

NOTES AND COMMENTS

A report from an Associated Press correspondent at Warsaw shows that the misery and devastation in Poland have, if anything, been underestimated. It declares that of the smaller nations which have suffered so terribly as a result of the war Poland is in by far the worst condition.

An agricultural population of about 7,000,000 is on the verge of starvation. Hunger, misery, and disease abound on every hand. Great numbers of people hide themselves in the forests or under the ruins of their former dwellings and have as food only roots, bark, rinds and the decaying carcases of animals killed on the battlefields. Congestion in certain cities supposed to be safe from immediate war dangers is adding to the sum of misery produced by insufficient nourishment and bad sanitation.

The devastated portion of Poland embraces more than 40,000 square miles of territory. Within that area 200 cities and towns and over 9,000 villages have partially or wholly been destroyed. The agricultural production of this part of Poland is valued at \$500,000,000 per annum; and this has been stopped in its entirety. The work horses have been requisitioned in great numbers by the fighting armies and the cattle have been confiscated. Moreover, the trenches and holes and other incidents of military campaigns on a vast scale have retarded a resumption of cultivation doubly difficult.

It would assuredly be difficult to draw a darker picture. But the picture of Poland needs yet a darker shade to be complete. This is the fact that Poland, unlike Belgium and Serbia, has not even the consolation of feeling that all this suffering is for a national cause. The terrible fact that Poles are forced to fight against their brothers in the two great contending lines of battle renders the case of Poland unique and incredibly piteous.

If an efficiency expert applied his tests to war, what would he make of it? Putting morals and humanity aside and concentrating on the mere physical facts, could he name any business in which a larger effort is spent for a smaller outcome? Of the millions of shots each day, how many reach their mark? The proportion of misses to hits is literally so staggering that it has been said it takes the weight of man in lead and steel to kill him.

Some one of the short-story camoes of French literature pictures a peasant whose village fame has lived on the fact that in 1870 he killed five Germans at Sedan. That, of course, is the boyhood impression of every soldier's career. And yet it cannot be one in five who has killed a single enemy with all the myriad shots and bayonettings of a war. When Sergt. O'Leary kills eight Germans in a single charge, it is verily a case for King George to honor him with a personal handslap.

AMERICA'S ULTIMATUM TO GERMANY.

With courage and unusual firmness, America has sent to Germany her last word.

The note contains the final summing up of the position of America's 100,000,000 people to the Imperial Government of the Kaiser, and admits of no more quibbling from the over-seas power. It now rests with Germany to say whether she desires the continuance of friendly relations between the two governments.

The note from Germany, to which this is the reply, was studiously flippant and irrelevant. With cutting logic and deservingly severe in its bluntness, Secretary Lansing and President Wilson have framed a diplomatic note and hammered in the facts so unrelentingly, that even the autocratic Kaiser will not fail to understand.

Germany now has only one course to pursue if she expects to maintain the friendship of the United States, that is, she must abstain from injuring the Lusitanian or of lesser import even, will drive America to arm against the autocrat and war lord of the Hohenzollerns. Pres. Wilson has assured the Kaiser that America will contend for the principles of international law and right espoused, "at any cost," and the American people will stand squarely behind him, and quickly prepare for the most critical result whatever that may be. The note is void of the customary diplomatic frills, and there is no longer any possibility of an evasive or argumentative reply.

Our case is argued, and there is nothing left to argue about. It is now up to the German government to listen to the voice of reason or take the consequences. She can maintain peaceful relations with the U.S. only by refraining from menacing American citizens. She can break those relations by returning to the savagery and cold-bloodedness of her under-seas assaults.

We shall see in the sequel what her action will be, and whether her diplomacy is sound enough to steer clear of further complications in arraying the world in hostile alliance against her.

CHAS. M. BICE.
Denver, July 25, 1915.

Correct.
"Carl," said the teacher, "can you tell me what an inebriate is?"
"Yes, an animal," replied Carl. "It is an animal that does not have a backbone."

LOVE AND HATE

England to Germany.

