NOTES AND COMMENTS

There has been considerable discussion in England over the suggestion that the National Trust for Places of Historic Interest or Natural Beauty should acquire some beautiful old village for the purpose of preserving it as it stands and maintaining it forever against innovation and change. Under the ownership thus proposed no new building would be allowed within a certain distance of the main street and all additions would be made to conform to the original design. It is pointed out that the typical villages of the past with their peculiar charm are becoming rarer with the progress of time, and it is urged that if they are to be saved at all it is important that the work of saving them should not be long deferred.

The purchased property, it should be understood, would not be kept up as a museum or show place. The life of the village would go on as of old under the new landlord, a sort of public ownership being substituted for private ownership. The villages are now occupied by tenants who are answerable to the private owner, and they would continue to be tenants of the trust when the new plan was in operation. The scheme is based on a system of ownership of which we know little in this country.

There is, moreover, a hint in the discussions of the scheme to which we can give a local application. The London Spectator would solve the question of ways and means by having a private donor come forward with the gift of a village to the nation. A collector, it says, sends to the British Museum a valuable vase or bronze, another presents or bequeaths to the National Gallery a wonderful picture or collection of pictures. "Men will readily give each other the work of men's hands; it is a far rarer thing to dedicate to mankind the work of nature or man's work in natural surroundings," but here is a fine opportunity for a new experiment in giving. Philanthropists in this country might well follow out this reasoning for its bearing on the acquisition of public parks. There is not a municipality in Canada that has parks enough. There is not one that would not be benefited greatly by gifts of park lands. There is hardly one in which a benefaction of the kind would not count for more than most of the treasures of collectors.

SLACK BARRELS.

Barrels Made in Canada Worth Million and Half Dollars.

That Canada is fast losing her possibilities as a producer of tight cooperage is brought out by statistics compiled by the Forestry Branch of the Department of the Interior. These show that, whereas 2,768,000 oak staves were cut in the Dominion in 1911, 7,293,000 were imported.

In the manufacture of slack cooperage, used for the dry rough commodities such as lime, potatoes, apples, dry fish, flour, cereals, etc., which predominate in Canada's products, elm is the principal wood employed, forming over 50 per cent. of the total consumption. Spruce is rapidly coming into more general use as a source of stave supply, eleven million more spruce staves and nine million fewer elm staves having been used in 1911 than in 1910. When elm is exhausted birch will probably take its place, being comparatively flexible and available in great quantity.

The total value of the materials used in the slack cooperage industry in Canada for the past year was $1,465,702. In 1910 it was $1,595,119 or some $130,000 more. Imports and exports of materials and finished product were, respectively, $329,992 and $135,463, an excess of imports over exports of $194,529.

The total amount of material used, according to an estimate of the Forestry Branch, was over 62,000,000 feet, board measure. Through checking, loose methods of manufacture, etc., there is also a great deal of waste not accounted for. The unlimited supplies of spruce in New Ontario may yet be utilized for the manufacture of barrels.

If headaches occur after bathing the trouble is probably due to water in the head, and future headaches can be prevented by placing a piece of cotton-wool in each ear.

HOME

FRUIT DAINTIES.

Spiced Peaches.—Four pounds of peaches, one cupful of vinegar. one tablespoonful of cinnamon, one tablespoonful of cloves, three pounds of brown sugar, one teaspoonful of ginger, one teaspoonful of salt, and one-eighth of a teaspoonful of red pepper. Boil the sugar and the vinegar. Scald the peaches, remove the skins and cook in the syrup. The spices in a bag and cook with the peaches. When the peaches are tender pour into stone jars, reheat the syrup every day for a week, pouring when boiling over the peaches. All kinds of small fruits may be spiced in this manner.

Huckleberry Pie.—Clean, pick and wash one pint of huckleberries; then drain them. Beat the yolks of two eggs and four heaping tablespoonfuls of sugar until light, add one tablespoonful of milk, then the drained berries. Line one pie plate with rich pastry, pour on it the berry mixture, put in the oven and bake a light brown; remove from the oven, spread with a meringue made of the whites of two eggs beaten stiff and four tablespoonfuls of sugar added. Brown nicely. The whites can be beaten with the yolks and sugar if preferred.

