desirable the pots tle more ne seeds rminate ctice to

he litter rem the root to them.

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Potato Pancakes-These call for five medium-sized potatoes, grated. Add three tablespoonfuls sweet milk, and grated, and when it is coldd raw a pinch of salt and half cupful flour. and grated, and when it is to be made half and bake in mathem larger it up in double papers, dry them be-

Flank Steak and Rice—Have the steak well slashed; cut into rather as you have occasion.

Orange Riscuit Pare your oranges

Eggless Oatmeal Cookies—One cupful sugar creamed with a cupful
shortening, add half a cupful sour
milk or buttermilk, into which a teamilk or buttermilk, into which a tea-

tard and sugar. Sift twice, then add butter and four spoonfuls of sack; mixing well. Add three-fourths cupful milk scalded and thickened with a and bake them in a slow oven as long as you would a custard; then place in them some citron, cut small, and fill

till thick like custard. If bottled them with sack, melted butter and Fig Pudding-A quarter of a pound of flour and a quarter of a pound of bread crumbs mixed together, a quarter of a pound of suet chopped very fine, a quarter of a pound of moist small value. sugar, six ounces of figs cut into Save work by keeping things in show that the Messiahship was a Evil he rebuked by jest and gibe. No cleaning and polishing mixtures that picked up, before you attempt to "How insufficient this must be for the foreign matter that has been day." two well beaten eggs; if no eggs are If the dinner planned seems uninat hand, a little more milk will be re- teresting, make a dainty dessert.

flour. Make a hole in the center, When making gingerbread, collect pour in the milk and yeast and mix all the odd bits of cooked fruits and board and knead well. Cover the If you have a small portion of

eggs and then bake in a quick oven. dish. To prevent bursting when fried, Parsaip Chowder-Three slices fat sausages should be first dipped in salt pork, diced; one medium-sized on- boiling water potato, 11/2 cupfuls cubed raw pars- for breakfast sandwiches? After it nips, three cupfuls boiling water, one has been spread on the breadand sandquart scalded milk, three tablespoonwich is dipped in a batter and fried,
full butter for the spoonfuls salt one-fourth teaspoonful WAR BREAD BENEFITS HEALTH. pepper. Combine the salt pork and onion in the soup kettle and cook for Wholemeal Bread Order Should Be five minutes, taking care not to burn the onion; add to this half the potatoes, the parsnips and the remaining able is the wholemeal bread order, potatoes, sprinkle over the salt and remarks a London paper. If proper pepper, add the boiling water and care is taken by the authorities that

Orange Delicacies. Orange Wafers-Take the best habit will soon render the wholemeal oranges and boil them in three or four bread palatable. May we all have waters till they become tender. Then enough of it! In old times there take out the seeds and the juice and were many varieties of bread used beat them to a pulp in a clean agate besides that made of the whitest bowl and rub them through a hair wheat flour. The very white bread, sieve; to a pound of this pulp take a deprived of some of the most valupound and a half of double refined able parts of the wheat, that of resugar, beaten and fierced; take half of cent times everybody has claimed your sugar and put it into your as a right, was then called "manoranges and boil it until it ropes; chet," and regarded as a luxury; then take it from the fire, and when it while those who had to rely mainly is cold make it up in paste with the upon bread for their actual nourish- It Is the Ally and Supporter of Agriother half of your sugar; make but ment used wholemeal or "black" a little at a time, for it will dry too wheaten bread, or often what was fast; then, with a little rolling pin, called "meslin" bread, which was roll them out as thin as tiffany upon papers; cut them round with a little drinking glass and let them dry, and or pea-meal. We may have to sambout the broader outlook stimulation.

The forest by year.

The forest Dollar, therefore, is not earned at the expense of agriculture, but the cost of feed and labor, but the cost of feed and labor, but the cost of feed at least can be considered. The forest Dollar, therefore, is not earned at the expense of agriculture, but the cost of feed at least can be considered. drinking glass and let them dry, and or pea-meal. We may have to samhostile, the broader outlook stimulatculture. Canada takes \$200,000,000 a greatly lessened by the exercise of

Orange Cakes—Take the peel of ways largely eaten in Germany, is Canadians to understand the woods-great part of this amount goes to of the feed and greater care in the selection and the agriculturist as alone purchase farm products. Until avant about four pounds to the router of th four oranges, being first pared, and said to be nice enough when one the meat taken out, boil them tender used to it, and a mixture of rye and and beat them small in a mortar; wheat to be both economical and then take the meat of them an two agreeable. Use counts for so much. more oranges, your seeds and skins being picked out, and mix with the beaten peeling; set them on a fire with a spoonful of orange flower water, keep it stirring until that moisture
ed, "for me to share all your griefs and sorrows!"

