

proposals of the Government but only as a temporary measure.

Des Moines, Oct. 8th.—"United States troops have no business in Germany", Senator Harding declared yesterday, in response to a question from his audience. "How about Ireland"? asked some one. "I am happy to say", he replied. "I think Great Britain is approaching a solution of the Irish question, but I would no more tell Great Britain what to do with Ireland, than I would permit Great Britain to tell us what we should do with the Philippines, and I would not have the United States in any capacity dominated by Great Britain."

Riga, Oct. 8th. The proposed armistice between Poland and Russia is distasteful to Lithuania and Latvia. Lithuania claims that the proposed preliminary policy has abrogated the treaty between Soviet Russia and Lithuania in that Russia guaranteed free communication of trade between Lithuania and Soviet Russia, which will be impossible if a Polish corridor is created between Russia and Lithuania.

Llandudno, Wales, October 8th.—Mr. Lloyd George, in the course of a political speech here this morning, declared that the conflict of parties in the United States had led to the result that that country had not yet signed the peace treaty with Germany, and he asserted that if there had been a similar conflict in Great Britain, the latter would have had no peace and there would have been no treaty. "There are some who criticize the treaty of Versailles," the Premier said, "but it was better than that state of war that had been going on for years with nothing done", adding that there were some people who imagined that to ignore disagreeable facts was a proof of exalted principles. Every belligerent country, except the United States, said the Premier, had been compelled to form a coalition Government in order to get the best men of all parties together to save the nation. The United States had not, he declared, been so much involved in the war as the countries of Europe. It came in late, but had then put forth colossal efforts. Its assistance was crucial and determined, but it did not have time to make the sacrifices as the other belligerent countries, and while the burdens of the war were heavy in the United States, they were not comparable to those of Europe.

Montreal, Oct. 8th.—A telegram from London to the "Montreal Star" says that a British ultimatum to Russia threatening to sink Russian warships and submarines on sight, if they appear in the vicinity of Nikolaieff, in the Black Sea, has been handed to M. Krassin at the Bolshevik Embassy in London. The note, according to M. Krassin, was from Lord Curzon, and the message is regarded in some quarters as a declaration of War.

BETTER THAN GOLD.

It is not always the wisest method of spending money to assist on having articles of pure gold or pure silver. Rolled gold articles are sometimes better than real gold, and electroplate better than real silver.

The reason for this is that real gold and silver articles sometimes consist of such thin metal that they dent at a touch and sometimes even will not bear dusting. On the other hand, articles made of rolled gold have a face of genuine metal, while they have the support of a base metal, and are therefore fairly strong, and may be handled without any danger.

Of course, a good deal also depends upon the grade of the genuine metal. There are two grades of silver—one of these bears the stamp of the lion, and other bears no stamp at all. In gold, as everyone knows, there are various grades, most articles being made of metal between 9 karat, 15 to 18 karat.

There is, of course, also 22 karat, and there is 7 karat; but the latter is very rarely used, though one does happen on articles made with this metal from time to time.

There are also inferior qualities of both rolled gold and electroplate, and, naturally, a certain amount of discretion is necessary in choosing articles of this description, otherwise one may obtain a very inferior article by no means better than even the thinnest real gold or silver.—*Everyday Life.*

GREEN AS A REST CURE.

Have you ever thought how awful it would be if the grass and trees were any other color than green? Pink, for instance! Nature was very wise when she chose green. It is the most restful color there is. That is why hospital wards, nursing homes, and schoolrooms are invariably distempered in some shade of green. It is soothing in case of illness, and by far the most restful color to work with.

A day in the country does a city worker the world of good, but it is not only because the air is cleaner and purer than that of the town, but partly because the open spaces and broad expanse of green act as a tonic to the eyes and nerves. A city girl, who suffered badly with headaches and occasional eyestrain, used to say that nothing gave her so much relief as sitting in a London park, and letting the trees and grass work their cure.—*Ibid.*

FRENCH LIKE OUR CANNING METHODS.

Last year France borrowed three canning specialists from the United States Department of Agriculture. This unit taught a large number of agricultural

directors and professors, assembled for the purpose at the principal French agricultural college, the American methods of canning and drying. This year the Americans have been asked to continue the demonstrations and lectures.

Instead of giving the instructor at one place in France this summer, short courses will be conducted in different parts of the country at the schools where those who attended the course last year have been teaching American canning methods. To facilitate the work, the French Government recently issued a bulletin which gives complete directions for canning by the American method. The material for this bulletin, which is the first of its kind to be published in French, was prepared by Frantz P. Lund, a member of the American canning unit.—*Ibid.*

"EPIGRAMS AND WITTY SAYINGS"

Love comes from the heart, but friendship if it be true and noble radiates from the entire being.

In this drab life of ours live clean, play fair, keep grinning even in the face of the most persistent adversity, and, if there be a Heaven you will be sure to get there.

"Seeing Life" in an expression often used by people who are "fed up". But how often isn't the whole process reversed and we find them "grasping at life" and being "fed lying down".

In this old world of ours life is "one darn thing after another" with a few very precious bright spots thrown in. So that we will be able to "get on to" the good thing when it does come we must cultivate the habit of grinning.

Grousing doesn't pay. At the most it is only a pernicious habit which can do no good and very often much harm. So cheer up! Keep smiling! Every dog has its day!

Every man in this old world of ours is made to fill a certain groove. Because you haven't settled down in your groove as yet should not cause you the smallest qualm. Cheer up! You'll soon fill your groove even if it's that of an indulgent husband whose missis is "top dog".

"Money makes the world go round". But have you ever stopped to consider that it may be also due to the impetuous given it by "the boys" chasing the ever elusive flappers?

If you want to compliment a woman just you tell her she looks "swell". But at all times be very careful how you discuss her health. Above all never tell her she looks unwell.