# ossess any Qualities

lisons Come From dible Varieties

frica there has been which yields a polson t the mere smell of it

mething hideously fase study of poisons, of al hundred different wn to science. Yet of out forty have ever rder trials and at least rare that they do not

merce. . Grezhoff was one of of science who devoted ies to poison research. there are whole orders hich we know nothing i of which not a single been analysed.

experiments produced and interesting results. he found that the las grass are intensely ause they contain hy-, and that a single mmon plane-tree conif this poison to kill a

## Devil's Cherry"

British plants about vn plants as antirrhion), daffodil, and yew. the lot is probably "deadly" night-shade, fruit of which is very Indeed, in Buckingplant is known among "The Devil's Cherry." taps equal in virulence, All the nightshades nous.. The potato, beis same family, has

at polsonous fruit. ath, too, are strangely mandloca or cassava ich we get our excel-Cattle eat the stalks roats ground to pulp of Indians, but the adly that thirty-five strong man within Yet this same juic4 hottled, forms a whole-

## s Cause Blindness

of cassava is South to too, grows the terr "Dead Man's Bush," reotle far more poweropium or hemp. It to white folk, but the "medicine men" basin.

s a plant called the " common in some heland, the fruit of y and not ill-tasting. le shocking effect of less. There is some perty which completes optic nerves.

ding plant is the "Asa" of the Upper Nile. of its milky juice in he eye causes a terition which eas in wood of this shrub is is often used by na-

crafts. s worst plant is the kind of nettle which eight of eight or ten raide of the leaf is set which are as poisonas of a hornet. A satsing a cat through & stoff was pricked in I died the same night. Sea Secrets

a tribes posses secrets which white men know E. For instance, the Problemands, a group of ade couln from the a mah a secretion so banana plorced with & a the poison will kill as the fruit within & " The authority for is Miss Beatrice Grim-

a knowledge of many maknown to science. and obtained from w deadly gipsy poison a bideously cruel mans difficulty in breathin a slow and terrible

ne of the many little used by that terrible mance poisoners which mand during the 'ninebre sufficient evidence ---

N OF THE EAST

must be well in the runtle of the worlds oldest been discovered in Nag-Central Provinces, dur-Indian census.

Siddi Wastad, and he sus superintendent puts moderately, at about 130, half. Siddi Wantad is but he enjoyed perfect he influenza epidemie of

operator demands cash nes on tick.



Spiced Angel Food

Apple Fritters

brown, remove, and drain on paper

Banana Fritters

Skin and cut a number of bananas.

For Kitchen Files

Oil Bottles

When bottles of olive oil or castor

leaves a greasy mark wherever the

bottle stands. To prevent this a col-

To Mend Lamp Shade

once or twice during the drying.

that starching is unnecessary.

bran water instead of with soap.

dip in batter, and fry a golden brown.

illa extract.

**Buttermilk Sherbet** 

rise until light, in warm place. Put Combine 2 cups buttermilk, 1/2 cup a raisin or cherry on top of each cake, sugar, 1 cup canned, crushed pineap- spread with beaten egg white, sprinkle ple, I teaspoon orange juice and I tea- with sugar and bake in moderately spoon lemon juice. Place in tray of hot oven. electric refrigerator, freeze until mushy, remove from tray to deep bowl, and fold in 1 egg white, stiffly beaten, 11/2 teaspoons vanilla, 10 ma- and beat until whites stand up in aschino cherries, cut in halves. Beat until mixture is light and fluffy. Return to refrigerator trays and continue sugar. Sift and fold in gradually 1 cup freezing.

