ating back to

until they find not find lodgein twelve hours the host by borand eventually passed through scopic creatures a fork-tailed

d a human host ours or die, but cypt's population pursuits and the working day ditches the worm nity to break the ood stream.

tions of tartar every other day effect a cure, but as they return to rrigation ditches th the snails, be-The problem of has been to find a nails.

government kept is and irrigation ring laborers afase an by treata coal-tar by-prothe irrigation we and so clogged r marine growths l is virtually im-

ty has been cons on King Fuad's pt to work out a the Egyptians of

ing this on a large d although we beressful we will not we are sure of it." free of the types s host for the disms, but Puerto infested with the lupensis species, Slave.. brought rom Africa and settlement of the sease, Dr. Barlow out because there et as hosts for the

Orders

Tars Go Aloft ders recently issued rd of Admiralty oc-

declaration: the duty of every suired to do so by ity and his failure requirement may realties being inflicted

ago the safety of a ship was placed in refusal of a seaman ng sail on the mizzen de of wind. This is inspiratio for the question, on which ondent of The Daily ents as follows:

may seem in an age ships, there are even m-o'-war many occais necessary to send

when a ship is dresshenor of some disr or national celebrak has to be attached s by seamen. Again, n aloft to repair wirepaint topmasts and

work calls for steady s possible that certain itate to undertake it ligation to do so was regulations. Such is cance of the new Ad-

or Milch Cows clivased bed ed tor bluor urnip tops, raps or rye te, leeks, onions, or ap

a taint will appear is



Fish For Salads.

nean canned fish. Canned fish does are essential. Nearly all fruits and nake delicious salad, and some should vegetables are mineral rich foods and tlways be kept ready for thus use, but have a decided tonic-like effect. excellent salads may be made from boiled or steamed fish and, indeed, from any left-over dish.

There are two ways of making a made of fur should not be overlooked fish salad. One is to place a portion during spring-cleaning, as such arof fish on a plate and flank it with ticles harbor dust, which is not prosliced cucumbers, lettuce, etc., and perly removed by brushing. Take the then put a spoonful of salad dressing articles out of doors on a fairly windy on the side. This is perhaps the popul day and beat them thoroughly. Then lar way, designed to serve "eye ap- rub them all over with hot bran, penepeal"-and it accomplishes this very trating right to the skin. Clean one thing. It looks delicious.

pudding, is always in the eating. And again and leave out in the wind for sea-level, the holy city was about the dish just described will be disap- several hours. After this treatment pointing. Each item on the plate is the fur rugs or cushions will be clean unsetsoned, innocent, even of salt, and fresh. which reduces the whole plateful to flat insipidity, and the small size of the plate makes impossible any satisfactory mixing of the dressing and a bowl of chopped parsley on the few days, he sent to the neighboring salad materials. You sigh, then kitchen table when you are preparing village, sprinkle little salt around, getting too a spring meal. Almost everything you much here and not enough there, put serve can be garnished with the city-for the colt, Mark 11: 2. We A for ful of the salad in the dressing bright green leaves and they go far and eat it without zest, meditating on toward toning up languid appetites. the waste of fine materials when "dresed" only for eye appeal.

This dish was once served to a Frenchman at a hotel. When the salad came, Moonsieur, an epicure, looked pen with oil cloth. Oil cloth is eas- will return the animal promptly, as at it. It was not necessary for him | ily washed with soap and water and, to taste. He knew.

. He called the waiter and the head ful appearance. waiter and the salad was removed. In a minute or so it was brought back. It did not look as well. Salad never does when mixed. But it had taste and

The mixing bowl had been rubbed and it is very chic to have a jacket ing here and there to preach, teach the miniature view! with a cut clove of garlie, the lettuce, of the same colored plaid in larger and heal. His followers had doubtle. cut, and the fish flaked. It was then salted and mixed with a mayonnaise dressing (made with oil) until each leaf or portions was marinated in by adding a teaspoon of lemon juice ment which grew more tense every with long sleeves. dressing and lemon juice to taste. It to water in which they are boiled. was redeemed from a flat, insipid salad to a triumph of deliciousness and London Tennis Courts piquant relish.

"Eye appeal" should always play second part; taste first.