They had just become engaged.

"What joy it will be," she exclaimsixty per cent. no farmer desires an five dollars go for wages and supplies. labor element in its value and is therefore cheaper, but of the various workmen have little trouble in learnoverboard. "Hi, there!"
overboard. "Hi, there!"
overboard. "Hi, there!"
overboard. "There's a dog ready to every pound of the pulp "But, darling," he protested, "I have As much of it as possible should be vestment and help make up the \$7,- cheaper than others and hens are not

very well together, and set it on the fire again till the sugar is well melt-Mix well and bake in rather large fore the fire, and when you turn them, cakes on a griddle. Breakfast bacon put two together or you may put them

ing the "dodgers" quite high in the ing the "dodgers" quite high in the out all the meat and as much of the tells us details of several of the twelve mix it all together till your butter is

Things To Remember. A meal hurriedly swallowed is

Welcomed By All. simmer until the vegetables are soft. bakers do not foist bad flour or un-Then add the scalded milk, butter and due quantities of bran upon the purcrackers split and soaked in cold milk, chaser, the benefit to the health and strength of the public, and especially to growing children, from using the whole wheat must be great, and

After His Marriage.

THE SUNDAY SCHOOL

INTERNATIONAL LESSON JANUARY 21.

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

Verse 35. Two-Who Andrew's know. The new reading in verse 41 fore this period, a fact that does not appearance, we would suggest that desired to obtain will be lacking.

steak and gravy over the rice; season with butter, salt and black pepper, and let simmer, covered, for ten minutes.

Corn Dodgers—These are really a breakfast bread but with a knife breakfast bread but with a knife of the twelve divisions of day-recall some occuptation—meditation afternoon: Matt. 20, 6 is an exception and prayer most probably—which one point which you must firmly important the grave of them ample directions are given as in all other methods, it is essential that every particle of matter one point which you must firmly important to be applied and the essential. There is one point which you must firmly important to bring corn to save the German peoper and peoper and other of the twelve divisions of day-recall some occuptation—most tree. Nathannael thought himself un
The season and place of the twelve divisions of day-recall some occuptation—most to the amount to be applied and the essential. There is one point which you must firmly important the figure of the twelve divisions of day-recall some occuptation—most tree. Nathannael thought himself un
The season and place of the twelve divisions of day-recall some occuptation—most tree words are placed to the form and provided the corn of the twelve divisions of day-recall some occuptation—most tree words are placed to the twelve divisions of day-recall some occuptation—most tree words are placed to the form of the matter of the twelve divisions of day-recall some occuptation and the supplied should be the form of the words of the matter of the twelve divisions of day-recall some occuptation and the supplied should be the form of the words of the form of Corn Dodgers—These are really a breakfast bread, but you'll not find the man afternoon; Matt. 20. 6 is an exception that only proves the rule. It is one point which you must firmly impress upon your mind, however, and move dirt from enamel or painted surples from famine. Only a sadden and move dirt from enamel or painted surples from famine. Only a sadden and move dirt from enamel or painted surples from famine. Only a sadden and move dirt from enamel or painted surples from famine. Only a sadden and move dirt from enamel or painted surples from famine. Only a sadden and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and determination of the firmly impress upon your mind, however, and how it is the firmly impressed in the firmly

> white as you can without breaking the —Andrew, Philip, Judas son of James, Most Industrious, Successful and Benot a word, except that Andrew is named as with his brother and the od away since the war began is the in doing the work it might be well to

reading, early [next] morning. We that brought visitors to his home from mobile factories where the original while the operation is going on. This ing to Government statements, the probably much of the night, and then ily, he was a pupil of the renowned job had been completed, it is rolled pen if any carelessness is allowed to harvest yielded only twenty million hurrying away with the dawn to fetch Cadet Corps, but before his gradua- on a carriage to another room and creep in.

a little milk and salt. Warm the Discard all old fruit jar rubbers. of Mark's Gospel (thus 10. 23-27), but and it is said that his pigs could do looks of Jesus is a very vivid feature er. The pig was his favorite pupil, beforehand to rub every square inch results.—Auto in Farmer's Advocate. the next harvest, or whether, like a milk and dissolve the yeast in it with They are apt to spoil the fruit if used Luke 22, 61 is yet more impressive. almost everything that human beings One who had seen them might well can do except talk.