Bananas en Casserole.—Peel six ripe bananas, scrape off the coarse threads and cut the bananas in halves, lengthwise, and the pieces in halves, crosswise. Put the pieces into a casserole. Melt a small glass of apple jelly in one cupful of boiling water and pour over the bananas, then squeeze over them the juice of half an orange; cover the dish and let it cook in a moderate oven for half an hour. Serve from the casserole as a sweet entree with roast beef or mutton or with beefsteak.

Grapefruit Sherbet.—Six grapefruit, three cupfuls of sugar, two cupfuls of water, two tablespoonfuls of powdered gelatin and the whites of two eggs. Put the gelatin into a saucepan, add the water and the strained juice of the grapefruit and bring to boiling point. When cool freeze partially, add the whites of the eggs beaten up and finish freezing.

Apple Fluff.—Two cupfuls of grated sour apples, five tablespoonfuls of powdered sugar, a quarter of a teaspoonful of grated nutmeg and three whites of eggs. Add the sugar to the apples while grating them, then add the nutmeg and the whites stiffly beaten. Beat thoroughly for ten minutes. Serve in dainty glasses.

Pineapple Dainties.—Cook one cupful of grated pineapple, one-fourth of a cupful of sugar, the grated rind and strained juice of one lemon, a pinch of salt and two yolks of eggs until thick, but do not allow it to boil. Chill and fold in half a cupful of stiffly beaten cream. Spread between slices of fresh or canned pineapple, decorate with a star of whipped and sweetened cream flavored with half a teaspoonful of orange extract. Put half of a walnut meat on the top of each star of cream.

KITCHEN KINKS.

Elasticity is restored to rubber by soaking it in one part ammonia and two parts clear water until the desired results are obtained. This is specially true in the case of rings or other articles that have become stiff and brittle.

Keep a piece of sandpaper handy to the sink where the dishes are washed. It will prove invaluable. When a stubborn spot on a burned kettle refuses to move through the aid of a wire dishcloth, use a piece of sandpaper. It is an aid in cleaning a gas stove. Fold a piece over a knife and you can quickly remove all grease or dried food that sticks to the corners.

Cut sheets of tinfoil and place under the flower vase doilies and you will have no trouble with any dampness affecting the best polished furniture.

Every woman knows the irritation of finding a favorite waist, petticoat or corset ready for the laundry just as she wants it most.

A clever housewife, however, has thought out a way to launder such an article of clothing quickly. Wash the garment and starch as usual, but instead of hanging it out in the open air, lay flat on a very heavy Turkish towel.

Then, beginning at one end, roll the towel and garment as tightly as possible. If laid in a warm place the towel will have absorbed enough moisture in a very short time to permit the garment to be ironed.

Before washing any piece of willow furniture brush it thoroughly, so as to remove every particle of dust. Otherwise no amount of washing will get the furniture clean.

WASHING DISHES.

The bacteriologist finds no kitchen clean enough and the ordinary methods of washing dishes he is likely to call a "smear."

Dishes have been tested to determine the number of organisms that remain on them after "ordinary" washing as compared with a method that requires an application of hot water with the help of soap or, better still, carbonate of soda, a thorough rinsing in hot water, and wiping with a sterilized cloth (that is, one which has been in boiling water since it was used before). By this latter method the dishes were practically sterile, while many organisms were left on the dishes that were washed by the "ordinary" method.

One might ask what harm will they do. Oftentimes none, but if the bacteria are those which convey disease, dirty dishes may be the means of giving it to well persons. But most of all, persons who are at all thoughtful of such things do not want any dirt which may be prevented by good methods, simply because dirt in itself is sufficiently unpleasant.

In washing milk utensils it is first necessary to remove with warm water all traces of the milk before scalding water is used. Because of the cream adhering to the sides soap is used also, but the greatest care must be taken to remove by repeated rinsing every trace of soap. A telltale flavor of soap in the morning cream has more than once revealed careless habits in the kitchen, and made it evident that all the soap was not removed in rinsing. The utensils must then be dipped into absolutely boiling water for a moment.

It is an important matter to wash the milk bottle in which milk is now commonly delivered to customers. By this we refer to the washing of the full bottle before it is opened. It is safe to say that this is seldom done. But notice the bottle as it is brought into the kitchen, the milkman grasping it with his hand over the top.

