Hints for Busy Housekeepers.

Recipes and Other Valuable Information of Particular Interest to Women Folks.

MISCELLANEOUS RECIPES.

Codfish Souffle.—Boil a cup of ricein a quart of milk until soft; while hot beat into it a cup of shredded codfish, one big spoon butter, yolks of three eggs, and pepper to taste. When cold add the beaten whites of three eggs and bake in pudding dish thirty minutes; serve with melted butter for a sauce.

French Mayonnaise. — Fifteen eggs beaten with egg beater until stringless or, say about ten or fifteen minutes. Add five cups strong cider vinegar and one cup water, stirring all the time. Add one-half cupful sugar, and one-quarter pound mustard mixed into a paste with water, and add gradually. Place in a double boiler and boil from one-half to three-quarters of an hour, until thick. Stir occasionally to keep mixture smooth. Seal in self-sealer jars. This will make about two quarts when done. Will keep indefinitely, sealed or unsealed.

Peanut Twist.—To one cupful of bread sponge add one egg well beaten, one cupful confectioner's sugar, one cupful sweet milk, and one cupful salted peanuts, chopped (not ground). Thicken with flour as for bread, let raise, roll out, cut in strips fifteen inches long and one inch wide, twist, fold ends together, and twist again, put in greased baking pans, let raise, brush top with white of egg, bake thirty minutes, ice tops. Fine for breakfast or luncheon.

Fruit and Nut Rolls.—Sift three times three cups flour, six level teaspoonfuls baking powder, one-half teaspoonful of salt. Rub in one-third cupful of butter, and add, gradually, one cupful of milk, cutting in with a knife to a soft dough. Turn out on the floured board and roll into a rectangular sheet one-third inch thick. Brush with soft butter and dredge with two tablespoons sugar mixed with one-half teaspoon cinnamon. Then sprinkle with chopped filberts and raisins. Roll up like a jelly cake, then cut across it in inch slices. Set these on end in a buttered pan close together and bake twenty minutes.

White Bread.—Put three cupfuls of flour in a bowl and at noon, when you cook potatoes pour the boiling hot potato water on the flour, mash three good sized potatoes; mix well. Have a cake of yeast dissolved in a cup of lukewarm water and when the flour and potato water is about lukewarm, stir in the yeast well. At night take one and one-half yuarts of warm water, one tablespoon of salt, the same of sugar, one-half cupful of lard and butter mixed; add the yeast and stir well. Put in enough flour to make a firm sponge; leave to rise all night. In the morning roll out a small pan of biscuits, which will be as white as snow; the rest mold into loaves. This recipe, if followed, will make excellent bread.

CAKE RECIPES.

Devil's Food.—Put on stove one-half cupful of sugar; beat one egg, one-half cupful of milk, two squares of chocolate. Let boil. Set aside to cool. One cupful of sugar, one-half cupful of butter, one-half cupful of sweet milk, two eggs, one teaspoonful of vanilla, one and three-fourths cupfuls of flour, one teaspoonful of soda. Stir in boiled chocolate, and bake in loaf.

French Date Cake.—Take two cupfuls of granulated sugar, six eggs, two cupfuls of flour, two teaspoonfuls of baking powder, one pound English walnuts chopped, one pound dates chopped. Beat the white and yolk of eggs separately. Cream sugar and yolk of egg first. Add the white of egg. Gradually add flour without baking powder. Then the chopped nuts and dates.

Sunshine Cake.—Sift one cupful of sugar and one of flour separately five times. Beat yolks of four eggs until light. Beat whites of eight eggs with pinch of salt until about half stiff, put in one-third teaspoonful of cream of tartar and beat until stiff. Add sugar and yolks of eggs and beat again hard. Fold in the flour lightly. Bake in moderate oven.

Cake Making.—Never beat eggs for a cake. Drop the unbeaten whites in the last thing and stir first enough to mix well with the batter. This is against all scientific rules for cake making, but after one trial you will not doubt, such soft, moist, light, fluffy cakes are the happy results.

CANDY.

Sauerkraut Candy.—Two cupfuls of brown sugar, one-half cupful of boiling water. Boil until it hardens in cold water, add cocoanut, heat and pour on buttered dish.

