

## NOTES AND COMMENTS

Mrs. Havelock Ellis, the English lecturer on "sex problems," believes the gambling element in marriage can be eliminated by having the couple live under the same roof for two months previous to the marriage.

Has it ever occurred to Mrs. Ellis that one way to increase this gambling element is to be eternally talking about "sex problems"? Fill the couple's minds with the idea of problems and you create those problems for them. Convince a couple that their relation is a complicated affair, full of grave and dangerous questions, and you give them a dangerous point of view.

It is hard enough for a good many people who really love each other to get over the inevitable discords of married life without having those discords given a philosophical and scientific basis. What young couples should know is that the sex problem at the base, is the problem of mutual consideration and necessary mutual adaptation. One of the most important "sex problems" at the present day is to find a way of stopping so much useless talk about "sex problems."

Great Britain has declared a protectorate over Egypt and thus deprived the Khedive, who is in Vienna, of about \$400,000 a year. It has also deprived the Sultan of Turkey of an annual tribute of \$3,500,000, which will irritate Enver Pasha and his German officers. The Sultan, of course, will be vexed at losing another Turkish province and will no doubt issue another firman, declaring a holy war on behalf of Germany against the infidel British. Seeing that Germany is equally infidel, it is not to be wondered at that the followers of Islam do not seem to take the holy war very much to heart.

The Union Jack will now fly from the Cape to Cairo. There is a small piece of German territory on the road called German East Africa which, no doubt in due course, will be incorporated in the British Empire. But Egypt's mission is definitely assured. She becomes an Empire. Probably Egypt proper, which only stretches some 650 miles south of Cairo, will absorb the Anglo-Egyptian Sudan, which stretches another 1,200 miles southwards and includes the whole upper valley of the Nile. The Egyptian Government may in due course incorporate this Imperial domain in Egypt proper, and thus the Egyptians themselves gain greatly by the definite elimination of Turkish rule.

### TRAVELING FORTS.

Now Being Used in the Field of War in Western Europe.

Although an engine new to warfare, the armored motor car has proved extremely useful, especially for outpost and scouting duty. Fast, silent, and mobile, it covers a vast amount of ground on the splendid roads that crisscross the field of war in western Europe. Most of the cars are incased in a light frame of tough steel plate that ranges in thickness from three-sixteenths of an inch to a quarter of an inch, and that is impervious to rifle and machine-gun fire. All the vulnerable parts of the motor, such as the radiator and steering gear, and in some of the newest cars the wheels are protected by the steel covering. The wheels, both wood and wire, are said to withstand the roughest sort of usage. Accidents to the tires are much less common than anyone would expect. The cars carry a light armament—one or two machine-guns so mounted that they can be swung through a complete circle—and a large supply of ammunition. The crew, which may number from four to eight or more men, are armed with rifles and revolvers. Some of the cars have a steel superstructure that rises from the chassis frame high enough to enable the crew to stand upright, and that is capped with a domed roof, from which bullets and shrapnel usually fly off at a sharp angle without even denting the steel.

### Keeping Her at Home.

Wife—"Don't you think you might manage to keep house alone for a week, while I go on a visit?" Husband—"I guess so; yes, of course."

"But you won't be lonely and miserable?"

"Not a bit."

"Huh! Then I won't go."

## HOME

### With the Goose.

**Roast Goose.**—Roast goose is not worth much in a family which knows nothing about carving. The shrinkage in cooking is great, but this can be in large part prevented by skinning it and using the skin and fat for gansgribsen—the cracklings from tried out fat.

The cleaning of a goose is a nice task. Some people wash and scrub it with soap suds, but that cannot be done if it has already been drawn. Singe, rub, wash, and then scrape the surface with a small and not too sharp knife. Then if you are going to skin it remove the wings and cut the neck close to the body. Cut along the breast bone down to the lean meat and then carefully draw off the skin and the fat attached to it. If you know how to draw a bird you will save some work by drawing your goose at home, because you will not have as much work in cleaning out all the bits of lung, etc., from around the ridge spine. Wash the inside again and again until the water is clean, but do it quickly, then wipe dry and the goose is ready to season and stuff, if you will, and to truss up for roasting.