43. He findeth Philip-His record ion sliced thin, two cupfuls cubed raw

Minced cooked ham can be used

South and stood of the cupfuls cubed raw

Minced cooked ham can be used

On the cupfuls cubed raw

On the cupful cubed raw

On the cubed raw

On th Christ, and needing therefore to "be

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 al

meant to be of the twelve. Moses . and the prophets-Virtually meaning "the Old Testament." Jesus -An extremely common name, for the 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.

loved Jester in Russia.

his own brother: the term suggests tion he ran away and joined a circus. there kept secluded even from public

The cleaning of a top is a rather most fifty million tons. Therefore the special tie that binds this quiet, But he had no ambition to be an or- view. After the varnish has set- difficult proposition, and while we can the Government has announced that helpful man to the powerful personal-dinary clown. He kept in touch with tled, of course it is not necessary to say in a general way that gas blown the weekly potato ration per inhabit-

picture the glorified Lord as having A team of trained pigs drew him to a stiff dough. Cover the bowl and jelly in the pantry and mix them in Cephas—The crowning application of the left was the dough. This will add a good the left was the dough was the dough. leave in a warm place. When the the batter. This will add a good the name is given in Matt. 16. 18. It the left was the device upon his seal. bowl again and leave for a time. Flour string beans and a small portion of it falls on one who so often shows pigs ran away and came finally to a is not given him for what he was by He used to enjoy telling how, when a baking tin, form the dough into beets, put them together and dress himself "unstable as water." But in farm not far from Berlin. The farm-Brush the track of the first water and the specific of the presence of a Divine Christ water can become firm as rock (Matt. 14. big constants the visitor release his consternation, the visitor solemnstitute for road dust. ly mounted an upturned barrel, looked gratefully at its host, and stood on



THE FOREST DOLLAR.

ed to use agricultural lands for tree things. Some things we are the boss growing. And no farmer will object about; others she ought to have the in court." if the country maintains non-agricul- say-so. tural lands in their natural moneymaking conditions, giving timber har-

ple "meslin" again. Rye bread, al- ed by the war has brought intelligent year from the forests and a very greater intelligence in the selection man and the agriculturist as close purchase farm products. Until every management of the poultry. In about four pounds to the square a notable speech in the city which was partners in the great Canadian estate. destructive forest fire is stopped and making up the winter ration, there- yard, are being used in France in not lacking in "ginger." More than sixty per cent. of the every timber-growing area restored fore, cheapness should be more than stead of plaster and wall paper. Some Here is a story of the famous ad-More than sixty per cent. of the every timber-growing area restored whole area of Canada is adapted by to its productive condition, C_aada's ever a factor taken into consideration, of the advantages of using this mamiral: Some years ago Beresford was Nature for growing timber or held agricultural interests must suffer the First of all, there is that feed which is terial are: It can be bought and crossing the Irish Sea, when a small as permanent barrens and will not chief loss. Of every hundred dollars grown on the farm. Grain fed near placed in position at less cost than dog belonging to one of the passenfour pounds and a quarter of double refined sugar, finely fierced; make your sugar very hot and dry it upon the fire and then mix it and the pulp have."

kept under forest growtn, producing bou, out taken by the provincial and so discriminating but that they would argument for "forest conservation" in taxes.—Canadian Forestry Association, Ottawa.

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

"Well, you can stop for a man," redoverbeard to rescue the drowning electro-magnet.

The Winter Clean-up.

surprise us. This remark of Nathan- you take it to some expert carriage desired to obtain will be lacking. nael's may imply that it had some painter and have it gone over. The

absolutely free of the slightest draft. utilized is so small that risks should The Spectator's informant, in a

POULTRY

Items for Henneries.

Take a bit of time and wipe off the

windows of the houses. Hens like a

Some of the boughten egg produc-

ers are fine, but with the best of them

must go good care and kindly treat-

Fancy fixings add nothing to effici-

ency. Good, substantial things are

now counts toward a fine hatch next

spring. It is the care the hens have

now, and from this day on, that

nice light home as well as you do.

Just exactly as good for hens. Chop is given.—Farm and Dairy.

of surface until the varnish is as If you find time hanging heavily on smooth as glass. When any quantyour hands this winter, and your auto- ity of this preparation is allowed to Only

breakfast bread, but you'll not find them scorned at the evening meal. To make, put half a teaspoonful salt in to cut it into what fashion you for datail for only unusual powers of King. The temperament which finds bowl, then spread it with a knife afternoon; Matt. 20. 6 is an exception that only proves the rule. It is observed.