Your Diet Perhaps there is no time of year son with sensational dress fashions. when the appetite is so jaded and be put aside and fruits, vegetables, hundred times. cheese, eggs and fish used in abund- Then came the popular Eileen to

rhubarb are especially desirable since thing really should be done. they have a tendency to whip the ap- | She appeared with her back con considered indigestible and taboo, are but that she was greatly admired.

appetite provoking qualities. Lemon sauces, tartar sauces and gather adherents. horseradish sauces whet the appetite

and add food value to the meal,

should be used freely. Watch Iron Supply. them to be lacking in iron, carefully vided shirt that suddenly went al selected though they may be. Too trousery down to the ankles. little iron in blood and tissues causes | The fashion did not catch on. them to misbehave. The external indications of this internal "misbe- at Chiswick in shorts and a sweater. haviour" are apparent in poor color, But shorts did not become popular. listlessness and lack of vigor-"spring Men are taking to shorts. Brame fever."

tent of any of the vegetables and Austin has taken to them recently. of course is rich in vitamins, but there are other spring vegetables that on the road to bare-backs for men. are splendid sources of mineral salts He has gone in for a one-arm shirt-

and asparagus are in season and offer the neck and shoulder. variety. Radishes, spring onions and carrots

are valuable raw foods and should be urad frequently.

Endive Spring Favorite.

ling of the winter months. fron grams and keep the body "fit". Dodds, player.

Bulky foods that will give the diges-A 'ash salad does not necessarily live tract its much needed exercise

FUR RUGS Motor rug sand cushions which are small portion at a time, leaving the salem. Standing on its rocky prom-But the proof of the salad, like the bran on the fur for a time; then beat ontory twenty-five hundred feet above

> PARSLEY-SPRING TOUCH. It is a good idea always to keep, Bethany, where he lodged for the next

BABY'S "PLAYGROUND."

It is an excellent idea to cover the "And straightway he will send him sides and bottom of the baby's play hither" is a promise that the Master in gay colors, presents a very cheer-

PLAIDS FOR STYLE. Plaid silk dresses are smarter than printed ones this spring. Many or

IN COOKING MEATS. Tough meats will be made tender

Feature New Fashions branches from the wayside trees and London, Eng.-Miss Mary Heeley and Mrs. Whittingstall (Eileen Bennett) have started the lawn tennis sea- neighboring village" had provided. As

Mary Heeley led the way. She ap- al hymn, vs. 8-9. in need of healthful stimulants to a outfit designed for shoulder freedom, natural hunger as in the spring time. outfit resigned for shoulder fredom, The foods which were perfectly held up by cross straps. People cranlegitimate for us to eat when we need- ed their necks to see. Photographers ed energy for resisting cold should snapped Mary and her shoulders a

the Paddington tournament at Maida Tart foods such as grapefruit and Vale, and showed Mary how the grim, it would be easy to assassinate

petite into action. Pickles, usually siderably bared, and nobody can say found valuable for their piquancy and It is thought highly probable that the Heeley-Whittingstall lead will clearly that what protected him for the money was made for the sake of

Mode That Failed.

Foods rich in iron will do much became pronounced two years ago, 12: 12; 14: 1, 2. to overcome "spring fever," and when, after the bare-legged brigade Another reason was that Jesus had They fled from the place. The heedless had almost won the day, Senorita Al- resolved to assert his Messianic claim. varez appeared at Wimbledon in wide. Jerusalem at the Passover was the as a short-cut from one side of the place and the time. He had no rea-A study of many dietaries shows ly cut, um-pantaloons, a kind of d Therefore he must take precaution to

Next year Miss Tomblin appeared siah, not of war, but of peace.

Hillyard has worn them for years Spinach has the highest iron con- with a linen cap to match, "Bunny

One prominent player has started left arm cut short above the elbow, as the herald of the kingdom. Some-Dandelion greens, beet greens, mint as usual, right arm cut right off at time they, too, would understand that

Named After Canadians

Independence, Kas .- Son of Mr. and Mrs. Roy Dragoo, born in the Neode- sealed his doom. He drove out of the Endive with its slightly bitter taste sha, Kansas, hospital after arrival Temple the ill-gotten gain by which it is relished at this time of year and there of Canadians injured in the flourished. It was a sweeping denew cabbage with a lemon dressing aeroplane crash which resulted in the nunciation of the religion of his time. George Hughes, who is also bread in i.hed. is preferred to the rich cream dress- death of five persons, was named Col. Bruce Dragoo in honor of "Colonel" offer a sacrifice. For this purpose costs. The remainder of the wagon-Fruits and vegetables must be re- A. C. Samson, President of the Toil- droves of animals, cages of birds, were load of bread, 60 loaves, was confislied upon to furnish the necessary ers' basketball team, and Bruce always on hand. These victims had cated and sent to the municipal din-

A Jumper Suit **Practical and Smart**

By HELEN WILLIAMS

Sunday School

Lesson

Golden Text-Behold, thy King

cometh unto thee: he is just, and

having salvation .- Zechariah 9: 9.