No stuffing made with bread should be used; but the goose is sometimes stuffed with sage and onions, mashed potatoes or apples, etc. If you cook the goose without stuffing and wish it well seasoned, put into it several small onions, some stalks of celery, and even some apple. If you have taken off the skin, sew over the breast the skin of the neck after rubbing in pepper and salt, and put to roast with some flour rubbed in at the start and a very little hot water. Baste every ten or fifteen minutes until done and serve with apple sauce which has been but slightly sweetened and put through a sieve. Pour off most of the grease in the pan, add hot water and thicken with gravy. Chopped dry mushrooms and other seasonings may be added.

**Goose Fat.**—Cut the skin and the fat attached up into squares, sprinkle with salt, and leave overnight, and put on to cook gently in three or four cups of cold water. Cook for about two hours and strain or cook until the water has all cooked out. If the cracklings get too brown before the water is cooked out, drain, and dry in the oven. The fat of the intestines should be in salted water over night and cooked in the same way, but separately. Its flavor may not be acceptable. A quick way to cook the fat skin is to fry it without water, but the cracklings are not as good, but may be acceptable in a cream sauce.

**Goose Stew.**—If great economy must be practised, use the neck, the gizzard, the heart, the wings, and the drumstick, or first joint, for a stew. These are seasoned with salt and pepper overnight and cooked like any step, with seasonings of different vegetables.

**Mock Oyster Soup.**—Salsify, or the oyster plant, is one of the most delicious vegetables if well cooked, but it is not as well known as it ought to be. A soup may be made of it with salt. A soup may be made of it with salt. A soup may be made of it with salt.

Salsify wilts almost as quickly as new carrots, so if you have no good place to keep it in, as soon as it comes into the house wash it and put it into a wet newspaper. It grows black almost as soon as cut, therefore it must be prepared as follows: Cut off the leaves, and if they are fresh and green save them, as they are nice for salad or to eat with salt. Scrape the root from the crown down and when it is clean commence to slice from the small end, dropping the slices in water acidulated with lemon juice. Do not waste the crown, which you can peel if it is too ridgy to scrape. Put on to cook in boiling salted water if for soup. If for vegetable use can use acidulated water to keep it white. Boil gently about three-fourths of an hour so that not all the water will boil away. One bunch of salsify slices will make about two cups and a half. Cook this amount in four cups of salted water and add a pint of milk and a small piece of butter. Before adding the milk take out a few of the slices and butter them and finally add to soup. They suggest oyster. Put the rest, cooked up with the milk, through a sieve and serve in cups in which you have dropped a little piece of butter and perhaps a tablespoon of cream. If then you add a heaping tablespoon of freshly rolled cracker to each the resemblance to oyster stew is close. The milk may curdle, but after it is put through the sieve the soup will look all right.

**Goose Soup (Left-over).**—The framework of a nicely roasted and seasoned goose may be broken up and covered with two or three quarts of water and cooked for several hours, with no addition but

salt, and the result will be a fine broth. A soup bunch may be added, or the whole may be extended with vegetable stock.

### Household Hints.

Mix cream cheese with chili sauce and serve on lettuce salad for a relish.

Alcohol softens most fruit stains, especially if it is warmed over hot water.

When putting away silk waists take out shields, as they are apt to crack the silk.

When mashing potatoes or other vegetables, never use cold milk, but hot, then they will be light and fluffy.

If a teaspoonful of borax is put into the last rinsing water when washing clothes, they will be very much whiter.

If boiled frosting becomes rough and crumbly, beat a lump of butter into it. The frosting will become smooth and creamy again.

Mice will not re-open a hole which has been filled with any mixture containing lye. Flour and lye make a good paste for the purpose.

Blouses of net or chiffon do not need to be dried out of doors. Roll in a towel after rinsing, or wave through the air and iron with a cool iron.

Never use a liniment near an open flame, for a liniment usually contains some combustible element. Always rub a liniment into the skin until it is nearly dry.

