OFFICE METHODS AT HOME azard in the management of what might be called the business side of the home, and the result is sometimes needless worry and expense. dish is a variation of a club sand-If they would take a leaf out of their wich. office sisters' books they would find these matters very much easier to look after.

are always dealt with first thing teaspoon pepper, apricot jam. when they are received. It may not be possible to send an answer right in top of double boiler. Place over away, but the letter or account is rapidly boiling water and bring to put in its proper department, and is the scalding point. Then cook five dealt with in due course.

ceipts".

readily.

Those receipts which may be call- through. Spread with jam. ed on after a good number of years, and slide onto a hot platter. Dust such as for the annual payment of with powdered sugar and serve at an insurance policy, should be care- once. fully kept in a separate envelope. labelled on the outside.

Unpaid bills can be put into a special box as soon as received, and paid off as soon as possible. Small bills should be dealt with, as soon as you get them, for it is these small slices for each sandwich. Saute items which one is apt to forget, and when allowed to mount up the total may give you a shock one day when you have not the ready money - to

Another business idea which worth copying is to make a note for future reference of when any payments become due, or the date when collectors' next visits are likely to be. One sometimes forgets when such a visit is likely, and you say to yourself. "Is it this week or next

week the collector comes?" in a diary, you will know to allow the cakes and cut out centres. sum of money due for that week, fairs they will know what has to be es.

paid out.

widths), paper clips, drawing pins, serve. and a small supply of pen nibs are worth while keeping in stock, while an address book is essential if you have difficulty in remembering the exact number of the street in which friends live.

## WEEK-END GUESTS One thing that adds mestimably to

the homemaker's enjoyment of the washing it once a day in fresh water, role of hostess to house guests is to which the juice of a lemon has the liquid flow easily. to plan, before their arrival, the been added. menus for the entire visit. Besides saving many a flustered minute, it is the most economical way to 'entertain. Use up leftovers at luncheon a paste of French chalk and water. an unusual dessert or hot biscuits or a soft brush. something special to make the meal festive.

Left-over chicken, for instance, goes into stuffed tomatoes. Combine the finely chopped meat with rice, season well and moisten with chicken stock. Stuff scooped out tomatoes with mixture, cover with buttered crumbs and serve with scrambled

FU MANCHU

A fruit omelet is delicious for Some housewives are rather haph- Sunday morning breakfast or makes a splendid luncheon dish when there's not a left-over to be used. Another interesting fruity main

Apricot Fluffy Omelet

Four eggs, 1 tablespoon butter, % cup milk, 2 tablespoons quick cook-For instance, letters and accounts ing tapioca, 1 scant teaspoon salt. 1-8

Put tapioca, salt, pepper and milk

minutes, stirring frequently. Add Even if you don't have a desk for butter and remove from boiling your letters, you can set aside a water. Let cool slightly while beatspecial drawer for accounts. re- ing eggs. Beat whites and yolks ceipts and so on. Get one or two separately, beating yolks until thick big envelopes and write on the out- and lemon colored. Beat whites until side what they contain, such as "Re- stiff Add egg yolks to cooked mixture and mix well. Fold in whites Then you can get some rubber of eggs and pour into a hot 10-inch bands or paper fasteners, and it will iror frying pan in which butter is give it a pretty sheen. be an easy matter to keep together melted. Cook over a low flame for all the gas accounts, rent receipts, three minutes. Then bake in a modand so on. Then if any question is erate over (350 degrees F.) for ever raised about a receipts you will fifteen minutes. Cut across at right be able to put your hands on it quite angle to handle of spider. being careful not to cut all the way Fold

Summer Club Sandwich Hot buttered toast, cheese, bacon, pineapple, lettuce, mayonnaise.

Put a thin slice of cheese on piece of toast and melt in broiler. Cook bacon until crisp, two sliced pineapple in bacon fat. Put a slice of pineapple on melted cheese, cover with a leaf of crisp le: uce and add another slice of toast. Cover with lettuce leaves and top with a piece of toast. Serve side.

Filled Cup Cakes This dessert is a winner every baking pans to make the cake shells,

Four cake shells, 1 cup milk, and not find yourself short when the tablespoons sugar, 2 tablespoons collector calls. Or it may be that cornstarch, 1-8 teaspoon salt. 1 teayou become ill, and if someone else spoon vanilla, 14 cup shredded is left in charge of household af- cocoanut, 1 egg, 1 cup diced peach-

Heat milk in double boiler. Mi You'll find it a good idea, too, to and sift sugar, cornstarch and salt have a drawer with writing pad, en- and stir in hot milk. Return to heat velopes, postcards, labels, blotting and cook until thick, stirring conpaper, pen and ink (or fountain pen) stantly. Cover and cook a few minpencil and rubber. These are often utes longer. Cool and add vanilla wanted in a hurry, and if you know and cocoanut. Fill cake shells with exactly where to get them it saves cream filling and chill in refrigerata lot of time, and perhaps, temper. or for an hour or longer. Top with Some rubber bands ' (in various diced or sliced peaches or berries and

#### HOUSEHOLD HINTS Linoleum

\* . \* \*

Alcohol will clean discolored linoleum. After it has dried thoroughly. apply a coat of lacquer.

