



The Housewife's Corner



Leftover Luncheons.

"It isn't worth while getting anything in just for my lunch," says the housekeeper who's alone all day, and so she takes the proverbial cup of tea or coffee and any odd "left-overs" that happen to be in the pantry. It's an unappetizing meal and a hurried and, therefore, nearly as bad as a meal at all. It is a foolish habit likely to lead to headaches, weariness and frayed nerves, and quite unnecessary, even in these days of "high cost of living," for there is no need to buy anything fresh. The left-overs can be transformed with very little trouble into something savory and tempting.

Take that tablespoonful of cold cereal, for instance. It wouldn't be particularly inviting as a luncheon dish in its left-over state, but it could be kneaded with enough flour to make a pliable paste, shaped into two thin small cakes, and fried to a golden brown, or baked on a griddle. Served on a very hot plate, with a little butter and maple or golden syrup, they would be delicious.

Scallops shells are a boon to the lunch-for-one person. The tiniest scrap of cold fish—even a dessert-spoonful—can be mixed with a couple of tablespoonfuls of nicely seasoned white sauce and baked in a buttered shell. If the top is dotted with tiny bits of margarine or sprinkled with grated cheese, so much the better.

Odds and ends of cold vegetables, such as potatoes, cauliflower, sprouts or carrots, can be mixed with sauce in the same way, seasoned with a sprinkling of cheese and baked to a golden brown. Half a baked potato can be transformed into a tasty individual dish. It may not be very substantial, but being hot and savory, it will probably make the person enjoying it eat plenty of bread and butter, or be ready for a satisfying second course of bread or biscuits and cheese.

Cold peas, beans or potatoes make a splendid basis for a cupful of hot cream soup. Mash the vegetable, season to taste, add enough fresh milk to make the amount required and boil for a minute or so. A teaspoonful of cream will add nutrition.

A slice of cold lamb should be cut up very small and cooked for seven or eight minutes in half a cupful of white sauce (made rather thick), seasoned to taste, and served on hot toast.

Cold meat may be served up very temptingly in jelly. Cut it into neat cubes, pour over enough gelatine to cover well and leave till set. Turn it out, cut into squares and mix with a couple of young lettuce leaves, finely shredded, or any other salad, and sprinkle with some mayonnaise sauce or cream salad dressing. To make the jelly, dissolve about half a sheet of gelatine in a gill of nicely seasoned stock or water.

In a thousand ways the odds and ends can be so resuscitated that they will stimulate the appetite and make the lonely "snatch" a pleasant meal.

How To Wash Woollen Goods.

To wash woollen goods successfully the water should be soft and warm, not hot, and of uniform temperature throughout the operation. Only the mildest soaps should be used and these not applied directly to the fabric. If much dirt is present, a volatile alkali such as ammonium carbonate may be added to the wash water.

The scrubbing to which fabric is subjected should be gentle, and the wringing through loosely set wringers.

Once washed, the goods should not be allowed to lie about wet, but should be immediately hung up to dry preferably out of doors, if the air is dry and the temperature above freezing.

The reason for this careful treatment is found in the peculiar nature of the wool fibre. Its outer or epidermal layer is made up of minute serrations which are arranged in some such manner as the scales on a fish. Now these scales are softened and opened up by hot water and by such alkalis as are found in the harsher soaps. In this softened condition the pressure due to hard scrubbing is sufficient to cause the serrated edges of the fibres to interlock or felt. Felted fibres are usually hard and brittle. This is because the "alkali" which has helped in the felting process has removed from the cells certain fatty substances which serve to make the fibre soft and pliable.

Fabrics which have become hard and felt have not only lost their attractiveness, but also most of their usefulness as a protection from the cold. This latter quality is due to the "air blanket" which forms in the spaces between the fibres, for quiet air, as we know, is a very poor conductor of heat and cold. When the fibres have become felted these air spaces are lost and consequently the fabric is no longer able to materially aid the body to retain its heat.

Useful Hints.

Always use ice water when mixing picurust.

When broiling chickens, lay them skin side up.

Carrots and peas put together and seasoned are a very good summer dish.

