



Economical Recipes.

Potato Pancakes—These call for five medium-sized potatoes, grated...

Flank Steak and Rice—Have the steak well sliced; cut into rather large pieces...

Corn Dodgers—These are really a breakfast bread, but you'll not find them scorned at the evening meal.

Egless Oatmeal Cookies—One cupful sugar creamed with a cupful shortening...

Egless Salad Dressing—Mix together a tablespoonful each dry mustard and sugar...

Fig Pudding—A quarter of a pound of flour and a quarter of a pound of bread crumbs mixed together...

Milk Rolls—One pound of flour, one ounce of butter one ounce of yeast and a little milk and salt.

Orange Wafers—Take the best oranges and boil them in three or four waters till they become tender.

Orange Delicacies. Orange Wafers—Take the best oranges and boil them in three or four waters till they become tender.

Orange Cakes—Take the peel of four oranges, being first pared, and the meat taken out, boil them tender and beat them small in a mortar.

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THE SUNDAY SCHOOL

INTERNATIONAL LESSON JANUARY 21.

Lesson III.—First Disciples of The Lord Jesus—John 1. 35-51 Golden Text John 1. 43.

Verse 35. Two—Who Andrew's companion was, of course, we do not know. The new reading in verse 41 weakens the suggestion that it was John.

38. Turned.—The picture reminds us of John 21. 20. Abide—They wanted to find where the Master was staying, that they might stay with him.

39. We may conceive his inviting them in words such as the disciples used to him at Emmaus (Luke 24. 29). Tent—This Gospel is the only New Testament book which names any other of the twelve divisions of day-work except third, sixth, and ninth—only morning, noon, and night—Matt. 20. 6 is an exception which only proves the rule. It is characteristic of the Evangelist's eye for detail, for only unusual powers of observation could approximate to the hours in the absence of a sundial.

40. Andrew—Note his Greek name, like Philip's. In Galilee of the Gentiles Greek was much at home. It is very noteworthy that this Gospel tells us details of several of the twelve.

41. First—Our oldest authority, the second century Syriac Gospels discovered by Mrs. Lewis, has enabled us to recover a much more probable reading, Andrew spending the last hours of daylight with Jesus, and probably much of the night, and then hurrying away with the dawn to fetch his own brother: the term suggests the special tie that binds this quiet, helpful man to the powerful personality of his brother, The Messiah.

42. Looked.—The record of these looks of Jesus is a very vivid feature of Mark's Gospel (thus 10. 23-27), but Luke 22. 61 is yet more impressive. One who had seen them might well picture the glorified Lord as having "eyes as a flame of fire" (Rev. 1. 14). Cephas—The crowning application of the name is given for Matt. 16. 18. It is not given him for what he was by nature; it is a splendid paradox that it falls on one who so often shows himself "unstable as water." But in the presence of a Divine Christ water can become firm as rock (Matt. 14. 29).

43. He findeth Philip—His record suggests a timid, self-distrustful man, not likely, like Andrew, to "find Christ, and needing therefore to be found of him."

44. Bethesda Julias, in the north-east corner of the Lake. 45. Nathanael—Often supposed to be identical with Bar-Tolmai, who is named next to Philip in the lists of the twelve; the "son of Tolmai" presumably had a name of his own. But we must not too confidently assume that these called disciples were all meant to be of the twelve. Moses... and the prophets—Virtually meaning "the Old Testament." Jesus—An extremely common name, for the memory of Joshua, and the reminder of the "Divine Deliverance," were specially near faithful Israelites' hearts at this time. The full designation was needed to identify.

THE AUTO MOBILE

GERMANY'S FOOD SITUATION UNDOUBTEDLY BECOMING EXTREMELY SERIOUS.

Only a Revolution Can Save the German People From Starvation.

Another and far more passionate bid for peace is coming from Germany before Easter, when the seriousness of economic conditions, and the terrific food shortage may compel Germany to end the war. This prediction is made by the editor of the London Spectator, though generally conservative in expression, pressing opinions on the war, he insists this prediction is based upon information from the highest sources. He writes:

"Soon peace may be as terrible as war, there may be no ships in which to bring corn to save the German people from famine. Only a sudden and universal determination of the German people not to let themselves be starved can save them, but that is revolution. Revolution seems beyond the daring of a Prussian."

Food Situation Is Serious. The Spectator's informant, in a review based exclusively on German official statements, says: "Germany's food situation is undoubtedly becoming extremely serious. Before the war Germany imported in an average year about 15,000,000 tons of food for men and beasts. Germany is not doing still importing considerable quantities of foodstuffs from her neutral neighbors, but compared with the colossal quantities she imported before the war, these supplies are utterly insignificant."

