

HOME

Vegetable Left-Overs.

The English have an odd way of using left-over vegetables for a very pretty as well as a palatable dish. It is called vegetable mould and can be made from almost any combination of vegetables. Rub cold cabbage through a wire sieve, also some cold carrots and turnips, keeping each vegetable separate. Add to each a little melted butter and season with pepper and salt. Grease a small mould and put the vegetables in in layers. Then bake or steam until the mould is hot all through. Turn out carefully and serve. Other vegetables may be used in the same way, and the lighter the color of the vegetables the more unusual and attractive the mould will be.

"Colcannon" is another English dish, simple to prepare and seldom seen in this country. This is made from cold left-over cabbage and potatoes. Cut the potatoes in slices and fry brown in dripping; when they are browned add the sliced cold cabbage and fry lightly together. Season well and serve.

A puree of peas, made in very much the same manner, offers a solution for left-over peas, and may also be made with the dried peas if they are soaked and boiled a sufficiently long time. Mash and press the boiled peas through a sieve. Place them in a saucepan and stir into them enough hot milk and pepper and salt to well moisten and season them; add also butter and very little sugar. This may be served like mashed potatoes, or if preferred it can be turned into a baking dish and slightly browned in the oven.

Uses for Stale Bread.

Not a crust of stale bread should be thrown away, for it is not only useful for the crumbs which every householder keeps on hand to use in frying and scalloping, but may be used in countless other ways. Toast, of course, is always better when made from yesterday's bread and to make good toast is no mean art. Buttered toast, which makes a very good luncheon dish, is made from slightly stale bread. Heat a dish and stand it over hot water; toast several evenly sliced pieces of bread and spread them generously with slightly softened butter. Sprinkle with salt; place them in the hot dish and stand for a minute or two in a hot oven; serve in a covered dish.

Milk toast is delicious when properly made, but it is so simple that people are apt to make it carelessly. Here is a recipe that, faithfully followed, makes perfect milk toast. Make a dry toast, spread with butter and sprinkle with salt. Place it in the dish in which it is to be served. Pour over it a little boiling water; cover and place in the oven for a few minutes to steam.

Put into a saucepan one teaspoonful of butter. When it bubbles, stir in a teaspoonful of flour and let it cook without coloring. Add slowly, stirring all the time, one cupful of milk. Cook until slightly thickened and add a salt-spoonful of salt. Pour this thickened milk over the softened toast just before serving.

Stale bread as crumbs or soaked in milk, custard, or stock, may be used in the making of many sweet puddings, such as bread and butter pudding, apple Betty, plum pudding, cheese pudding, etc.

Useful Hints.

Whiting and ammonia are best for cleaning nickel.

Vinegar placed in a bottle of dried-up glue will moisten and make it liquid again.

To keep irons from rusting rub with mutton fat and wrap in brown paper before putting away.

Cereals will not become pasty in cooking if they are stirred with a plated fork instead of a spoon.

To soften brown sugar when it has become lumpy, stand it over a vessel filled with boiling water.

Faded silks may be restored in color by immersing them in soap-suds to which a little pearl-lash has been added.

Nail stains may be removed from wood by scrubbing with a solution of oxalic acid, half a pint of acid to a quart of boiling water.

Colored handkerchiefs should be soaked in cold water for a short time before they are washed. This will prevent the colors from running or fading.

When baking, the scissors are useful; a snip and the biscuit dough is quickly apportioned; a quick cut

and the drop cookie falls into place on the baking tin.

The celery and cheese sandwiches are delicious. A little mayonnaise is mixed in with the cheese, which is finely grated, the celery being put through the mincing machine.

Don't buy a chicken if the eyes are not bright. When the eyes are dull and sunken, you can be sure that the fowl has been killed some time.

To keep curtains from blowing out the windows, conceal thin iron washers in the hems and corners. It will make the curtains hang evenly and without constant stirring in a breeze.

If you have any icing left over after the cake is iced, spread it on buttered crackers and sprinkle with nuts, raisins or dabs of peanut butter.

If the turkey is not very fat, avoid its being dry after roasting by spreading butter over the outside, and baste it frequently while it is roasting.

Dresses that have been laid away in drawers for some time often become very much creased. Hang them in front of the fire for a while and the creases will disappear.

A teakettle should be given frequent baths, else lime and other salts will settle on the sides. Keep an oyster shell in the kettle to prevent this.

In cooking rice, if you wish to keep every grain separate, cook in rapidly boiling water, with cover off the vessels.

To remove stains from white flannel shirts and similar things, smear with equal part of yolk of egg and glycerine. Leave for an hour and wash them in the usual way.

Never throw away cake, no matter how dry, but the next time you bake a custard, slice the dry cake on top just before you place it in the oven. This makes a delicious caramel.