### Mother Hubbard Meal

Bake a Hubbard squash whole in a moderately hot oven (375 deg. F.) 11/2 Put in angel cake pan, in cold oven, to 2 hours, or until it is tender. Try turn on gas, set regulator at 325 deit with a sharp pointed knife. Re- grees F. Bake 1 hour. Cover with move from the oven; cut a rather orange marmalade and top with douthick slice from the top of the squash, ble boiler frosting. remove the seeds and then scoop out the squash itself. Mash and season the squash with shortening, salt, and land and if you haven't had any for

some time-try this recipe: Have boiled together in salted water until tender, 6 whole small onions, 3 cooking apples, roll in caster sugar, four-inch slivered carrots, 1/2 cup chop- and leave for half an hour. Make a ped green pepper and flowers of cauli- batter with 2 tablespoonfuls of flour, flower from one small head. Fold the yolk of an egg, 1 dessertspoonful of these carefully into the mashed squash butter, a pinch of salt, and a little and return to the shell, piling mixture warm water. Beat thoroughly and up about the top. Cover with buttered leave for about an hour. Beat the white bread crumbs, top with grated cheese, of the egg to a stiff froth, add to the return to hot oven (400 deg. F.) to batter, then heat a little fat in a pan, brown, about 20 minutes.

When ready to serve, arrange a portion of the batter, cover, and drop circle of minced parsley around the into the pan. Fry both sides a golden opening of the shell.

Place squash in centre of chop plate, Continue in this manner until all the around edges arrange pork chops on batter and apple slices have been used toast. Top chops with fried apple Sprinkle with caster sugar and serve rings. Garnish generously between as hot as possible. the chops with sprigs of parsley.

## Quick Banana Custard

One egg yolk 1 cup condensed mill, spoons water, 1 egg white, 3 bananas. Sprinkle lightly with lemon juice, and 2 tablespoons lemon juice, 3 table-Beat egg yolk and stir into it the milk. Add lemon juice and stir until mixture thickens. Add water and fold in beaten egg white. Slice bananas into sherbet glasses, pour custard over oil are in use a thin film of oil usually them and top with red maraschino finds its way down the outside aud

## Special Muffins

Two cups prepared flour, 4 table. lar of lint should be slipped over the in, cheese, a little cocoanut or a dab bottle neck, and trim the corners off it carefully) for each number, and of orange marmalade in centre.

mustard, 2 teaspoons salt, 1 package bottle firmly in place lay a small rub ling fresh salt until a absorbs no more lem, and there inaugurate the new ber band across the top of the cork, link. Then rub the spot with along with alon cream cheese, 2 cups chopped apples, stretch the ends dow non each side of lemon and rinse with clean water. cabbage, 1/2 cup chopped onion, 1/2 cup below the rim by tying a string tightly able, a sprinkling of flour on a damp was different from the Messiah they chopped pimento. Mix all together round. The band will keep the cork in cloth will remove dirt from tiles or had planned for. Not by the way of with mayonnaise. Serve on lettuce.

# allow it to be taken out and replaced.

Australian Goose Have bone removed from 5 lb. tender shoulder of lamb. Make stuffing of 2 tablespoons fat pork, chopped, 11/4 split may be mended with an adhesive cups soft bread crumbs. 1/2 cup raw transparent tape, which will be scarceham, 1/2 cup milk, 1 teaspoon onion ly perceptible. juice, salt and pepper, nutmeg.

Cook pork crisp, add crumbs, and brown; mix with other ingredients, stuff into lamb cavity and fasten. Rub outer surface of meat with 1 move loose dust and rinse thoroughly tablespoon shortening, 2 tablespoons in cold water. Then prepare a large lemon juice, 1 tablespoon sugar, 1 cube vessel of lukewarm soapy water, using beef extract, dissolved in 1/2 cup hot flaked soap and squeeze the rug well

water, salt and pepper. ture to moderate and continue baking, vinegar to every quart of water for added to the soapy water. counting 25 minutes to the pound. Serve with Noodle Kugel.

## Noodle Kugel

Cook until tender in rapidly boiling water, 3 cups noodles. Drain-then add % cup shortening, 4 well-beaten eggs, salt and pepper.

