but impossible to a careful, handy often. Round of beef is best for this

vinegar have been put. Knot cloth

pound of fish in cooking. Flesh will

flake when touched with fork when fish

is done. When taking up, slide on

towel to drip, then transfer to platter.

Pot Roast of Beef .- Wipe beef with

dish, though brisket may be used. To

meat until tender. Tnurn often.

potatoes and add them sufficiently to-

ward end of cooking pot roast to po

ed by browned potatoes and with

pot roast and after potatoes have

Usefui Hints.

Raisins added to the nut salad wi

To roll a jelly cake successfully the

Muffins, biscuits and griddle cakes

Sauces and salad dressings can al

Rose bushes will thrirve if soap

Warm water and a good white soap

can be used for cleaning almost any

After an electric iron is overheated

Most any objectionable weed wi

die if it is cut off close to the ground

and a little gasoline poured on the

Spinach is very good if cooked unti

tender and then put through the col-

Bread should never be kept wrap

Stubborn marks on white paint car

sometimes be removed with gasoline

A good way to keep the cellar or

ounce of carbolic acid to a gallon of

When stitching chiffon or any such

A good silver polish is made with

one-half pound of prepared chalk mix-

ed with as much household ammonia

as the chalk will absorb. Add about

A good substitute for stair rods

when brass ones cannot be afforded is

length required; then paint each piece

ANIMALS THAT NEVER EAT.

Named After Them-

A mechanic puts his work upon

horse, or buck, and he punches or

bends it by a convenient bear. Hoist-

cat is part of the outfit of a shop

A crew helps to straighten work,

jack to lift it; a mule pulley helps to

drive machinery which a donkey-en-

end to end, shells are used all over.

while a worm does quiet but powerful

Again, a cock shuts off the water

a ram lifts it. A printing-press has

a fly, the first locomotives had

ly valves are common.

grasshopper valve motion, and butter-

Herring-bone gears are used by the

best builders; turtles fit printing-press

doctors prevent faulty lathe-work.

crane, and a kit of tools is ever

suds and dishwater are put on them.

brown gravy made from contents

been removed.

make it taste better.

edges should be pared off.

are appropriate supper dishes.

ways be made in the morning.

Garnish with parsley and serve.

Simple Hints on Upholstering. | head and fins. Wash well in cold Upholstering is a task from which water, sprinkle lightly with salt, let most of us shrink. We imagine that it is impossible to the amateur or that it is of such enormous difficulty that we should be afraid to run the risk.

As a matter of fact to the amateur or the risk. As a matter of fact, it is not such a stupendous task. If the springs are and pass stick through to prevent in good shape and the hair does not plate from setting in bottom of ketrequire to be reteased, the actual retle. Count ten minutes for every covering is simple; but often the cushions have sagged either from the crushing together of the hair, from the limpness of the springs or the stretching of the webbing on which they rest, and all of these conditions complicate the undertaking. But even damp cloth and sear in hot suet in at the worst, unholstering is anything frying pan until well browned, turning

worker. The first step is to remove carefully every pound of meat have one tablethe old covering so as not to tear or spoon cut onion, one-half teaspoon salt pull out of shape, as it will be needed one one-eighth teaspoon white pepper for a pattern for the new. Then, if ready for seasoning. Put these in the hair is to be reteased, take off the pot with beef and as little water as inner cover and take out all the hair, will keep meat from burning and cook putting it out on a big piece of cloth meat until tender. Thurn often. or paper. The springs will then be While meat is cooking parboil peeled exposed, and very often simply reversing them will make them very much more efficient; if they are broken, it roast in kettle, that they may take on is better to have none at all, if you a good brown. Serve roast surroundcannot get new ones.

The materials that you will require! for upholstering are covering muslin, stout webbing, tacks, twine, upholsterer's needles, brade, a long, sharp shears and a small hammer. Press out the old covers so as to take out all wrinkles so that they will be used as patterns. If you are using material that has a decided pattern, see that you get a complete unit of the design in the centre, as otherwise the effect will be lopsided.