Before roasting apples, try making a small slit all the way around each apple with a knife. This will prevent their splitting when roasting.

Before heating milk in a saucepan always rinse the pan with water. It prevents the milk from scorching and the pan is easier to clean afterward.

A piece of flank meat can be stuffed with cracker crumbs, chopped pork, an egg, savory herbs and seasoning, then rolled light in a cloth and boiled four hours. Cool and press before cutting.

If you wish the contents of a saucepan to boil quickly do not allow a metal spoon to remain in the pan, because a spoon carries off a great deal of the heat.

To fasten the handles which have become loose on cupboards, doors or bureau drawers, warm some powdered alum in an old iron spoon and apply it to the handles, pressing them in firmly.

A simple method to soften hard water is to boil it for a quarter of an hour, pour it into an earthen jug, add a quarter of an ounce of common soda to each two gallons, stir, and when cold carefully pour off the clear water from the sediment.

## THE SUNDAY SCHOOL LESSON

### INTERNATIONAL LESSON. JANUARY 17.

Lesson III. The Call of Gideon. —Judg. 6, 11-40. Golden Text, Psa. 65, 4.

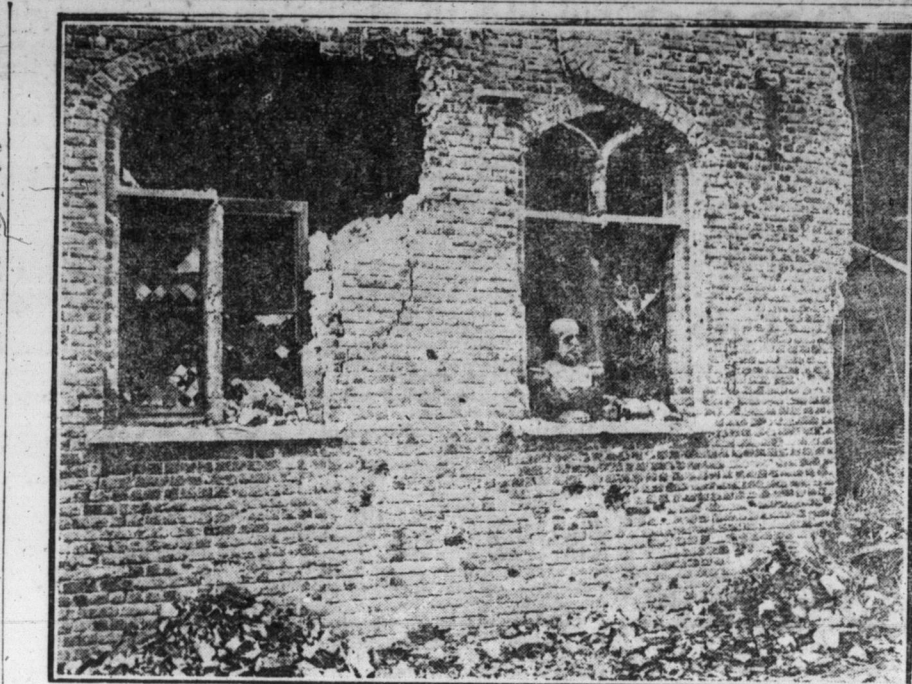
Verse 11. Sat under the oak which is in Ophrah. This is another instance of a sacred tree particularly used on a great occasion.

Gideon was beating out wheat in the winepress. A most unusual proceeding, as the wine was pressed out frequently in the inner cleft of a rock arranged in the nature of a winepress, whereas wheat was threshed out on a high place as indicated above.

To hide it from the Midianites. Everything which the Israelites possessed was in grave danger of being taken by the enemy. Under the invasion of the Canaanites, Israel's native law could be administered only in the extreme south-east, between Ramah and Bethel, where, as we found in the lesson of January 3, the palm-tree of Deborah stood. In the day of Gideon the Midianites swept south from the plain of Esdraelon, so that the use of the threshing-floors was impossible. They pushed so far that the Israelites had to hide themselves even at Ophrah. From the plain of Esdraelon a succession of open plains lead out, connected by easy passes. It is the widest avenue into both Samaria and Judaea, and makes connection also with the plain of Sharon.