Line muffin pans with bacon strips, fill with noodle mixture and bake until well browned, in moderate oven. Spread thickly with orange marmalade

## Cream Kolatchen

Cream until soft 1/2 cup shortening, them quite flat. It will be found that add, stirring well, 5 egg yolks, beaten, the newspapers retain the heat. 2 tablespoons sugar, grated rind of 1! When making a milk pudding or a lemon, 1 cup thick sour cream, 1/2 tea- baked custard, stand the dish in anspoon salt, 2 cakes yeast, dissolved other dish containing cold water. The with 1 teaspoon baking soda in 2 table- custard will not boil over, and will be spoons lukewarm milk. Mix in care- quite firm when cold.

fully, 3 cups sifted flour. Half fill (reased muffin pans. Let salt and remove with a spoon, apply- community hospitals.

# Easily Made

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Fur-



The bodice with its pretty and unusual neckline is quite plain. And note the clever placement of the skirt made rore definite, by this expres-

seaming. patterned) such as crinkly crepe is Hence the evangelist at a revival

inches bust. Size 16 requires 3% yards 39-inch Church. with 1/2 yard 35-inch lining.

HOW TO ORDER PATTERNS Write your name and address plainspoons melted butter, 2/3 cup evapor- neck of the bottle to absorb the on. ly, giving number and size of such would do more harm than good. Bake with cherry, date with nut, raisorated milk, add butter and beaten egg. square of lint, cut a round hole in the patterns as you want. Enclose 15c in neatly. When the collar becomes address your order to Wilson Pattern

position, but will stretch sufficiently to white enamel. never get rusty and work will not be Parchment lampshades which have

simply at home. Shake well to reorange water will give the gloves the correct yellow tint.

When chamos leather gloves are in this. Rinse in warm, and lastly in very dirty they will come clean much Brown in hot oven, reduce tempera- cold, water, using one teaspoon of more quickly if a little olive oil is "deny" oneself is not to do without

### this last rinse. Put through wringer with a very loose tension and shake Man, Aged 83, Wins vigorously to raise the pile. Dry in a

warm place or in the wind, shaking Cretonne and colored cotton curtains will look much better if washed in a man. Moreover, the man is 83, Ur. David Rush, who by trade is a master does not harm the colors, and imparts a slight stiffness to the material, so ments for this delicate craft-keen eyes, steady fingers, and a fine per-An excellent ironing blanket can be made from old newspapers. Stitch together several large sheets, keeping of the numerous young lady competitors was put in the shade.

### ----Tax Pays Hospital Bills

A poll tax of 12 cents a week, imposed on all adults in the federal capi-

# Sunday School

Confession and Loyalty-Mark 8: follow me .- Mark 8: 34.

Lesson

ANALYSIS. . THE CONFESSION, Mark 8:27-30. II. THE CHALLENGING CALL, Mark

ent was the need for training. The healing (vs. 22-26) had the usual result. Jesus moved on again. I. THE CONFESSION, Mark 8:27-30.

ern slopes of Mount Hermon until said. they came into the towns growing up And so, after the toils and tempests court, Brace). around Cæsarea Philippi. Here again Jesus seems at last to have found the like the muffled strokes, of a bell," giving the whole section a tense and

sombre character. effect. And all because of its smart broke the silence with his great confession, v. 29. The disciples had been coming to this conclusion for some often was, would be strengthened, no full self-derial without disciple sion of it. "No impression without Softly falling silk (either plain or expression," say the psychologists. meeting calls for a public decision. He opportunities and uses them for sel-

> quaint the people with the new idea be balanced against it. Supposing of Messiahship would Jesus permit man makes a lot of money, has every the truth to be told. Divulged now, it creature comfort, enviable worldly

neatly. When the collar becomes sturated with oil replace it with a Service, 73 West Adela ic St., Toronto. Siah" meant the national deliverer saturated with oil replace it with a Service, 73 West Adela ic St., Toronto. Siah" meant the national deliverer state of this control of this c turies. All that was needed now was One cup mayonnaise, I teaspoon dry bottle firmly in place lay a small rubnustard, 2 teaspoons salt, 1 package by Leaspoons salt, 1 If a cleaning powder is not avail- disappointing lesson. Their Master

lost most of their color, this can be revived. Soak some orange peel in revived. Washing Rugs