You poison the springs that should ever flow
To aid the bright flowers of peace to grow;
You teach little children in school to pray
That curses may blight, and that wrath may slay;
You plant in the soil of their young hearts seeds
Of baneful, destructive and deadly weeds;
You rob them of vision of higher view;
You wither their power to be pure and true;
You turn them away from love's garden gate,
And chill their warm blood with your hiss of hate,
But back o'er your land all your curse clouds roll
To darken and shrivel your nation's soul.

You savagely boasted your brutal might,
And scornfully sneered when men spoke of right;
Refused to be true to the pledge you signed,
And jeered at the nations a bond could bind;
Defying humanity's moral laws,
You murdered the helpless without a cause;
You secretly tried an infamous plan
To sow deadly strife between man and man;
Your four plots miscarried, perfidy failed.
The nations awoke and the right prevailed.
Now, facing in terror avenging fate,
You shriek in your fury the curse of hate.

We heed not your curses. We know God hears
The cry of the nation whose bitter tears
Flow out from the heart that in anguish bleeds
Because of your merciless, ruthless deeds.
Brave Belgium's blessing of prayer and praise
The curse of your venomous hate outweighs.
We sprang to her aid with our souls aflame
To save from dishonor old England's name.
Peace lovers are we, but true Britons fight
When freedom is threatened by despots might.
We hate not your nation. We fight that we
May aid in the struggle to make men free.

For all that you did in your brilliant past
We thank you, but mourn that, misled at last,
You sullied the fame of your noble state,
And shadowed your soul with the curse of hate.
Base, selfish ambition has made you blind,
Has narrowed your vision and warped your mind.
We hope you will learn, when the strife is o'er,
That all war is evil, and fight no more.
That hate is a monster, whose fatal breath
Bears ever a message of gloom and death;
That love is the highest power man can know
To start the divine in his life to grow.

—James L. Hughes.

HEALTH

Eczema.

Genuine eczema is one of the commonest of skin diseases; and in most cases is due to bad habits and neglect of healthy cleanliness. You stop up the pores of the skin—either by accumulated dirt or by wearing woolly under-garments saturated with perspiration; and nature duly punishes you for the sin against her just laws.

In a patch of true eczema you find little orifices, the mouths of the sudoriferous duct-glands, which "weep," i.e., exude a tiny drop of fluid. The latter congeals, and forms a crust or scab. There is always itching, and bayonettings of a war. When Sergt. O'Leary kills eight Germans in a single charge, it is verily a case for King George to honor him with a personal handslap.

Towards cure, glycerine in some form or other is the sheet-anchor. As a rule, zinc ointment well mixed with glycerine should be smeared on night and morning. If there be inflammation, it is sometimes better to use the glycerine in a bottle of lead lotion—an ounce of the former to a pint of the latter (you must get the lotion made up by a chemist)—and dab on plenty with a sponge.

No soap should be used, and no water should directly touch the patch of eczema. But with every precaution should be taken to maintain the entire skin in a cleanly and wholesome state. Cotton, or linen, not woolen, undergarments should always be worn next the skin.

Sometimes there is a gouty disposition; and then that must be counteracted by a diet of little or no meat, plenty of fruit and vegetables, no salted fish or meats, no alcohol.—A Physician.

Hints for Mothers and Nurses.
First. A cross baby is nearly always a sick baby.
Second. Never urge the baby to walk. He will walk as soon as he is strong enough.
Third. Don't neglect to have the baby vaccinated when he is a year old.
Fourth. Don't consult a neighbor when the baby is sick. Get a doctor.
Fifth. Don't fail to give the baby water to drink. When he cries he may be thirsty, not hungry.

Sixth. You are to blame for any bad habits the baby may form.
If the baby is sick to-day, do not wait until to-morrow to call in the doctor. Things that seem little may be really very serious. See a doctor at once, if there is:
1. Vomiting and diarrhoea. These are danger signs.
2. Sore throat.
3. Crying most of the time.
4. Sore eyes.
5. Running ears.
6. Cough.
7. Sore mouth.
8. Constipation, give baby two to three tablespoonfuls of orange juice, not at feeding time. If it continues, see a doctor.