ANALYSIS.

. THE PRINCE OF PEACE, Mark 11:1-11.

INTRODUCTION-Into the strong-

hold of his enemies Jesus was now

about to enter. Holding nothing back,

he had submi te. himself to his Fath-

er's will. That submission brought

him to the gates of Jerusalem-Jeru-

salem that had slain the prophets.

He, himself, expected no other fate.

I. THE PRINCE OF PEACE, Mark 11:1-11.

After the long ascent from Jericho,

(Mark 10: 46), Jesus and those who

went with him arrived at the Mount

of Olives, within three miles of Jeru-

fifteen miles from Jericho. Across

the Valley of Kedron it lay, now

thronged with pilgrims arriving for

the Passover. Jesus now completed

his preparations for a solemn and

conspictous entry to the city. From

was not more than a mile from the

may assume that he had arranged the

matter with the owner beforehand.

He was able to tell the disciples where

they would find the colt, and to give

them the necessary password, v. 3.

The picture we so often give of

Jesus as a man going up to his death

deserted by all but a few faithful

friends, his popularity completely

gone, is not correct. The Master en-

thrown out hints that he might prove

they formed a procession. They cu

together with their garments, carpet-

avoided parade and self-advertise-

ment, enter Jerusalem as the chief

figure in a shouting procession? One

reason was that he knew that his ene-

mies were waiting for him in the city.

The danger to be most dreaded was

secret attempt on his life. If he en-

openly, in the sight of the world. Also,

by surrounding himself with publicity

to the multitude. Later events show

the few days he had still to live was

son to hope for anything but death.

ensure that he would die not only pub-

licly, but in his true character as Mes-

Therefore, not on a horse, the sym-

bol of military power, but on an ass,

the symbol of peace and service, would

he proclaim the nature of his king-

ship. Did the prophecy of Zech. 9: 9

come to his mind? Only the few whom

he had taken into his confidence would

understand the meaning of the act.

The others, as we gather from their

songs (vs. 9, 10), thought of him only

humility, love, service can conquer

II. THE PREACHER AND THE PROFITEERS,

the world of material power.

Mark 11: 15-18.

to be a greater man than any one

soon as he has finished with him.

II. THE PREACHER AND THE PROFITEERS,

Mark 11: 15-18.

Illustrated Dressmaking Lesson Fur nished With Every Pattern May 14. Lesson VII-Jesus Asserts His Kingship-Mark 11: 1-10, 15-18.



That bow! And those c.te lit tered Jerusalem on a tremendous puff sleeves!

wave of enthusiasm. On his way from And besides, it has a smart cape, Galilee he had moved leisurely, halt- has this attractive jumper dress. See

A navy and white crepe silk print, so lovely for Spring, made the jumper suspected, greater even than John the and cape. The separate guimpe was plain

Baptist or Elijah. He was thus surrounded by an atmosphere of excite-It's so entirely simple to fashion! day. The Galilean pilgrims, knowing

that he was on his way, would wait for him on the Mount of Olives. There gre checked crepe silk gui p is another adorable scheme. Style No. 2517 is designed for sizes 12, 14, 16, 18, 20 years, 36, 38 and 40

ed the road as he rode along on the inches bust. ass which the unknown friend in "the Siz. 16 requires 2% yards of 35they went along, they sang a triumphinch material for dress; 1% yards 35i ch material for short-sleeved blouse; Why did Jecus, who had always

34 yard 32-inch material for cape. HOW TO ORDER PATTERNS. Write your name and address plainly, giving number and size of such \$30,000, and has accommodation for stamps or coin (coin preferred; wrap and five. it carefully) for each number, and address your order to Wilson Pattern its own color scheme. The furnish-

him. If he must die, he would die Service, 73 West Adelaide St., Toronto. ings are green, yellow and blue recoined for the Temple. The moneychangers were charging oppressive he had time to make his mission plain rates of exchange. The religious authorities winked at the way in which the continuous presence of his enthusi- act of authority must be that of driv-This march in clothes emancipation astic supporters. See Mark 11: 18; ing the profiteers out of the church. His flaming anger overwhelmed them. ture.

