Sleepytime Tales

MARY'S PARROT.

Once upon a time Mary was given a parrot by a sea captain friend of her father's. Mary didn't know that a parrot could talk and when she heard it the first time she was so frightened that she ran crying to her mother and hid her head in her dress.

The parrot was a very good bird and never said naughty words as do many parrots but it could talk a lot and very soon learned to say about all the things that the family talked about.

One day, soon after Mary had been given the bird and before she knew it could talk, she was just going to school. She had kissed her mother and said good bye. Suddenly, just as she was going out the door, she heard someone say: "Good Bye" in a very shrill voice. It didn't sound like her mother's voice but she supposed it must be and ran back into the house to see if her mother had called to her again.

She found her mother at the back of the house and her mother said she had not called, so Mary thought she must be mistaken. She started out again, and as she went across the hall she heard again the shrill call. She looked up at the parrot's roost and there was the big bird saying "Good Bye" just as plain as though it had been a human being.

After that Mary taught it lots of things to say and they talked together many times. Mary had a brother Jerry and the parrot didn't like him very much for he did not pay much attention to it. So every time Jerry came into the house the parrot would sit on the stairs or on the table and would talk to Jerry as he came in. It would say: "Hey, where you been?" "Home Again," "Talk to me," and many other cute phrases. Then, if Jerry took no notice of him, the parrot would jump down, waddle up to the boy and peck at his shoes and stockings until he answered some of the bird's questions.

The parrot could walk up stairs by fastening its beak to the posts of the banister and pull himself up to the next step and would waddle all over the house to be sure that he always knew where Mary was and what she was doing.

When Mary would start to sing the parrot would try to sing too, but I don't think you would like his singing for it was more like a squak than a song. Every morning the parrot goes to Mary's door and raps with his beak until Mary wakes and tells him she is getting up and when she eats breakfast the parrot always perches on the back of her chair talking all the time. This is a true story my dears and the parrot lives in the big city of Philadelphia.

"Low Cost of Living" Menu

MENU FOR SATURDAY

Breakfast.
Orange Juice
Creamed Liver
Hash Browned
Potatoes
Coffee

Luncheon
Baked Mushrooms
Bread and Butter
Pineapple Marmalade
Cookies
Cocoa

Dinner
Tomato Soup
Lamb Chops
Surprise Potatoes
Dutch Spinach
Lettuce Salad.
Baked Apple Ice Cream

BREAKFAST.

Creamed Liver.—Cut the liver in small pieces and simmer in butter twenty minutes. Remove to a hot plate, and to the butter in the pan add a tablespoon of flour and simmer, adding two cups of milk, stirring all the time. Add to the liver and simmer together five minutes.

LUNCHEON.

Baked Mushrooms.—Peel and remove the stems from large mushrooms. Chop the stalks, add the same amount of buttered bread crumbs, a drop of onion juice, a little Worcestershire sauce, and a teaspoon of chopped parsley. Place the mushrooms upside down on a buttered baking plate and fill the centres with the mixture. Bake in a quick oven fifteen minutes.

DINNER.

Surprise Potatoes.—Boil sweet potatoes, pare, cut in slices lengthwise and fry brown. Add a cup of corn, a tablespoon of chopped sweet peppers and the seasoning. Serve as hot as possible.

Dutch Spinach.—Cut into dice four slices of bacon and fry brown. Add to this while hot two tablespoons of vinegar, one beaten egg, two teaspoons of milk, and stir until thick. Season with pepper and salt, and pour, while hot, over spinach which has been cooked tender and chopped fine.

Baked Apple Ice Cream.—Pare, core and quarter ten tart apples. Sprinkle well with sugar, the juice of a lemon, and bake tender. Scald a quart of rich milk, and, when cold, add to the apples and freeze.

A YEAR OF MISERY

STORY OF GERMAN RULE IN RUSSIAN POLAND.

Exploitation and Starvation—The Food of the Poles Was Commandeered For the German Troops.

The following is a description of the German rule in Russian Poland by a leading member of the so-called Polish Independence Party. The aim of that party is the establishment of a Polish State, independent both of Russia and Germany. It remains in close touch with the Supreme Polish National Committee of Austrian Poland, which has created, and is responsible for, the Polish Legions fighting against Russia in conjunction with the Austro-Hungarian army. The author of this memorandum cannot, therefore, be supposed to entertain a hostile bias—at least, not against Germany's Austrian ally.

