

NOTES AND COMMENTS

The Russian character is capable of an infinite number of variations.

As he grins he is quietly but persistently shouldering his way along the Bessarabian front.

Twice already in this war Russia has astounded the world.

A man who knew how to make good bread, the kind that tastes as if it came from the oven in your own kitchen.

This is what happens when a man who knows how to do one thing well concentrates on it.

GREEN FEED IN WINTER.

Green feeds for poultry contain only a small percentage of actual food nutrients, but are important because of their succulence and bulk.

Cabbage, mangel wurzels, clover, alfalfa, and sprouted oats are the green feeds commonly used during the winter.

Sprouted oats make a very good green feed and are used quite extensively in this country.

HEALTH

Treatment of Headache.

At the beginning of acute illness, like typhoid fever, pneumonia, influenza, or measles, headache, often very agonizing in character, is common.

Some types of headache yield more readily to hot applications than to cold.

Be exceedingly cautious about using any of the "headache powders" that have become so popular.

Headache.—Hold some grated horseradish in the palm of the hand until warm, then sniff strongly.

Feverishness.—To cool the head, if you have no ice, place a piece of cucumber peel (cut rather thick) on the forehead.

Hiccough.—Many people try a lump of sugar, but this is not always successful.

Throat Gargle.—A correspondent has been good enough to send us the following gargle for sore throats, prescribed by the late Sir Morel Macenzie.

Nose Hemorrhages.—A remedy for nose bleeding which many mothers have adopted with children with success does not bear the scientific stamp of the professional.

THE OLDEST REPTILE.

Has Peculiarities of the Crocodile and Turtle.

According to a writer in Knowledge, New Zealand possesses the most ancient living reptile, the tuatara.

Where the double-yard system of confining poultry is used, one of the yards is kept in green feed, into which the hens are turned when the crop attains a height of 4 or 5 inches.

Not Interested.

"I wish, Mrs. Nurich, you would come over some time and see my apary."

Guinea-pigs do not come from Guinea, nor are they pigs.



A ROYAL MISSIONER OF MERCY.

Queen Amelia of Portugal—who since her son's evacuation of the throne of Portugal makes her home in England—has been actively engaged in allied Red Cross work since the beginning of the war.

THE SUNDAY LESSON

INTERNATIONAL LESSON, JANUARY 23.

Lesson IV.—The Spirit of Life, Rom. 8. 12-30. Golden Text: Rom. 8. 14.

Verse 12. The sentence was to end "but to the Spirit, to live after the Spirit."

Verse 13. Life (true, eternal life) consists in what is spiritual; if we lie with reference to anything higher than the body, we shall die.

Verse 14. Led by the Spirit.—Nearly the same words as in Luke 4. 1, a suggestive parallel. See also Gal. 5. 18.

Verse 15. Again.—Yielding to sin meant slavery (John 8. 34); yielding to God is not a mere change of bondmasters; it is re-entering a Father's house.

Verse 16. The first word of the Lord's Prayer in its original Aramaic. It is kept in its sacred original, but immediately translated.

Verse 17. Our spirit.—The part of our humanity in which we have conscious contact with God; it is dormant in the "unspiritual."

Verse 18. Joint heirs.—Compare Mark 12: 7; Heb. 1. 2; and such passages as Col. 1. 12. It is not men that happiness has a curse on it, so that suffering should be sought.

Verse 19. Alarming Width of Skirts. Paris is reported as practically losing her head over the width of the skirt. She gave out the blessing of "a trifle more length," just a while ago, and proceeded straightway to offset it by adding to their breadth.

Verse 20. God worketh all things with them for good (margin).—So read with the best MSS. Pain, sorrow, disaster, God transmutes them all into fruitful discipline, and the harvest is only good.

Verse 21. Who are these "called" ones? (Compare Rom. 1. 7.) God's "foreknowledge" being absolute, mere knowledge as to the destiny each individual will choose cannot be intended.

Verse 22. First-born among those whom "he is not ashamed to call brothers." So he declared his ascension "unto my Father, and your Father."