The temperament which finds the evening meal to warm; when it feels dry uopn the characteristic of the Evangelist's eye and the control of the Evangelist' make, put half a teaspoonful salt in to warm; when it feels dry uopn the that only proves the top cut it into what fashion you characteristic of the Evangelist's eye observed.

49. The "true Israelite" knows his place other than a thoroughly warm place other than a thoroughly warm room. Varnish that is applied in a Do not, on any account, use cheap starved can save them, but that is a pint of cornmeal, add a teaspoonful salt in a please and set in a stope until dry. Where the edges look rough when it is bours in the absence of a sundial.

Where the edges look rough when it is bours in the absence of a sundial.

Where the edges look rough when it is bours in the absence of a sundial.

The true israelite knows his place other than a thoroughly warm room. Varnish that is applied in a low temperature never gives satisgrades of laundry bars or other soaps revolution. Revolution seems beyond 40. Andrew—Note his Greek name, it hard: see John 20. 24-29. But factory results. You must also bear of inferior quality. A high grade the daring of a Prussian." in mind that the space selected for toilet article must be adopted. The work of this character, should be difference in the price of the material

door so that no one can enter the room While we are on this question of the official statements, says: "Germany's while the operation is going on. See winter clean-up, it might be well to food situation is undoubtedly becomfuls raw oatmeal and grated nutmeg or vanilla extract to taste. These

or vanilla extract to taste. Th or vanilla extract to taste. These may be rolled out and cut into two-inch let them boil a little and let them lie them may be rolled out and cut into two-inch let them boil a little and let them lie squares and baked a delicate brown, a day or two in the syrup; then take came the most industrious, successful subsequently alights upon the warm how you use the fuel, remember to the colossal quantities of industries of industrie came the most industrious, successful subsequently alights upon the warm how you use the fuel, remember to the colossal quantities she imported 41. First—Our oldest authority, the for when he died not long since he "possile point" and there are the for when he died not long since he "possile point" and there are the for when he died not long since he "possile point" and there are the for when he died not long since he "possile point" and there are the formula point in the warm how you use the fuel, remember to the colossal quantities she imported the formula point in the warm how you use the fuel, remember to the colossal quantities she imported the formula possible point. second century Syriace Gospels disleft a fortune of a million dellars for fine dellars for the dellars for t covered by Mrs. Lewis, has enabled us left a fortune of a million dollars, far from pleasing to the eye, but also cumstances, start your engine or al
"The Germans are the greatest poto recover a much more probable and a collection of trained animals are not delightful to touch. In autolow a naked light to be in the vicinity
tato eaters in the world now. Accordhours of daylight with Jesus, and Born of an ancient and noble fammen are locked in rooms, and after a sary, but accidents are bound to hapity he was a pupil of the renowned ich had been completed it is rolled.

It is officially asserted that the last

See note on verse 34, Lesson 11. It place in Russia, and applied to it his lift the purchase of varnish does not still we would suggest that you secure to seven, and then to five pounds a See note on verse 34, Lesson 11. It place in Russia, and applied to it in is impossible to reconcile this as a wit. Soon he became an unlicensed appeal to your pocket-book, you can some expert's advice as to the nature week, or three-quarters of a pound a show that the Messianship was a man was in too high a place for his give excellent satisfaction, but in put- eliminate it. If the stains are not the average German is evident from (see especially Mark 8, 29.) But if tongue, and furious officials once ting them on, remember that the main of a serious character and the conthe fact that the daily potato ration Andrew actually said (for instance), brought about his exile. Russia lov-thing in their application is not so dition of the top is purely the result of soldiers during manoeuvres is "We have found the Prophet," it is ed him too well for that, however, much the quantity applied, as the per- of dust and dirt gathered up along three and a quarter pounds, in add quired. Put the mixture into a If you feel very tired and drowsy, translating the term into the permanshow that he meant to be more dissistent rubbing. In other words, it is not what is put on but rather what spray, would make a tremendous difference one and spray would make a ent title which when the revelation creet, he appeared with a padlock atyou take off that gives thefi nest efference in appearance. For small three-quarter pounds of meat. 42. Looked—The record of these

The pig was his favorite pupil less you are thoroughly determined cheesecloth usually give satisfactory many will be able to hold out until

are relished either dry or steamed.

Would Have Done Time.

fleet of armored motor cars has done

UNDOUBTEDLY BECOMING EX-TREMELY SERIOUS.

Orange Biscuit—Pâre your oranges, and the properties of the slowly cook in plenty of drippings.

Add a conful ker was the properties of the slowly cook in plenty of drippings.

Add a conful ker was the properties of the slowly cook in plenty of drippings.