One of the main features of the German administration in Poland is the attempt to exploit the occupied territory economically to the utmost. Every new regulation aims at getting as much as possible out of the country, although in many cases the German authorities try to disguise this tendency in different ways. It is explained by reasons of strategy, of order, of policy, or even humanity!

The German authorities are especially anxious to give the appearances of humanitarianism to their food policy in Russian Poland. As early as the autumn of 1914 many districts were threatened with famine; the industrial regions (the coal district of Dombrowa, Czestochowa, and the district of Lodz) were cut off completely from external food supplies. The Citizens' Committees and different humanitarian economic organizations were doing wonders in their attempts to save the half-million of the working population of the coal district, and the half-million in Lodz, from starvation.

The news of their distress spread throughout Europe and America, giving rise to the formation of relief committees in England, in Switzerland, and the United States. Even official circles in Berlin had announced their adhesion to this philanthropic work (undertaken with American money), and in newspapers humanitarian proclamations appeared, signed by German officials, asking for contributions for Russian Poland, threatened as it was by famine.

Food Commandeered.

The Polish population of the occupied districts accepted these measures with scepticism, clearly understanding that this was not a case for philanthropy, and that there was no need to have recourse to any outside help in order to ward off famine. Russian Poland by itself produces enough grain and other foodstuffs to feed its population abundantly, but unfortunately the country does not now dispose of its own resources. For many weeks in the autumn of 1914 thousands of German wagons were carrying off from Russian Poland the grain, potatoes, etc., which had been commandeered. Day and night wagons were traversing the various country districts taking away the food to Germany. Making use of their admirable technical apparatus, the Germans brought in the autumn to Russian Poland threshing machines and even machines for digging potatoes, merely in order to provide themselves systematically and speedily with food.

On their return to Poland in winter, knowing well that there was still plenty of food in the country, the Germans issued a strict order forbidding the transport of food from one district to another, under the pretext that they wished to prevent speculation. The effect was that in one district thousands of sacks of potatoes were rotting while just across the border the population was dying from epidemics caused by starvation.

Hardly had this prohibition been issued when the German authorities conferred upon a commercial company from Posen the sole right to trade in grain, flour, and other country produce. Whatever was left behind the agents of that company hunted out in villages and manors, with the result that Russian Poland was left bare of food.

A Berlin Appeal.

At the same time a relief committee instituted by the German Government was carrying on its autivities in Berlin and appealing to the public, which was fed on Polish grain, for contributions and alms for hungry Poles.

The relief activity from Berlin was short-lived. It so happened that in March, 1915, when the Berlin Committee was about to take action, Field Marshal von Hindenburg proclaimed his famous "reprisals" for the "destruction" of Memel by the Russians. According to the reprisals, which were fortunately revoked a few days later, the Polish districts were to answer, by contributions and other burdens, for the "barbarities of Russia." The Junker Press in Germany raised its voice, inciting to severity in that peculiar retribution. Making use of that mood, the anti-Polish parties in Germany raised protests against the collection of contributions for Russian Poland.

On the walls of Lodz and in the newspapers appeared for several days the following interesting announcement:

"By order of the Chief Commander all military persons are herewith forbidden to give on the occasion of Sunday collections any contributions for the poor of the town of Lodz. If military persons intend to give anything for charitable purposes from the money saved out of their pay, it is recommended that such money be deposited with the local army command of Lodz, so that it might be used for the support of those of their German fellow-countrymen who have suffered at Memel and its surroundings from the brutal cruelty of the Russians.

"Ladies and gentlemen collecting must not in future solicit contributions from German officers or soldiers.

"Lodz, March 22, 1915.

"Imperial German President of Police, von Oppen."

Embargo on Grain.