Divinity.—First part—One cupful of granulated sugar, one-half cupful of water; boil until it hears. Second part—At the same time boil until brittle two cupfuls granulated sugar, one cupful of syrup, and enough water to cover it. Beat the whites of two eggs in a large bowl, then pour the first part in and beat well. When the second part is brittle also beat it in. Beat in a quarter of a pound of walnuts or dates, figs, and candied cherries; cut in small pieces; makes it delicious. Beat until not sticky and drop in small pieces on a good sized bread board with a spoon.

Chocolate Marshmallow. — Two cupfuls of sugar, three tablespoonfuls of chocolate or cocoa, one teaspoonful of buttere. Mix well and add one-half cupful of sweet milk. When boiling drop in the marshmallows. When done beat well and add one teaspoonful of vanilla extract. Pour into a buttered pan. When cold cut in squares.

Peanut Candy.—Two cupfuls of molasses, one cupful of sugar, one cupful of water, one-half cupful of vinegar (a small one), butter size of an egg. Boil until brittle, then stir in the peanuts (take the skins off first), and pour out on greased plate. Can use English walnuts or hickory nut meats.

IN THE LAUNDRY.

Boil Starch.—Boil starch well to avoid sticking when ironing thin dresses and shirt waists. Have a yard of cheesecloth well wet and dampen article as required; it will save both time and patience and assure good work. A good sleeve board can be made by smoothing off a piece of board and pad and cover; screw to under part of ironing board, where it wqill be ready ofr use.

Madras Curtains—When laundering madras curtains instead of putting on the stretcher try this simple but practical way: Take curtain while still wet and put on the curtain rod; also put a heavy rod os a weight in the lower hem. Hang one at a time at an open window and stretch the desired width. This scheme is especially good for barred curtains, as they are sure to be even.

Lingerie Ribbons.—Narrow ribbons such as are used in lingerie may be freshened by this method: Wash with any scented toilet soap, or white soap will do; rinse in several clear waters in which a bit of borax has ben added, and while still wet draw over a dull knife or scissors, and they will be almost as good as new.

Washing Fluids. — Five cents' worth of lump ammonia, five cents' of salts of tartar, one box potash. Dissolve in a gallon of cold water and keep in a jug. When washing use one cupful with a bar of soap to a boiler of water. This recipe is fine to wash flannels in when lukewarm.

Starch Help.—A teaspoonful of kerosene added to starch gives a fine gloss to clothing and prevents starch from sticking while ironing.

USEFUL HINTS.

Scrubbing brushes should always be hung up when not in use.

Pull lace gently, opening the mesh with the left hand as you iron with the right.

Cutting onions, turnips and carrots across the fibre makes them more tender when cooked.

Cheese is an excellent substitute for meat, and there is infinite variety in the ways of preparing it.

All embroideries and colored garments should be ironed on the wrong side whenever possible.

To brown the upper crusts of pies and tarts, before putting them in the oven brush with a little milk.

For a rusty stove sprinkle lemon juice liberally over the rust before blacking and polishing the stove.

The housewife should never allow her floors to be painted; they should be stained, shellacked or waxed.

Mix pastry several hours before it is to be rolled out, and much labor is saved and a better result obtained.

Thin brown bread and butter sandwiches are the most appetizing accompaniments for fish salad of any sort.

It is said that ink stains on white goods and also on the hands may be removed by rubbing them with a ripe tomato.

Whole cloves scattered plentifully among clothing in dresser drawers will keep away moths as effectually as camphor.

Iron rust stains should be washed in oxalic acid melted in hot water. Rinse with pure water and a touch of ammonia.

Fat is a preventive of neuralgia, and people who suffer in this way, but dislike fat meat, should eat liberally of thin, well-buttered bread.

A dozen grains of rice in a saltcellar will absorb dampness and keep the salt in powder. It also breaks the lumps that there may be in salt.

Eggs strengthen the consumptive, invigorate the feeble, and render the most susceptible all but proof against jaundice in its most malignant phase.

Flour should be bought in small quantities, owing to the fact that it quickly becomes musty, and for the same reason it should be kept scrupuously free from damp.

In stewing fruit, boil the water and sugar for fifteen minutes, then add the fruit, and simmer gently till tender. This method keeps the fruit whole, and it retains its full flavor.

When roasting meat in an open pan, wet a clean white muslin cloth and lay over the top of the meat. It will keep from getting hard and does not require basting so often, and the meat is much nicer.

Polish a leather bag which has begun to look shabby with this mixture: One tablespoonful of boiled linseed oil and two of vinegar. Shake well. Rub in a little, and then polish with a soft duster.