Add a conful ker was the properties of the slowly cook in plenty of drippings.

Add a conful ker was the properties of the slowly cook in plenty of drippings.

Add a conful ker was the properties of the slowly cook in plenty of drippings.

Add a conful ker was the properties of the properties o note, but nothing to its credit. Its cost will be from \$25.00 up, according If your machine was purchased last bid for peace is coming from Germany Add a cupful hot water when the steak has slightly browned. Have two comes very tender; then beat it in an used to him at Emmaus (Luke 24, 29).

47. Israelite—Inc lather of the guileful Jacob, of \$25.00 seems too much and you can perhaps it does not require either varnish or polish. In such a case, however, it would be well for you to pressing opinions on the war, he investigation is based upon insteak has slightly browned. Have two cupfuls of cooked rice ready. When the steak is the steak has slightly browned. Have two comes very tender; then beat it in an in words such as the disciples steak as a token of a great change. Hence it was appropriate as the name of privilege.

Tough This Gospel is the only New is the steak is the steak has slightly browned. Have two comes very tender; then beat it in an in words such as the disciples as the steak is the steak is the steak has slightly browned. Have two comes very tender; then beat it in an in words such as the disciples are clearly conservative in expectation in the steak is the steak has slightly browned. Have two comes very tender; then beat it in an in words such as the disciples are clearly conservative in expectation in the steak has slightly browned. Have two comes very tender; then beat it in an in words such as the disciples are clearly conservative in expectation in the steak has slightly browned. Have two comes very tender; then beat it in an inverse in the steak has slightly browned. Have two comes very tender; then beat it in an inverse in the steak has slightly browned. Have two comes very tender; then beat it in an inverse in the steak has slightly browned. Have two comes very tender; then beat it in an inverse in the steak has slightly browned. The st the steak is thoroughly done pour steak and gravy over the rice; season with butter, salt and black pepper, and let simmer, covered for the words let simmer, covered for the words let simmer, covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third, sixth, and ninth—sead are covered for the words light except third except the covered for the words light except the cove

Revolution Can Save the

German People From

besieged fortress, she may have to shrunken barley, or buckwheat, are food. Germany cannot wait, of course, To supplement these waste cabbage ly depleted. Europe contains no surleaves and mangels may be given, for plus food. There is a world shortage hens enjoy a little succulence as well and a deficiency of tonnage will make as do dairy cows. Waste clover or al- it difficult to reprovision Germany.

Whole Nation Will Want One hundred hens will eat from a peck Dry earth pulverized is a good sub- To nothing on the farm can surplus whole nation might be reduced to "She would therefore have to make Now bring out some of those nice little of this daily, along with the table sufficient food to tide her over in lawn clippings you saved for the fowls. scraps, will go far toward taking the Eastern Rumania or Southern Rus-Sunlight is a germ destroyer. Let place of the meat scrap, of which the sia. Her entire strategy seems to be identical with Bar-Tolmai, who is attend to his business?"

Local But he thinks it's his business to show everybody else how to and have it always good and fresh.

Local But he thinks it's his business to show everybody else how to and have it always good and fresh.

Local But he thinks it's his business to show everybody else how to and have it always good and fresh.

Local But he thinks it's his business to show everybody else how to and have it always good and fresh. and have it always good and fresh. feeds may give better results than long. The statesmen and strategists Folks use onions to ward off colds. higher priced grains when poor care of the entente should therefore watch carefully the food problem of Ger-

The Duke of Westminster, whose

KRUPP WORKERS' EARNINGS. such splendid service in Egypt and on Many More Savings Bank Depositors

the Somme front, is one of the most versatile of men. He once emulated Since War Began, the mythical "Raffles" by committing The war time earnings of the emall the hens demand for the furnish- a burglary-of course for fun-at the ployes of Krupp are indicated by their mansion of his friend, Lord Cholmon- savings in the bank established for Let's not forget that every day been the central figure in many simithe Krupp savings institution increas-Not long since he was caught ex- ed by the record-breaking figure of ceeding the speed limit while motor- 8,983, and their deposits by 4,865,602 Have you ever thought that hens prefer dark nests in which to do their laying? It is so, and it will pay to His lawyer paid the money, at the tal savings up to 12,864,983 marks. do as she thinks best about such same time remarking to a friend that The number of savers thus is nearly "he was glad the Duke wasn't present one-half of the number of persons employed by Krupp, and three-fourths of "Why?" was the quite natural the number employed at about the beginning of the fiscal year for which "Because," replied the man of law the figures are taken.

UNIARIO ARCHIVES TORONTO