It is best to begin with a chair that has only a seat to be covered; but if the back and arms are to be done finish them before attacking the seat, as they are easier to manage in that way. When you get to the bottom begin by fixing the webbing in a bas- carpet. ket weave, pulling it as tight as you it will require more current to make can and nailing it down firmly, leaving little space between the brads. On

the way in which this foundation webbing is done the success of the whole! work largely depends. Then put the springs in place, stitching them steadily with the twine, and over them draw a piece of the muslin and nail down to the frame. Get the thick layer of ander. It should be dressed with stuffing in place now, using either hair drawn butter. or the moss which comes for the purpose, and then fit the muslin snugly ped in a cloth. The cloth absorb winto place, taking great care to get moisture and imparts an unpleasant

it quite smooth and tight, to prevent taste. future wrinkling. The chair is then ready for the outside cover, but before putting it on mark where the in which a little plaster of paris has centre comes and get it squarely in been dissolved. place. fit smoothly, draw tightly down on the sides and tack firmly in place dairy from having an unpleasant odor with the brads. Cover the raw edges is to whitewash the walls with lime with a harmonizing gimp, using small that contains carbolic acid. One gimp tacks of the same color.

It is best to experiment first with whitewash is the proper proportion. some inexpensive material, but make sure to have it of a firm, close weave material on the machine use the finest After possible thread, and put a strip of thin that will not drag and pull. the first chair is done you will feel paper under the goods and stitch them greater confidence, but do not let it together. The paper can be torn tempt you to any relaxation from away when the work is finished. your first care.

## Selected Recipes.

Frozen Pear - Dessert. - Without four tablespoonfuls of denatured al opening, pack can of fine pears in ice cohol; put the mixture in a jar that and salt, as for ice cream. Let it re- will seal sufficiently to keep out the main three or four hours. On taking dust. out, wipe carefully and cut open around middle. If frozen very hard, wrap with towel dipped in hot water. this: Buy some thin canes which Contently will come out in perfect can be purchased cheap, cut off the rounds. Slice and serve with spoon- bent part and shorten them to the ful of whipped cream on each slice. Sour Cream Sauce .- Yolks of two with brown paint When fastened with

eggs, juice of one lemon, one teaspoon staples these rods look tidy and wear sugar, one-fourth teaspoon salt, one- quite a long time; thus saving exhalf cup rich, heavy sour cream, minc- pense and labor in cleaning. ed parsley as needed. Beat yolks and sugar until thick, add lemon juice slowly, then salt and cream. Mix well. Serve either in sauce boat, or pour-over fish before serving. Pars-| Scientific - Appliances Have Been ley is sprinkled over sauce on fish, or used to garnish fish when sauce is served separately.

Ginger Pudding .- One-half cup molarses, one and one-half tablespoons melted butter, one-half cup sour milk, ing is done by a crab, a convenient one teaspoon soda, one and five-eights cups bread flour, one tablespoon orange juice, one-half teaspoon salt, one-half teaspoon ginger, grated rind one-half orange. Dissolve soda in sour milk, then add other ingredients gine turns. A fish connects parts Beat all thoroughly, pour into wellbuttered mold and steam about fifty minutes. Serve with orange sauce. Cream of Vegetable Soup.-Dice three medium-sized carrots and five crisp stalks of celery and simmer in a little water until tender. With one large tablespoon of butter, two tablecroons flour and one and one-half pints milk make cream sauce. son and let cook thoroughly. vegetables when tender and the small cylinders, and fly-wheels are running amount of liquid in which they were all over the world. In drilling, even, cooked; also one-half cup cooked rice, an old man is called into service, and chopped white of one hard-boiled egg, and a few thin shavings of lemon rind, if latter flavor is liked. Vegetables

Boiled Fish.-Clean trout or white- George. I accepted one of them this was desirous of finding chelter in prifish thoroughly and remove scales, morning."

A Railroad Novelist

ERHAPS: the best known of the youner literary critics in America is Archie Bell of the "Cleveland Leader." For that reason his tribute to the work of a C. P. R. official is well worth attention. That work is a work of fiction, "Hearts and Faces" by name, and is as remote from Canadian railway life as anything could possibly be imagined. Here is what Archie Bell has to say:-

John Murray Gibbon was born in Ceylon. His father is a titled Scotchman. He is a graduate of Oxford, and he has taken special courses in philosophy at various German universities. And despite some, of these things popularly considered handicaps to. "getting on in the world.' he came back to London and was soon editor of the well-known Illustrated newspaper, "Black and White."