Verse 23. The objects of all these divine actions—or rather different aspects of one action—are to be defined as those who of their own choice accept God in Christ. They answer to a divine ideal, obey a divine invitation, receive God's verdict of acquittal on any charges the past may bring, and are clothed in the glory which God designed to be the portion of his own.

Verse 24. Called—a word of Jesus; see especially Mark 2. 17. Justified—A metaphor from legal procedure, expressing simply the verdict, "Not guilty."

Verse 25. He is in the ground, packs damp earth and sand round them and leaves them. Time and the rays of the sun do the rest, and the young make their appearance in from ten to twelve months.

The Fashions

Forecast for Spring.

Comfort and convenience—these are the two qualifications attributed to sport clothes since the first woman dared don a skirt short enough to uncover the tip on her boot.

Wood Jerseys for Suits and Frocks. One of the most attractive of the new materials for suits and dresses is the latest phase of Jersey cloth.

The New Cape Appeals. Among the new features which, of course, are but a revival of the old, is the cape. This appears upon all types of frocks and suits in the form of the shoulder cape, sleeve cape, and cape collar.

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BIGGER THAN U. S. NAVY. Number of British Warships Built During the War.

Commander Powers Symington, the American naval attaché at London, who was ordered to Washington to lay before the General Board the information which he has gathered concerning the British navy, has reported to the Navy Department.

Commander Symington's report may be summarized in the following manner: Admiral Jellicoe is virtually dictator of the navy, and the entire organization has absolute faith in him.

TURKISH GIRL SNIPERS. One Shot Seven Soldiers at the Dardanelles. From two officers, who have just returned to London from the Dardanelles, separate stories of girl snipers are told.

In one case a girl who could not have been more than eighteen was found in a marvellously prepared and concealed "dugout," with her arms, ammunition and food "to hold on for weeks."

In the other case the platoon commander found that his men were being shot in the back.

"It took hours to locate the spot whence the bullets came, and she had got rid of seven of my men. She was so well hidden that it was more or less by chance that we sighted her from twenty yards. She had 3,000 rounds of ammunition.

"She was as quiet as a lamb when we took her. She was one of the bravest creatures I have met. I shook hands with her and had her sent as prisoner to our base."

Clear Profit. "If I could get someone to invest a thousand dollars in that scheme of mine I could make some money."

skirts with just a bit of fullness about the waist, combined with the simple quaint bodices now smart, are dainty and becoming, suggestive of the grace of the figure beneath, as they are.

Batiste Collars on Tailored Suits. Collar and cuff sets of organdy, batiste, linen, and other like fabrics, are to be worn for spring with dark tailored suits and dresses.

Combination of Sheer and Heavy Fabrics. The popularity of using a sheer fabric and one somewhat heavier in the same frock or blouse, is a notion that is attractive and economical.

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"How much could you make?" "Why, a thousand dollars."

material in about the waist with no regard whatever to the figure beneath, in fact a woman wearing such a skirt or frock has much the appearance of an animated barrel or something equally ungraceful. The medium



In Fairyland.

Beth came to the border of Drowsy Town one day. She was trying to find Wide-Awake, where the cowslips grow, but she lost her way.

"Oh, Oh!" cried Beth. "That wasn't the dream I wanted!" The little prince laughed at her, and picking up one of the little black mice, he balanced it on the end of his nose.

So Beth went in. Again the little voice called to her. "Walk straight ahead, but don't forget to follow the green light."

What a beautiful light it was! It filled the little room with greenish-golden shadows. Away, away it danced, with Beth dancing after it.

The swan spread his great wings and motioned to Beth to climb upon his back. To her surprise she seemed to have grown smaller.

The dream tree is a most wonderful thing. The dreams hang in clusters, all pink and white, and silver and gold, blue and green, and every other color you can think of.

FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told in a Few Pivotal Paragraphs.

Carmanzy has shipped 698,000 bushels of grain since September 1st. The camps of the Comox Logging Company are not to shut down this year.

