

FOR THE HOME

Recipes for the Kitchen,
Hygiene and Other Notes
for the Housekeeper.

SOME GOOD RECIPES.

Plum Butter—Take 1 pk. ripe plums, 1/2 pk. sour apples. Seed the plums and cook together until soft; mash through colander; add 1 lb. sugar to 1 qt. of fruit; cook slowly about 5 hours, stirring to keep from sticking. This is delicious, not so strong as all plum. Try it and you will never make it any other way.

Stuffed Tomatoes—Wine and remove a thin slice from the stem end of ripe tomatoes. Take out the pulp, insert and drain. Sift pulp, add some bits of cold meat, chopped fine, and some bread crumbs; then season with salt and pepper, and fill the shells heaping full, placing bits of butter on top of each. Bake about 20 minutes.

Eggs with Nuts—Boil a sufficient number of eggs 45 minutes. Cool in ice-water, remove shells and slice lengthwise. Take out the yolks and mash and mix with an equal quantity of chopped nuts. Season with celery salt and white pepper. Fill the cavities, then join the halves, fastening together with wooden skewers. Roll in beaten egg, then in bread crumbs, and fry a delicate brown in deep boiling fat.

Omelet a la Spain—Beat the whites and yolks of 6 eggs separately, then stir together in a bowl and add 6 teaspoons warm water and a little salt. Place a lump of butter in the frying pan and as soon as smoking hot, pour in the eggs. As soon as they begin to thicken, add 1 onion, 1 green pepper and 1 boiled potato, all chopped. Turn the omelet carefully, and when done flip over into a warm platter. Serve at once.

Conserved with Tomatoes—Season with salt and pepper 1 pt. cooked tomatoes. Stir in 1 cup meat gravy or stock, 1 tablespoon butter rubbed smooth with the same amount of flour and last of all, stir in 2-3 cup stale bread crumbs. Put the saucepan where the mixture will boil briskly while a number of eggs are being broken into a dish. Slide the eggs from the dish onto the boiling tomatoes. As the whites stiffen, prick the yolks with a fork, dust lightly with salt and pepper, cook a few moments longer and pour over slices of buttered toast.

A Delicious Pudding—One pint milk 2 slices bread, 5 tablespoons sugar, 2 teaspoons ground cocoa, 1 egg, 1 teaspoon vanilla. Put in a dish the bread, sugar and cocoa, then pour over all 1 teacup boiling water. Let stand five minutes, then with potato masher crush it to a smooth pulp. By this time it will be cooled off sufficiently to add the egg, which has been well beaten, while the bread was soaking. Lastly stir in the milk and vanilla and put at once into a very hot oven and bake 15 minutes. This makes a pudding large enough for four persons. Serve with a vanilla sauce or cream, as preferred.

Unfermented Rolls are the purest form of bread and are easily made. They are made by mixing any desired quantity of whole meal with cold water into a stiff dough, adding salt to taste. Mold into pieces size and shape of a turkey's egg, and bake slowly between two cake tins for three-fourths of an hour. These are sweet and wholesome and good for sound teeth.

COTTAGE CHEESE.

I make cottage cheese of thick milk, which becomes so by souring, writes Mrs. E. O. Lee. It is then scalded by setting a pan of it over or into a vessel of hot water. Stir frequently, but gently, so as not to break up the curd too fine. When as hot as the hand will bear (I do not know how many degrees) turn it through a cloth strainer placed over another pan. I let it stand in the whey until about blood warm, then gather up the corners of the cloth strainer, and let the whey run through, squeezing until quite dry. The curd is then mixed with a little cream and milk, salted to taste, thoroughly mixed and then formed into balls or pressed into molds. As soon as cold it is ready to eat.

It should be made moist enough to form readily into balls. If too dry, it will be crumbly. A little experience is a better guide than any description I can give. In regard to the scalding, if it is not scalded enough, the whey will not separate, and the curd will be sticky or clammy. If scalded too much, the cheese will be crumbly and tasteless. There is a point which is just right. My hand is the only thermometer I use.

FRUIT DIET.