For colic, see that the baby's feet are warm. Put a hot-water bottle at his stomach. Don't burn him.
If the baby breathes through his mouth all the time, his nose is stopped up and he needs treatment.
Enlarged joints and deformed feet should never be overlooked, resulting as they usually do, from errors in diet or some general disease.
Skin eruptions of all kinds should be attended to. Most of them are due to food which does not agree with the baby, but some are caused by contagious diseases.

Convulsions: Put the baby in a warm bath. Don't burn him. Send for the doctor at once.

An Industrious Constable.
In a small town the constable received by post six "Rogues' Gallery" photos of an old offender taken in different positions. A fortnight later the constable sent this message to the city chief of police: "I have arrested five of the men and am going after the sixth to-night."

Refugees of Two Franco-German Wars

A MAN and his wife who recently passed from Lille through the French refugee camp, both were driven from their homes during the Franco-Prussian war of 1870, returning after the war only to be driven out by the

Fashion Hints

What to Wear and How to Wear It.

Time was—and not very long ago, either—when a gross of buttons were used as a trimming for a single gown. Now buttonholes are used instead of buttons.

A very charming frock has two long godets on either side of the full skirt, and each seam is outlined with a two-inch band of black taffeta, across which, one inch apart, are buttonholes done in white silk.

Little godets—or dog's ears—give a flare to the jacket, and the seams of these are outlined after the same manner. The effect is most unusual. Contemplation of the stitches taken in the hundreds of buttonholes is positively paralyzing to the woman "who hates to sew."

Although buttonholes are profuse and numerous buttons have not their vogue entirely, though they are no longer employed in squads and by the wholesale.

They are used now in embroidery on net, taking the places of spangles and sequins. The best quality of jet beads come from Bohemia or die, come before the European madness broke loose—and, since they are scarce now, buttons are used instead.

In the embroidered nets the leaves and blossoms of the flower designs are helped out by tiny buttons, a flat yellow satin button, or a small white heart of a daisy and a little red button doing service as a make-believe cherry. Often the buttons are held by hand embroidery. Only the lightest weight buttons are used, as nets appear to grow flimsier and frailer every minute.

It is all one's memory is worth to keep up with the names of new colors. How the clerks in the shops manage it goodness only knows.

PAPER LIFEBOATS.

A Life-Saving Craft Almost Immune to Wreck.
A paper lifeboat that can be packed away in the space of about one cubic foot, but that, when inflated, is so sturdy and durable, is the invention of a retired admiral of the Japanese navy, says London Tit-Bits.

The boat is constructed from the Japanese paper called bashikuro, which is treated chemically to make it waterproof. The paper comes from the mulberry tree, when the whole being inflated with air, the whole being inflated with air. Because of the case with which paper can be punctured, it was necessary to change the method of construction, so several pipe-like bags were made and placed side by side in the form of a raft, and that raft finally modified to a craft something like a boat in shape.

The result is a life-saving craft almost immune to wreck, for even if one or two of the pipes are punctured or broken, the boat still is buoyant enough to be seaworthy.

Owing to its strength and lightness, and its waterproof qualities, the bashikuro paper is evidently adapted to a wide range of uses, among which are the making of coverings for aeroplane wings and for dirigible balloons.

Professional Pride.
A quaint story is told to exemplify the pride that every man should take in the work by which he makes a living.

Two street sweepers, seated on a curbstone, were discussing a comrade, who had died the day before.
"Bill certainly was a good sweeper," said one.
"Yes," conceded the other, thoughtfully. "But—don't you think he was a little weak around the lamp-posts?"

He Is All Right.
"Dear Teacher," wrote the anxious mother, "I am afraid Johnny is not trying enough!"
"Dear Madam," replied the nervous teacher, "I assure you Johnny is the most trying boy in his class!"

In three years a beech tree grows 1 ft. 8 ins.; a willow, 9 ft. 3 ins.

Additional clasps may be added to the Victoria Cross for subsequent acts of bravery.



Refugees of Two Franco-German Wars

PROFITS IN FRUIT GROWING.

The Importance of Careful Picking and Handling.