12. Thou mighty man of valor. Gideon was not in a particularly good mood; to think that he, a man of valor—that is, a strong and active man—should have to hide himself practically in the cleft of a rock in order to thresh out a little wheat was almost as much as a hardy, strong young man could stand. The angelic visitor implied in his greeting that Gideon was not only a strong and brave man, but that he also was a devout man, a man of valor in the full sense.

13. Oh, my lord, if Jehovah is with us, why then is all this befallen us? The angel of the Lord came with an assuring greeting, "Jehovah is with thee." Gideon was too devout to repudiate this statement. However, he was too sorely distressed to not to question it, and he asks, "If Jehovah is with the Israelites, why does he not reveal himself as he did to the men of old?" The greatest



A Wall of Ypres Museum.

The Museum of Ypres has been entirely destroyed. One of the walls of the famous structure shows what the bombardment did.

revelation always in the memory of the Israelites was the fact that Jehovah brought the Israelites up out of Egypt. Gideon could not withhold the expression that Jehovah, who was with the children of Israel in Egypt, seemed now to be delivering them into the hand of Midian.

14. And Jehovah looked upon him. Here the statement is direct—the angel of Jehovah, but Jehovah. Gideon's eyes are open to the real import of the message that is coming to him. It comes direct from God.

Go in this thy might, and save Israel from the hand of Midian; have not I sent thee? There is no account taken of the complaint of Gideon. There is no time to argue the matter. Words are of little importance. Action is what is demanded. Gideon is made to feel immediately that he has the power to go and save Israel from the hands of the Midianites. This puts an entirely different phase on the question.

15. Oh, Lord, wherewith shall I save Israel?—The thought occurs to Gideon at once, however, that he is a young man of very low origin. His family is not only the poorest in the tribe of Manasseh, but he himself is the very least in his father's house.

16. And Jehovah said unto him, Surely I will be with thee, and thou shalt smite the Midianites as one man. Again Jehovah pays no attention to the word of Gideon. His remembrance is in vain. It matters little how poor and lowly he is. He came of a good family and had the essential characteristics for leadership. In Gideon is another illustration of the fact that God is "no respecter of persons and that" the true-hearted and worthy will find his favor, no matter what their condition in life happens to be.

17. Then all the Midianites and the Amalekites and the children of the east assembled themselves to Gideon. Not only was Gideon to face one horde of invaders, but all of the heathen on that side of the valley intended to make a concert against the children of Israel.

And they passed over. They immediately entered the confines of the Israelites.

And encamped in the valley of Jezreel. The word used here for valley means "deepening." It is the same as the Scotch expression "vale." It is a valley as one looks into it from above, and not a valley as one might stand below and look over an extensive plain running away from the hills far off to another rise of hills. The "deepening" or "vale," is a wide avenue running up into mountainous countries. So we read of the vale of Jehoshaphat, the vale of Ajalon, of Jezreel. These invading armies were not going to meet the Israelites on the western border of the plain of Esdraelon by the river Kishon, but they were going to attack them more in the mountainous country and put them to disadvantage by dividing their forces and disposing of them piecemeal. Israel, therefore, had to muster not on Mount Tabor, but at Gilboa. It is interesting to note that the Midianites in their battle against Gideon took up practically the same position as the Philistines did in their battle with Saul.

18. But the Spirit of Jehovah came upon Gideon; and he blew a trumpet. Although the tribes of Israel were scattered and working independently, they could be gathered together at a time of crisis. The blowing of the trumpet, however, was directed to the people of Gideon's own tribe. He wanted to be sure of them first. Afterward Gideon sent messengers to all the neighboring tribes, to give warning of danger and to call assistance.

And Abiezer was gathered together after him. This was his own tribe. That his people, who knew him as belonging to a poor family and of humble origin, rallied to him at once must have been a sign of great encouragement and, doubt-

less, a real indication that Jehovah would be with him.