All bacon is improved by having boiling water poured over it before frying.

A delicious and economical dessert is stewed figs and boiled rice served together.

Tea jelly can be made in the same way as coffee jelly, and it is a pleasant change.

A teaspoonful of vinegar put into home-made candy will prevent it from being sticky.

Preserve cherries and blanched almonds are a delightful addition to the fruit salad.

Use fresh green grape leaves to place on top of pickles in crocks instead of a cloth.

Milk bottles should be filled with cold water the instant the milk is taken out then they wash easily.

If you use a brick for an iron stand, your iron will remain hot longer than with the ordinary iron stand.

Grapefruit seeds will grow and make a pretty ornament for the breakfast table in winter.

Put a tablespoonful of ammonia in to a quart of water and wash your brushes in it. Never put soap on a hairbrush.

A little powdered alum rubbed on gilt braid or lace, after it has been brushed well will restore the brightness. Alum should be left on for a few hours, then brushed off.

Often the yoke of an egg will remove stains from wash goods. The egg should be applied before putting into the wash.

Left-over macaroni can be recooked by putting in a dish with cream sauce and a little minced green and red peppers, and baked with bread crumbs and cheese sprinkled over the top.

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SHORTAGE OF DOCTORS.

Medical Corps Has Taken 11000 and Wants 4,000 More.

The British Government is calling for more doctors for the army. Surgeon-General Sir Alfred Keogh has appealed to the medical profession to "mobilize" voluntarily, other wise, it is suggested recourse will have to be had to medical conscription. A London correspondent of the Associated Press says many of the doctors in private practice at home object to mobilizing, even voluntarily. Many members of the British Medical Association maintain that the army has already all the doctors it requires, if it would only learn how to employ them to the best advantage. Some of them even suggest that the War Office should learn how to do it from the enemy. One authority says: "Already the Royal Army Medical Corps has taken 11,000 doctors from private practice and they are asking for another 4,000, making in all 15,000. This 15,000 medical officers in the permanent service gives a total of 16,500 to attend to an army of about 4,000,000. The Germans, for an army of 10,000,000, have 14,000 medical officers.

"The position at home is serious, as there are only 30,000 medical men and women in practice. With 15,000 taken away, no more than 15,000 are left to attend to a population of 41,000,000 men, women and children. How grave the position is may be suggested by recalling that more than 600,000 industrial casualties occur in this country every year, which is hugely heavier than the casualties at the British front in a year of the present war."

It is maintained that the whole problem could be solved without withdrawing any more doctors by a reorganization of the Royal Army Medical Corps. Among the reforms they urge are: Substitution of the army for the division as the medical unit, no doctors being thus kept idle because their division is not in action. Adoption of a new system of hospitals at the front and abolition of field ambulances. It is estimated that the latter change alone would save 1,500 doctors in an army of 1,000,000 men. Release of doctors for home work when there is no work for them to do at the base hospitals. Under modern conditions it is always known when an attack is imminent, and the staff would have 24 hours to return to their base.

Kaiser Pensions Seven Generals.

A despatch from Rotterdam says: According to The Berliner Tageblatt, the Kaiser has decided to pension seven Prussian Generals. Five of the Generals, namely, von Bredow, von Wienstowsky, Glöckke, Cramer, and von Beuer, will leave the army, while Generals von Kleist and Krahnert will be given garrison commands. No reasons for the dismissals of the Generals have been made public.



THE STORM IS ON —Baltimore American.

CHILDREN ARE ITS VICTIMS

INFANTILE PARALYSIS STILL A DREAD MYSTERY.

Almost Invariably Leaves Some Terrible Mark After It and Recoveries Are Rare.

It is earnestly to be hoped that the epidemic of infantile paralysis which is raging in New York and has spread to several other states will not reach this country. There are a few cases in Montreal, but otherwise Canada appears to be clear of it, and there is no reason to believe that the Montreal outbreak is to be traced to the cases in the United States. There have been no real epidemics of poliomyelitis in Toronto and vicinity a few years ago, and in scores of homes there are children who will never run or walk again as a result of this visitation. There is no more dreadful disease known to medical science, and perhaps the most terrible thing about it is the fact that it usually selects children as its victims, although no age is exempt from it. Complete recoveries are extremely rare. Almost invariably infantile paralysis leaves some dreadful mark behind it, and so far medical science has been unable either to provide a cure or even to understand the nature of the deadly organism.