Oily Skin If the skin of the face is oily, try

Plaster Casts To clean plaster casts, cover with whenever there are any and rely on Allow it to dry and then rub off with

> Rub the heel of the silk hose with paraffin, when troubled with wearing holes in the heels, and the annoyance will be overcome.

Give Pretty Sheen When rinsing the hair, try adding a half cup of vinegar to the rinse

By Sax Rohmer

Fascist Chief Directs Battle Maneuvers



Signor Starage (right), General Secretary of Fascist Party, inspects tanks during maneuvers of Young Fascists near Rome, preparatory for embarkation for Africa.

water. It will soften the hair and

Keeping Out The Flies ' > It is well to remember that sixteen mesh is the best size screening to use for the windows and doors. This mesh will keep out the smaller insects as well as flies and mosquitos.

Brightening The Coffee Percolator When the percolator becomes coffee stained, put a cupful of salt in it, add water, then let it percolate the same as when preparing coffee. The percolator will be as bright as when new.

Laundering Flanuels -

Wash the flannels in lukewarm water and soap flakes. Do not rub them nor run through wringer. Rinse, and on these put the bacon. Spread hang in shade and when they are with mayonnaise, add more, lettuce almost dry, iron them on the wrong

-Keeping Paint If a can of paint has been partly time. If you have the individual used, and it is not wished to cover the can securely, stir the paint If you keep a note of such dates well and good. If not bake cup thoroughly, then fill to the top with water. When needed, pour off the water very carefully.

Alcohol Dissolves Shellac

Any mixture containing alcohol will dissolve the shellac on polished furniture, if spilled and not removed at once. It should be wiped off immediately, then the spot rubbed thoroughly with sweet oil.

Laundering Sateen When laundering sateen, or any cotton material having a glazed finish, the shiny surface can be preof borax is added to the soapy water and again to the rinse water.

Pouring Liquids

When pouring liquid from a canthe punching of one hole is not suf ficient. A second hole should be punched on the opposite side of the can to allow air to enter and make

When a Dutchman refused to cross the frontier into Germany to give evidence, a strange court was held near Elten. The Dutchman was willing to give evidence, so the court removed to the Dutch customs house on the frontier, a little way from Elten. There a table was placed half in Dutch and a half in German territory. The witness, standing on Dutch land, made his statement to the German judges sitting in Ger-

# CUNDAY D'ESSON

THE LESSON IN ITS SETTING TIME. - The first appearance of Barnabas is during the same year as the descent of the Holy Spirit at Pentecost, A.D. 31. The conversion of the Apo:tle Paul took place in A.D. 33. The missionary journey in which Barnabas accompanied Saul took place, according to Ramsay, in 50 A.D., whereas others date it A.D. 45 and 46 The council at Jerusalem took place during the following

PLACE. - Barnabas first appears in the city of Jerusalem, where, no doubt, his greatest ministry was carried on. He was called by the Holy Spirit to accompany th. Apostle Paul to the city of Antioch.

served much longer if small amount New Testament Judaism, and, when ger in the services of the synagogues. dearth in the great corn-growing engaged at all in the service of the great sanctuary, were chiefly emipoyed as temple police. "A man of Cyprus by race." Cyprus was an important island situated in the northeast corner of the Mediterranean Sea in an angle formed by the coasts of Cilicia and Syria, with an area of about 5,384 square miles.

"Having a field." Although the 1.evites were not allowed to hold possession in land, since God himself was their portion (Num. 18:20; Deut. 10:9), yet they could do so by purchase or inheritance (Jer. 32:7-12). "Sold it, and brought the money and laid it at the apostles' feet." It would seem from 1 Cor. 9:6 that Barnabas by this great gift, was compelled, in later years, to earn his own living. The generosity of that deed is measured not by what he gave, but by what he left.