Washing Rugs

The water for a day, and then add this to water for a day, and then add this to the water which is to make the water water which is to make the water which is to make the water which is to make the water water which is to make the water which water water which is to make the water which is to make the water water which water water which water water which water water water water which water wa

> people to undertake with him this mercantile law in which she recent-hazardous venture, v. 34. The terms ly took her diploma. of discipleship were self-denial. To sugar in one's tea and put the money the missionary box, desirable as to Perform Special Operation that might be. When Peter "denied" At Knitting Competition "repudiated" his Master. Here is the able heart operation, said to be London. — The All-England lace same word. To deny eneself is to re- the eighth of its kind in the world, knitting competition recently held at pudiate oneself. "It doesn't matter during which the patient's heart was

> attitude toward himself ho will be was laid bare and its beating was printed, possesses all the require able to take up the cross, v. 34. A stopped during the four minutes needbles which life brings to us-a painception of art,-and so exquisite was ful illness, a financial loss, a wayward the lace he submitted that the work son. It is the hard and dangerous way which we deliberately choose health. when an easier, safer way is open to

Dr. Maclaren said: "The law for ing up his cross. How present his der Graham Bell of a patent on the The populars quiver in sad ecstasy prolonged world depression.—Toronto tal of Canberra, Australia, provides ed here, though he had not spoken of parently everybody was too busy Cover ink stains on a carpet with free treatment for all residents at it, in foretelling his own death! It is talking over it to talk much about it. not Christ's cross that we have to -The Christian Science Monitor.

# Queen Victoria's Triumph

Next year was the fiftieth of her of the day, a long evening followedreign, and in June the splendid anni- mild, serene, and lighted with a golden pomp. Victoria, surrounded by the phere of success and adoration invest- California Chemist Say: It versary was celebrated in solemn glory. For an unexampled atmoshighest dignitaries of her realm, es- ed the last period of Victoria's life. corted by a glittering galaxy of kings. Her triumph was the summary, the April 9. Lesson II-Jesus Requires and princes, drove through the crowd- crown, of a greater triumph—the culed enthusiasm of the capital to render | minating prosperity of a nation. The | Berkeley, Calif.—A new kind of thanks to God in Westminster Abbey. solid splendour of the decade between sater-just like the old kind, only himself, and take up his cross, and maining traces of the last re- Victoria's two jubilees can hardly be heavier—has been discovered by Prof. maining traces of past antipathies and paralleled in the annals of England, Gilbert N. Lewis, dean of the college past disagreements were altogether The sage counsels of Lord Salisbury of chemistry, University of California. swept away. The Queen was hailed seemed to bring with them not only it runs out of the kitchen sink at once as the mother of her people wealth and power, but security; and faucet and is good for washing clothes. and as the embodied symbol of their the country settled down, with calm even though it is 10 per cent, heavier imperial greatness; and she responded assurance, to the enjoyment of an est than ordinary water, and far denser to the double sentiment with all the tablished grandeur. And—it was only that sea water. And its discovery is Introduction—Leaving Decapolis, ardour of her spirit. England and the natural—Victoria settled down too. Jesus made His way into some desert people of England, she knew it, she The last and the most glorious of ance for it challenges and may upset people of England, she knew it, she The last and the most glorious of the existing international standard of the felt it were in some wonderful and such occasions was the Jubilee of 1897. felt it, were, in some wonderful and such occasions was the Jubilee of 1897. the existing international standard of crossed the lake to "Dalmanutha." yet quite simple manner, hers. Exul- Then, as the splendid procession pass- weights and measures. There he encountered some Pharisees tation, affection, gratitude, a profound ed along, escorting Victoria through The new water, like common water, who engaged him in the usual consense of obligation, an unbounded the thronged re-echoing streets of Lon- is composed of one atom of oxygen troversy, vs. 11, 12. The departure pride—such were her emotions; and, don on her progress of thanksgiving to and two atoms of hydrogen, but the for Bethsaida seems to have been hur- colouring and intensifying the rest, St. Paul's Cathedral, the greatness of atoms of hydrogen belong to a new ried; the disciples forgot to provision there was something else. At last, af- her realm and the adoration of her class of atoms known as "isotopes." the boat, vs. 13, 14. The lack of real ter so long, happiness—fragmentary, subjects blazed out together. The They are twice as heavy as ordinary understanding revealed in what fol- perhaps, and charged with gravity, tears welled to her eyes, and, while atoms of hydrogen, having an atomic lowed (vs. 15-21) indicates how urg- but true and unmistakable none the the multitude roared round her. "How weight of 2 instead of 1. less-had returned to her. The unac- kind they are to me! How kind they Dean Lewis explained that heavy