Too Small for Microscope.

That it is indeed an organism, a germ, was learned only a few years ago, the discovery being made almost simultaneously in the United States and France, where epidemics had drawn some of the best medical experts in the two countries to study the disease. Dr. Simon Flexner, of the Rockefeller Institute, who is a noted authority on the disease, says that it is extremely doubtful if the virus has been seen. Certainly the germ is exceedingly minute. The closest observers have been able only to observe under the most powerful microscope little points, circular or slightly oval in form, and these, possibly, though not certainly, represent the parasite. Another feature of the virus is its resistance to external agencies. It withstands glycerination for months and drying over caustic potash for weeks without any marked reduction of potency.

More Robust Than Rabies.

In these respects it is even more robust than the virus of rabies. Moreover, it shows no diminution in virulence after having passed through several bodies. Experiments made with monkeys showed that the germs after having passed through 25 separate series of monkeys, were more powerful if anything than before. It is this fact that drove investigators to the conclusion that the virus is a living organism, but, as stated, it is so minute that it cannot be said with certainty that the germ has ever been seen. It passes with great readiness and little or no loss in potency through the densest and finest porcelain filters, when in aqueous suspension, and on this, as on other accounts, is extremely difficult to deal with in laboratory experiments.

Enters Through Nose.

Dr. Flexner says: "The infectious agent enters the body chiefly, if not exclusively, through the mucous membranes of the nose and throat. The virus exists in the secretions of the nose and throat and in the intestines. Hence the mode of spread may be by kissing, coughing, and sneezing, which carry the secretions of the nose and throat from one person who may be infected to other persons. Since the disease attacks by preference young

children and infants whose nasal and mouth secretions are wiped away by mother or nurse, the fingers of these persons readily become contaminated. The care of other children by persons with contaminated fingers may therefore lead to the conveying of the infectious micro-organism indirectly from the sick to the healthy. This danger also exists in connection with vendors of food which is eaten uncooked. The existence of cases of infantile paralysis in the homes of vendors of food is therefore a perpetual source of danger. Dissemination can be made by means of house flies.

How Death is Produced.

The chief terror of the disease lies in its appalling power to produce deformities. When death does occur it is not the result, as in many infections, of a process of poisoning that robs the patient of strength and consciousness before its imminence, but is caused solely by paralysis of the respiratory function, sometimes with merciful slowness, but often with painful slowness, without in any degree obscuring the consciousness of the suffocating victim until just before the end is reached. No more terrible tragedy can be witnessed. For some years experiments have been made with a view of producing a curative or preventive serum, and some progress has been made with a drug called hexamethylenamin, or utropin, which possesses a degree of antiseptic action. This drug, however, must be very carefully administered because it is more or less dangerous to many of the vital organs of the body. No doubt the present epidemic will result in still greater efforts being made to fully understand the virus of infantile paralysis and to develop a serum that will rob it of much of its deadly powers.

FROZEN FISH REVIVED.

Problem of Shipping Them for Long Distance Solved.

The feat of freezing live fish and reviving them several weeks or months later has been achieved by the Swiss scientist, M. Pictat. The scientist put twenty-eight live fish in a box that contained water rich in oxygen, in which several pieces of ice floated. The temperature of the water was then reduced slowly until it froze.

At the end of about two months the cake was gradually thawed, and the fish, it is said, were found alive. In such an experiment, the scientist reports, it is essential that the water be gradually frozen, and that it shall have contained pieces of ice for from fifteen to eighteen hours before the whole mass is frozen.

The process of thawing must also be slow. Through this process it is believed that Siberian salmon and Alaskan salmon can be exported alive to distant markets.

RUBBISH HEAPS.

Many Serious Fires Traceable to Such Accumulations.