Bake pastry in a hot oven; this will expand the air in it and thus lighten the flour. Handle pastry as little and as lightly as possible. Use rolling pin lightly and with even pressure.

Flannelette may be rendered non-inflammable by rinsing it after washing it in alum water. Dissolve two ounces of alum in a gallon of cold water.

When a Woman Suffers With Chronic Backache

There is Trouble Ahead.

Constantly on their feet, attending to the wants of a large and exacting family, women often break down with nervous exhaustion.

In the stores, factories, and on a farm are weak, ailing women, dragged down with torturing backache and bearing down pains.

Such suffering isn't natural, but it's dangerous, because due to diseased kidneys.

The dizziness, insomnia, deranged menses and other symptoms of kidney complaint can't cure themselves, they require the assistance of Dr. Hamilton's Pills which go direct to the seat of the trouble.

To give vitality and power to the kidneys, to lend aid to the bladder and liver, to free the blood of poisons, probably there is no remedy so successful as Dr. Hamilton's Pills. For all women's irregularities their merit is well known.

Because of their mild, soothing, and healing effect, Dr. Hamilton's Pills are safe, and are recommended for girls and women of all ages. 25 cents per box at all dealers. Refuse any substitute for Dr. Hamilton's Pills of Man-drake and Butternut.

SHE DIDN'T KNOW HIM.

Hubby Home from the Trenches Needed a Bath.

One faithful and anxious woman has had a pleasant surprise, says the London Chronicle. There appeared a man on the doorstep. He had a horrid growth of beard, he was muddy from head to heel and from no outward point of view savory. But the woman, after a moment's puzzlement, fell on his unsavory neck, rejoicing. It was her husband, home for ten days' leave.

Early that morning he had been in the trenches. Leave came. By tea time he had reached London, just as he was, taking the simplest means. What he really wanted was a bath—which he hates abandoning for six weeks on end—and a few days off. So if you meet a filthy scarecrow emerging modestly from a taxicab, don't be alarmed. Probably it is a British officer on a bit of a holiday.

The men who tell you nothing is impossible would even eat an onion and try to lie out of it.

Rector—These pigs of yours are in fine condition, Hodge. Hodge—Yes, zur, they be. An' if we was all on us as fit to die as them are, zur, we'd do.—English paper.



Cigarettes are Always Welcome in the Trenches.

Mrs. Gwynne distributing cigarettes to the men in the trenches. This picture was taken in one of the trenches a few miles beyond Pervyse, and gives a graphic idea of them. Note the snow on the ground and the wrecked condition of the surroundings.

THE ATTRACTION OF GEMS

MEN AND WOMEN IN ALL AGES HAVE FELT IT.

Curious Powers Which Are Ascribed to Certain of the Stones.

The fascination of precious stones goes far deeper than is thought by those who have seen them only in the shops of the jewelers and on the necks of women. A friend of the London Spectator writer who visited the ruby mines in Burmah some years ago and brought back with her a handful of unset rubies, sapphires and aquamarines, has never reconciled herself to having them made into conventional ornaments, but keeps them by her in the rough to feed her eyes at these little fountains of pure color.

It is a notable fact that the names of the precious stones are, almost without exception, as beautiful as the stones themselves. Few passages in literature illustrate this better than Saint John's description of the New Jerusalem. "The first foundation was jasper, the second sapphire, the third a chalcedony, the fourth an emerald, the fifth sardonyx, the sixth sardius, the seventh chrysolite, the eighth beryl, the ninth a topaz, the tenth a chryso-phrasus, the eleventh a jacinth, the twelfth an amethyst. And the twelve gates were twelve pearls, every several gate was of one pearl. To these we may add diamond and ruby, turquoise and opal, aventurine, carnelian, lapis lazuli and tourmaline. A friend reminds us that the Jews, with their racial instinct for beauty, have often adopted surnames derived from gems, like those of Rubinstein, the musician, and the Austrian satirist Saphir.

Dr. George Frederick Kunz has garnered the learning of a lifetime in his delightful book on The Curious Lore of Precious Stones, and acutely suggests that

The Charm of Jewels

lies not only in their brilliance, but in their durability—a quality which always possesses a mysterious attraction for our mutable creatures of the moment.

"All the fair colors of flowers and foliage and even the blue of the sky and the glory of the sunset clouds last only for a short time and are subject to continual change, but the sheen and coloration of precious stones are the same to-day as they were thousands of years ago, and will be for thousands of years to come." In a world of change and decay and deterioration, these symbols of eternity remind us that there is something fixed to cling to amidst the clashing of waves of illusion, and many have held them to be in some way inseparably associated with the one essential entity which knows no variability, neither shadow of turning.