> city to the other, he ordered to keep to the street, v. 16. Challenged by the enraged authorities, Jesus denounced the institution that neglected to take notice of injustice and anti-social business practices. The word "thieves" (v. 17) suggests a more serious charge. The Temple had unintentionally become a place of refuge for any Jew who had injured a Gentile. Gentiles dated not enter the sacred precincts on pain of death. These traders were there, at least some of them, because it was the only spot where they could escape the vengeance of those whom they had wronged. "Out with them!" said Jesus. In driving out the profiteers who

Underweight Bread

Lelped to make religion prosperous,

in daring to assert his own authority,

Next morning Jesus did that which Religion had been commercialized, spector, and the Sun Ray Bread Com-Every worshipper was expected to pany, Welland, was fined \$10 and to be purchased with money specially ing room.

Jesus sealed his fate.

Drapery in Art

Drapery, as such, is always ignoble; it becomes a subject of interest only by the colors it bears, and the impressions it receives from some foreign form or force. All noble draperies, either in painting or sculpture (color and texture being at present) our of our consideration), have, so far as they are anything more than necessities, one of two great functions; they are the exponents of motion and of gravitation. They are the past as well as present motion in the means of indicating to the eye the force of gravity which resist such mogladly in all representation of action. which express lightness in the material, and follow gesture in the person. for the body, or disliking it, and depending exclusively on the countenance, received drapery at first conten-Greek had not seen or had despised.

The principal element of this expression was the entire removal of agitation from what was so pre-eminfrom the thigh. The thick and coarse solutely opposed to the thin and gauzy simplicity of division as well as weight | College of Chicago. of fall. There was no crushing or subdividing then. And thus the drapery gradually came to represent the spirit of repose as it before-had of motion. repose saintly and severe.

Thus treated, drapery is indeed noble; but it is an exponent of other and higher things. As that of gravitation it has special majesty, being literally the only means we have of fully representing this mysterious force of earth (for falling water is less passive and less defined in its lines). So, again, in sails it is beautiful because it receives the forms of solid curved surface, and expresses the force of another invisible element.-John Ruskin, white crepe. It can also be made in "The Seven Lamps of Architecture."

Grey crepe silk with a yellow and Sunshine Nursery School Opened by Ishbel MacDonald

A sunshine nursery school in which each child has an overall to match the color scheme of its classroom has been opened by Miss Ishbel MacDonald, daughter of Premier MacDonald, at Saltaire, Shipley, Eng.

The school, which is claimed to be the best-equipped in England, cost

Each of the three classrooms has

spectively, matching the paintwork. The rooms are heated by a panel in the ceiling. The walls are glass. Two bathrooms are walled with glass tiles, one of them being equipthe revenue. Jesus saw that his first ped with a special shower bath from which the water falls in a gentle rainlike spray at a controlled tempera-

> THE DAILY ROUND. Each child has his own toothbrush,

hairbrush and comb. shine children-

giene lessons. 9.30.—Prayers and singing.

9.50-Milk lunch. 10.15-Eurythmics, color work, nature talks, stories and free play. Noon-Hat dinner, with food scien-

12.30 p.m.—Lessons in hygiene. 12.45-2.30-Rest.

3.10-Free play. 3.30-Preparation for home. Infants living some distance from the school are taken home by omni-

tus under the supervision o' teachers. Niagara Falls, Ont .- Ten loaves en special consideration in allotting were found to be 20 ounces short in places at the school to children who

dote against anthrax.

Exercise Effects on Human Beings

ciety Brings About Changes in Physiologic Functions

most valuable means of expressing tions of the man of today as well cent exhibition, "The Won at as in his economic relationships, Berlin's large fairgrounds. figure, and they are almost the only says The Journal of the American Medical Association.

tion. The Greeks used drapery in of the majority of people, is gradu- of the woman as a consumer, seized sculpture for the most part as an ugly ally being relegated into the category the opportunity to portray its own necessity, but availed themselves of it of the less usual experiences of daily efforts in helping the women in the life," continues the writer. "As a con- difficult task of maintaining a sound exaggerating the arrangements of it sequence the bodily conditions for standard of living, despite the lowmerly resulting so largely from mus- ered incomes. cular work as a part of the custom-The Christian sculptures, caring little ary routine of living are now being developed through voluntary exercise and athletics. It has been stated that athletics consist of physical exercise tedly as a veil, but soon perceived a plus more or less of emotional exercapacity of expression in it which the cise, while work is likely to involve less and less of the emotions