35. And he sent messengers throughout all Manasseh. As soon as he was sure of his own people, he sent the word everywhere. He particularly, however, sent messengers unto Asher, and unto Zebulun, and unto Naphtali; and they came up to meet them. They all came up together—as will appear afterward, a formidable army of thirty-two thousand men.

36. And Gideon said unto God. The text which Gideon puts to God in this paragraph (verses 36-40) is a most striking proof of the faith which the people of the Old Testament had in their God. If he was the true God, he would show himself in some way, particularly at a time of so great crisis. The particularity with which this text is described by the Hebrew writer shows us how great weight the chronicler put upon the incident, and also is evidence of the belief which Gideon himself had, that if he was to go out into the conflict he should go out entirely as the messenger and in the control and under the guidance of God.

### WOLVES ON FIELDS OF DEAD. Russian Officer Tells How He Was Spared From Them.

The presence of the wolf as a new terror on the battlefields of East Prussia and Poland is described in a letter sent by a Russian officer to a Riga newspaper.

Wounded in an engagement which had driven the Germans from their trenches, he found himself later to be the only living soul left on the field of dead. Palling himself together and leaning on his sword he walked as best he could toward the supposed shelter of his comrades in the woods.

"Just as I reached the edge of the woods," he says, "I stopped in terror. From the distance there came the howling of a wolf. It sounded unutterably melancholy and dreadful in the still autumn night. Another wolf answered, in the same long-drawn, dismal note. The howling drew nearer; presently I heard it all around me, without pause, growing louder and more exultant every moment."

"I am no coward. I am a sportsman and have killed many wolves in hunts, but what I heard that night I can never forget. The chaotic howling which inclosed me like a chain kept coming closer and closer, drawing to the centre of the circle where I was standing."

"I saw clearly there was no chance of saving myself when the circle had closed finally upon me. I went running—how I managed it I don't know—toward some bushes a hundred yards away. I reached them and dropped to the ground. I was resolved to fight as long as I could. I had my loaded revolver and my sword."

"The wolves came nearer, and their howling filled the night. Now they were at the border of the wood. In the darkness I could see dim shadows moving slowly between the trees."

"As they came out of the wood from different directions they drew together into one great, dark herd, and stood still for some minutes. Then another wolf howled—from somewhere out on the battlefield, and all at once the pack began to move. Without haste, in a little deliberate trot they went past me, the past very clump of bushes where I was sitting with drawn revolver. Not one turned toward me. I watched each one as he went by, expecting that he would spring at me. I don't know how many there were, but there were very many—

all trotting so quietly to the field where the dead were lying. "I was mercifully allowed to lapse into unconsciousness soon after. At sunrise I was picked up, still unconscious, by a Cossack patrol."

## HEALTH

### Health Hints.

In making a mustard plaster use the white of an egg instead of water. No blistering of the skin will be caused.

Health is to be judged, not from mere weight and bigness, but from firmness of flesh, redness of lips and cheeks, and straightness of bone.

So many sufferers from indigestion make the fatal mistake of thinking to lessen the evil by not taking a sufficient amount of nourishment, but this is one of the worst things that can be done, for by not giving them a proper amount of work to do the digestive organs get still weaker.

A day or two in bed is one of the best cures for a slight cold, especially if a child is delicate. Don't coddle a child, but all the same do not attempt the process called "hardening" by some mothers. It frequently ends in the killing of a child, or else in permanently injuring the constitution.

other, and another, until the four who had won were ready to try again. There was more excitement and louder shouting among the children, and the starter rang the silver bell to urge the racers on to do their best.

The two who won that race were Rachael and Barbara—Rachael with her new sled that had never been lent, and Barbara with her old battered, worn one.

"All ready for the finish!" shouted the starter.

Rachael and Barbara took their places.

"One, two, three, go!" cried the starter.

It was easy to see which of the two was the favorite with the children.

"Beat her, Barbara!" they cried. There was not a single cheer for Rachael, but she sat with her eyes straight ahead; she was bound to win. Halfway down the hill neither sled was ahead, when snap! went Barbara's rope; but she simply leaned over and held on to the tops of the runners.