One of the problems which confronts the fruit-growers of the present day is the placing of their fruit at a fair profit to themselves but, if possible, at a lower price to the consumers. Much has been said and written about eliminating the middleman in this connection, but to adequately dispose of the tremendous amount of fruit grown the middleman is, and probably always will be, necessary.

Since that is the case, as a fruit-grower, should work with and not against the wholesale and retail fruit dealers. For while it is undoubtedly true that excessive profits are often made out of fruit by some middlemen, yet the retail merchants at least, when that, contrary to public belief, they are not making any fortune out of handling fruit. A prominent Toronto grocer estimates from his actual experience that the overhead expenses of running his store average 15 per cent. Thus, if he buys a basket of fruit at an opportunity for cost at \$1.15 he is just breaking even and making no profit at all.

This 15 per cent. is general overhead expenses. In the case of fruit and other perishable goods there is always the additional expense of waste from decay, and, in addition, estimated to amount to 10 per cent. in the case of tender fruits.

What causes this decay? Part of it is the natural decay of over-ripe fruit and part the result of improper picking and subsequent handling. If, then, an opportunity is offered to the fruit-grower to work in harmony with the middleman, helping him, helping the consumer, and helping himself; for a lower price to the consumer means more fruit consumed and thus extended markets to take care of our fruit output, which is constantly increasing.

In California orange and lemon pickers wear cotton gloves so as to avoid even a finger nail scratch on the fruit. The packers discard all fruits which show the slightest scratch, and in this way the orange-growers are able to place the oranges in Ontario and much more distant markets with a minimum of decayed fruit. For it is fruit which has been injured through being bruised, roughly handled, stem punctured, left standing in the sun after picking or packing, picked too early, or otherwise injured when damp, or otherwise improperly treated, that decays first and makes up the bulk of the 10 per cent. decay which the grocer has to reckon with and tack on to his selling price.

Pay a little more attention to the picking end of the business, and good pickers, but much can be done if a fairly strict oversight is kept over them and attention given to those pickers who are not doing good work.

Pre-cooling—As soon as a basket of fruit is picked it should be set somewhere in the shade, or in a pit standing in the sun where it heats quickly, greatly hastening decay.

When the days are very warm it is a good plan when possible to let the picked fruit remain overnight, as the Israelites became familiar with the worship of the sacred ox. It was natural that not only in the wilderness (Exod. 32. 4, 8) but here also the calf was used in imitation of Egyptian idolatry. But Jeroboam, just as much as Aaron, knew the wrongfulness of idol worship.

Time to Pick.—Great injury has been done to the fruit industry of the over-ripe fruit, which is a temptation, especially with the great quantity of fruit while it is still green and unfit for food on the market early in order to secure high prices. This practice has a very depressing effect on the market, as a consumer who picks up a basket of fruit which is so green that he is obliged to buy again. We must deal honestly if we are to retain and extend our present markets. And if a few of us are not inclined to be "natural," let us at least in regard to immature fruit, the Dominion Fruit Inspectors have been instructed to "assist" the growers to be honest in this matter. Special precautions are to be taken to see that no such fruit goes on the market this season and inspection and control along this line by the Dominion Inspectors.

Little need be said concerning shipping over-ripe fruit, except that if you are determined to ship it, grade it into baskets by itself, and so avoid spoiling the sale of your good fruit.

Otherwise excellent basket of fruit looks very messy and unattractive by the time it arrives on the market, even if only a very small per cent. of over-mature fruit has been left in it. Make more frequent pickings of small fruits and so have little or no over-ripe fruit to pick. Take as much as possible of the responsibility of poor picking out of the picker's hands, as the average picker, working by piece work, cares little what the fruit is like to maturity.

Picking Damp Fruit.—Never pick fruit when damp or wet, unless it is fruit which will be in the consumer's hands within a very few hours. Cherries, plums, and peaches are very liable to rot badly if packed damp and then shipped by express. The heat of the car and the moisture soon work havoc, the rot spreading rapidly through the baskets.

Damp strawberries, raspberries and blackberries mold rapidly after being picked and present a very poor appearance on the market. Lastly, avoid a big bulk of fruit in picking baskets. Fruit is tender and peaches easily. In picking apples and pears use shaded orchard boxes, which allow of a free circulation of air. In a barrel there is no circulation of air. Fill the boxes so full as to allow of piling them one on top of another, thus saving space. Keep the fruit clean at all times.—Fruit Branch Agriculture.