"A modicum of muscular effort-or work-has always been regarded as wholesome to the healthy organism. ently capable of being agitated. It There is a widespread belief that cerfell from their human forms plumb tain physiologic advantages and desirdown, sweeping the ground heavily able bodily changes are attributable to and concealing the feet; while the physical exercises and training. How The charme of the meaning the feet; Greek drapery was often blown away real are they, and what is their nature? An elaborate discussion stuffs of the monkish dresses, so ab. these questions has recently been presented by A. H. Steinhaus of the web of ancient material, suggested Young Men's Christian Association

"As he points out, increases in muscle size, strength and endurance are lustrated form. probably among the best recognized chronic effects of muscular exertion. One cannot proceed far in the consideration of the contractile tissues without being brought face to face with the problems of their blood supply; for through this the removal of waste and the replenishment of energy alone can be insured. The inter-relationship between the skeletal muscles and the circulatory apparatus seems to have been recognized by the discovery of the circulation of the blood. In 1628, Harvey wrote:

"'The more muscular and powerful men are, the firmer their flesh; the stronger, thicker, denser and more fibrous their hearts, the thicker, closer and stronger are the auricles and ar-

Haldane once remarked that the circulation and respiration may looked on as the servants of the muscles. Today there are added factors years. She baked 23,400 loaves of that call for recognition: Chemical changes in the blood, adjustments of the respiratory functions, involvements of the endocrine organs, and new co-ordinations in the nervous system. It has been stated that the greatest and more lasting changes inpatterns as you want. Enclose 15c in | 120 infants between the ages of two duced by training in man and animal, namely, changes in behavior, take place in the nervous system.

"If the thesis that exercise increases the capacity of the organism to perform work is accepted, it becomes interesting to consider the 'interlocking ture. The abundance of material disdivision of responsibilities' for this played almost burst the limits of the general outcome. The physiologist Lindhard recognizes improvements in strength, in endurance and in sureness of perfection of movement, and he attributes them in general to changes in the muscular system, respiro-circulatory system and nervous system, res. fessional societies, sport and gymnas-

"According to Steinhaus, increase strength is no doubt primarily associ-Here is the daily round of the sun- ated with the hypertrophy of muscle in which largely the sarcoplasm parti- for the first time the Voluntary Wom-9 a.m.—Putting on overalls, hair cipates. Too little is known of the way tidying, handkerchief drill, and hy- in which chemical energy is transformed into mechanical energy in the muscle to speculate on how the chemical has been done in this direction during changes observed in muscle contribute to the increase of strength, Endurance or the postponement of fatigue, is a measure of the organism's ability to tifically adjusted with balanced vita- balance catabolic with appropriate anabolic processes. Primarily this means a sufficient supply of oxygen and, secondly, a food supply."

BURIED TREASURE FOUND. ied treasure has been made by cus- hibition days this show, which em-The Shipley Town Council has giv- t ans officers near Skoplje. While braced all all aspects of women's life, searching for smuggled tobacco be- has been supplemented by sessions of Leved to have been buried in the fron- more than 140 women organizations tier village of Kocana, they dug up with congresses, lectures and perfora clay vessel. When opened it was mances of various kinds. found to contain 3,000,000 dinars in Calves in Holland are baptized be- gold and silver crowns. The treafore being sent out to graze, in the sure must have been buried during ers subsequently killed.

German Women Hold Ex Dit

Evolution of Mechanized So- Home-Making, Professions. Public Works and Crots Included in Displays

Berlin .- Increasing recognition of The evolution of a mechanized so- the importance of women's as ivities ciety, about which so much is heard not only in the profession and in ofat the present time, has brought ficial positions, but in the realm of about changes in the physiologic func- the family was contained in the re-

German industry, which is also beginning to recognize the full mea-"Hard physical work, once the lot sure of politico-economic importance

Distribution in Professions

The section, "The Woman of the German People" presented a significant picture of the distribution of women among the professions. An illustrated display showed that of 22,-500,000 women in Germany 11,000,-000 confine their activities to the home. Of the professionally employed, 6,800,000 were single women and 4,700,000 married. Of the married professional women the earnings of two-thirds were indispensable to the

the family" was also strikingly refuted by the fact that 4 per zent, of the German population are living alone, while 96 per cent, are living in families. Their economic importance as "consuming communities" was shown in specially attractive il-