Realizing that he did not know as much as he wanted to know about art, a reali-

zation that came home to him each day as he sat at his editorial desk, he resigned and went to Parls to become an art student-He lived in the famous Latin Quarter at night and spent the days in Colarossi's Atelier. Then he went to Italy and Algiers, Japan and China, and to many other countries.

Then one day, an official position was offered him by the Canadian Pacific Railway. At the age of forty-one he has achieved distinction as a practical railroad man, despite all those years of preparation that were spent in pursuits so popularly believed to unfit a man for the practical life. The busiest men are the ones who and the most time. In the past two

years, John Murray Gibbon has been attending in his railroad duties with one hand, and-with the other hand has been writing a novel, which has fust been issued by the famous publishing house of Jone Lane in England "Hearts and Faces" is the story of an artist it treats of the artistic

temperament as it sallies forth into the warmer world from the somewhat unpromising environment of Scotland. George Grange is found amid rather commonplace sy coundings the first fev lines of the novel. There his character, he lat least the

foundation for his character, is being formed. He never escapes from this environment; because he carries its effect with him wherever he goes. Delightfully true pictures of Scottish ideals are sketched in the earlier chapters, and then with the first fling at the biting satire which frequently illuminates subsequent pages, George Grange throws aside his university

studies. He longs for freedom and life, and falling in with a lovable old character, a Scottish painter, he also learns to paint He goes to London in the great quest of success and gradually climbs the ladder by discouraging and diligent toil, until a committee waits upon him and offers him a commission to paint a portrait of the king for a fashionable club. Gibbon draws a steady and grim picture of the intriguing London

society folk-whom he knows well enough-and occasionally he pays his respects to the American "climbers" in the smart set. There is no venom in his satire of his own people, nor of the foreigners, but he paints portraits inwords that are carefully chosen and forceful.

His hero is thrown into this pulsating, human pot pourri, and "keep his skirts clean" up to the great moment of his life, when he falls a victim of a designing woman and loses all.

Again Scotch pluck to the rescue, however, and he goes to Paris, where many of the scenes are doubtless somewhat autobiographical. It is the Latin Quarter life of reality. Not that musical comedy version which we too often mistake for the reality, and not even that fascinating life sketched so indelibly by Henri Morger, which did more to popularize "Latin Quarter life" than any of the pictures ever painted there. - But life on the banks of the Seine, as it is lived by the students of art and the girls who know no other

Sometimes these pictures are gay, sometimes sordid; but they are never an attractive collection of like terms; and Silas, coming officially from Jeru- Dover College which has been an attractive collection of like terms; vulgar. Through them move many characters with whom the reader has become acquainted in the earlier chapters. Amid these scenes, as in London, and later in Germany and Italy, George Grange moves as the most important and later in Germany and Italy, George Grange moves as the most important figure. It is the adventure of a soul. And each adventure is traced with a canny knowledge of life as It is, rather than as many writers would like to believe it should be.

And it was written by a railroad man! Still, there are enough examples of versatility in the art world to prove that such an achievement is possible. A merchant of Russia composed music that is now sung in the opera houses of the world. It does not lessen Pad rewski's ability as a planist because he is a hotel keeper in Warsaw. John Alden Carpenter, of Chicago, is a "business man," yet he composed "Adventures in a Perambulator," which caused the staid music critics of the country to prick up their ears in the last two years. Caesar Franck was a school-teacher, even when he was writing his most famous symphony.

LIFE-SAVING A' CRIME.

Amazing Punishment Inflicted German Authorities. The weird and wonderful laws

Gtrmany, which render the simple till the spring. civilian's life a misery, have often been dilated on, but the most amazing of all punishments inflicted by the authorities of the Fatherland has yet to be related.