Fruits are natural foods, and cannot possibly be productive of harm. When disturbance results, it is not due to the fruit, but its improper combinations with other foods. There are people who fill the stomach with a many-course dinner, finishing up with fruit to counteract the ill effects of the heterogeneous mass that preceded it. In such a case, if fruit appears to disagree, it is not to be wondered at. By far the better plan is to make one or two meals of fruits exclusively, and the remainder of the meals of other foods, if it is deemed necessary. The secret of a nutritious diet lies in properly combining foods; but simply pitch-fork-

ing all sorts of foods into the stomach indiscriminately, cannot help but invite disaster. In its general aspect digestion is a chemical process, and as the chemist avoids the attempted union of incompatibles, so the individual should avoid mixing incongruous substances in his dietary. Fruits are ideal summer foods, combining not only diuretic and laxative qualities, but germicidal ones also, and their liberal use under the foregoing limitations cannot fail to be beneficial in the highest degree.

COUCHES AND NERVES.

Couches have saved more minds and nervous systems than all the doctors and medicines put together.

It is the best refuge that the overworked housekeeper has, did she but know it; and the only fault we have to find with women is that, as a rule, they do not use their couches half enough.

When distracted by the infinite cares of the household and worried over this bill and that a woman should have a place where she can throw herself down and, stretched at ease, allow her troubles to straighten themselves out of their own accord.

By these means hysteria is avoided, beauty is preserved, and the women's chances for eternal salvation are helped tremendously.

USEFUL HINTS.

A bit of vanilla makes palatable the cup of chocolate.

When cooking fruit always add a pinch of salt, as it greatly improves the flavor.

Apples for Dumplings should not be cored, for the favor of the pips greatly improves the cooked fruit.

The wee child just beginning to talk enjoys hearing "please" and "thank you" perhaps as much as big people.

To preserve shoe soles—Melt together tallow and resin in the proportion of one part resin to two of tallow, and apply hot to the soles, as much as they will absorb. This I have found keeps out water and makes the soles last much longer.

NEW SURPRISE IN RADIUM

ELEMENT GIVES OUT MORE HEAT WHEN COLDEST.

Metal Subjected to Many Temperatures, From Summer Day to Liquid Air.

Radium has been a source of constant surprises to the scientific world; but the greatest surprise of all is the discovery that the lower the temperature to which radium is subjected the greater its emission of heat.

This extraordinary property of radium is told in a communication to the French Physical society by Prof. Curie. It was only in March last that eminent men of science refused to accept the statement so irreconcilable to scientific experience as the astonishing fact that radium possesses the property of maintaining its own temperature at a point three degrees higher than that of its surroundings; but the fact that, in addition to the marvelous radio-active and physiological properties already described from time to time, radium has this unique and unprecedented power of emission of heat has been established beyond the possibility of question.

PROF. CURIE'S EXPERIMENTS.

Strenuous efforts have been made to obtain accurate measurements of this heat production and to determine its effects of external conditions in promoting or retarding it. Prof. Curie has found that the heat emission remains unchanged through a wide range of temperature, there being no perceptible variation at the temperature of a summer day, or that of liquid air; but that if a long downward stride is taken from the temperature of liquid air to that of liquid hydrogen radium shows that it is not always unaffected by external temperature. Here comes the amazing new fact that the change in the rate of heat emission of radium within a comparatively short distance of absolute zero is in exactly the opposite direction to what might be expected, in view of the effect of low temperatures on ordinary chemical action, for at the temperature of liquid hydrogen the heat emission of radium, instead of being reduced, is augmented.

HOTTEST WHEN COLDEST.

In simple language, a substance which does not change its heat in any and all temperatures, from that of an ordinary room to that of liquid air, gives out greater heat when subjected to the greatest cold scientists have yet reached.

These experiments with liquid hydrogen also led to the curious discovery that freshly prepared salt or solution of radium has comparatively feeble power for giving off heat at all temperatures, but that the power steadily increases until about a month, when it reaches the maximum activity, which it then maintains apparently indefinitely.

These remarkable results do not throw any light upon the process whereby radium maintains its constant emission of heat and radio-activity.