39 The church at Jerusalem was, no Saul's discipleship shows that he City.

MAN OF MEANS) - Acts 4:36, of becoming self-centered and self- for his great abilities. 37: 11:19-30. GOLDEN TEXT. - sufficient, with a cooling, possibly, He was a good man, and full of of its ardor for the preaching of the the Holy Spirit and of faith. Acts gospel, when the persecution here referred the early disciples in each direction, resulting in a marvellous revivifying of the entire early Church, "Travelled as far as Phoenicia." The country immediately north of Palestine, part of the Roman province of Syria, in which were the great cities of Tyre, Sidon, Bierut, Tripolis, "And Cyprus, and Antioch, speaking the word to none save only to Jews." Antioch was the capital of the province of Syria, one of the three great cities of the Roman Empire, excelled only by Rome and Alexan-

"But there were some of them men of Cyprus and Cyrene". Cyrene was a city of Libya in north Africa west of Egypt (see 2:10; 13:1) "Who, when they were come to Antioch, spake unto the Greeks also, "And Joseph, who by the apostles preaching the Lord Jesus." There was surnamed Barnabas (which is, great difference of opinion as to what being interpreted. Son of exhorta- is meant by this word Greeks. Some tion)." Barnabas comes from two believe that it refers to Jews of the words. Bar, meaning son, and nabas, dispersion, born and brought up outpossibly connected with the Hebrew side of Palestine, but Jews in birth, which may have been given to him manuscripts of the context itself

"And the hand of the Lord was with them: and a great number that believed turned unto the Lord." So it was not a mistake. In acting thus famine in Asia Minor. Thus widewithout official sanction, they had spread dearth over the Roman world not gone beyond the mind of their Master. The evident blessing on their work justified them. "And the report concerning thom

came to the ears of the church which was in Jerusalem." The church church and all that took place in daea." Jerusalem was still the mother church and all that took place in reto the pillars of the church in Jerusalem, and apparently was investigated, envoys being sent from the Jerusalem Church to survey and in other cities. "And they sent forth bas and Saul. "They therefore that were scatter- Barnabas as far as Antioch." The nabas sent from Jerusalem, brought ed abroad upon the tribulation that choice of commissioner was a wise spiritual wealth to Antioch; Antiarose about Stephen." The narra- one. That his introduction had been och sends back relief for material tive is now resumed from Acts 8:4. regarded as sufficient voucher for needs to their brethren in the Holy

was high in the confidence of the Church at Jerusalem: and this is further indicated by the fact that he was now sent alone (contrast with 8:14) on a mission of such responsibility

"Who, when he was come, and had seen the grace of God, was glad." A smaller man would have probably raised difficulties regarding circumcision or baptism, but Barnabas determined not to be more particular than the Holy Spirit. These Greeks might be Gentiles by birth, but they were undoubtedly saints by new birth. "And he exhorted them all. that with purpose of heart they would | Central Experimental Farm, Docleave unto the Lord." Their determination was at present formed and informed a large number of farmers they had turned to the Lord; the and their wives at the potato field purport of Barnabas's exhortion was day held recently at the Central Exthat continuing in the same determination they should hold fast their

"For he was a good man." The natural, but not certain, inference from faith and allow nothing to check their attachment to Christ.

he had been spending perhaps ten Lennoxville, Que., in the East. years, a period of his life which, for us, is almost a total blank.

"And when he had found him, he brought him unto Antioch." So Saut now, perhaps, left the home of his childhood for the last time, and en- their potato production and markettered on his life's work, introduced ing problems with the expert memto it by the same friend who had be- bers of the Farm staff of the Botany, fore introduced him to the disciples Horticulture and Field Husbandry at Jerusalem. "And it came to pass, Divisions, and also with other that even for a whole year they were gathered together with the church, and taught much people." This is the first time that the word church is used in Acts for a local company outside of Jerusalem. This is also probably the first time that Paul found a quiet church in which to BARNABAS (A CONSECRATED | doubt, like other churches, in danger | work, giving him unlimited scope

"And that the disciples were called Christians first in Antioch." The word Christian has, for its foundation, the Greek word Christos, which is a translation of the Hebrew word Messiah, meaning anointed one. The termination of the word, ianus, is Latin. Thus the word is Greek, the idea is Hebrew, and the particular form of the word is Latin.

"Now in these days there came Branch, explained the official graddown prophets from Jerusalem unto ing of table stock potatoes. Antioch." Whilst foreknowledge of events is not of necessity implied by | the word prophet, either in the Old production of seed potatoes, remind-Testament or the New Testament, ed his hearers that for the past 10 the case of Agabus, both here and in years Canada had exported more than 21:10. 11, shows that predictiveness 1,000,000 bushels of certified seed was by no means excluded. Chrstan prophets, moreover, as we the Chemistry Division, interested see them in Acts, combine the duty of the meeting in the use of various ministering to the Lord with that fertilizers for specific soils bearing of preaching the word; they are not foretellers, but forthtellers of God's

"And there stood up one of them named Agabus, and signified by the Spirit that there should be a great word nebi, meaning prophet, a name religion, and training. But the best famine over all the world: which came to pars in the days of Claudibecause of his pre-eminent gifts of would lead us to believe that these us." Suctonius alludes to assiduoe speaking. "A Levite." Barnabas is Greeks were a part of that numer- sterilitates causing famine-prices unthe only Levite mentioned by name ous class who had abandoned the der Claudius, while Dion Cassius and in the New Testament. They occu- worship of pagan gods and were Tacitus speak of only two famines in pied a very subordinate position in seeking food for their religious hun- Rome, and famine in Rome implied countries of the Mediterranean; Eusebius mentions famine in Greece, and an inscription perhaps refers to is fully attested independently; beyond the Roman world our evidence does not extend.