"The Germans are the greatest potato eaters in the world now. According to Government statements, the potato harvest is a terrible failure. It is officially asserted that the last harvest yielded only twenty million tons, against an average yield of almost fifty million tons. Therefore the Government has announced that the weekly potato ration per inhabitant has been reduced lately from ten to seven, and then to five pounds a week, or three-quarters of a pound a day."

"How insufficient this must be for the average German is evident from the fact that the daily potato ration of soldiers during manoeuvres is three and a quarter pounds, in addition to which they receive one and three-quarter pounds of bread and three-quarters of a pound of meat."

"The question arises whether Germany will be able to hold out until the next harvest, or whether, like a besieged fortress, she may have to surrender at once, or whether, of course, until her food supplies are dangerously depleted. Europe contains no surplus food. There is a world-wide shortage and a deficiency of tonnage will make it difficult to re-provision Germany."

Whole Nation Will Want. "She would therefore have to make peace in good time for otherwise the whole nation might be reduced to famine. Possibly Germany may find sufficient food to tide her over in Eastern Rumania or Southern Russia. Her entire strategy seems to be directed by her need of food. Possibly she considers her position desperate. If the latter should be the case her peace proposals would have been sincere. In that event they would presumably be renewed before long. The statesmen and strategists of the entente should therefore watch carefully the food problem of Germany."

KRUPP WORKERS' EARNINGS. Many More Savings Bank Depositors Since War Began. The war time earnings of the employees of Krupp are indicated by their savings in the bank established for them by the firm. For the fiscal year 1915-16 the number of depositors in the Krupp savings institution increased by the record-breaking figure of 8,983, and their deposits by 4,865,602 marks. That brings the total number of depositors up to 31,897, and the total savings up to 12,864,983 marks. The number of savers thus is nearly one-half of the number of persons employed by Krupp, and three-fourths of the number employed at about the beginning of the fiscal year for which the figures are taken.

Stopped For "Charlie B." Lord Beresford, popularly known as "Charlie B." was one of the greatest authorities in the House of Commons on naval matters, and recently made a notable speech in the city which was not lacking in "ginger." Here is a story of the famous admiral: Some years ago Beresford was crossing the Irish Sea, when a small dog belonging to one of the passengers fell overboard. "Hi, there!" cried Lord Beresford. "There's a dog overboard."

"Sorry, sir," replied the captain, "but we can't stop for a dog." "Well, you can stop for a man," retorted the plucky M.P., as he jumped overboard to rescue the drowning animal.

Thin metal plates, which weigh about four pounds to the square yard, are being used in France instead of plaster and wall paper. Some of the advantages of using this material are: It can be bought and placed in position at less cost than the old materials; the room can be kept at a more even temperature; workmen have little trouble in learning to use it.

When many shell splinters are found in the body of a wounded soldier, they are drawn out wholesale by a huge electro-magnet.

THE WINTER CLEAN-UP.

If you find time hanging heavily on your hands this winter, and your automobile does not present an attractive appearance, we would suggest that you take it to some expert carriage painter and have it gone over. The cost will be from \$25.00 up, according to the kind of job desired, but you can rest assured that the expenditure of this money will be gratifying in the highest degree. If a minimum price of \$25.00 seems too much and you can afford sufficient time to do the work yourself, there are a number of very excellent varnishes that can be secured in any hardware store. Upon most of these ample directions are given as to the amount to be applied and the one point which you must firmly insist that is not to do this work in any place other than a thoroughly warm room. Varnish that is applied in a low temperature never gives a satisfactory result. You must also bear in mind that the space selected for work of this character, should be absolutely free of the slightest draft. It would be well to put a lock on the door so that no one can enter the room while the operation is going on. See that the floor, the walls and the ceiling have been cleaned beforehand, and in doing the work, it might be well to pull heavy socks over your boots or shoes in order that no dust may be raised. Even the smallest particle of grit or dirt that flies into the air, and subsequently alights upon the warm varnish leaves what is known as a "needle point," and these are not only far from pleasing to the eye, but also are not delightful to touch. In automobile factories where the original fine finishes are put on cars, the workmen are locked in rooms, and after a job had been completed, it is rolled on a carriage to another room and there kept secluded even from public view. After the varnish has settled, of course it is not necessary to maintain a high temperature.

