

NOTES AND COMMENTS

That well known journalist, Frank H. Simonds, editor of the New York Tribune, asserts that the most interesting and hopeful sign to be found in the present conflict is the ever-growing friendship between France and Britain.

For nearly a thousand years Britain and France were enemies. The feud was hereditary; its antiquity alone made it honored and instinctive.

Besides all this, understanding was blocked by differing ambitions, languages and traditions, and these are even more effective barriers than the "unhinged, salt, estranging sea," which is all that physically separated France from England.

After the fall of the Second Empire France withdrew behind the barrier of a bitter gaiety to nurse her wounds.

It is very difficult in the best of times for nations to understand each other. But the present alliance between France and Britain has been sealed with blood and is based on complete understanding.

ITALY'S GROWING STRENGTH. Description by a French Observer on Italian Front.

M. Pichon, who recently returned to Paris from a trip to the Italian front, has been giving his impressions to the French press.

Even in resisting temptation most of us are inclined to follow the line of least resistance.

CHRIST IN FLANDERS

We had forgotten You or very nearly. You did not seem to touch us very nearly.

And there were always other things to think of; There's lots of things a man has got to think of—

And all the while, in street or lane or byway. In country lane, in city street or byway.

Now we remember over here in Flanders (It isn't strange to think of You in Flanders);

You helped us pass the jest along the trenches. Where in cold blood we waited in the trenches

We thought about You kneeling in the garden. Ah, God! the agony of that dread garden;

Though we forgot You, You will not forget us; We feel so sure that You will not forget us;

And that You'll stand beside us to the last.

—London Spectator.

THE FASHIONS

Popularity of Georgette Frocks

The white Russian frock of Georgette, with perhaps a touch of contrasting color on cuffs or collar, is one of the favored designs for afternoon and evening wear.

One-Piece Frocks

Although many cling to the tailored suit with its contrasting blouse, even in the warmest weather, the one-piece dress is becoming more and more of a favorite.

Russian Blouse Costume.

pretty white linen on this order. was made with a touch of black on the collar and sash.

The sash is quite smart just now on all types of dresses, from the simple serge to the afternoon taffeta or pongee.

Many of these sashes cross in front and are knotted in the back loosely and gracefully.

Serge and Silk Combinations

Many of the favored silk frocks are combined effectively with a wool material, serge, gabardine or cloth.

This is an idea which appeals to many and which is being used considerably in the ready-made garments.



Smart Flowered Voile

generally made of the serge, and the body of the frock of the silk, taffeta, satin, or one of the Japanese silks, as the case may be.

BY WAY OF ILLUSTRATION.

Defendant Shows How He Pushed Complainant.

It happened in the court room during the trial of a husky young man who was charged with assault and battery.

Throughout an especially severe cross-examination the defendant stoutly maintained that he had merely pushed the plaintiff "a little bit."

"Your honor and gentlemen, about one-tenth that hard!"

Fooling the Doctor.

The doctor had gone and the wife was having her turn.

The average woman swallows flattery, just as a baby swallows buttons, regardless of the trouble that may follow.

THE SUNDAY LESSON

INTERNATIONAL LESSON

AUGUST 27.

Lesson IX.—Journeying to Jerusalem —Acts 20, 16-38. Golden Text—Acts 29, 32.

To Marry Chamberlain's Widow

REV. WM. HARTLEY CARRINGTON, rector of St. Margaret's and canon of Westminster, London, who it has been announced will soon wed Mrs. Joseph Chamberlain, widow of Joseph Chamberlain, British statesman.

HEALTH

Heart Disease.

Diseases of the heart are sometimes organic and sometimes functional; in some cases there is a material change in the tissues of the heart itself, and in others the symptoms give evidence of some disorders elsewhere in the body, or of a constitutional change in which there is no apparent alteration in the heart structure.

Organic diseases, again, may be divided into two groups; those that are caused by an inflammation of the membrane that lines and envelops the heart and those that are owing to the slow degeneration of the cardiac muscle.

The inflammatory affections of the heart occur usually as complications or accompaniments of rheumatism, scarlet fever and other acute infectious diseases, whereas the degenerative diseases may follow typhoid fever, diphtheria, influenza and other depressing diseases, but especially occur in consequence of overwork, worry, overeating, especially of flesh foods, athletic pursuits carried to an extreme, or of high blood pressure and arteriosclerosis.

The functional disorders are usually marked by a disturbed heart rhythm—a pulse that is too rapid or too slow, intermittent or irregular. They are the least serious of all the diseases of the heart, yet they alarm the sufferer because they are so often conspicuous.

They are often caused by an overloaded stomach, by acute indigestion, by excessive smoking, especially of cigarettes, and by various nervous affections. They are often useful danger signals, calling the attention of the patient to a disease that is beginning elsewhere in the body, or to some hygienic fault that may lead to serious diseases of the heart or other organs.

There is another form of functional cardiac trouble in which the heart is simply "weak." Such a heart has strength only for the everyday needs of the body, and has no reserve force to meet any emergency that may arise, such as acute illness or unwonted muscular or mental strain.