"And the disciples, every man according to his ability." See 1 Cor. 16:2. "Determined to send relief unat Jerusalem was still the mother to the brethren that dwelt in Ju-The suggestion may have come from Barnabas, who had been foremost at an earlier period (4:37) lation to the preaching of the gospel in relieving the necessity of the poor at that time was certainly reported brethren, and who is so often brought before us as performing some act of sympathy and tenderness.

"Which also they did, sending it to make reports concerning happenings the elders by the hand of Barna-

# Potato Field Day Highly Successful

Many Farmers Discuss Problems With Experts at Central Experimental Farm.

Ottawa-"One doughnut is twice as fattening as an eight-ounce potato; a piece of pie, three times as much; rice, three and a half times; chocolate bar, oatmeal and macaroni four times as fattening as potatoes," John Tucker, of the Botany Division, minion Department of Agriculture, perimental Farm.

The potato field day was a tentative innovation for Ottawa for, although potato field days are known at the other Dominion experimental farms in the various provinces. this meeting was the first of its "And he went forth to Tarsus to kind held in Ottawa. Farmers and seek for Saul." Tarsus was, of potato growers were present from course, the city of Saul, and there as far as Port Hope in the West, to

MEET EXPERTS The field day gave all those interested in potato growing in the eastern counties of Ontario and the adjacent districts in Quebec an opportunity to meet and discuss specialists from the Dominion Fruit and Entomological branches.

Interesting information bearing on all phases of the potato was conveyed in the shape of short lectures, followed by general questions and answers. Incidentally, in a lull after a lecture on fertilizers, a voice was heard to ask, "Did you use fertilizers with your strawberries this year?" "No," came the reply, evidently from a farmer's wife with a 'sweet voice. "We just used sugar and cream like the other folks." Insect pests of the potato and their control was dealt with by A. G. Dustan, of the Dominion Entomological Branch, while R. E. Robinson, of the Dominion Fruit

EXPORTED 1,000,000 BUSHELS John Tucker, in dealing with the Then potatoes every year. L. E. Wright, of potato crop, and the Dominion Animal Husbandman, G. W. Muir, who had just returned from a official visit to the Maritimes, spoke on the feeding value of portatoes for livestock.

In the afternoon, after an address of welcome on behalf of the Farm from the Dominion Cerealist, L. II. Newman, P. O. Ripley, of the Field Husbandry Division, led a personal tour of the potato plots, when field demonstrations were carried out.

## CIIRINIIS WORLD COLLIAND IL OTITO

"The Old Tippling Philosopher" is the name of a small roadside inn near Caldicot Castle, Monmouthshire.

After a career of forty-nine years, during which she has covered 780,000 miles, the most historic L. M. S. engine is to be preserved at St. Rollox, Glasgow.

The oldest dog in Great Britain is believed to be "Don", an Airedale belonging to Mr. G. Sparrow, of Costessey, Norfolk. He is twenty-

The meat G. Britain consumes, 44 p.c. is home supplied, 34 per cent. comes from the Argentine, 6 per cent. from Australia, and 16 ner cent, from other Empire sources.

A turkey has taken charge of a brood of goslings near . Wigton, Cumberland, and in the same district a wild drake has mated with farmyard ducks.

Scotland is called Sotiman in the Magyar language, Skotsko in Czecho-Slovakia. Iskocya in Turkey, and Szkocja in Poland.

The oldest type of pottery ever made in Ireland has been discovered in a great stone cairn at Dunloy, Co. Antrim. It dates from the Stone Age. The cairn also yielded perfect flint arrowheads, stone beads, polished stone axes.

Austrians, flocking to an exhibition in Vienna of relics of the late Emperor Franz Josef I, stared at a tray of cigar ends, badly chewed and bearing this label: "Certified by his valet, Ketterl, to have been smoked by his Majesty on the 12th of August, 1914."

A doctor wishing to pay a call at; a cottage near Bracknell, Berks, made inquiries at the post-office, but found the directions too involved. So he addressed a sixpenny telegram to the cottage. Then he accompanied the messenger who delivered it.

THE SEVERED FINGER-Another Victim.



they kill Fu Manchu's

poisoness giant centi-

pede. Now ...