There is, of course, a third and—in the logician's sense—a more accidental reason for the high estimate put on precious stones: this is their rarity and their consequent market value. The man who has made a hoard of

Bags of fiery opals, sapphires, amethysts, Jacinths, hard topaz, grass-green emeralds, Beauteous rubies, sparkling diamonds, And sold—seen costly stones of so great price.

cannot but be moved by the thought of the dormant forces which lie waiting to be called into action if he chooses to throw them on the market. As he turns over these little sparks of fiery light he dreams of the envies and ambitions, and activities and labors, even the crimes and violence to which they would give birth if released from their captivity.

It is hard enough to say, as Byron said of the similar belief about the influence of the stars on human life, that diamonds and rubies, emeralds and opals are

A beauty and a mystery, and create In us such love and reverence from afar That Fortune, Fame, Power, Life, have named themselves

a tutelary and directive jewel. Dr. Kunz makes a careful examination of all those ideas—often curious and far-fetched in appearance—and shows that "they have their roots either in some intrinsic quality of the stones or else in an instinctive appreciation of their symbolical significance."

Occult Influence of Stones.

Folk-lore, it seems, are not yet agreed whether the custom of wearing gems in jewelry did not originate in the idea of their occult virtues and influence on the wearer's character and fortune, rather than in the mere wish for personal adornment; though what we know of the savage taste for bright and sparkling ornaments, fortified by the habits of the magpie and the bowerbird, inclines us to hold that the talismanic use of gems must have been a secondary growth. In the Middle Ages, at any rate, the belief in the occult influence of precious stones had come to be stronger even than the admiration of their beauties.

An English lapidary, writing in the middle of the seventeenth century, gives an imposing list of the effects of "Gemms and pretious stones," among which he enumerates "the making of men rich and eloquent, to preserve men from thunder and lightning, from plagues and disease, to move dreams, to procure sleep, to foretell things to come, to make men wise, to strengthen memory, to procure honors, to hinder fascinations and witchcrafts, to hinder slothfulness, to put courage into men, to keep men chaste, to increase friendship, to hinder difference and dissension, and to make men invisible."

Alas, if we really believed that all these fine things could be achieved by the mere wearing of the appropriate stones, should we not ruin ourselves in buying jewels and go about bedizened like the denizens of Hatten Garden and Park Lane—who, for all the good it seems to do them, might as well wear their income tax receipts as their diamonds?

It is easy to understand how some of the precious stones have acquired their reputation for occult virtues.

The world-famous belief in "sympathetic" magic accounts for many of them; it is a form of homeopathy based on the maxim that similia similibus curantur, but unscientifically accepting any trace of similarity as adequate. Thus, yellow stones, like the beryl or topaz, were thought to cure jaundice. Any red stone would check hemorrhage, though the blood stone par excellence is a dark-green chalcedony or jasper, splashed with red markings like blood drops. We may hazard a guess that the well-known power of the amethyst to prevent drunkenness, hitherto unexplained, may have originated in its resemblance in color to the nose of

The Confirmed Drunkard!

But there are many other beliefs which it is well-nigh impossible to explain; we must suppose that, like the immortal Topsy, they "grewed." There seems no reason in the nature of things why the agate should make its wearer agreeable and persuasive; the beryl brings success in litigation (what about contempt of court?); the carnelian stimulate the timid orator; the catseye drive away evil spirits; the emerald foreshow coming events; the jacinth insure a warm welcome at an inn—we should pin our faith in modern days to diamonds for this purpose; the moonstone arouse love; the ruby guard a vineyard from destructive hailstorms, or the sapphire protect its wearer from envy—nowadays it often attracts it.

On the other hand, we can readily understand why the pearl should be not merely the emblem, but the protector of purity; why the diamond, hardest and strongest of all stones, should endow its wearer with fortitude, strength and courage; why the loadstone (which is seldom or never worn in these cold-hearted days) should make all women fall in love with its possessor. The intimate association of the turquoise with its wearer's health is explained by the undoubted fact that it sometimes changes color when its owner is run down, though its power to prevent the breaking of a limb rests on less good authority.

"A woman prominent in the London world," is said to have the power of restoring the color to a faded turquoise. Lastly, we may note that the opal—that most adorned of "captain jewels in the carcanet," which foolish people to-day often hold to be unlucky—was formerly thought to combine all the virtues of the various gems, the hues of which are united in its many-twinkling light.

His First Company.

An English recruit was stopped in the street recently by an officer for failing to salute. The young fellow confessed his ignorance of the regulations (having only just enlisted), and received an impromptu lesson. The dialogue concluded the recruit saluted correctly. "By the way," said the officer, "to what company do you belong?" "Please, sir, to the Wigan Coal and Iron Company," was the reply.

Fractured Language.

"You broke your word."
"I d-d-didn't."
"There you go, breaking an other."