These hands perhaps more often than not have harnessed his horse, have been grasping the reins all the morning, have opened and shut doors, run along stair railings, have perhaps wiped mouth or nose, and yet the thoughtless housekeeper or cook, regarding the white cap as full security from the outer world, pours out the milk over a very dirty bottle brim.

Milk bottles should be put under the hot water spigot for a moment and wiped dry with a clean cloth before opening.

Most housewives agree that milk bottles should be carefully rinsed before they are returned, perhaps more from a feeling for cleanliness than for absolute necessity, as the milk bottles in all well-managed dairies are thoroughly scrubbed and washed before refilling. If such violations of this practice as recently came under observation are noted, when the driver of a dairy wagon washed out some milk bottles in a public drinking fountain provided for horses, refilled them and disposed of them to other customers, complaint should be made to the dairy and, if this is not sufficient, to the board of health.

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON, SEPT. 8.

Lesson X.—The Mission of the twelve, Matt. 9. 35 to 10. 15; 10. 40 to 11. Golden Text, Matt. 10. 40.

9. 35-38.

Verse 35. Went about—Made a circuit of Galilee. This was the third preaching tour.

Gospel of the kingdom—Or, good news concerning the fact that the Kingdom had come, and relating to its constitution and the nature of its benefits.

36. The multitudes—Which crowded about him for sympathy and instruction.

Distressed and scattered — The figure of a flock of sheep among which wild beasts have gone, wounding and devouring some and scattering the rest. The reference is to the common people, who had become the victims of the scribes and Pharisees.

As sheep not having a shepherd—Mark introduces this statement just previous to the feeding of the five thousand (6. 34). A sharp denunciation of the religious leaders of the people is here involved. They were blind leaders of the blind (Matt. 15. 14). Instead of giving instruction which would help the multitudes to find their way into the Kingdom, they raised obstructions which hindered them (Matt. 23. 13), and imposed burdens "grievous to be borne" (Matt. 23. 4).

37. The harvest—The souls to be garnered into the Kingdom are likened to the precious grain. According to Luke, these words were also addressed to the seventy (10. 2).

38. Pray ye therefore the Lord of the harvest—The advice was also a challenge to the twelve to become volunteers.

10. 1-15.

1. His twelve disciples—They had been chosen early during his second preaching tour (Mark 3. 13-10; Luke 6. 12-19). Matthew enumerates them here for the first time.

Gave them authority—An indication of the continual expanding of the Kingdom.

2. Twelve apostles—The writer changes the title here because of the new commission. Previous to this time they had been called simply "disciples."

Simon, who is called Peter—Peter, or Cephas, was his surname. It was an Aramaic name, meaning "the rock," which Jesus gave to Simon the first time they met (John 1. 42).

ARCHBISHOP OF CANTERBURY

Whose ecclesiastical position, curiously enough, entitles him to a seat on the British Board of Trade.

Andrew—Who brought Simon to Jesus (John 1. 35-42) and the first missionary of the Kingdom.

John—The "beloved disciple" who, with Andrew, had been a disciple of John the Baptizer.

3. Philip—Like Simon and Andrew, he was a native of Bethsaida (John 1. 44).

Bartholomew—Probably the Nathanael of Cana of Galilee (John 1. 45; 21. 2).

Thomas—Called Didymus, the twin (John 11. 16), who disbelieved in the resurrection (John 20. 24, 25).

Matthew the publican—A collector of taxes in Capernaum. Publicans were the "grafters" of that day. He is called "Levi" by Mark (2. 14) and Luke (5. 27). Like Simon and Saul, when he became a disciple he received the new name "Matthew," which means "The gift of Jehovah." He is the writer of the Gospel which bears his name.

James the son of Alphaeus — Called James "the less" (Mark 15. 40). He is not to be identified with James the brother of Jesus.

Thaddaeus — Meaning "the hearty." He is also called Lebbaeus, which means "the courageous." Both are epithets. His real name was Judas, son of James (Luke 6. 16). See also John 14. 22.

4. Simon the Cananaean — "The Zealot" (Luke 6. 14; Acts 1. 13). So called because of his membership in a sect which had a revolutionary attitude toward the Roman government.

