

## FOR THE HOME

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

### DOMESTIC RECIPES.

**Favorite Chops**—Remove all the fat from some chops. Season each with pepper and salt, and wrap each in buttered paper. Fold the paper neatly together and fry a nice brown. Serve in the papers with a garnish of fried parsley.

**Linseed Tea**—Pour two quarts of boiling water on one ounce of whole linseed, and twelve drachms of liquorice root sliced. Add a few slices of lemon. Let this stand in a covered jug for six hours, then strain for use and sweeten to taste.

**Egg and Water Cress Sandwiches**—These make a nice change from cakes for afternoon tea. Cut some thin brown bread and butter. Pass two hard-boiled eggs through a wire sieve. Put a layer of egg on one piece of bread and butter, and a layer of water cress leaves on the other. Press together and trim off the crust.

**Swiss Roll**—One teaspoonful of caster sugar, one teaspoonful of fine flour and a teaspoonful of baking powder, mix well together. Break two eggs into the dry ingredients, and beat for five minutes. Pour into a well-buttered Yorkshire pudding tin. Bake for three minutes in a very hot oven. Turn on a sheet of sugared paper. Spread with jam and roll quickly.

**Lobster toast** is a tasty supper dish. Take half a small tin of lobster; pick to pieces carefully to remove any shell; add a dessertspoonful of warmed butter, some chopped capers, and cayenne pepper. Pound all together till quite smooth, adding salt if necessary. Make thoroughly hot, and serve on squares of hot buttered toast. Garnish with rings of hard-boiled egg and serve.

**Curried Sausages**—Fry some sausages till quite cooked. Then pour a little water into the frying pan; dredge in some curry powder and sufficient flour to thicken the whole. Simmer for ten minutes. Add a squeeze of lemon juice and stir till the sauce is done. Add the sausages; stand at the side of the fire while they heat through again. Serve with a border of boiled rice.

**Potato Balls**—This is a nice way of cooking old potatoes when they are getting rather out of condition. Take the boiled potatoes and mash with a little milk. Dredge in some flour, season with pepper, salt, and chopped parsley. Take care that the mixture is not too moist. Add sufficient chopped parsley to flavor; make into balls. Brush over with milk, put on a greased tin, and brown before the fire or in a sharp oven.

**Tomato Jam**—The green fruit is best. Wipe each with a cloth and remove the stem. Put into a preserving pan, allowing half a pound of white sugar for every pound of fruit; add a little water for syrup. Slice one lemon for each two pounds of fruit and add. Boil until thoroughly done and the syrup is thick. Do not put much water at first, for it can be added easily. This is an excellent preserve and tastes a little like figs.

**Rhubarb and Orange Marmalade**—To every pound of cut rhubarb allow three or four Seville oranges and a pound and a half loaf of sugar. Peel the oranges thinly and cut in thin strips as for marmalade. Take off the white pith, which will not be needed. Remove the pips from the fruit and cut it in slices. Place the oranges, rhubarb and sugar in the preserving pan, and boil gently till sufficiently cooked, and the scum has ceased to rise. Set to preserve in small pots and cover while hot with white paper brushed over with white of egg.

**Maid of Honor**—For these tarts you must commence by making good puff paste, and make it line some patty pans. Fill half full with this mixture. Beat two ounces of butter with the hand till it comes to a fine cream, add two ounces of caster sugar, and beat well together; add yolks of two eggs beaten again; add a small quantity of milk, shake in a few currants and finely chopped candied peel. Beat all the ingredients together before filling the patty pans. You will find these delicious if carefully made.

### TRAINING OF CHILDREN.

My own experience with children has taught me to believe that those who revolt against all arbitrary authority are not bad, but misdirected children of unusual strength of character, who through wrong influence and control have come to feel a certain pride in opposing those whom they should obey, writes a correspondent. These children who give the most trouble will help most when once they are turned into the right path.