By an order dated April 27th, 1915 (Verordnungsblatt der kaiserlichen deutschen Verwaltung in Polen Nr. 4) the German authorities put an embargo on all stores of grain and potatoes in Russian Poland, ordering that after 54 pounds had been left for each inhabitant up to the next harvest, the remainder was to be handed over officially to the Limited Company "Wahreneinfuhr" in Posen. This order was accompanied by the following commentary: "The society is to provide with flour those districts in which a scarcity of that article has been ascertained." In the district of Kujavy, where there was plenty of grain, the German Landrate were addressing appeals to the peasants, who were jealously hoarding grain for the hour of need, to deliver it up in order that their countrymen in the coal districts of Dombrowa, who were dying of famine, might be saved, and as a consequence plenty of grain went from Kujavy to Germany! The coal district received an absolutely insufficient amount of flour, and that did not come from the district of Kujavy.

On July 1st, 1915, a new order was published "for securing the grain in the districts of Poland situated on the left bank of the Vistula and remaining under German administration, for the needs of the German army, the German market, and the population inhabiting the occupied territory." (Verordnungsblatt No. 12.)

Taxation of Land Values.

R. M. Taylor, Mayor of Vancouver.

The city of Vancouver, like many individuals, has had to curtail its expenditures in every direction, but notwithstanding this, when the council brought down the estimate for the current year, and struck the tax rate, the resolution to exempt improvements carried for the sixth time without a dissenting vote. This fact should be sufficient to counteract any reports that Vancouver has suffered because of the Single Tax method. Every municipality except two in British Columbia exempts improvements; the British Columbia Government does the same and imposes a wild land tax. The last legislature passed a measure which comes into effect within five years, to raise all revenues of the province from land and natural resources, and retains only one other tax, that on incomes, which are exempt up to $1,500.

Anarchist A Millionaire.

A millionaire anarchist named Leon Prouvost was in Paris sentenced to a year's imprisonment and a fine of £40 for disseminating seditious statements among the troops and civilian population of France alleging that the Government was deceiving the public. Mme. Donnadieu, his accomplice, was condemned to three years' imprisonment and two male assistants were also sentenced to terms of imprisonment.

It's hard to forgive a man who lets us do him an injury.

OUR YOUNG WOMEN

are so often subject to headache—are languid, pale and nervous—because their blood is thin or insufficient. They are not really sick and hesitate to complain, but they lack that ambition and vivacity which is their birthright. They do not need drugs—but do need the tonic and nourishment in Scott's Emulsion that makes richer blood, fills hollow cheeks, suppresses nervousness and establishes strength. Nourishment alone makes blood and Scott's Emulsion is the essence of concentrated nourishment, free from wines or opiates.

If mother or daughter is frail, pale or nervous, give her Scott's for one month and see the betterment. It has a wholesome, "nutty" flavor. Avoid substitutes. At any drug store.

Scott & Bowne, Toronto, Ont. 15-24

Shattered NERVES

How utterly weak and helpless one becomes when the nerves give way. Sleepless, nervous, irritable and despondent, life becomes a burden.

But there is Dr. Chase's Nerve Food to rebuild your exhausted nervous system, restore the action of your bodily organs and change gloom and despondency into new hope and courage. Try it—to-day.

50 cts. a box, at all dealers.

Dr. Chase's Nerve Food

FIRE CHIEF REPORTS

ON THE NUMBER OF CALLS AND DAMAGE DONE

During the Year—Loss By Fire Has Been $55,504.35—New Firemen Need Not Be Under Thirty Years of Age.

At the final meeting of the Fire and Light Committee held Thursday afternoon, Chief Armstrong reported that to date the department had responded to 103 calls for fire and one for the pulmotor. Three of the fire calls were beyond the city limits.

The loss by fire within the city has been $55,504.35, with an insurance on buildings and contents of $356,200. These figures do not include the loss and insurance at the fire on Saturday, Dec. 11th, when a large amount of flour and grain belonging to the Maple Leaf Milling Company was destroyed.

There were five fires during the year where the loss exceeded $2,000, as follows: Dwelling house, 138 Nelson street, on January 23rd; S. Anglin & Co., planing mill, on February 16th; fur store of John McKay, Brock street, on March 18th; buildings of the Shedden Company, Ontario street, May 10th; millinery store of Miss M. Hall, Wellington street, Oct. 30th. The total damage in the above fires amounted to $48,936.85.