Judas Iscariot—Literally, a man of Kerioth, a village of South Judah, near Hebron (Josh. 15. 25).

5. Way of the Gentiles—Any road leading to a Gentile district or city.

6. Samaritans—Descendants of Babylonians who were brought into Palestine by Sargon to replace the Jews who were carried into captivity (2 Kings 17. 24ff.).

7. Preach—Make a proclamation, as heralds.

8. Freely give—They were to generously exercise their gift of miracle working.

9. Purses—Or, girdles, which were provided with pockets. The apostles were to provide nothing but the simplest equipment, relying upon the reward of their labors to supply their simple needs.

10. Two coats—Shirts, or under tunics.

Shoes—They were to wear only the coarser sandals, which were less pretentious and better adapted to travel. (Luke 22. 35; Mark 6. 9).

11. Search out who in it is worthy—Those who would receive the message kindly and consider the apostles' visit as a favor.

12. Salute it—With the common salutation, "Peace be unto you" (John 20. 21).

14. Shake off the dust of your feet—The dust of heathen territory was considered "unclean" by the Jew, who wiped it from his feet when passing into the holy land (Acts 13. 51). The implication is that those Jews who would not receive the apostles were no better than heathen.

15. Sodom and Gomorrah—Cities in the region of the Dead Sea destroyed in the time of Abraham (Gen. 19. 14).

10. 40 to 11. 1.

In the verses that intervene between this passage and the preceding (10. 16-39) Jesus instructs and exhorts his disciples with reference to their personal standing and behavior as his representatives in the great task of evangelizing the world. Then in verse 40 he takes up again the thought of verses 11-15 which refer to those to whom their message of salvation is to be proclaimed.

Him that sent me—The heavenly Father.

41. He that receiveth a prophet in a prophet's name—He that welcomes and entertains an apostle because he is an apostle, that is, for his work's sake.

42. These little ones—Even the least among the righteous.

DISCOVERIES YET TO COME

The Race Has Only Had Its First Breath, as Compared With Its Long Career in Eternity

Every wonder that man has yet performed has been done just as Christ healed the sick. Man has come by slow and hard work into unity with the power that ruled everything, and he is conquering everything. Into the original idea which the ruler of things had comes a Morse, and distance is so conquered and used by man that we converse over continents. Field so stepped into oneness with the power which creates that seas do not divide its children. Bell so found a unity of idea in his own mind with the habits of the omnipotence of the world—which we call laws—that the cadences of the human voice tell the soul's tides unto another through miles. All these would be called miracles if men had not found out and told each other of the ways which the power of the universe travels.

"We see Him, even Jesus." — Nineteen centuries ago did He tell the sons of men, His brothers, how He found the territory unknown; and how they might find it, while He urged them to go out and take the lands which lie between man and the power which he feels, which Jesus had made known unto them as their own, to be settled and tilled by them forever. Since that day there has been a great fact in the world, to urge on the sovereignty of man over all things. Paul and all of us are heartened.

"WE SEE HIM—EVEN JESUS."

"When we think of what He did by being at one with God, and that we dare not say that anywhere in the rising exultation of Jesus His immortal "Follow Me" ceases to sound, we are overwhelmed with the prospect in the future for our ignorant and sin-cursed race.

By being at-one with this eternal power, He smiled as an infant, as Castelar says, "holding in His little fingers the world of the future, and reflecting in His heavenly eyes the horizon of new and redeeming ideas." By being at-one with this majesty of the universe, He made traditionalism tremble into dust in its citadel, and captured from the ashes of its dissolution the unharmed spirit of man.

By being at-one with the genius of the universe, He loosened in His youth the fetters which had weighed down the soul of man, and refused to accept the gift of all things from the hand of evil, that he might subdue all things by His courageous goodness.

By His oneness of will with the everlasting omnipotence which travels everywhere, He treated death as His slave, and life as His helpmeet. By His unity of mind with that which we call force, He made nature His maid-servant, and she led joy into the house of mourning and life into the gates of death. By His identity of soul with that which He called Father, He flung from His cross the phantom of death, smote the wrong of earth with fatal blow, dealt to evil its destruction, snatched from the jaws of hell the destiny of this race, and after showing a passage-way

THROUGH THE GRAVE,

ascended from the scene of his triumphs to a greater triumph unto his Father.