He—"You appear to be angry with my friend from the west; but you mustn't mind what he says. He's a rough diamond, you know." She—"Then I shall insist on cutting him."

BLACK AND WHITE EQUAL

NEGROES ARE WELCOMED IN BRITISH ISLES.

London Receives Them on Terms of Perfect Social Equality.

Dissatisfied American colored folk should go to England, where the open hand of equality is held out to the negro. Of course, every negro is not considered the equal of the white Englishman. But the black man of more or less gentlemanly bearing who dresses well and has a modicum of education has far better opportunities for social progress than would be accorded him even in the northern states.

There is nothing mysterious about England's position toward the colored man. The hordes of dark skinned races which help to swell the population of the empire have accustomed the inhabitants of the British islands to look on the black as "fellow subjects."

Black soldiers fight side by side with white comrades in war time. It has been found that trenches are as easily filled by white as by black "Tommies."

FELLOW SUBJECTS.

Though the East Indian, with his dark skin, is distinctly different from the Numidian type of black man, yet the people in the "right little, tight little island" do not take this fact into consideration.

In London the equality of the white and black people is most pronounced. Negroes may dine without comment at any of the restaurants in the metropolis. Indeed, it is not at all an uncommon sight to see a negro as black as the proverbial ace of spades leading to the dining table of a fashionable restaurant a white woman apparently of the highest culture—at least, so far as dress and bearing are concerned.

At almost any social function one may meet colored men from West Africa and the United States. They are always well dressed and their deportment is beyond reproach.

It is not so long since there was given at the Holborn restaurant, one of London's most select establishments, a great banquet to natives of West Africa. Sir Alfred L. Jones was the honored guest of the evening.

Sir Alfred took the greatest interest in the Holborn dinner, and did not mind in the least being wedged in between two negroes from the west coast of Africa. There were hundreds of other well known Englishmen at this dinner, and every one of them sat beside a negro guest.

Could such a banquet have taken place anywhere within the limits of the United States?

How many persons of recognized social standing would have accepted invitations to any dinner where upwards of 150 negroes were to be present? Excuses to invitations to such a dinner would have been wonderfully ingenious, and it is doubtful if many would have accepted.

During the last few months Mr. W. T. Stead, editor of the Review of Reviews, has been giving at homes to his various friends at his offices Friday afternoons.

COLORED MAN'S ADDRESS.

Not long since a number of negroes were invited to an at home. Among others was D. E. Tobias, a colored man from South Carolina. Tobias was called upon for an address, and he chose for his subject: "The Superiority of the Blacks Over the Whites."

In Mr. Stead's audience were possibly 150 persons, mostly ladies. Mr. Stead himself did everything in his power to make it plain to all that he regarded Tobias and his friends as quite on the same social level as the white people who had come to the at home.

Tobias and his friends openly challenged the superiority of the white race over the black, and said a great many pointed things which sounded strangely to some of the assemblage.

But the position of the negro in England is on a far more solid foundation than merely receiving invitations to at homes.

He has the entire of all schools of learning, the museums, the libraries, and indeed, everywhere. One of the most select academies of law in the world is the Temple Law school. Yet, studying at this famous law school are many negroes. Some are from the Barbadoes, others from west Africa, and elsewhere.

Intermarriage between blacks and whites in England is not looked upon with any other sentiment than that of vague curiosity by those who do not exactly approve such proceedings.

Indeed, many of the servant class in England seem to think that "nice black men" make the best kind of husbands. It is quite usual for colored butlers in English families to marry white cooks or chambermaids.

At the British museum reading room many black men have entrance tickets, and they receive every attention from the white attendants who have charge of the books. Every privilege is accorded them, and there is absolutely no distinction as to color. This is, of course, as it should be in a place like the reading room, which is patronized by students from all over the world.

In the saloons of London colored men are served with drink by the pretty barmaids, with the same

alacrity—or a little more, perhaps—than is shown the white customer.

COLORED STENOGRAPHER.

There recently appeared in the Daily Telegraph an advertisement for a stenographer, "colored preferred." So it seems, even in the higher lines of work the negro is making his way in England.

