

NOTES AND COMMENTS

Women workers in the British munitions plants, after only three weeks' training, are earning from 7 to 20 per cent more "bonus" than men who have worked for years with similar tools.

There's a sobering thought for the dreamers of "complete conquest" on either side in that incident, in the attitude it recognized, in the resolution it recorded—a resolution that these British women, and the women of all nations at war, are showing to-day.

Meanwhile score one for the British women and for the example they are setting the men! If they can't do the work of war in the trenches they are doing the work in the shops without which the work in the trenches would fail.

The French Government has called to the colors 400,000 young conscripts who in ordinary times would have begun their period of service in 1917.

Thus does the inexorable hand of war withdraw from the uses of peace nearly half a million whose lives in their varied occupations would have counted to make the world a happier and a more comfortable abiding place.

RUSSIANS ARE KIND.

Austrian Officer Exchanged After Year in Siberian Prison. Lieutenant Hans Kranders has just returned to his home in Vienna after having been a prisoner of war in Russia for more than a year.

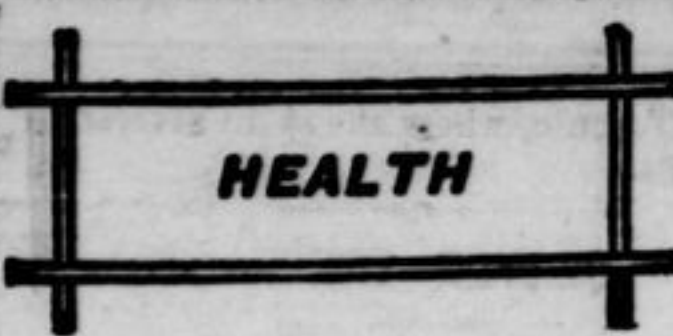
At the beginning of September, 1914, Lieutenant Kranders was wounded severely in the leg during a battle with the Russians near Lublin. He was left helpless on the field for two days, and finally was found by a Russian patrol, who took him to the nearest hospital.

On reaching Ouzk the prisoners were transferred to fourth class cars, which were in filthy condition. They had no means of changing their clothing and did not even have enough water to wash their hands.

Despite the bitter cold—for it was below zero all the time—the prisoners took daily walks under guard of a Russian soldier. But all this was changed when two of the officers tried to escape.

Epidemic of German Suicides. Another epidemic of suicides is reported among the German forces in the vicinity of Dvinsk by prisoners captured in that region. Nine officers, including the commander of a battalion, ended their lives within a period of twelve days.

Look out for the knife grinder; he's a regular sharper.



HEALTH

The Eyes. The eyes require the greatest care. In the morning, in the afternoon, after exposure to sun and dust or to the glare of snow, and at night, it is necessary to bathe the eyes and eyelids with tepid water or an eye lotion, drying them gently with a soft towel.

The first rule is to keep the eyes clean. It is a simple matter to keep a bottle of boric acid solution on the washstand with an eye cup, and to use it two or three times a day.

The present-day use of strong electric lights has done much to weaken the eyesight of people. They do not realize it until their eyes show weakness and cause them pain—the result is fatal.

Headache. Headache is a thing that may spring from a variety of conditions. There may be only a very slight pain or an almost unbearable agony; and the symptoms may be of little or no significance, the result, for example, of a passing indigestion, or it may indicate a disease of most serious character.

Continuous headache is often owing to an organic disease within the skull—perhaps an abscess or a tumor pressing on the brain—or, more commonly, to an infiltration of the brain membranes that is the result of a disorder of the blood.

ASQUITH'S BURDEN.

Sir F. E. Smith Defends Prime Minister From Attack. Sir F. E. Smith, the new British Attorney-General, has paid this high compliment to the Prime Minister. He said:

"The London Globe said this of the Prime Minister: 'It will not do for him to attempt to find cover for his Government behind the rampart of the dead.'"

"Whether you agree with the Prime Minister or disagree with him, whether you admire or do not admire his public record, he is at least a man who has grown grey in the public service, and who has contributed three brilliant sons—not soldiers until this war arose—to the trenches, two of whom have already been wounded, and all three of whom are serving in infantry battalions.