These patterns may be obtained from your local McCall Dealer or from The McCall Co., 70 Bond Street, Toronto, Ontario.

HEALTH NOTES.

Careful mothers keep flies away from everything that the baby eats.

There is no greater stimulating restorative than a tumbler of hot milk.

Anaemic persons should eat spinach, leeks, yolk of egg, beef and apples, as all of these contain iron.

Old age is rarely attained by the excessive feeder. Moderation and maintenance are factors in long living.

A glass of buttermilk drunk the first thing on rising and just before going to bed is claimed to be good for the health.

Olive oil—just a drop of it—put on the squeaky door hinges will stop the noise.

This sort of thing is particularly irritating to an invalid, and care should be taken to see that a sick person is not disturbed.

SEEKS SUBSTITUTE FOR HAND.

Anonymous Donor Offers \$10,000 for Best Apparatus.

The London Lancet learned from the Societe Nationale de Chirurgie de Paris that an anonymous donor has offered to the society a prize of \$10,000 to be handed over to the maker of the mechanical apparatus which best supplies the place of the hand.

The Government Agricultural Department has discovered as a result of numerous experiments that, owing to the periods of frequent drought, cotton is the best crop for the farmers, inasmuch as the roots penetrate into the subsoil deeper.

Verse 16. The decision to take a ship that would not touch at Ephesus illustrates the immense importance Paul attached to his offering the gifts of the Gentile Christians at the time when there would be a large concourse of Jewish Christians in the Holy City.

Verse 17. Miletus—Some thirty miles south of Ephesus, and in early history much more important. The elders or presbyters (margin), who in the first century were called bishops.

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Verse 19. Lowliness—Till Christ made this a virtue, the word suggested only meanness, grovelling. Tears—Of joy and sorrow and anxiety, the natural self-expression of an Easterner's emotions.

Verse 20. Testifying—This recurrent word describes an appeal based upon the deepest personal conviction. It must be carefully distinguished from the similar word bend witness of what one has seen or heard.

Verse 21. Bound in spirit—Compare Matt. 5, 3, etc. The "poor in spirit" may have outward wealth, but lives as if he had none.

Verse 22. Course, or race, Paul's favorite figure (compare especially 2 Tim. 4, 7). One of many links between the Epistles and this report of Paul's great Apologia, which they authenticate.

Verse 23. Luke obviously knows of no happy reversal of this strong presentiment, and unless Acts was really written immediately after the "two years" (compare Acts 28, 30) and prior to a release and new travels (compare 2 Tim. 4, 20), we may be sure there was none.

Verse 24. Probably Paul was thinking most of the solemn passage in Ezekiel (33, 1-9) where the "watchman's" responsibility is enforced.

Verse 25. The whole—Warnings as well as blessings, irksome duties as well as privileges. "His will is our peace," if we accept it all.

SOUTH AFRICA PROSPERS.

Great Expansion Noted in Her Agricultural Industries.

The Union of South Africa comprises the four British colonies, Cape of Good Hope, Natal, the Transvaal and the Orange Free State. These States united May 31, 1910, with the idea of reducing to a minimum the expenses of maintaining a government and at the same time of affording mutual protection to each other from outside influences.

The total area occupied by these possessions of Great Britain covers 473,100 square miles, with a European population of 1,276,806 and a native population of 4,697,852, the majority being black and pagans.

Mining and agricultural developments are followed by most of the inhabitants. Of late years dairying and stock raising have taken remarkable strides forward owing to the rather unique assistance rendered by the steamship lines from Great Britain in bringing without charge pedigreed cattle, for breeding purposes, to all of these colonies.

In connection with stock raising of ostriches, the last census showing that there were in captivity 746,736 of these birds, from which 1,923,307 pounds of high-grade feathers were exported in 1914 having a monetary value of more than \$15,000,000.

While much of the country is well adapted to cattle farming the shipping of frozen meat is still in its infancy, and will ultimately add much to the prosperity of the inhabitants.

Sheep are extensively raised and in 1914 176,987,478 pounds of high-grade wool, worth \$50,000,000, were shipped to European and American markets.

The Government Agricultural Department has discovered as a result of numerous experiments that, owing to the periods of frequent drought, cotton is the best crop for the farmers, inasmuch as the roots penetrate into the subsoil deeper.

There is such a thing as righteous anger. Witness the anger which directed the extermination of the Canaanite nations so persistently guilty of the grossest immoralities, which, under the guise of worship, meant man's physical, mental and moral deterioration and death.

But we speak of ordinary life as we are ordinary human beings live it. We are too quick to take offence. We resent angrily when a "soft answer" would "turn aside the wrath," and we thereby de-

baring her backward and forward. "Now!" At the last word he swung her over the sill, and Betty felt herself dangling for a moment in space.

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For the BOYS & GIRLS

Betty Opens the Door.

The Win family had been spending the day at Cousin John's, and it was late when they reached home.

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