As yet there are no colored doctors or lawyers practicing in London, though several have taken degrees. Most of those who take London university or other degrees in England return to their native countries and hold minor posts under the government; or else, being from families of independent means, do not engage in serious work.

Within the next five years, however, it is predicted that London will see many more negroes than it has ever before known.

The terms of absolute equality with which the negro in England is regarded have made that country a pleasant place for him to live. This applies more particularly to the southern section of England proper. In Ireland the negro is still looked upon with more or less suspicion.

When knights and barons dine with negroes publicly; when English women receive them on terms of equality; when many respectable white women look upon negro men as acceptable husbands—it looks as if England were the proper place to inaugurate the negro millennium.

TO SUPERSEDE WIRELESS.

Experiments Made With Telepathy in London.

Some astonishing experiments in thought transference were made at the offices of the Review of Reviews in London. Before a committee consisting of six members, among whom were Dr. Wallace and Mr. W. T. Stead, telepathic messages were sent from London to Nottingham, a distance of 110 miles.

Numbers, names and times were given to Mr. Richardson (M.D., U.S.A.), in London, and he promptly, with the aid of numerous nervous twitches, transferred them to a subject in Nottingham. Every door of the room was guarded so that no confederate could hear what was said and telephone the result to Nottingham; and every member of the committee was previously unknown to Mr. Richardson.

It had been arranged that a Mr. Franks was to expect the telepathic messages in Nottingham between the hours of six and eight p.m. Upon their receipt he promptly sent a telegram to the committee giving the message and the time of its receipt. By these means there could be no possibility of collusion between the two men a hundred odd miles apart.

A few minutes before six Mr. Richardson sat in a particularly harmless-looking chair chatting easily with the members of the committee. As the clock struck six a remarkable change came over Mr. Richardson. He sprang from his chair, and took a shrinking pace backwards, with right arm uplifted, as though to ward off a blow. His head and left side became rigid, after the manner of a paralytic. But in contrast his voice came evenly and smoothly as he said that Mr. Franks had "rung him up."

At 6.34 Mr. Richardson stated that his message had gone to Nottingham, and at 6.38 he announced that Mr. Franks had forwarded a telegram to the committee giving the result. In due course the following message arrived: "Nottingham, 6.48 p.m.—Number 579 received twenty minutes to seven."

Throughout the whole course of an exhaustive series of experiments the only serious mistake made by Mr. Richardson and his subject was when, at ten minutes to seven, the former stated that he had sent the word "Wales." In reply to this, Mr. Franks wired: "Name England, received ten minutes to seven." Consequently, although the thought transference was simultaneously the word was wrongly interpreted.

TWO MEN TO A SHIP.

As Scions of Noble Family They Girdled the Globe.

It is the fashion, says the London Chronicle, when a famous judge or detective retires to give a list of his most remarkable cases. Sir Hartley Williams, the retiring senior puisne judge of Victoria, has been the subject of such a retrospect. One of the first cases he had to try was a very rare offense indeed—stealing a steamship. A couple of audacious scoundrels named Henderson and Wallace stole a steamer from the Clyde, disguised her very skillfully, and went on a pleasure cruise around the world. At Melbourne, where they posed as scions of English nobility, and received much social attention, the fraud was detected. They were arrested, convicted and sentenced to long terms of imprisonment. Stealing a ship is like stealing an elephant, a very unprofitable form of crime. The risks are enormous, and it is difficult to get rid of the stolen property or convert it into cash.

"All I demand for my client," shouted the counsel, in the voice of a man who was paid for it, "is justice!" "I'm very sorry I can't accommodate you," replied the judge, "but the law won't allow me to give him more than fourteen years."

LORD STRATHCONA'S SEAL

A DESCRIPTION OF HISTORIC KNEBWORTH.

The English Country Residence of His Lordship—An Old Place.