Unselfish.
Doctor—Is your wife strong-minded enough to see that you positively refrain from eating that candy and pastry?

Patient—Sure, doctor! She's got spunk enough to make me pass up the candy and pastry and all that as long as she's allowed to eat it herself.



On Guard.
There was a border of mignonette round the pansy bed, and the young mignonettes were just getting their eyes open.

"O Mrs. Pansy," said one to her nearest neighbor. "What is that dark thing coming through the grass?"

Mrs. Pansy laughed. "You little darling! (Mignonette means little darling, you know.) That's Mr. Toad, our policeman. He's our best friend. There are three of them in this garden, and I wish that there were a dozen. He saved my life once."

"O Mrs. Pansy," shuddered young Mignonette, "tell me about it!"

"It was long, long ago, quite early in the spring, while I was still young and tender. My first eye was just open, and I was like you. The world seemed very strange, and I was afraid of everything."

"It was a lovely moonlight night. The orchards were in bloom and the air was full of sweet odors. I was peacefully working it was, when the ground near my roots began to heave, and out crawled a queer creature. You think Mr. Toad is ugly, but you ought to have seen that cutworm."

"What could I do?" asked Mrs. Pansy solemnly. "We plants are so helpless! I couldn't run; I couldn't call for help. Then I saw a huge dark creature hopping toward me. I didn't know what it was. I thought that all was over. Soon Mr. Toad was hopping away down the path and the work was gone. It was a long time before I knew what had become of it; but one day I heard Patty and Betty talking about toads and cutworms, and then I knew what it was, and what I had been saved from, and how Mr. Toad ate that worm, little darling."

"Ate it?" gasped Mignonette.

"Yes, he ate it," replied Mignonette. "Really, he has beautiful eyes, and he looks so strong. I hope that he will stay close by."

"He will," replied Mrs. Pansy cheerfully. "This is his regular beat, and he'll keep it clear of bugs and worms, never fear."—Youth's Companion.

THE SUNDAY SCHOOL

INTERNATIONAL LESSON.
AUGUST 15.
Jeroboam Leads Israel Into Sin—1 Kings 12. 25-33. Golden Text.—Exod. 20. 4. 5a.

I. Jeroboam's Jealousy of Rehoboam (Verses 25-27).

Verses 25. Built Shechem—In the early days Shechem was a strongly fortified city. It was overthrown by Abimelech (Judg. 9. 45). Jeroboam did not build it. He restored it. He strengthened it by walls and made it his royal residence.

Built Peniel—On the east side of the Jordan, Jeroboam had subjects on both sides of the river. It was highly important that both places be strongly fortified. Peniel was undoubtedly near the fords of the Jordan, so that an outpost stationed there could defend the land from invasion. Peniel was anciently called Peniel (Gen. 32. 22, 30).

26. Said in his heart—The Feast of the Tabernacles was approaching and many of his people would go to Jerusalem. The Law of God, or Holy City, still had strong attractions for the faithful. It was usual for the people not only to attend the feast, but to remain in Jerusalem many days.

Kingdom return to the house of David—Jeroboam's fear was well grounded. If Jerusalem was to continue as the center of religious worship, Jeroboam could not expect to be a people. His own life would be in jeopardy (see 2 Sam. 4. 7, where Ishboeth was killed by his own subjects).

II. Jeroboam's Sin (Verses 28-31).

28. Two calves of gold—In Egypt, the Israelites became familiar with the worship of the sacred ox. It was natural that not only in the wilderness (Exod. 32. 4, 8) but here also the calf was used in imitation of Egyptian idolatry. But Jeroboam, just as much as Aaron, knew the wrongfulness of idol worship.

29. Bethel . . . Dan—Bethel was at the extreme south of the new kingdom and Dan, formerly Laish, was at the extreme north of Palestine. These places had been associated with religious rites in former times (Judg. 18. 30; 20. 18, 26; 1 Sam. 10. 3).