There were nine fires where the loss was between $300 and $1,250, with a total loss of $4,844.03, and in thirty-one other fires the loss amounted to $1,723.52.

It will be advisable, the Chief said, to seriously consider changing the present gravity cell system to storage battery for the fire alarm telegraph. The cost of the present system will be almost double next year owing to the advance in price of bluestone, coppers and zincs, and may possibly amount to one-fourth the cost of the installation of a storage battery.

Owing to existing conditions the chief recommended that by-law 45 (1909), being a by-law governing the fire department, be amended by striking out the following words: "No person shall be appointed to the department who has attained the age of 30 years." The committee adopted this recommendation.

On motion of Ald. Hughes, the committee expressed to the Chairman its appreciation of the able manner in which he had presided over the committee during the year and the good work he had done. Ald. O'Connor, in reply, said that he was fortunate in having associated with him six aldermen who had given him every possible help. All had worked in harmony. The Chairman praised the good work of Chief Armstrong.

In attendance were Alds. O'Connor, Hanley, Hughes, Litton and Newman.

CLOTHING FOR THE ARMY

Some surprising facts are set forth in an article in the Windsor Magazine as to the equipment of the forces. When the war started, the difficulty of how and where to get khaki and tailors to make it up into garments quickly enough to keep pace with recruiting, was almost a serious a problem as that of persuading men to enlist. Happily, both these problems were solved with equal celerity. Advisers of the War Department quickly convinced the authorities that they must look to the great cloth manufacturing area of the West Riding of Yorkshire, not only for khaki, but also for tailors to convert it into uniforms.

All manufacturers whose machinery and hands could make khaki throughout Yorkshire were put on their mettle, and vigorously did they respond to the call. They have made and are still making, at the rate of over 200 miles a week, khaki of the regulation texture and colour. Till there was time to complete better arrangements the cloth went to Pimlico to be tested. A large proportion of it came back to Leeds, the acknowledged metropolis of clothing manufacture. There and elsewhere it was made up into complete suits, which again were sent back to London for inspection, and had to be returned hundreds of miles, so that by the time a new suit was donned by a recruit in the Northern Command it had travelled about a thousand miles! That has all been altered now.

As soon as the khaki is ready it is consigned and packed off to one or other of about sixty clothing manufacturing firms who, by invitation or otherwise, have tendered for the making of suits. Leeds, with its 50,000 or 60,000 tailors and tailoresses, and rows and rows of factories, does the lion's share of the tailoring. Manchester, Halifax, Huddersfield, and other towns render help. Each firm receives from the spacious clearing-house at Leeds all the raw material that goes to the make-up of a suit or great-coat. So far, expectations concerning this devolution of authority and work have been well answered. The tailors pretty well keep pace with the cloth manufacturers, and there is not the least delay at the depot in Leeds.

KNITTING.

Grandma sits in her corner chair,
Knitting, knitting,
Mother rocks her baby dear,
Knitting, knitting.
A little girl, tired of play,
Is knitting, knitting.
A boy has been at school all day;
He, too, is knitting.
The old, the lonely everywhere,
Are knitting, knitting.
They find it joy to do their share,
Knitting, knitting.
Those in prisons, even they
Are knitting, knitting,
Scarfs and hose of woollen grey,
Knitting, knitting.
Over land and over sea,
Where'er you go this thing you'll see:
Knitting, knitting.
Sometimes grey, sometimes brown,
In every house, in every town,
Knitting, knitting.
Our soldier boys so brave and true,
A protecting wall for me and you,
While we are knitting, knitting.
From the east and from the west,
On they come our bravest and best
While we are only knitting,
This not all a woman's part,
Knitting oft with an aching heart,
And oft the blinding tears will start,
But she bravely keeps on knitting
Weaving the web from day to day—
Foolish, inadequate, you say,
To, tireless, keep on knitting,
Not foolish; as we knit we pray
God guide the weary feet of grey,
And bring them back again to stay,
Ere we lay aside our knitting.

BRITAIN ALSO SOME ORGANIZER

London Spectator.

If the present war has taught us anything, it has at least taught us the propriety of abandoning the illusion that we never suceed except by "muddling through." This illusion is not an old one. In the days of our grandfathers utterances of it would have been regarded as a declaration from Bedlam. There was not much "muddling through" in the exploits of the British navy from Quiberon Bay to Navarino.