We must remember that tyranny tends to distort character. Blind submission should not be exacted from children, as it tends to make slaves of weak characters, while those who are naturally independent and who do not obey without clear reason, react blindly against arbitrary authority. The need is to cultivate in all children an intelligent and free response to necessary laws.

When children obey because they see clearly a good reason why they should, the result is a distinct growth in moral character. On the other hand, if obedience is prompted through fear of physical punishment, the result is of no real benefit to the child's nature. We must bear in mind that the first step toward perfection in our little ones is the setting of the example they need to see. A mother who lacks refinement in act speech or dress, who is careless of the truth and selfish toward her husband, can only expect to see these faults reproduced in her children. From the earliest conscious act a child should be taught to consider others and take his share of family self-denial. This is very necessary to the formation of fine individual character. We must work ceaselessly and with infinite love and patience, like the gardener, who, with steady hand, guides and bends, never breaking, the twigs of a vine, until it comes to grow in symmetry and beauty. We must let nothing draw our hearts and hands from the service of our children. Their young lives are incomparably more important than any other possession we can ever have.

### USEFUL HINTS.

A headache may be relieved by adding a little lemon juice to your tea instead of milk.

When cooking white fish sprinkle a little lemon juice or vinegar over it; this will improve its appearance and flavor.

To make boot laces kept tied give them a slight waxing. This also stiffens them to go quickly through eyelets.

A strip of carpet glued to a piece of wood will remove mud from boots quickly and without the slightest injury to leather. It is far better than the usual brush.

Stains on flannels may be removed by applying equal quantities of yolk of egg and glycerine, and allowing it to soak for half an hour before the garment is washed.

To make linen easier to write on when marking dip the piece you wish to mark into cold starch, rub over with a hot iron, and you will be able to write without the pen scratching.

Plum pudding is greatly improved if it is mixed and put on one side to soak the day before it is boiled. If the cloth is kept on after cooking the pudding can be kept for many months.

Celery leaves may be dried and kept for use when the bleached celery is not procurable. These are useful for brown soups and sauces, but not for white, as they would probably spoil the color.

After washing a sheepskin rug stretch it out on a board; hair side down, and lightly tack the edge down all round. This will prevent the corners curling up and the skin from hardening.

When laying down new linoleum if possible put it over the old piece. In this way the bother of taking up and disposing of the old linoleum is avoided, also the new floor covering lasts longer.

When tablecloths are beginning to wear out in the folds, cut two or three inches off one end and one side and re-hem them. This process will change the places of the folds, and will add new life to the cloth. Serviettes and towels should be treated in the same way.

To stain floors—Take two parts of permanganate of potash and 30 parts of water. Mix well. Paint this on the floor two or three times, until the right shade is produced. Afterwards, when dry, polish well with beeswax and turpentine, mixed to the consistency of thick cream.

### BE AN ALL-ROUND MAN.

If you are to mean something to the world besides a mere piece of machinery for turning out sovereigns or work in some particular narrow groove, you must see to it that, while you excel in your work, you neglect nothing that will make you larger than that is. Whether you are in business or in a profession, be a full-orbed man of affairs, not a mere tool to do one particular thing. Whether you are an artist, a writer, a merchant, or a lawyer, be more than any of these. Let your education be so broad and thorough that, whether you paint pictures, write books, sell merchandise, make contracts, or cultivate land, you will make yourself felt in your community as an all-round man, of broad ideas and general culture. Train yourself to fill your part in life, no matter what it may be, like a man. Train yourself to think quickly and to act promptly. This general training will not only help you in public affairs, and give you more influence in your community, but it will be invaluable to you in your business or profession. It will make friends for you, will extend your reputation, will make your life infinitely richer, fuller, better worth living, and, above all else, it will enhance your value to the world a thousandfold.