If the purchase of varnish does not appeal to your pocket-book, you can buy, at very low prices, a number of cleaning and polishing mixtures that give excellent satisfaction, but in putting them on, remember that the main thing in their application is not so much the quantity applied, as the persistent rubbing. In other words, it is not what is put on but rather what you take off that gives the best effect. Do not undertake this work unless you are thoroughly determined beforehand to rub every square inch

shrunk barley, or buckwheat, are suitable. To supplement these waste cabbage leaves and mangels may be given, for hens enjoy a little succulence as well as do dairy cows. Waste clover or alfalfa leaves are always welcomed and are relished either dry or steamed. One hundred hens will eat from a peck to a bushel of these leaves in a day. To nothing on the farm can surplus milk be fed to better advantage and a little of this daily, along with the table scraps, will go far toward taking the place of the meat scrap, of which the present prices are so prohibitive. Abundance of grit helps to save the feed bill by assisting in more complete digestion. Care saves the feed, for with good care and housing, even the cheapest feeds may give better results than higher priced grains when poor care is given.—Farm and Dairy.

Would Have Done Time. The Duke of Westminster, whose fleet of armored motor cars has done such splendid service in Egypt and on the Somme front, is one of the most versatile of men. He once emulated the mythical "Raffles" by committing a burglary—of course for fun—at the mansion of his friend, Lord Cholmondeley, at dead of night, and he has been the central figure in many similar wild pranks. Not long since he was caught exceeding the speed limit while motor-ing up to London, summoned, and fined "thirty shillings or seven days." His lawyer paid the money, at the same time remarking to a friend that "he was glad the Duke wasn't present in court."

"Why?" was the quite natural query. "Because," replied the man of law dryly, "he'd have done the seven days like a shot just for the experience of it."

Metal for Wall Paper. Thin metal plates, which weigh about four pounds to the square yard, are being used in France instead of plaster and wall paper. Some of the advantages of using this material are: It can be bought and placed in position at less cost than the old materials; the room can be kept at a more even temperature; workmen have little trouble in learning to use it.

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Cheapening Egg Production. The cost of egg production has soared with the cost of feed and labor, but the cost of feed at least can be greatly lessened by the exercise of greater intelligence in the selection of the feed and greater care in the management of the poultry. In every factor taken into consideration, first of all, there is that feed which is grown on the farm. Grain fed near where it is grown has less of the labor element in its value and is therefore cheaper, but of the various grains grown on the farm, some are cheaper than others and hens are not so discriminating but that they would welcome feeds that will not bring the highest market prices. Screenings and inferior grains, frozen wheat,

POULTRY

Items for Hennesies. Dry earth pulverized is a good substitute for road dust. Now bring out some of those nice lawn clippings you saved for the fowls. Sunlight is a germ destroyer. Let it into your houses every day you can. Poultry feeds vary in quality. Bran is sometimes adulterated with chaff, etc. Geese wash their food down with lots of water. Give them plenty, and have it always good and fresh. Folks use onions to ward off colds. Just exactly as good for hens. Chop them fine and mix with other feed. Take a bit of time and wipe off the windows of the houses. Hens like a neat light home as well as you do. Some of the boughten egg producers are fine, but with the best of them must go good care and kindly treatment. Fancy fixings add nothing to efficiency. Good, substantial things are all the hens demand for the furnishings of their houses. Let's not forget that every day now counts toward a fine hatch next spring. It is the care the hens have now, and from this day on, that counts. Have you ever thought that hens prefer dark nests in which to do their laying? It is so, and it will pay to do as she thinks best about such things. Some things we are the boss about; others she ought to have the say-so.

The Forest Dollar. It is the Ally and Supporter of Agriculture. Although the interests of the farm and the forest have been regarded in the past as more or less distinct and hostile, the broader outlook stimulated by the war has brought intelligent Canadians to understand the woodman and the agriculturist as close partners in the great Canadian estate. More than sixty per cent. of the whole area of Canada is adapted by Nature for growing timber or held as permanent barrens and will not produce field crops profitably. On this sixty per cent. no farmer desires an acre. At the same time it ought to be producing revenues for the nation. As much of it as possible should be kept under forest growth, producing wood crops regularly. This is the argument for "forest conservation" in a nutshell. No one asks to be allowed to use agricultural lands for tree growing. And no farmer will object if the country maintains non-agricultural lands in their natural money-making conditions, giving timber harvests year by year. The Forest Dollar, therefore, is not earned at the expense of agriculture, but is the ally and supporter of agriculture. Canada takes \$200,000,000 a year from the forests and a very great part of this amount goes to purchase farm products. Until every destructive forest fire is stopped and every timber-growing area restored to its productive condition, Canada's agricultural interests must suffer the chief loss. Of every hundred dollars that come out of the forest, seventy-five dollars go for wages and supplies. The remaining twenty-five dollars pay interest on the lumbermen's investment and help make up the \$7,500,000 taken by the provincial and federal governments each year in taxes.—Canadian Forestry Association, Ottawa.



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