About the Household

and cut into little rods or straws no wider than the thickness of the paste and about three or four inches long.
Keep the trimmings and as much Keep the trimmings and as much more paste as you may require, knead up together and press out again so as to make the rings through which the straws will be passed in little bundles of six or seven. Cut the rings with a one and a half inch cutter and cut out the centres with a three-quarter inch cutter. Lay both rings and straws in an ungreased tin taking great care not to let them break or even bend, and bake in a very slow oven until a pale fawny

Down Their Lives in the

of milk, a double boiler to warm, beat grants, and to be greated who was youlks of two crigs, and three teas. Islief in action in Vires. He was or front. Finally the permission came, front. Finally the permission came, and its coult mixture the teash in the first of the same soldierly made and site with mixture the teash of the same soldierly made and the same sol

AMERICAN VIEW OF POLAND



Blair was a young giant, as gentle as he was strong, and he mastered his sports. He distinguished himself in the Classical Tripos, and after leaving Cambridge studied for the Egyptian Civil Service. After having written his papers he was summed to meet the Board of Examiners, and there, to his amazement, instead of testing him on academic subjects, they asked him his opinion of the plays of Shaw. It appeared that he knew as much about them and about contemporary literature as he did about Rugby, and convinced the examiners that here was a cultivated inan, whose mind was to him a kingdom, and that he could amuse himself and others even in the lonely stretches of a civil year in Egypt.

Under the title of "The Kind of Men They're Killing," Mr. J. F. Collins, the London correspondent of the He received his appointment, but the word of white shoes and the wastered his sports. He distinguished himself in the Classical Tripos, and after leaving Cambridge studied for the Egyptian Civil Service. After having written his papers he was summed to meet the Board of Examiners, and there, to his amazement, instead of the effect. When eleverly done, the effect. When eleverly done, the effect. When eleverly done the easons back, but is a delightfully shad some seasons back, but is a delightfully shad shad some seasons back, but is a delightfully shad



gathered into the cuff, thereby lending another modish touch, for much fulness is noticed in the new sleeves. Sleeves Offering Interesting

Sleeves Offering Interesting Possibilities.

Long, short, and three-quarter-length sleeves will be worn this Spring and Summer. There is still a strong tendency to the transparent effect of the Fall and Winter. That this should be so for Summer is quite logical. Not is nearly as popular for sleeves and bodices as chiffon and Georgette, and their wives is said to have become and thouse of satinf frock is made with net sleeves and upper bodice, and many a last season's taffeta or satin dress is being remodeled in this way.

Color Combinations.

Blue serge naturally takes to black blue faille combines effectively with black, many shades of grey, the greenish, copper tones, orange, terra-cotta and similar shades. These dark combinations of course are correct for the should ordress or afternoon gown, one may allow the color binations of course are correct for the street; for the indoor dress or afternoon gown, one may allow the color fancy a little freer rein. There are some wonderfully vivid touches of color brought in now and then in a sombire frock, quite transforming it as a general rule, however, pale tone will predominate this season. This is owing to the present condition of the dye market; naturally pastel colored fabrics require much less dye than deep shades. It is most timely that this should happen in the Sumaures and home the should make it a crimed toward white, pale pinks, blues, marves and an all the covering the converted of the practice of melting British gold coins melted for jewelry.

For the munition workers and the much sold of the year is fresh air, exercise and a similar shades of the year is fresh air, exercise and a similar shades of the year is fresh air, exercise and a fatty foods. As a result, whose the spring arrives, sish its warm day in the present time is to prevent severeins sognitions at a dollar a bottle. Meditare well not make up for overeating and underexercise. The high death work is considered in the work in the country to keep up the reserve gold supply and to prevent the gol particularly fascinating this season crime to melt sovereigns down to By Fall, if the war is not at an end, perhaps we shall all take to white.

"As the law now stands a man can the Bank of the Bank

MELTING SOVEREIGNS.

Britain Alarmed at Danger of New Drain on Gold Reserve.

take a five-pound note to the Bank of England and demand sovereigns for it. He can take the gold coins to his factory, melt them down, mix the gold with certain other metals and make jewelry. The mere squandering of the munition workers' money in this way, in a time of national stress, when the surplus is needed for silver bullets and for a support for the worker and his family in possible days of need to come, is a bad thing.

If every one could only realize the tonic effect of a little sunshine they would be both healthier and happier.

"There is another serious side to it. The State spends money if converting bar gold into sovereigns, and electron anybody can go along and get the lay changed. It will have lost its color sovereigns and melt them again. Also, and become almost white. This is if a man wants to take golden sovereigns and color of carpet for a month and note the carpe reigns to Germany he cannot do so, you live in dark, gloomy rooms you as there is an embargo against tak-cannot be rosy or entirely healthy. ing sovereigns out of this country. Not only does this lack of sunshine There is no regulation, however, impair your health, but it effects your

against his taking gold in other forms. mental attitude. You cannot be an op-"Therefore, if a man wants to sup-timist and live in a gloomy place, and ply Germany with British gold he can who wants to be a pessimist? As our gold reserve in comparison built on the pavilion plan, which adwith that of Germany is small, it be-mits light on all sides, comes a serious matter to allow this Disease germs are not the only golden drain."

RECORDS ARE KEPT.

Dying Heroes. The first published collections of heroic words and actions of the war on the Franco-Belgian front has appeared in France in a volume of 300 pages, edited by Paul Souchon of these pests.

HEALTH

before breakfast.

See that your clothing is heavy enough to protect you against sudden changes of weather.

Walk in the open air five or six

Banish Gloom in Sunshine.

take notes to the Bank of England, Many of the most dreaded germs get sovereigns for them, melt them are completely annihilated by a condown and take the gold, say, to Holtinued application of sunshine. This land and then get it into Germany. is the reason all modern hospitals are

variety that dread the light.

The germs that breed discontent, pettiness, jealousy and real unhap-piness are all bred in darkness. Volume Appears Containing Words of Did you ever try a brisk walk in Dying Heroes.

Dying Heroes.

to be completely surrounded by all sorts of "glooms?" It is a simple