### A BITTER SCHEME.

The young clergyman was under the impression that there had been some criticism because he preached extemporaneously. "Do you think I ought to write my sermons?" he asked. "No," replied the sarcastic warden. "I think you ought to buy them."

## A DEADLY FOE TO MAN

### TUBERCULOSIS IS A DISEASE THAT BLIGHTS.

Result of Investigations of Royal Commission on Koch's Theory.

Among the multitude of "ills that flesh is heir to," perhaps there is none that has claimed more victims than the dreaded tuberculosis.

From time immemorial it has been the deadly scourge of the human race, working havoc among all classes and ages. It has no more regard for rank or station than the most rabid anarchist that ever trod the earth, for it has cut down with the same remorseless hand the king in his palace and the noble in his castle, as well as the peasant in his miserable hovel. Nor has it regard for age. The tears of the mother do not move it, for it stills the heart of the tender babe nestling in her arms with the same indifference as it strikes down the tottering greybeard, ripe for the garner of death. Its withering blight extends to all climes. The inhabitants of the torrid regions, living though they do in perpetual sunshine and though they have never felt the chill blast penetrate their bones, are no more immune from its baleful effects than the children of the colder regions of the north, who are almost constantly exposed to the inclemency of the elements.

### ITS WIDE SPHERE.

Though more active in a cold and humid region, say like Iceland, the British Isles, Denmark or Scandinavia, it also carried on its deadly work under the changeless skies of Central Asia, amid the dense forests of Africa and in the live prairies of this continent, in all of which districts the atmosphere is clear and dry as man could wish. Influenza, Nansen tells us, holds the Arctic circle in peculiar veneration, refraining from crossing the line that divides that region from the rest of the globe. But not so tuberculosis. With irreverent opinion it circles the pole itself, hovering over the illimitable stretches of ice in the outlook for its prey.

One thing that can be said of it is, that it is not hereditary. It may be that in certain circumstances the offspring may derive it from the mother, but science does not class it under those diseases which pass from parent to child. The most that can be said of it in this connection is that the offspring may receive from its progenitors a certain predisposition to tuberculosis. The lungs, for instance, transmitted by parents to their children may be not of the character able to resist successfully an attack of the malady, and hence, the person so constituted readily falls a victim to the disease.

### PARASITE BY NATURE.

But it is not the lungs alone that tuberculosis fastens upon. It is parasite in character and its bacillus was first identified by Prof. Koch, the famous German scientist. It is, therefore, infectious, perhaps, indeed, one of the most infectious of all the maladies to which humanity is subject. Its germs may be received by contact, entering with the food we eat into the body, and seizing upon some part of our frame which may happen to be in a condition which will give them nourishment. Though the most customary method by which they are received is through the respiratory organs from the atmosphere which has become vitiated from the breathing of a tuberculosis subject.

The bacillus, as its name indicates, is bulbous in shape, but it is not morphologically constant, depending largely on its habitat for its form. Nor does it always manifest itself in the same malady, the nature of the disease it produces being due to the part of the body affected. Roughly speaking, when it attacks children of tender years it discloses itself in the form of hip, knee or ankle disease, or meningitis in persons of more mature age it attacks the peritoneum, the intestines and the lungs.

### SERIOUS DANGER.

One of the main dangers which it has been supposed mankind has been open to is the chance of infection from animals. To prevent this as much as possible the greatest precautions have been enacted by all Governments. In Canada, for example, all tuberculosis cows and bullocks must be destroyed to prevent infection either by means of milk or meat.

A matter of three years ago, however, Prof. Koch at the International Medical Congress, London, made a statement which seemed to point to the disease not being the same in human beings and bovines, and therefore, perhaps not communicable from one to the other.

Since then the scientific world has been divided into two hostile camps.