This dire offence was committed in a town in Alsace, where a schoolmaster, who had caught cramp while bathing, was rescued, by an onlooker, at One cannot call it a tree, a bush, the risk of his life. . The German au- shrub, a herb, or a vegetable, but a thorities decided that the rescuer had herbaceous plant with the status of a committed the unpardonable offence tree. of bathing in a prohibited place, and

imposed a fine with costs-In Vienna a young actress not long grows as tall as thirty feet, and the ago committed thee rime of wearing bunches of fruit are so prolific that correct uniform on the stage. For they are often heavier than the stalk this act, which was held to degrade, that supports them. Of all fruits, the the dignity of the Army, she was fined banana yields most food per acre. a sum equal to \$8. This must seem yields forty times more by weight strange even to the Huns; who do than the potato, and as much as 133 mand that, when a uniform is worn times more than wheat.

the opinion of many playergoers, was that have become brown and mushy imposed in the neutral country of fearing microbes. But such fear is Greece on a lady, who had to undergo needless. The banana is fit to cat as fourteen days' incarceration for ob- soon as it has lost all the green color structing the view of a guardian of and remains fit no matter how black the peace by wearing a matinee hat it may be, so long as the skin is unat an opera in Athens.

comfortable side when you are anxious | no decomposition. She-"No, George, I like you, but to get into prison. may be put through colander, if pre- I can never be your wife." ... He A somewhat curious method of obforred, and the soup strained after (haughtily)-"Never mind. There taining this end was employed by a adding them. ( destitute workman of Strasburg, who

refused to oblige him to the extent 14. 1; 12. 27, etc., dismay would come against evil, the latter is not looked who was killed in action at the Dardahe wanted, so he rejoined with a volley of insulting expressions concerning the Kticer. That did the trick, and he was rewarded with asentence of which kept him in "quod" very nicely

HAVE A BANANA? It Is As Much the Fruit of the Poor

The banana is one of the great curiosities of the vegetable kingdom.

Though there is no woody fibre in any part of its structure, it sometimes

on the stage, it should be correct to a It is immune from disease of any sort, and no insect wil attack it. A more justifiable punishment, in Nervous people often reject banana

broken; for until the latter ccours Strict laws have, however, their there can be no admission of air and

- Snubbed.

Jack Blunt-Shall we get married? Miss Blight-I shall. What you do son. The representatives of the law is of no interest to me.



A Few Simple Rules.

The owner who wants big tire milea few simple rules, and one of the note how one man will shut off his be kept filled with some good tire cents per hour.

power almost a rod away and just filler. This will keep out water and Lady Mabel Smith, sister of Earl mile's ordinary driving.

glide away. In this way the back should be used. wheels do not revolve uselessly two If motorists would observe these Lady Jellicoe's Sailors' Fund has

INTERNATIONAL LESSON.

- MAY 28.

ting to the corner. Going around a corner at fifteen or twenty miles an hour puts a fearful strain on the tire age can get it, and big gasoline mile- fabric and invites early blowouts. age along with it, if he will observe The man who does this is simply is being asked by Lancashire cotton working for the tire companies, al- operators. most important of these lies in the though he may not realize it. The Bedford carpenters and joiners have way he stops and starts his car. Just small stone cuts in the casing should come out on strike for an extra two

his tires and his car all at once. An- fabric, and put hundreds of extra as a farm hand. other man will drive right up to the miles on every casing. Oil will ruin Great Britain has prohibited Danish curb and then jam on his brakes. an inner tube in a week. Don't throw owners from making contracts to His car will slide several feet and the extra inner tubes in promiscuous- carry oil in their ships. in that one time he put more wear ly with the spare tools and oil can. Smallpox has broken out in Atherand strain on his rear tires than a Wrap them carefully in cloth, or ton, the mining and manufacturing better still get a couple of a good town near Manchester. The matter of starting the car is strong cloth bags for them. But the The latest list issued by the Harrow another important feature, if long real big rule of all is, keep the tires School shows that 241 Harrovians wear is to be obtained from the tires. blown up to the proper pressure re have been killed in action.

or three turns and grind the rubber few simple rules and occasionally read despatched 100,000 comforts, repretread off your rear tires. Sudder some of the literature published by senting about \$100,000, to the Grand starting and stopping is not only the tire companies, they would find Fleet. hard on tires, but it is bad for the that their tires would last them a Lancashire colliers are returning whole car. whole lot longer and that most 'of from Australia and' New Zealand to In going around corners care should their tire troubtles that have been the mines in the Manchester coalbe taken to take the turns easily and taking the fun out of their trips fields.

regular and free. The Council At Jerusalem .- Acts 15.