Rachael, seeing Barbara lean over, thought that might help her to go faster, too, and so she leaned forward, but at that her sled stuck and almost stopped for an instant. Soon it was gliding on again, but that halt had lost her the race.

"Hurrah for Barbara!" was the glad cry, as her sled came in ahead. "I don't see what made me slow up," Rachael complained. "I hadn't used my sled for a whole week."

The boy at the foot of the hill picked up her sled and showed her some rust on the upper part of the runners.

"You've got to race with something that's been used, whether it's a horse or a sled," he told her. —Youth's Companion.

## Young Folks

### The Races on the Great Hill.

Rachael's new sled would hold two children, but it never held more than one. Barbara's old sled was made for one child, but it usually held two, and often neither one was Barbara.

On Saturday there were to be races on Great Hill. Great Hill was wide enough for two sleds to go down side by side. Any child who wished might race, and the winner would receive a silver bell to hang on his sled.

As soon as Rachael heard of the races, she put her sled carefully away.

"I shall not use it till the day of the races," she said. "I want it to be in good order."

Barbara was as much interested in the races as Rachael, but she did not put her sled away. How could she! There were two children visiting her from the South who had never been coasting before.

Saturday came, and Barbara's sled had been used every day and Rachael's not at all. Eight children raced—two each time.

The starter gave the signal, and away went two children; the others shouted and cheered them on; a big boy stood at the foot of the hill, to decide on the race. The one who lost took his sled back out of the way, and the winner got on his waiting to try again.

Then another pair raced, and another.

## OUR GREAT DEBT TO AFRICA

The Voice of That Country In Its Misery Must Have Reached Up to Heaven

"I am debtor both to the Greeks and to the barbarians."—Romans 1:14.

Ask a man how much he owes and he instinctively thinks of money. Yet one of the most easily paid debts is that for mere money; the hardest, that which cannot be settled for cash.

There are honorable debts and dishonorable debts. Nations are indebted to nations, Christendom is in debt to the heathen world. What do we owe to Africa? For centuries it has fallen to her lot to suffer a long series of injuries from other continents. The infamous slave traders spread massacre and misery along her coasts and far into the interior. The advent of other races throughout the ages has been associated with rapine, constant spoliation of goods and estate and with poisonous alcohol. European nations of "light and leading" have stolen millions of square miles of territory without right and without compensation, solely by the power of sheer violence. And, to counterbalance all this wickedness, what has been done for her?

Then God sent the valiant and holy Livingstone, the patient Heriot, Moffat, the daring martyr Hannington and the saintly Mac-kay, who fearlessly threw themselves into the breach and turned the tide of wrong.

In their wake have followed noble men and women who, by their splendid endeavors have done much to bring a new hope to a well-nigh hopeless people. The work has been slow, but founded upon the rock.

Looking back over thirty years, what a change I have seen! From a few scattered schools of a generation ago, thousands of schools are dotted to-day all over the land, where the children can learn of righteousness. The bushmen, the Hottentots, the Kaffir, all are being taught. Thousands of them have had the light of the gospel shed into their hitherto darkened lives. The governments have long since realized that Christian education for the African means an immense benefit to the whole country. Trade has spread over the land.

Missions have been the pioneers of commerce. Europe and America are everywhere pushing the sale of their products. Africa is almost a world in itself.

We are compelled by the circumstances of to-day to face the fact that neither men nor nations can live to themselves. The importance of knowing more than the affairs of our own home, our own country, is vital to our very existence. The sleeping sickness in Africa is a menace to America, the plague in Europe or Asia stirs the world. And Africa, heathen Africa, is being startled into a fresh fever of unrest by the news of white men fighting. Christ has been re-crucified in house of his friends. But is this the end? Nay. For Africa is only the beginning. Christendom has tried to pay back something of its debt to the barbarian. The gospel has still its ancient power. God Almighty is working with the faithful and the Dark Continent, the whole world; will yet lie conquered at his feet.—Rev. James H. Ball.