Recruiting is brisk in Cranbrook, B.C., 21 recruits having recently enlisted for the 102nd Overseas Battalion.

Two or three years' cattle raiding in the Preeceville district north of Canora has culminated in the arrest of a couple of farmers.

The subscription to the Patriotic Fund in the big campaign inaugurated a week or so ago in Victoria, have passed the \$100,000 mark.

Families receiving relief from the city of Vancouver during the last two weeks numbered 520 according to the report of Relief Officer Ireland.

Despite the lack of tonnage to handle orders for British Columbia supplies, the logging industry shows a very encouraging activity at present.

Because of encouraging experiments there is a movement on foot to form a small company and make brooms in Okanagan Falls from Canadian-grown brush.

At Chillis, B.C., an 18-year-old boy walking in his sleep, was searched for by two score people during most of a rainy night without success.

The construction of the Pacific Great Eastern Railway has practically been completed as far as Clinton, an additional mileage of about thirty-four miles northeast of Lillooet, the present northerly terminus of the line.

At Nelson, B.C., it is stated that a number of Spokane mining men are going into the "Sandon country," with

Our Abounding Privilege

We Are Called Into the Lord's Presence to Be Guests at His Bountiful Table.

"Abide in Me."—John xv, 4. We are called by the Lord into an inconceivable intimacy. We are not to be vagrants who sleep upon a new doorstep every night, and who only occasionally return to an old resting-place.

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with silver, hanging, oh, so high! She tried with the fairy's wand to knock it down, but she hit instead a black and green dream, which came tumbling to her feet with a crash, and out of it ran dozens of little black mice!

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A view to reopening some of the old abandoned mines of that region. A. Sullivan, inspector of high schools, who has just completed his inspection of the high schools in Kootenay and Boundary districts, reports an increase in the attendance of students in all the cities which he visited.

British Columbia antimony ores are showing the increased interest now being manifested by outside capital in the galena, copper, gold and other proved mining properties in the province. The ore is now over \$125 a ton.

A further handsome contribution of \$800 in addition to a donation of \$1,000 given some time ago, has been received by the Vancouver branch of the Canadian Red Cross Society from the little mining community of Anxov.

Twelve salmon hatcheries of Vancouver, over which Justus, inspector of Dominion Fisheries F. H. Cunningham exercises direct supervision, are capable of hatching approximately 100,000,000 fry each season. This is exclusive of 1,000,000 trout fry.

A FRENCH "ENOCH ARDEN."

Reported Dead, His Wife Marries Another Soldier. A curious military "Enoch Arden" case has become known in Geneva, Switzerland. There were two men in the same regiment from Lyons, France, named Emile Dubois. One was married, the other single. In the fighting in Alsace one of the Emile Dubois was killed—the single one—the wife of the other.

At Chillis, B.C., an 18-year-old boy walking in his sleep, was searched for by two score people during most of a rainy night without success. He finally appeared safely, having sought shelter in his sleep.

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tain awkwardness, an uneasy restraint, a suggestion that we do not know the ways and speech of the house. We have not "the glorious liberty of the children of God."

We are not as the sheep, which, under the perfect defence of the shepherd, "go in and out as find pasture." And yet this gracious intimacy, this ample freedom, are our abounding privilege in grace. We are not to remain on the frontiers of bondage—part friends and part bondslaves, half free and half bound, living in a sort of twilight of the kingdom.

We are called right into the house of light, into the Lord's intimate presence, to be guests, nay, members of the unfettered intercourse with Him.

We Are Invited to Abide in Him. "May we be home-like." Liberty with reverence! A full intimacy, and yet inspired with the spirit of holy worship! Bringing everything to the Lord, and consulting him about everything, so that everything may shine with the light of sanctification! To know that, wherever we are, at work or at play, in the crowded street or on the trackless moor, to know that we are never away from Home, and that we never stray outside God's gracious roof! This is to be at home in the Lord.—Rev. J. H. Jovett, D.D.