"To say of such a man that he has attempted to find cover for his Government behind the rampart of the dead is a gross travesty of his speech and a statement which is discredit to journalism."

A hazy man is always on the wrong side of the human profit and loss account.

WHITE AND BLUE SERGE FOR SUITS.

When the various European countries unconsciously exerted their influence on styles by their entry into the war, or their equally difficult stand of neutrality, the bolero was again introduced into the woman's wardrobe, it being the Spanish note. It is a model that has always been a great favorite.



Plain and Striped Taffeta.

serge, soutedched, or trimmed with a design in gold braid or galoon, is most often seen in the bolero models; often the upper portion of the pleated or gathered skirt is of taffeta in black or the same tone as the serge. Collars and cuffs of taffeta and taffeta covered buttons are also used with good effect.

Stripes and Checks. In both the suitings and the soft silks being fashioned into frocks and suits for southern wear and early spring, the popularity of stripes and checks is quite as marked as it was last season; the combination of black and white and soft gray is also noticeable. The soft wool suitings in checks ranging from the very tiny pattern to the aggressive checker-board designs are all good, relieved with a touch of vivid green, rose, or orange; black taffeta and moire are also effective for trimming these suits.

NET BLOUSES PRACTICAL.

Blouses of chiffon-cloth, chiffon, and similar materials, dainty and becoming to a degree, were never very durable. It was really heartbreaking when one had a particularly becoming and rather expensive blouse, to have it begin to pull out and wear under the arms and at the elbows after only one or two wearings.

Often the net blouse is trimmed with a linen cluny, or another equally pretty lace in a rather heavy pattern. Then again collar and cuffs are of a pieced-edged Georgette in a delicate tone of rose, yellow, or pale pink.



Serge Bolero Suit.

German technical papers are reviving the idea of reclaiming fats and other useful products from sewage. Dr. H. Bechhold, of Frankfurt, estimates that the sewage of German cities contains at least ten grams of grease per capita a day and that its total value is more than \$14,000,000 per annum.

THE SUNDAY LESSON

INTERNATIONAL LESSON, JANUARY 16.

Lesson III.—Peter's Sermon at Pentecost, Acts 2. 14-47. Golden Text: Acts 2. 21.

Verse 22. Peter has been expounding the significance of what these people have heard by appealing to Joel, who in his turn had developed older aspirations that "all Jehovah's people might be prophets." It is clear that the "tongues" form the smallest part of the Spirit's gift for Peter; that they were speaking God's message is what matters. Ye men of Israel—The name of religious privilege (compare John 1. 47). Approved unto you—The miracles were his credentials, since none could do the signs unless God were with him (John 3. 2). Three features are described with emphasis: the power called forth, the astonishment produced, the inner significance.

23. Delivered up.—Compare John 19. 11. Men without the law (margin)—Compare John 18. 35. All through the Passion story it is insisted that the Jews had the responsibility for the murder of their Messiah. Not that Pilate was guiltless; he knew by a Roman's instinct for law that his sentence was an outrage on justice.

24. Not possible.—The essence of the great virtue of Psa. 16 was in the poet's dimly seeing the God's beloved, cannot pass indifferently, since God's love is almighty. This applies to all who can say, "My God," and supremely therefore to the Anointed One. Pangs.—From the Greek Psa. 18. 4. Peter probably used the much more forcible Hebrew "snares."

25. Peter shows that the Psalmist—whom he assumes to have been David, like all his contemporaries—was not delivered from the common lot of men. Now to the Jewish mind there existed no solidarity between ancestor and descendant; almost till the very end of the Old Testament period, the only immortality a man expected was in his children and children's children. The deliverance from Sheol, therefore, which David expected for himself, must have been reserved for "great David's greater Son." This argument is cogent for Jews of Peter's day; for us, of course, Peter's own testimony—that of one who comes after Jesus Christ—counts for much more than David's; and we were sure that David wrote Psa. 16. We can see, however, a permanent argument for immortality in the Psalmist's conviction that love is mightier than death; it is exactly the argument by which Jesus confuted the Sadducees. The Patriarch David.—The darling of the songs of Israel (2 Sam. 23) was always to posterity the "father" of his country.