Golden Text, Gal. 5. 1 Verse 22. Elders-The term was fered to anybody who went to market the army, and has stopped all visits taken over from the Jewish church. It or a dinner. Paul treats this with is found as a name of a religious of- indifference: he fears no demons, and fice in pagan Egypt, as well as for only cares about not hurting timid secular officials. But it does not seem consciences. But Jewish Christians to have lost its original connotation of like the author of Rev. 2. 14, 15 clearage (compare the name Senate), for ly retained the old horror, though they in I. Pet. 5. 5 it is contrasted with the would not give the same reason for it. "younger." The word presbyter, com- Blood-The Jews still adopt special is experiencing a serious coal famine, ing acto our language through French, methods of slaughtering for food, to took the form priest, which usage at drain all the blood away. Things tached to sucredotal functions. Some strangled-The idea was that the of the most important officers in the stopping of the breath retained with-Presbyterian Church are known as in the body all kinds of perilous influelders. ... Bar-Sabbas-Another un- ences. It was, moreover, a method known prophet (compare Lesson Text of killing which retained the blood Studies for May 7, verse 1). Silas-Fornication-It is a good illustration Paul's later companion. His name is of the way in which iconmoral taboos wroungly regarded as a contracted worked out ral reforms. form of Silvanus, by which whe is are many exam es of this working of known from 1. Thess. 1. 1 and else primitive religion in J. G. Frazei

cannot, however, explain why the Ara- verb in verse 32 is the same. maic form is used in the narrative of Acts. Chief men-Or leaders. The aggerate the effect of such calightenword became later on a technical name cd instruction on the minds of men for church officers, like leader in who had been haunted by a great un-Methodism: see Heb. 13. 17 (rendered ensiness since Jews had told them of 23. With the rendering in the text, could not be saved. Even Paul could brethren, unto the breatren, we have not altogether allay it. But Judas

en" their faith. this Apostolic Decree. It was meant for the special conditions of the country between Antoich and Tarsus. Paul's letters never suggest that his addresses knew of it. Thus there is no abstinence from "flesh offered to idols" enjoyed upon the Corinthians, unless for the sake of a "weak brother's" conscience.

word than the English. Thus in John the former is regarded as a charm ory of his son, Lieut. A. Renshaw, nearer the meaning. Unemphatic according to Semitic ors. idiom, and meaning little more than A recent case brought by the Ad ment-The church repudiates them as failing to join his transport disclosed no representatives of the Jerusalem the fact that the sailor had been in brethren in any sense.

vote was a very wonderful thing, for he had come up smiling on each occaboth parties gave up a great deal. sion. Both-the-ill-fated Titanic and Note how they indorse the teaching of the Empress of Ireland carried Dunn Barnabas and Paul with the emphati on their last voyages, and he also testimony as to their devotion, and served on the Lusitania and Florizan then appoint actual members of their when they were torpedoed. own number to enforce the same teaching. There is no half-hearted- shunned like the plague by the super-28. To the Holy Spirit-This takes

up verse 8: the Spirit had shown that he made no distinction between circumcised and uncircumcised. combination and to us seems daring; but they only means that their decision was a registration of one which they clearly saw to have been ready determined by God. Burden-For such was indeed the keeping of the law, as Peter emphatically declared in verse 10. Necessary-Why? The answer seems to be that all four were to the Jew taboos pure and simple, due to a long-established belief that demonic perils attended them all alike. Sexual impurity was not banned for moral reasons, but just because it involved the same demonic activity as eating the flesh of an animal improperly killed. The abstinence from thought when he was your age, Benthese taboos was a necestary conditionie," replied the boy's mother. tion-to be observed by Gentile Christians if they were to cat with Jewish! She-"That's all very pretty, Jack, respectfully." .. "Yes, he is one of our Christians-they would otherwise be but do you think we can live on love earliest settlers." "An early settler? infected, as it were. It surprises ut and kisses?" He-"It's much the Why, man, he's not more than 40 that Jews who had received Christ safest-everything else is either ad- years old." "No; but de pays his should not have outgrown such toboos; ulterated, or poisoned, or tainted." bills on the first of every month."

smoothly, and slow down before get- would disappear for good.