### TWO VIEWS.

On the one hand were those who contended that on any subject connected with tubercle it was idle to go outside Koch's ipse dixit. The man who had discovered the bacillus and had triumphantly vindicated its specific nature against the avalanche of criticism which always awaits a valuable discovery would surely never make a statement of whose absolute truth he had failed to

convince himself. On the other side were ranged those who pointed out that Koch's statement was not absolute, that it was more in the nature of a suggestion than an absolute pronouncement, and that having regard to the grave issues at stake, every vestige of doubt must be removed before any restrictions and precautions hitherto deemed necessary could be relaxed.

### ROYAL COMMISSION.

A Royal Commission was appointed in England to decide between these rival views, and certainly its composition was, and is such as to command the most complete confidence. The interim report which it has now presented, though sufficiently striking, does not by any means settle the debatable points, nor can it even be said to indicate in which direction the settlement of these points, even if such is ever arrived at, is to be sought. One point, at any rate, is abundantly clear; human tuberculosis can be imparted to cattle, and when beasts so infected develop the evidence of such infection, the signs, symptoms and minute microscopical characteristics are altogether indistinguishable from those of bovine tuberculosis.

### HOW IT STANDS.

But is the converse of this proposition true? That is the real question at issue. For the matter is not one of more scientific interest, it has, on the contrary, a practical bearing of the gravest import. If bovine tuberculosis is communicable to man, then the precautions and restrictions which at present surround the sale and distribution of milk require not relaxation, but very much increased stringency; and the same is true, through to an infinitely smaller degree, of meat derived from the bovine species. We are presumably intended to read between the lines of the present report that, the original proposition being so demonstrable, its converse is in all human probability true.

### NOT DEMONSTRABLE.

For the converse, be it remembered, even if true, is not demonstrable—at any rate in the same way and to the same degree. It is not permissible to inoculate human beings with bovine tuberculosis, so that if it is to be shown that the human and bovine form of the disease are identical, some method of arriving at the conclusion must be devised which does not include the experimental inoculation of man. The conclusions of the present report will, however, suffice to convince most reasonable people that the disease are identical, and that consequently every precaution should be taken against the spread of the disease through the milk and flesh of infected animals.

Canada cannot be without interest in the matter. We are a flesh-eating nation, and also consume any quantity of milk, either in forma natura or in the shape of butter and cheese, and therefore our very existence as a people depends upon the care we take against tubercular infections.

## HISTORY OF YAMAGATA

### HE IS NOT AT ALL UNLIKE LORD ROBERTS.

Interesting Incidents in the Life of Japan's Greatest Soldier.

It was only at the beginning of June that the aged Field Marshal Yamagata was appointed Commander-in-Chief of the Japanese forces in the field, but already Japan is ringing with his name, and his presence has inspired even greater courage and daring in the minds of the Japanese troops than they possessed before.

He has long been the foremost military man in Japan, and ever since the regeneration of the country has been regarded as the supreme head and master mind of the army. He is nearly seventy years of age, and is a very little man with a thin, keen face, and, making allowance for the Japanese type of feature, is not at all unlike Lord Roberts. He is in every sense the "Bobs" of Japan, and is worshipped by the people accordingly.

His early history was crowded with adventure. He is descended from an illustrious family of nobles, and his father was a distinguished poet and man of letters. But the boy's inclinations were not for the pen but arms, and as a young man he joined the great revolution which substituted the supreme rule of the Mikado for the religious autocracy of the Tycoons. Then he fought with distinction in the War of Restoration in 1867, and, being made Under Secretary for War in the following year, it was he who first commenced the reorganization and virtual creation of the Japanese army.

### ON THE WESTERN SYSTEM.

In the course of his studies and investigations he went to France and England. He was present during the Franco-German War, which he watched closely, and it is said that when he went back to Tokio he declared to his intimate friends that before many years were passed his own country would have an army which would be capable of defeating either of those of whose exploits he had been a witness.

"They are great warriors, are these French and Germans," he said, "but they have not the fighting soul of the Japanese." So the Mikado made him Minister for War, and he

was afterwards President of the Privy Council and Chief Commander of the Army in Korea.