26. He would set one.—The word "one" is not in the Greek, and is misleading; it is a line of Davidic kinship that was predicted in 2 Sam. 7. 12 (compare Psa. 132). But the very failure of that line combined with other prophetic inspirations to develop the hope of an individual Messiah and to heighten indefinitely the conception of his person and work.

27. Of whom (margin)—As in 1. 8. Peter speaks for a "cloud of witnesses," every one of whom can say, "I have seen the Lord risen." This witness of what they had seen and heard was the one supreme purpose for which the twelve were called.

28. The opening phrase is identical with that in 5. 31; the margin is quite wrong in both cases. "The right hand of Jehovah doth valiantly" (Psa. 118. 16) in this the mightiest of God's deeds. Note how close all this is to the Johannine doctrine (compare especially John 16. 7). It is also very close to the Pauline teaching in Eph. 4. 8 ff. The coincidence of these very independent reporters has strong evidential value.

29. David did not ascend, because "no one hath ascended into heaven" (John 3. 13), an admitted truth. He saith himself—As in Mark 12. 34. The argument is based on the then unquestioned authorship of Psa. 110. The psalm represents Jehovah as promising the Davidic king unlimited victory, and the vicegerency of God upon earth. We have only to say of it today that in Jesus Christ it was fulfilled far beyond its author's dreams.

30. Made him . . . Christ.—For it was a title he won by death, to use after death. In his earthly ministry he made this still future dignity a secret, only gradually apprehended by his disciples, forbidden to the multitudes, and confessed only at his trial, when it precipitated the condemnation.

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29. The baptism of repentance unto remission of sins, the preparation preached by John, leads, as in the Baptist's message, to the characteristic baptism of Christ "in Holy Spirit." In the name.—In all these New Testament phrases the actual pronouncing of the holy name is implied; its associations produced a powerful impression on men's minds.

30. The great words of Isa. 57. 19 were among the most often recalled prophecies in Christian circles (compare Eph. 2. 13, 17). There is here also an appeal to Joel 2. 32. The gracious words to . . . and to your children might seem to be a direct response to the savage cry of Matt. 27. 25.

31. They then having received his word (margin)—The whole congregation is represented as persuaded, and a mass movement brings into their fellowship some three thousand. In Acts 4. 4 we hear of five thousand men, and Acts 6. 7 complete the picture of a marvellous expansion.

32. Hard-Hearted Maid. He was madly in love. She was cold and indifferent. "See, my darling," he exclaimed, "I am at your feet."

33. "Well, how do you like my spats?" she said in a businesslike way, "Any thing else?"

34. "Oh, yes, there was! I was to get two spools of white thread, number sixty. And mother said to please send the slip inside the package."

35. "Mother, are all my blouses blue?" he asked. "Why, yes, dear, I believe they are," his mother said. "All except the white ones that you have for best."

36. "I was thinking," said Jamie, "of the pink stripes in Harold's new blouse—a big pink stripe with a tiny one close beside it. Oh, they're just beautiful! And they go round the other way down at the ends of the sleeves."

37. "Choose just what I'd like?" cried Jamie, turning swiftly from the mirror. "Oh, do you suppose they would have something with pink stripes?"



Jamie's Choice. Jamie took up the clean blue blouse that his mother had laid out for him to put on before going on an errand for her. "Mother, are all my blouses blue?" he asked. "Why, yes, dear, I believe they are," his mother said. "All except the white ones that you have for best."

Jamie slipped his arms into the blouse sleeves and went over to the mirror to fasten the front buttons. "Why do you want to know, dear?" his mother asked. "I was thinking," said Jamie, "of the pink stripes in Harold's new blouse—a big pink stripe with a tiny one close beside it. Oh, they're just beautiful! And they go round the other way down at the ends of the sleeves."

Jamie's mother looked at Jamie for a moment with a little smile. "When you go down to the store for my thread," she said, "how would you like to choose the material for a new blouse?"

"Choose just what I'd like?" cried Jamie, turning swiftly from the mirror. "Oh, do you suppose they would have something with pink stripes?"

"I think so," said his mother. "Yes, you may choose just what you like, and I will make it up for you."