30. This thing became a sin—In violation of the second commandment.—31. Houses of high places—Like the Acropolis in Athens, so in Palestine the molten or carved gods were set on high.

Priests from among all the people—In the kingdom Jeroboam was founding the priests were, not all taken from one tribe (for example, the tribe of Levi). He instituted a new order of priests.

III. Jeroboam's Feast (Verses 32, 35).

32. Ordained a feast—As a counter attraction to the Feast of Tabernacles and for the purpose, of course, of keeping his people at home.

In the eighth month—A month later than the Feast of Tabernacles. This feast was a harvest feast. As the harvest was a month later in northern Palestine, Jeroboam could set his feast (also a harvest celebration) that much later.

33. Went up into the altar—As Solomon dedicated his temple, so Jeroboam personally consecrated his altar in Bethel for worship. He evidently let some of the new priests (verse 31) dedicate the altar in Dan.

Devised of his own heart—Jeroboam's religion and worship were man-made. They had not the sanction of God. They were his personal, unauthorized, and wrongful innovation. They therefore became stigmatized as "Jeroboam's sin."

THE DREAM OF THE PROPHET

War, Like Its Twin Evil, Pestilence, Must Be Banished From the Earth.

"And they shall beat their swords into ploughshares and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more."—Isaiah II., 4.

ENEMY OCCUPY
Bavarian Troops

A despatch from London German are in possession of Poland, and largest city of the Russian Empire, Warsaw, has been captured by the Bavarian troops entering the morning, having taken the Ilonie lines and the inner fortresses of the town. The Russians only fighting actions to allow their main make good its escape.

According to a despatch from Warsaw, the retreating Russian troops were ordered to demolish the city. They blew up all the bridges over the river. This victory over the Teutonic allies is an enormous triumph for the Russian troops having fallen in the hands of the campaign of the Whites to the Bavarian Emperor of Prussia has fallen. The Russian Emperor's consort, who are expected to State enter within a few real conquerors are the King under Field Marshal von Burg, along the Narva River north-west; the Austro-Germans crossed the Vistula to the

TURK SUBMAR
French Fleet Bomb

A despatch from Paris an armored cruiser, two cruisers, boats, destroyers and an aeroplane of the French fleet demonstrated Sighajik and Scia Nova, east of Anatolia. Sighajik was bombed and the Customs and part of the fortifications destroyed. An armored cruiser, the fortifications of the Turkish of Scia Nova and a fortress to the west of that town, other vessels of the squadron

ITALIANS' GUNS
BLOW UP TR

Cars Filled With Austrian Troops. Route to Rovereto.

A despatch from London Italian artillery fire struck a train filled with Austrian soldiers to Rovereto and completely wrecked it. Five hundred were burned to death in the 15 miles of track were destroyed. Eight wagons of ammunition were exploded in the same locality. At Palazzo eight attacks. Italians were repulsed, but the attack resulted in the capture of several miles of newly-conquered trenches. The Italians have up more heavy guns against the Austrian positions, which were followed infantry attack.

SIX OF CREW BROWNED
IN TORPEDOED TRAW

A despatch from London The trawler Grimstar and steamer Fortia (433 tons), of pool, were sunk on Thursday, Sunday by a submarine. Six crew of the Grimstar were drowned and four were rescued.

U. S. WILL CONTEST
THE DACIA ISSUE

A despatch from Washington The announcement from Paris that French press coast had confirmed the Dacia as a fair prize found the Department preparing to protest decision which carries with it, future of the vessel. It is planned make this a test case of the right neutral country to grant registry belligerent-owned merchant ship. The Dacia's cotton cargo is involved, the French Government purchased the cotton through special appropriation.

Italy's Ultim

A despatch from Rome says tension between Italy and Turkey declares here to becoming daily acute. Italy is said to have asked categorical explanations concerning Turkey's alleged refusal to withdraw her troops from the Cypriote tract in Tripoli, and Turkey is said to be described as her policy of procrastination.

Notes to Take

A despatch from London in view of the importance of strengthening of the gold reserve the Treasury has instructed the office and all public departments to cash payments to use notes instead of gold whenever possible. A Press Bureau announcement.