What is supposed to be muddling through is merely energetic initiative rapidly adapting itself to the conditions of the moment. Nothing could seem to a landsman more confused and anarchic than a man-of-war's crew preparing the ship for action. Yet in the operation every single man has a particular duty to perform; and if any individual happens to be incapacitated, his duty is taken over by others. That has been the system of the British navy for 150 years. Every one knows the result. Yet, because the working of the system is carried on out of sight, the general public knows nothing about it.

The truth is that, while organizing capacity is not uncommon, capacity for rapidly adapting organization to the needs of the moment is very rare; and among those nations who can lay claim to the possession of it, the British and Americans are conspicuous in a variety of ways—organizing new settlements, turning a boisterous mining camp into an orderly municipality, utilizing some newly opened path of navigation.

We have expended much laudatory comment on the organizing power of the Germans. Our admiration is evoked almost exclusively by the military organization of Germany. That rests on two things—docility amounting to servility in the people, and extreme slowness in the working of the organizing mind. The wonderful military organization has taken at least five and twenty years to bring to its present-day state. Does any sane man believe that if the British Empire, or France, or Russia had been organizing forces even half as long for what Mr. Owen Wister calls a "spring at the throat of Europe," any one of those countries would not have done quite as well as Germany, or better?

SCHOOL TEACHER.

Anaemic, Run-down, Nervous—How She Recovered.

There are so many cases like this right here in Kingston that we are publishing this interesting letter with the hope that some of our customers will try Vinol and get the same happy result that Miss Baez did.

Key West, Fla.—"I am a teacher, and became anaemic, nervous, run-down, no energy or desire to do anything. I could not sleep, and had that languid, nervous feeling that made me a burden to myself. I had taken various tonics without benefit. I heard of Vinol and tried it. Soon I had a good appetite, could sleep all night, and it built me up so I have the ambition to do any kind of work." Mary L. Baez, Key West, Fla.

The reason Vinol was so successful in this case is because it is a constitutional remedy that goes to the seat of trouble. The peptonate of iron contained in Vinol enriches and revitalizes the blood, while the strengthening, tissue-building properties of the extractives of cods' livers and beef peptone aid in building up the tired, overworked, run-down system.

George W. Mahood, Druggist, Kingston, Ont.

GRAND TRUNK RAILWAY SYSTEM

Local Branch Time Table

IN EFFECT MAY 30TH, 1915.

Trains will leave and arrive at C.P.D. Depot, foot of Johnston street.

Going West.

		Lv. City.	Ar. City
No. 18—Mail		12.20 a.m.	12.57 a.m
No. 13—Fast Ex.		2.58 a.m.	3.35 a.m
No. 27—Lcl. to Tor.		8.20 a.m.	8.54 a.m
No. 1—Intl. Ltd.		1.41 p.m.	2.12 p.m
No. 7—Mail		3.04 p.m.	3.40 p.m
No. 21—Local to	Belleville	6.48 p.m.	7.37 p.m

Going East.

		Lv. City.	Ar. City.
No. 18—Mail		1.40 a.m.	2.17 a.m.
No. 16—Fast Exp.		2.58 a.m.	3.35 a.m
No. 32—Local to	Brockville	8.15 a.m.	8.50 a.m
No. 6—Mail		12.20 p.m.	12.52 p.m
No. 14—Intl. Ltd.		1.08 p.m.	1.38 p.m
No. 28—Local to	Brockville	6.58 p.m.	7.37 p.m

Nos. 1, 6, 7, 13, 14, 16, 18, 19 run daily. Other trains daily except Sunday.

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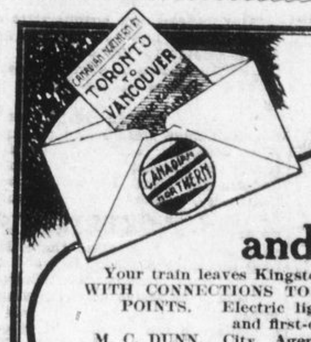
A magazine poet says: "It is hard to be poor." Well, perhaps it is, but we always imagined it was easy to be a poor magazine writer.



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