More fires originate in rubbish heaps than from any other source. To permit rubbish to remain in the building not only invites a fire to visit your home, or place of business, and render your family temporarily homeless, or cripple your business at a time when you can least afford it, but also endangers the lives of your family or employees. In addition to destroying an average of \$23,000,000 in property value in Canada each year, fire caused the death of 141 persons.

The home is built to protect our loved ones, and we want to do everything to insure absolute protection to those who live in it.

That rubbish heap in the attic, storeroom or basement is a menace to your household, because there is always a possibility of fire starting in it, and it may start when least expected.

Consider what might happen, and then, without delay, eliminate the menace of the rubbish heap.

THE SUNDAY SCHOOL

INTERNATIONAL LESSON

JULY 30.

Lesson V.—The Word of the Cross—

1 Cor. 1. 1 to 2. 5. Golden Text.—Gal. 6. 14.

Verse 18. Them that are perishing us who are being saved (margin)—The text is a most unfortunate mistranslation, ignoring the significant Greek tenses altogether. The New Testament represents "perdition" and "salvation" as future, fully attained only when probation is over. Except twice, where salvation is described as ideally complete by God's grace, Christians are always "being saved,"—traveling on the narrow way that leads to life.

19. Paul uses Isa. 29. 14 as expressing and endorsing the thought.

20. Scribe.—The Jewish Scripture scholar. Disputer of this age (margin)—Not world as below. Paul appeals from the fashionable philosophy of the day to the wisdom of the future which will know.

21. In the wisdom of God—it is providentially ordained that knowledge based only on conceit and arrogance must always fail to gain any true apprehension of God. The law has been illustrated in the history of the church as well as the world: Jewish theology and Greek rhetorical speculation failed, and everything since that has worked in the same spirit. The foolishness of the thing preached (margin)—With daring irony, Paul appropriates the term used by the Superior Person. "They may laugh who win," and as Paul knows the gospel is God's plan, he can afford to repeat with proud satire what clever men choose to say about it. To the church historian would give a great deal if he could get hold of those primitive criticisms, but they survive only in the quotations of Christian writers.

22. Signs.—As they did of the Master. He gave them one, but those who ask in such a spirit "Will not be persuaded though one rise from the dead."

23. A Messiah crucified (margin)—And therefore accursed (Gal. 3. 13). Stumbling block.—The Greek word (which we have borrowed as scandal) more probably means a snare or trap. Their own obstinate prejudices were the bait, and they made God's own means of salvation into a means of destruction, like a wild animal pulling down on him the heavy stone of the trap. Compare 1 Pet. 2. 8. Foolishness.—We can easily imagine how a cultured Greek would scoff at the idea of being saved by a Galilean carpenter who was not even alive, but dead on a malefactor's cross of shame.

24. Called.—Since God's call has two necessary elements, God's invitation and man's acceptance, the former being universal, but the latter limited, the term is naturally used of those in whom the call becomes effective.

26. Not many.—Yet there were some from all these classes, and every one of them counted for a great deal in their influence with others. In the first century, as in the twentieth, Christianity was mostly a middle class movement, in this respect agreeing with every other great movement upward in human history. But then, as now, it also laid hold of the lowest. So in India to-day a few Brahmins and a great many outcasts recruit the church—till the flood comes!

27. Even so in Benares we have degraded outcasts whom Christ has educated, and proud Brahmins who cannot read.

28. Base.—The opposite of noble (verse 26) of birth. And the things that are not—For the Creator still makes his world ex nihilo. The commentators, forgetting that this is not classical Greek, often render "counted as nothing, cyphers"; but this would repeat only the word despised; literally, made nothing of. Bring to nought.—Literally, make idle, a favorite word of Paul's (for example, 1 Cor. 13. 8; 15. 26).

29. No flesh.—"All flesh" in this phrase is a common Old Testament term for the whole human family.

30. Both righteousness, etc. (margin)—These three are elements in the comprehensive wisdom which was incarnated in the Saviour.

31. Quoted from Jer. 9. 24f., the passage so magnificently used in Wesley's great little hymn.

"Let not the wise his wisdom boast, The mighty glory in his might."