"We behold Him, even Jesus"—and can any outline suggest the stature of coming humanity? We have only begun the discoveries. These shall be called children's toys in comparison with those to come. Their grandeur will consist in the fact that they helped our advancing to something better, and how much better those shall be that are to come, must be computed by the immortality and nobility of the human soul.

As yet, all things are not subjected, though they are subdued, to the plan of that Son of Humanity. "But we behold Him—even Jesus," and find out what He did by being at-one with the unseen power. If by any means He shall bring us into that unity—and He promised it and is doing it—we can judge of what lies before us.—Frank W. Gunsaulus.

HEALTH

CATARRH.

It is not necessary to describe at length the symptoms of nasal catarrh; every one is quite familiar with them. Catarrh may vary greatly in severity from the occasional "cold in the head" which comes and passes, and is regarded by many people as an inevitable experience of the winter, to a serious chronic and purulent catarrh, which is often called incurable, but which can be either cured or ameliorated by proper treatment.

When the ordinary catarrhal cold does not yield to treatment and disappear, but threatens to run on indefinitely, a specialist should be asked to make a thorough examination, not only of the nose and throat, but of ears and teeth as well. Septic reinfection may occur from any of these sources; a discharging middle ear or decaying teeth may prolong a nasal catarrh indefinitely.

Permanent catarrh is also caused by incorrect habits of living, especially by insufficient ventilation, particularly in the sleeping-room. Most sufferers think their catarrh is due to "exposure," by which they mean too much fresh air; but if they would breathe all the fresh air they can get, avoid crowded rooms, dust, and stuffiness, and learn to sleep with wide-open windows, they would be surprised at the powers of resistance they would develop.

But it must be remembered that a person whose air-passages are normal in structure and condition will have fewer colds, even breathing had air, than one with obstructed passages will have in spite of all the good air in the world. Fresh air is of no use to a person who cannot draw it in.

Victims of catarrh would do well to use only paper handkerchiefs. They are cheap and light, and can be destroyed after each use, a precaution which is not only a matter of justice to others in the family, but a real safeguard to the patient, who otherwise is in constant danger of reinfection.—Youth's Companion.

CARE OF THE FEET.

Women who spend hours caring for their hands pay little attention to their feet. They are such hard-worked members of the body that they deserve better treatment.

Feet are best kept in condition by shoes that fit. Never economize in shoe leather and do not yield to vanity and get footgear that is too small.

Frequent bathing keeps the feet from being tired and swollen, and it prevents roughness of the skin that leads to callous spots.

Water, in which a bit of washing soda has been dissolved, is restful. Hot salt water is equally refreshing, while a vigorous rubbing with alcohol will quickly relieve a burning sensation.

Pumice stone, used frequently, keeps the skin smooth. It is especially necessary on the heel and on the ball of the foot, where the weight of the body rests in walking.

Never cut the nails too short, as they are more likely to become ingrown. And file them smooth with sandpaper, so they will not catch and pull the threads of your stockings.

Occasionally visit a chiropodist. He will detect any irregularity in the growth of nails, and money and pain are saved.

And remember that one's disposition is quickly affected by painful feet.

A WORD TO THE WISE.

The preverbial advice, "Cobbler, stick to your last," had an apposite exemplification in the following anecdote:

A colored man was brought before a police judge, charged with stealing chickens. He pleaded guilty, and received sentence, when the judge asked how it was he managed to lift those chickens right under the window of their owner's house when there was a dog in the yard.

"Hit wouldn't be of no use, judge," said the culprit, "to try to 'splain dis thing to you all. Ef you was to try it, like as not you would git yer hide full o' shot, and git no chickens, neither. Ef you want to engage in any rascality, judge, yo' bettah stick to de bench, whar yo' am familiar."

GERMANY EATS MORE MEAT.

The consumption of meat in the German Empire for the first quarter of 1912 shows a considerable advance over the same period in 1911, and the highest per capita consumption for a number of years. Economists do not, however, regard this as an indication of increased property, but quite the reverse. They find the cause in the severe drought of last summer and the consequent failure of all fodder crops. As winter came on the farmers were compelled to sell off their stock because of lack of fodder, and this brought about a decided drop in prices, in which is seen the cause for the increased meat consumption.