THE SUNDAY SCHOOL but they were in the Law, and we must not expect from men whose spiritual growth had been quiet and normal the complete emancipation which a cataclysm had produced in Paul. Finally note that the Decree of four hours daily. concerns those regions only through which communication with Judæa was

29. Things sacrificed-1 Cor. 25, shows us that meat from sacrificed animal was likely to be of- prevented attested men leaving for

where. The latter is really a simi- lectures, "Psyche's Vask."

lar-sounding Roman name chosen like 31. Consolation Cargin, exhorta-Paul as an alternative to Saul. We tion), or better, encou. agement. The

32. Confirmed-We can hardly ex

SECOND JONAH.

British Sailor Saved From Four Notable Shipwrecks.

cannot claim more honors than one firmary to endow two beds, one in 24. Troubled-A much , stronger | Charles Dunn, a seaman; though while | memory of his wife, and one in mem-Your souls- upon as a mascoo to the ships he fav- nelles.

To whom we gave no command- miralty against Dunn at Liverpool for four notable shipwrecks, and though 25. Having come-The unanimous others had suffered a watery grave,

Charles Dunn, consequently, i stitious sailors, who- have on occasions flatly refused to sail with him, and his luck in this connection - has you do? preved his greatest misfortune! There are many similar cases.

A remarkable coincidence that bears out a sailor superstition occurred some while ago at Belfast. A firm built a ship that left Belfast Lough and was subsequently wrecked. second ship bearing the same name suffered the same fate. The builders then gave the name to a third vessel they had created.

The ship ultimately left the Lough and has never been heard of since.

"I tell you. I'll be master of my Bennie. "That's what your father what would he get?

## FROM OLD SCOTLAND

NOTES OF INTEREST FROM HER BANKS AND BRAES.

What Is Going On in the Highlands and Lowlands of Auld

A ten per cent. advance in wages

coast up to the curb. He saves gas, oil, two of the worst enemies to tire Fitzwilliam, has just taken up work

Always start away from the curb commended by the maker A good Great falls of cliff have taken place slowly. Just ease in the clutch an pressure gauge that is accurate during the past week at Abbot's Cliff, between Folkestone and Dover.

Nearly 400 past and present memers of University College, Reading, are now serving with the naval and military forces.

Northampton Corporation tramway employes threaten to strike unless lost time is paid for the curtailment

Scarborough Watch Committee has decided to take no steps at present in regard to the employment of women as police officers. Outbreak of measles at Burnley has

Henry Oswald Johnson, a York chorister, who has won a commission

from the ranks, is to be presented by the Dean and Chapter with a sword. Although situated in the heart of the Midland coal field, Nottingham

The flying of kites has been prohibited at the parks and open spaces controlled by the L. C. C., except when authorized by competent military authority.

At a meeting of the Essex War Agricultural Committee it was reported that the county education committee has ed to release boys

blues" killed a. ed; Rugby and atmetics have each given thirteen; and Rugby and rowing have both had ten wounded.

It is proposed to establish a National Organization of Leather Goods Manufacturers to safeguard the interests of those who have been trying to a God-given Law without which they replace German leather goods by

The King has accepted a vellum-

Exciting scenes were witnessed at. a fire in Cranes Park, Surbiton, when Mr. Charlton, the occupier, with his wife and two children, had to escape by way of the verandah, from which they jumped into the garden below. Mr. S. H. Renshaw has - intimated The proverbial cat with nine lives that he will give \$10,000 to Bury In-

High Finance.

"You owe me \$40,000 which you say you can't pay," announced the finan-"Why don't you marry that eldest Knowall girl; she's worth twice

"No. I can't do that; but you might marry her yourself and pay me the lifference," replied the young Adonis.

"Now, Johnny," said the teacher. "suppose you wanted to-build a \$1,000 house and had only \$700, what would

"I 'spose I'd have to marry a gir worth \$300," answered the young financier.

"Would, you-er-Marry "Oh! Algy, you surprise me? .: Certainly I'll marry you "But-I'm not serious, doncher

Foregone Conclusion.

know! Cawn't you accept a joke?"

"That's exactly what I've done."

Teacher-If a farmer sold 1.479 house when I'm a man," said little bushels of wheat for \$1.17 a bushel, Boy-An automobile.

"You! threat that gentleman very