respira-

tion. The little patient is generally very much prostrated, and does not want to be disturbed. In severe attacks, especially if the child was in poor physical condition at the beginning of the illness, there may be convulsions or delirium.

When the "acute congestive type" attacks very young infants the illness comes on with startling suddenness, the temperature sometimes goes to 105 deg. or 106 deg., the pulse is rapid, as high perhaps as 180, and death may occur in a few hours. The younger the child, the more serious is the outlook, but any baby suffering from broncho-pneumonia needs the most careful nursing. It should be in a large, quiet, well-ventilated room, under the constant care of one adult at a time, who will carry out exactly the treatment that the physician in charge orders.—Youth's Companion.



## FROM OLD SCOTLAND

NOTES OF INTEREST FROM HER BANKS AND BRAES.

What Is Going On in the Highlands and Lowlands of Auld Scotia.

Some 6,000 Scottish teachers have volunteered to spend their holidays on war work.

The roll of honor of the Edinburgh University on active service now contains 4,007 names.

There are now 570 women acting as conductors on Glasgow Corporation tramway cars or training for the duties.

An appeal for men for the army by Archbishop Maquire, was read in the Roman Catholic Church in the Archdiocese of Glasgow.

The Ayr Parish Council has invested \$1,500 in the War Loan, and are trying to get the sanction of the sheriff to allow them to invest a further \$5,000 belonging to a bequest.

The King's Scottish Borderers are the only regiments privileged to march through Edinburgh with fixed bayonets. Other regiments are applying for the right to be equally favored.

The receipts from the flag day held in Paisley, in connection with the hospital, Saturday, amounted to over \$2,800, leaving a balance after all expenses had been paid, of over \$2,645.

Proposals to establish canteens in shipyards and engineering shops and docks in the Clyde area were under discussion at a conference of the Central Board of Control, and representatives of the employers and workmen in Glasgow.

### Why She Was There.

Judge (of divorce court)—Aren't you attached to your husband?  
Plaintiff—Certainly. I came here to be detached.

When a man becomes thoroughly contented he has outlived his usefulness.

"Can I get a steak here and catch the one o'clock train?" "It depends on your teeth, sir."

Some people are healthy because no self-respecting germ would go near them.

"Tommy," said the Sunday school teacher who had been giving lessons on the baptismal covenant, "can you tell me the two things necessary to baptism?" "Yes'm," said Tommy, "water and a baby."

On coming home from the office the father met Jack and Dick. "What have you been doing to-day, boys?" he questioned. "Fightin'," replied Dick. "Fightin', eh? Who licked?" "Mamma did," answered Jack.