Apartment Data Given. The apartment question which has been of so much concern to women, was illuminated by figures which show, for instance, that in Berlin, 95,-000 persons live in 52,700 one-room

apartments. Statistics show the connection between marriages, the World War and the economic situation. Today about 900,000 women have remained unmarried in consequence of the male sacrifices of the World War. The next decades are looked forward to for the

necessary balance of population. The manner in which the life of the country housewife, too, has been placed in the foreground through settlement activities was shown at the exhibition. One exhibit portrayed what a typical Thuringian peasant woman achieved in thirty laborious bread, fattened 1,800 pigs, raised 2,880 chickens, sat at her market stall

for 9,600 hours. The groups in which more than 109 German women associations with about 3,000,000 members render account of their own work and aims gave a glimpse into a world which expresses ability, proficien and charity-political, social and economic discernment and ready helpfulness. Their activities depicted courage, energy and confidence in a better fuspace at their disposal in the exhibi-

tion halls. Work for Youth Shown. The Federation of German Women Associations, the organizations housewives in city and country, proties, art and crafts, public work of women, welfare organizations - all

complemented one another. The youth was also represented and er.'s Labor Service, started to halt the devastations produced by unemployment among the youth, shows what its one year of existence. For the first time also the German branch of the International Federation of Busir.ess and Professional Women faced under the motto: "One Woman Helps the Other-One Profession Helps the

Offices for advice in professional matters and labor exchang: were constantly at work gratuitously dur-Belgrade .- A valuable find of bur- ing the exhibition. During the 37 ex-

Salt and Sweet Cream

When cows have free access to salt belief that the sprinkling is an anti- one of the Balkan wars and the own- they will keep in better health, will give more milk, and the cream from this milk will have a better flavor than cream from cows that do not get any salt at all, or receive it only at long intervals .- Dairy Branch, Ottawa.

Would Be Embarrassing

From London comes word of a duke and duchess being forced by circumstances to take in boarders.

Just imagine the embarrassment of having to look a duchess in the eye on Saturday night to ask if she'd mind letting the room rent slide for another week .- Hamilton Spectator.

----Counting the Cost

George-"I certainly wish I had enough money to get married." Mabel-"Do you want to get married so much?"

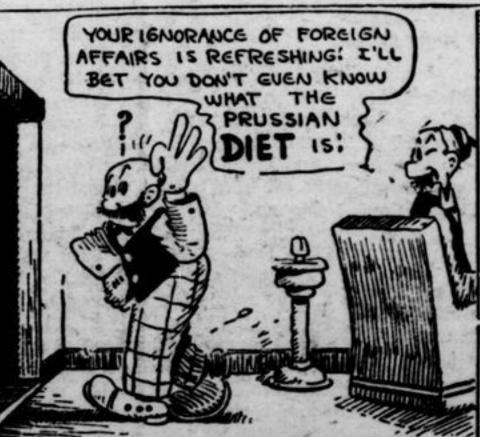
George-"Gosh, no! But if I had that much money I could make the down payment on that straight eight down in Charlie Butler's garage."

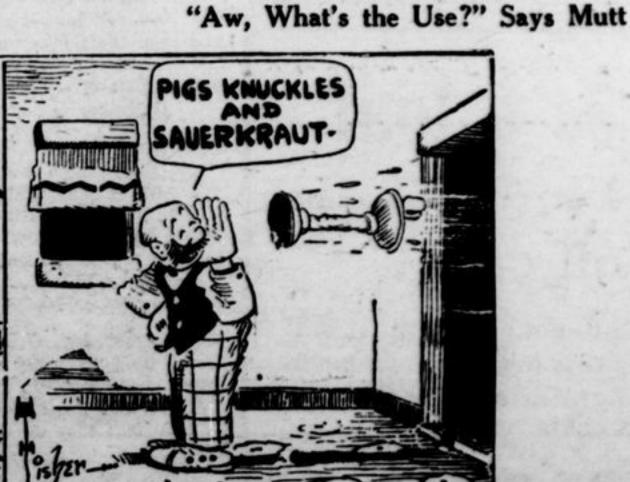
MUTT AND JEFF-

Granovin dill

By BUD FISHER

MAN, THINGS OF WORLD-WIDE FOR THE LOVE OF MIKE, YES I READ IMPORTANCE ARE TRANSPIRING BABE' SMACKED RACE TRACK DON'T YOU EVER READ IN GERMANY. LOOK AT THOSE GOSSIP! ANOTHER HOME RUN! | ANYTHING BUT BASE-FRONT PAGE HEADLINES! BALL NEWS!





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