take up. His sufferings stand alone, ing so long. We now come to another incapable of repitition and needing stage in the Costly Way. This stage none; but each follower has his own. (Mark 8. 27 to 10: 45) is marked by To slay the life of self is always pain, solemn and repeated predictions of and there is no discipleship without approaching death for himself, and crucifying "the old man." Taking up persecution for his disciples, Mark 8: my cross does not nerely mean meek-31; 9: 31; 10: 33. They "ring out ly accepting God-sent or men-inflicted the special form of self-denial which my special type of character re-Suddenly Jesus asked his moment- quires. It will include these other ous question, v. 27. Quoting other meanings, but it goes deeper than people's opinions is always easy (v. they. Such self-immolation is the So easily made is this fascinating 28), but Jesus made it personal, same thing as following Christ; for, little frock, yet so professional in its 'Whom do ye say that I am?" Peter with all the infinite difference bethere is not real discipleship without self-denial, and on the other there is

Ultimately this costly way is the only way, if one is going to live. The man who hoards up his powers and 14, 16, 18, 20 years, 36, 38 and 49 faith of the convert. Temperance has been also had been been also had been als workers call for a pledge. It is easier loss, even physical life itself, will to be a Christian if one joins the develop his spiritual life.

So valuable is a man's higher life that nothing physical or material can them, he has starved his finer nature,

Verse 38 does not appear to be Shanghai Honors Mme. Wang To Peter and the others, "Mes- clearly related to the rest of this sec-

# Youthful Woman Diplomat

needle of your sewing machine. It will death, resurrection, was he to win his er, Don Jose Salaverria, Senorita present government. Peter's vehement protest must have Spain's first woman diplomat. She a wealthy family in Shaoshing and Peter's venement protest must have spain's first woman candi- married an eminent Chinese scholar stitutions for mental diseases, 28, reminded Jesus of the first time that was the only successful woman candi- married an eminent Chinese scholar 754 resident patients and 1,173 on an easier, more popular alternative date at the recent examinations for who was later converted to Christian-If your chamois leather gloves have presented itself to him. Did not the entry into the diplomaic service, in ity and became a clergyman. The

soapy lather for the gloves. This orange water will give the gloves the storm as the Costly Way, vs. 32, and to be a lawyer She studied at the cost of the gloves the He now called openly upon ... the Madrid University, specializing in

# Surgeon Stops Patient's Heart

Stockholm, Sweden. - A remark- Poised over water like a still Leighton Buzzard has been won by about me" must be the attitude of stopped for four minutes, was per-It is only the one who can take this Sabbatsberg, in Stockholm. The heart ed for the operation.