Mr. Roderick Campbell, F.R.S.S., of Bushy Heath, Herts, describes Knebworth, Lord Strathcona's home, as follows:

At the time of the conquest this Manor was possessed by Humbrid of the fee Endo Dapifer, tenant in capite thereof under the Crown. Robert de Hoof, in the twentieth year of King Edward I., obtained a charter for a weekly market at this Manor of Knebworth.

In the time of Edward IV. the Earls of Devonshire and Pembroke were each in residence and owners of Knebworth. Then in 1488, by the marriage of Sir Thomas Bourchier to Isabel, Countess Dowager of Devonshire, who sold it shortly afterwards to Sir Robert Lytton; then followed successive generations of this family—i.e., Sirs Rowland, and William and William Robison, Lord E. Bulwer, the famous novelist, down to the present Lord Lytton. The ancient Manor of Knebworth consisted, as Sir Henry Chaney says, "of a large pile of brick with a fair quadrangle in the middle of it." This building was partly pulled down in the year 1811, and a handsome mansion erected in the Gothic style by the Lyttons, nearly upon the site of the building removed, which was finished in the year 1816.

The church, which is dedicated to St. Mary, consists of a chancel, having a chapel on its north side, a nave and a square embattled tower at its west end. In the spandrels of the arch of the doorway, on the south side of the nave, are the arms of Hotot, carved in stone. Over the communion table is a painting of

"THE LAST SUPPER"

upon panel; also brass monument of Simon Dache in the chancel of the church. And lastly, a benefaction thus: "William Johnson, by his will, dated 26 August, 1811, bequeath to the rector and the churchwardens of the parish for the time being £100, £3 per cent. consolidated annuities, upon trust, to receive the interest and dividends thereof; and pay and distribute the same, on the 30th January in every year, unto and amongst eight poor housekeepers, inhabitants of Knebworth, giving preference to those who constantly attend Divine service."

There is a monument consisting of a sarcophagus of black-veined marble, in front of which are three infant figures playing with an hour-glass; a skull, and a serpent with its tail in its mouth, the emblem of morality and eternity; beneath the figures of a gentleman and his lady kneeling on cushions in the attitude of prayer, above which is a family group; below is a semi-circular pediment, surmounted by a shield, on which are three arms, quarterly—1st and 4th, Argent; 2nd and 3rd, Gules; a fret Or; over all a fess Azure, Robinson 2nd, Lytton 3rd, Strode 4d. On an inscribed Gules, an anchor Or, on a chief of the last three plates, Heysham, crest on a wreath, a bird a rising Sable, beaked and legged Gules. Underneath the sarcophagus Latin inscriptions too many to quote.

I feel sure that it will interest Canadians and Scotch alike to learn that this ancient and historical place is the English country residence of the Right Hon. Lord Strathcona and Mount Royal, G. C. M. G., High Commissioner of Canada in London, and Governor-in-Chief of the Hudson's Bay Company, in which service he once occupied the humble position of

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at Fort Rigoulette, in the wild, barren, cold and inhospitable regions of Labrador.

Nor is his Scottish estate and residence in the Western Highlands of Scotland any less interesting and historic. The McDonalds of Glencoe are descended from Tain Fracch, brother of John, Lord of the Isles, who flourished in 1346, and who acquired Glencoe in right of his wife, a daughter of the brave and renowned Dugal McEanring.

As I strolled among the beds of beautiful flowers at Knebworth, and as the sun was far down in the Western sky, I stood still, looking in that direction, and the thought came back vividly to memory of over 33 years ago, when standing behind a group of rebel leaders at a mass meeting at old Fort Garry, when Riel addressed his colleagues thus, in a language of mixed Cree and Saulteaux:—"Mee-na-gaa, a nec, naa, Smith, kaa-ccen-a-gaw-goo-kec-kanta-see. Noo-gom-nee ba tippic raw baska-a-seeke!"—"Evidently this man Smith knows everything. In the darkness of the night let him be shot or smashed." Riel was not aware he was understood by any of us.

When some cavalrymen were going through a riding drill, one of the men's horses bolted with him, and was making his way towards the stables when an officer met him. "Where are you going?" inquired the officer. "I don't know, sir," shouted the cavalryman, as he flew past. "Ask the horse!"