2. 1. And I.—He has been enforcing his point from their case, now he turns to his own. Excellency.—Not like a visiting sophist with a big reputation for eloquence and philosophy. Testimony (text) and mystery (margin), two very similar words, are about equally balanced in the MSS. The latter is perhaps better. It was for the Greeks a religious rite which it was unutterable sacrilege to reveal to any but initiates. So with the gospel—only initiation was open to all.

2. The "determination" was colored by Paul's distress at his failure in Athens. He had not expressed the cross there, but they had laughed him down just when he was getting to it, as is obvious from the last words

there. The spiritual blindness of the philosophers had more than ever disgusted Paul with more human wisdom. He, the learned and cultured rabbi would be a man of one idea. And him—Not as the wonderful Teacher and Worker of miracles, the winsome Example, the supreme Flower of humanity, but as crucified. The cross must come first in every theology that is going to save men.

KITCHENER AND HAMPSHIRE

Family Came from the County of Same Name as Ship.

Lord Kitchener of Hampshire descent, says a writer in the Hampshire Chronicle, although the family have been settled in Suffolk for some generations, namely, at the little village of Lakenheath, close to Ely, and just a few miles from where the three counties of Norfolk, Suffolk, and Cambridge meet. Lord Kitchener showed a tenderness for the village. He spent hundreds of pounds for the repair of the ancient church and churchyard where his forefathers lie. In their own homely form the inscriptions on the gravestones there tell their own tale. The inscription on one reads thus: "Here lyeth the body of Thomas Kitchener, who migrated from Binsted, Alton, Hampshire, in the year A. D. 1693, as agent to ye Honble. Sir Nicholas Stuart, Bart., dep. this life April ye 5th, 1731, aged 65 years." This Thomas Kitchener, who thus left Binsted as a young man of 27 years, may be considered to all intents and purposes the founder of the Kitchener family. There is also the grave of his son Robert, who lived to sustain the family honor for 60 years, and was gathered to his fathers.

There are two remarkable coincidences with regard to Lord Kitchener. The family sprang from Hampshire and Lord Kitchener was drowned in H.M.S. Hampshire. The other was that Lord Kitchener was born in June and was drowned in June.

HEROIC MAJOR DECORATED.

Surrounded by Germans on Dead Man Hill, Fights Way Back.

The battle of Verun has been prolific of heroic deeds. One of the most drastic episodes of the fighting round Dead Man Hill occurred to the west of that position, where a French regiment was face to face with a Pomerrania brigade. During the hottest moment a major commanding the Third Battalion of a French regiment disappeared.

Suddenly they heard a well known voice shouting, "Bravo, boys! Give them beans!" and the major came into view, his uniform in shreds, his face covered with blood and his left arm hanging limp. He had been cut off with a handful of men, and at their head fought his way through the enemy ranks until he was sent to the ground with a terrible blow from a rifle butt, which smashed his left shoulder. Dragging himself on his hands, and knees for a mile, he had eventually rejoined his men, and his first thought was to lead them once more into action. The French were successful in driving the Germans back, but the gallant major received a second dangerous wound. So exulting was the pain he suffered while being operated on that to avoid groaning he sang the "Marseillaise" at the top of his voice. A few minutes later the general commanding his unit arrived at the hospital, and taking the Cross of the Legion of Honor from his own uniform pinned it on the breast of the brave officer.

LIVES WERE BLIGHTED.

Then Old Love Missive Was Found and Sweethearts United.

The French have a classic case of mail delay. A timid man, who could not summon up courage to propose in person to the woman he loved, wrote to her confessing his devotion and telling her if she shared his affection to answer, but if she did not reply he would know his suit was hopeless.

Thirty-five or more years later, in tearing down the Paris post-office many letters were discovered behind some wainscoting, and among them one to this man. It was not until months later that he was found in a disant part of the city. The man, when he read the letter, was grief-stricken. It was from the love of his youth and carried word to him that she loved him and had loved him always. Some hint of the tragedy got to the Government officials. A search was made for the girl who wrote the long-lost letter. She was traced without much difficulty. She never had married and she still cherished the memory of the love of her youth.

Through the efforts of the Government the two old people whose lives had been blighted by neglect on the part of Government service were brought together. They were married.