Half an hour later Jamie stood in front of a counter in the dry-goods store, and looked at the rows of goods on the shelves; he saw a piece of cloth that might have been the very one from which Harold's new blouse had been cut. There were the pink stripes, big and little; Jamie could see how they would look going round at the ends of his sleeves.

"What will you have this morning, Jamie?" a girl behind the counter, whom Jamie knew as Miss Proctor, came over to ask. "I want a blouse—I mean some cloth for a blouse," said Jamie, backing away a little from the hand that Miss Proctor tried to put under his chin.

"Oh, doing your own shopping, are you?" said Miss Proctor, laughing. "Well, I happen to know what little boys like for blouses, particularly little boys with blue eyes. There, isn't that pretty?"



THE EXCELLENT EGG. It Contains Ingredients That Are Wholesome. A new laid-egg is always worth its price, for it contains much more nutriment than the same weight of best meat. A two-ounce egg, costing two pence, or a trifle more, is all food. Prime meat, at two cents an ounce, will lose much of its weight when cooked, and more than half of its original nutriment, while what remains is not such good nutriment as an egg. An egg is an undeveloped chick, and its constituents are those, therefore, which will best build up the body. The "white" is almost a pure solution of protein—the basis of life, and absolutely essential to the body—and the yolk, besides protein, contains fat, and other very valuable substances for the nervous system, phosphorus and iron being the chief. Anaemic persons should eat egg-yolk for the iron in it, and if they add spinach, which is also full of iron, their anaemia would disappear.

But an egg is not quite a complete food, lacking carbohydrate material—the energy part of life—but if rice or other cereal be eaten with eggs, the combination makes a complete body food. Eggs, too, have another excellence. They are easily digested, a slightly boiled one leaving the stomach under two hours. Other foods would remain there four or five hours. The less stomach strain there is the better. Raw eggs, by the way, are not more easily digested than cooked ones, in spite of the popular belief to the contrary.

Stale eggs lose some of their water and get lighter, and this provides an infallible egg test. A really fresh egg will sink in salt and water—two ounces to a pint—and the staler the egg the nearer the surface it will float.

The Burning Question. Queenie—Have you ever kissed a girl? Oswald—Is that an invitation or are you gathering statistics? A square deal is as broad as it is long.

God's Dealings With Men. Opens New Prospects of Advance in Every Direction of Security and Service.

"And it shall be said in that day, Lo, this is our God; we have waited for him, and he will save us; this is the Lord; we have waited for him, we will be glad and rejoice in his salvation."—Isaiah xxv. 9.

"There is none so blind as those that will not see." Judah's great prophet foresaw the day of his nation's deliverance from the Assyrian King—his mental vision opening ever more widely to the significance of those events marking Judah's life at that time. It was a near future for his nation. "That day" was close at hand. He saw the discomfiture of Judah's enemies within and without—of the great Assyrian armies sent against Jerusalem and of traitorous men undermining security within. His declaration of coming deliverance was based upon God's past acts for the nation chosen to be depository of the divine revelation. Surely right would prevail and flourish, because God had never entirely forsaken His people and had promised not to forsake them. "Man's extremity is God's opportunity."

God's Presence. This sense of sure victory carried all before it. And the results justified the prophet's confidence. History—the record of God's dealings with men—plainly declares God's presence with his people and in the world—concerned with human progress and betterment, longing to turn man's free will into avenues of recognition and acceptance of the divine will, welcoming and strengthening right determination, opening new prospects of advance in every direction of security and service for fellow man.

The national and social conscience—often overborne by present exigencies—still is repeatedly awakened to the real issues. When facing great hardships men will realize human inability to bring definite and adequate succor; they understand that human resources have been strained to the utmost, and, failing to find needed help, they perceive that they must seek power to come from without. God is Not Forgetful. Thinking men are right when they attribute this succor to the love and power of that great Force that makes for righteousness—the great intelligent Power whom we call God. It is the same with the individual conscience. Again and again, engrossed by life's needs and struggles, we forget the power and love of our divine Father. Comes difficulty, comes poverty of mental and spiritual resources, and then, searching for help, we humans realize the inadequacy of humans. Men and women, have faith, have patience; turn to the resources of the Divine Intelligence. God is not forgetful.—Rev. R. M. Sherman.