The surgery was successful and the patient has now regained full

# Telephone Patent

March 7 marked the fifty-ninth anown cross must have been to Christ's invention of the telephone, but ap-

Leaves To Forget

tional Standard

Water Discovery

Found Important

customed feeling filled and warmed are!" she repeated over and over water containing the iscope of hydroher consciousness. When, at Bucking- again. That night her message flew gen is present in ordinary water in ham Palace again, the long ceremony over the Empire: "From my heart I minute quantities which may vary, and Going northward, Jesus and the over, she was asked how she was, "I thank my beloved people. May God that as a result this injects uncerdisciples made their way up the south- am very tired, but very happy," she bless them!" - Lytton Strachey in tainty into the standards of weights constancy of the weight of water at a

specific temperature. If one were to substitute the new water for the old, the kilogram would weigh 100 grains more than it should, and the liter would contain 100 less cubic centimeters than it should, it was announced. The "heavy water" just discovered cannot be distinguished from ordinary water by any known chemical test.

Still heavier water may be obtained in the future because oxygen has two isotopes of atomic weight 17 and 18, instead of 16. If water made up of the isotope of hydrogen and the heaviest isotope of oxygen could be concentrated it would weigh 20 per cent. more than ordinary water. Dean Lewis has already succeeded in concentrating small amounts of these isotopes of

The atom of the hydrogen isotope was first detected a year ago. Its atomic spectrum is identical with that of ordinary hydrogen except that in a powerful spectroscope each spectral line is shifted by a barely perceptible

A water made up of the heaviest oxygen isotope and the isotope of hydrogen would have a greater density and consequently a greater buoyancy than the water of Great Salt Lake, it is declared.

Chinese Foreign Minister; C. F. preliminary bulletin. This survey Wang, director of the former Man- was made in response to repeated churian Mining Administratio, and C. Spain's Latest Appointment H. Wang, a leading Shanghai banker. Madrid-The daughter of the writ- All are active in the counsels of the

Joan Crawford, whose marriage

with Douglas Fairbanks, Jr., has

gone the way of most Hollywood

romances, left for a quiet retreat

to forget.

Mme. Wang was the daughter of 927 patients on the books of the in-

know a slender winter tree, Ethereal and grey as mist, With branches curving to a brief Translucent spray of amethyst.

Colossal bird of paradise, t plunges talons in the cliff From which it seems about to And I must linger by the stream Instead of going on my way, Because I cannot bear to leave A thing so lovely and so grey. -Eleanor Glenn Wallis, in "The Lyric."

Breath of Spring

## The moon is high: The budding branches of a tree

rhapsody.

A Dog-Gone Mean Trick On Jeff.

Stand out like ancient filigree Against the blue and silver of the

And gently sigh.

in the Dominion The first special census of mental institutions taken by the Dominion Bureau of Statistics is covered in a terested in obtaining more adequate statistics regarding this important branch of social welfare.

On January 1, 1930, here were 29, stitutions for mental diseases, 28,parole or otherwise absent. During ceived during 1930 was 1,618, a growth of 5.6 per cent, during the year. Prince Edward Island is the only province that showed a decrease in the number of resident patients at the end of 1930. The Province of Saskatchewan had the largest ratio of increase during the year. There were 2,069 at the beginning of the year, and 2,275 at the end of the year, an increase of 206, or 9.9 per cent. On June 1, 1931, the population in mental institutions agg-egated 31,172.

During the year 1930 the total expenditure on the mental institutions of Canada is given at \$13,448,105, the total expenditure in Ontario alone being \$4,765,433. The bulletin gives many details as to race, religion, age, administrative staffs, etc., all of importance to sociologists The spread of mental ailments may be attributed in part to worry arising from a

## -Jeannette Eyre. Bulgarians Exchange Silk Cocoons For Frocks

Sofia, Bulgaria.—Bulgarian villagers are now trading their siik cocoons for silk dresses, though, of course, the silk dresses are not really for the pea-

This only means that the Bulgarian Agrarian Bank has made arrangements to ship the products of the silk cocoon co-operatives abroad, and to receive silk cloth in exchange for Many housewives here not only look

after a room or two full of the voracious silkworms every season, but, in addition, they spin the cocoons into thread and weave the thread into

Palestine Has 16 Film Houses Palestine of Biblical fame has sixteen sound equipped motion picture theatres .- Associated Press.

# MUTT AND JEFF— By BUD FISHER