Predicts 20,000,000 in London.

Arthur Crow, a leading economist, predicts the city of London will have 20,000,000 population in 1975, or two generations hence. The city, to give adequate housing for this number, should have a radius of eighteen miles, he added, and a great scheme for main roads must be worked out soon.

NELSON ON THE GERMANS.

"Thank God, the Superiority of the British Navy Remains."

In a letter dated September 17, 1795, Nelson wrote some words which tersely sum up the European situation as it stands at the present moment:—"As for the German generals, war is their trade and peace is ruin to them, therefore we cannot expect they have any wish to finish the war."

The remarkable series of love letters written by Nelson to his wife, from which this extract is taken, is now saved to England. When the letters were put up to sell before the war Mr. Edward Dring made it his patriotic duty to obtain and hold the letters for England, and accordingly outbid all comers at \$11,000. Now Mr. Dring says that, after nearly two years, an enthusiastic patriot has come forward to buy the letters from him, promising that they shall remain in England, also hinting that some day he may leave them to the nation.

At the present time these 230 letters have a vivid interest, particularly those passages in which the great Admiral writes proudly about the British fleet. A few extracts prove the truth.

"September 11, 1793.—The perseverance of our fleet has been great, and to that only can be attributed our unexampled success."

"March 4, 1794.—My seamen are now what British seamen ought to be—almost invincible."

"July 1, 1795.—Thank God, the superiority of the British Navy remains, and, I hope, ever will."

With these fascinating letters is a manuscript account of the battle of the Nile, written by E. Pousisique, the French Controller General of Expenses in those days. On the first leaf of this Nelson wrote an illuminating comment:—"This gentleman seems to know so much more about the battle than I do, that I will not venture to contradict him. I am satisfied with it, if he is."

Lastly there is the cheery note of optimism which he lost his eye, a spirit which animates so many of England's wounded heroes to-day:—"You will expect me to say something about my eye. It is no blemish, so my beauty is saved."

WOUNDS AND INFECTION.

Plenty of Fresh Air is Found to Work Marvels.

The professional healer, like the professional fighter, has found that many of the things he learnt in South Africa he has had to unlearn in Flanders. Wounds seldom proved troublesome in the Boer War, because the South Africanveldt was almost virgin; but in Belgium and France, where the land has been cultivated for centuries, the gentle germ is always ready to enter the smallest wound and bring about tetanus and other diseases.

At first the surgeons were in despair, fearing that our much-vaunted antiseptics were of no avail. It required long search and experiment before methods of overcoming new difficulties could be discovered. Then, owing to the lavish use of high-explosive shells, wounds are more complicated and more difficult to keep clean, while the pointed bullet works more harm than the blunt one of the "good old days."

Plenty of fresh air is found to work marvels, so there is at least one hospital in which the patients live practically in the open. It has also been found that wounds remain clean if water continually flows over them, so the clever surgeon has constructed little baths which fit over the wound, a supply of warm water impregnated with oxygen continually flowing through.

AVENGED DESECRATION.

Irish Guards Made Gallant Charge on German Trenches.

A remarkable story of the Irish Guards, which tells how a little squad of men, led by their maimed chaplain, laid down their lives to avenge the desecration by the Germans of a little church behind the lines, is given by an officer of the guards.

The chaplain and the men came to the church early one Sunday morning only to find it in ruins, the Host scattered in fragments, the crucifix and statues shattered and the pictures torn to bits.

The entire party thereupon knelt down and in prayer solemnly consecrated their lives to God in reparation for the sacrilege, the prayer to this effect being written out, signed by each of them and pinned to a pillar of the church.

A few days later it came to the lot of the Irish Guards to lead a charge on the German trenches. This party was in the front rank, the chaplain with them, calling out: "Remember that prayer!" They charged straight through the German lines until every man was slain, but not before, it is believed, they had killed at least twice their number of Germans.

A Bad Outlook.

"I'm going fishing, but don't expect to catch anything."

"You don't?"

"No; a friend of mine is taking me to a place where they always catch fish, and I've never had a bite in one of those famous spots yet."