Occupying such high posts he represented his country on many notable occasions, and it is of curious interest to remember now that when the present Czar was crowned at Moscow it was Yamagata who attended the great ceremony as the representative of the Rising Sun.

One of the most remarkable things about Yamagata is his undoubted prescience. Over and over again he has forecasted the future of Japanese history in a manner which has amazed those who have lived to see his predictions fulfilled to the letter. One day in 1887 he and a few others of the distinguished leaders of Japan were seated together at the dinner table and the conversation naturally turned to the fast developing future of the country.

### SOME SPOKE OF PEACE.

But Yamagata quietly remarked, "me have two terrible wars in front of us," and he added to the astonishment of his hearers by the extra remark, "and I am already getting ready for both of them!"

"Who with? Who with?" the party asked in chorus.

"The first will be with China," the Marshal replied, "and that war is not very far distant now. After that we shall have to go to war with Russia, and when that is ended may enjoy a long period of peace, but not before."

It was seven years afterwards that the war with China began, and now there is the war with Russia, just as he had predicted. Moreover, when the trouble with China began, the Marshal showed how he had really been getting ready as he said he had, for on that occasion the world was astonished by the speed with which the Japanese army was mobilized. He showed, too, that when the time came he knew every inch of Northern China and Korea. He personally performed some glorious feats in that war, although he was practically an invalid the whole time, and was several times stricken down with severe illness when on the march, and more than once it looked likely that he would not survive.

Just like "Bobs" he is one of the most humane of great generals. One day as he rode into camp during the war with China, when a

### COLD AND BITTER SLEET

was driving, he noticed a large number of Chinese prisoners who, with a minimum of clothing upon them, were standing in a pitiable shivering state in the open. Forthwith he called one of his lieutenants to his side and said, pointing to the prisoners "They are men; give them shelter." The young officer went off to see what accommodation could be found for them, but returned to say that not an inch of room could be found anywhere. "Then," immediately answered Yamagata, "turn my own horses out of their stable and give them that, and if that is not sufficient they shall have some of my own accommodation."

A foreign military attaché was not long since discussing the Japanese generals with a subordinate officer, who declared vehemently that Yamagata was the greatest general who had ever lived. The foreigner smiled and remarked that he presumed his friend had read his military histories and knew something of the achievements of Julius Caesar, Napoleon, Wellington, and a few others.

"Ah," said the Japanese captain, "Yamagata has never had the opportunity that those men had. But Yamagata, with half the numbers of our Japanese soldiers at his command, would beat Caesar and Napoleon both arrayed together upon the same side against him."

This did not appear to be a very common-sense remark for an officer to make, but as the attaché said, in reporting the conversation afterwards, "It will be a difficult thing, indeed, to stop an army that believes in its general like that."

### DO NOT WHINE.

Someone has said: "Whining is poor business; it identifies you at once as the under dog, and does not get you any sympathy, after all." The man who whines confesses his weakness, his inability to match his environment. It is too much for him. He cannot command the situation. All he can do is to kick and complain. The habitual whiner never gets anywhere, never accomplishes anything. The man or woman who uses up vitality in complaining, finding fault with circumstances, kicking against fate, who is always protesting that there is no justice in the world, that merit is not rewarded, and that everything is wrong, is put down—and rightly—as a weakling with a small, narrow mind. Large-minded men and women do not spend their energies whining. If they meet an obstacle, they go through it and pass on about their business. They know that all their time and strength must be concentrated on the work of making a life. The whiner not only wastes his time and strength, but he prejudices people against him. No one feels inclined to help a man who is always complaining of conditions and blaming his "hard luck." Somehow there is a feeling that he does not deserve help, but a good scolding instead.

Myer—"I saw a conjurer turn water into wine the other evening." Gyer—"That's nothing. I know a dairyman who turns water into milk every day."