If you will slip a thin piece of whalebone into the hem where hooks and eyes are to be sewn you will avoid running the thread through on the wrong side. Slip the whalebone out after the work is completed.

To remove marks of rain from a mantle take a damp cloth and damp the place marked with the rain, then take a hot iron and iron the mantle all over the wrong side and the marks will be removed.

When ironing box-pleated waists and the plaints are twisted together with the starching, take a stick of wood and insert in the plait to open it up, and you will find the plaits can be ironed quite readily.

Blankets need not be thrown aside when they become worn and shabby. Washed and put together in thicknesses of two or three, with covering of pretty cretonne or dimity, they make very nice, warm quilts.

Flannels should be well shrunk before they are made up into garments. The process of shrinking is very simple—merely soak the flannels, first in cold, tnen in hot water, and leave them in the latter for a time (until the water is cold).

When boiling a ham always add a teacupful of vinegar and six or eight cloves for each gallon of water. They improve the flavor wonderfully. Let the ham cool in the water in which it was boiled, and it will be deliciously moist and nice.

The habit of playing with the baby, making it laugh and crow to show off its intelligence may delight the mother, but if repeated with any frequency is simply paving the way for a normal baby to grow up into a nervous child. The best treatment for baby during its first year is to attend carefully to its physical wants and to absolutely neglect the fact that it has a mind at all.

A PLAGUE OF BABOONS.

Ate the Crops in Nigeria so Fast Natives Gave up Farming.

In many parts of Nigeria, and especially among the hill regions of the northern provinces, baboons are one of the greatest plagues to the farmer and a source of menace to property and even to life. A Protectorate officer while engaged in business in a mountain village was informed by a local queen that her people could not continue their farming owing to the raids of baboons.

During the absence of the men a few weeks previously these beasts had actually come into the heart of the village and destroyed the crops, according to the Wide World Magazine. The natives are in constant dread of them and continually fear for the safety of their children.

Sir William Wallace relates that he has seen droves of fifty to a hundred of these animals all in single file, and that lately he himself shot two enormous brutes who were grinning at him from the cliffs. They utter a nerve shattering and horrid bark.

They possess a regular system of defence and always have signallers out to watch for the approach of a possible enemy. These scouts are always the biggest monkeys and they signal by barks to their comrades when strangers are approaching.

LITTLE LEFT.

"Now," said the physician who is noted for his heavy charges, "I must take your temperature."

"All right," responded the patient, in a tone of utter resignation. "You've got about everything else I own. There's no reason why you shouldn't take that, too."

DO!

'Tis best to think before you speak,
It is the safest way;
Don't always say just what you think,
But do think what you say.

If some men ever had any good intentions they must have chloroformed them.

THE HOUSE FLY'S HABITS.

One of the Worst Disease-Carriers Known.

The common house fly was painted in its true colors as one of the worst mediums of carrying disease that has to be contended against, by Dr. Gordon C. Hewitt, Dominion Entomologist, of Ottawa, before the annual meeting of the Entomological Society of Ontario, recently held at the Ontario Agricultural College, Guelph.

"While thousands of dollars have been expended in the south to prevent the spread of fever, through the extermination of mosquitoes, there has been little done to prevent the house fly from doing just as extensive a work in spreading disease in the northern countries," said Dr. Hewitt. "Exterminate the house fly and you cut down the death rate," said the speaker, and he referred particularly to the infantile death rate caused by intestinal diseases and diarrhoea, which were readily spread by the fly. He believed that the so-called harmless fly was yearly causing the death of hundreds, or even thousands, of infants, as well as spreading the germs of typhoid fever."

People were getting away from the idea, Dr. Hewitt said, that he statement that the fly is a carrier of disease was made by cranks or faddists, and the theory that the fly was made clean by "washing itself" was utter foolishness. As one who has made a study of the history of the fly, its habits and breeding places in England and in Canada, he described every fly as being laden with bacteria, perhaps harmless, but likely to be the bacteria of dangerous diseases.

The doctor then described how the fly, coming into the house, lighted in the sugar bowl and in the milk vessels, and the latter had been shown to be a perfect medium for disease in which bacteria was found to develop very rapidly, when flies were about and milk was not protected.

Instances were given where the death rate in United States cities had been reduced by precautions against opportunities for the fly to get in its disease-spreading work. On the New York waterfront it was shown that typhoid outbreaks were concurrent with the presence of decaying vegetables and sewage.

HIS OWN GRANDFATHER.

Peculiar Relationship of an Italian Sailor to Himself.

It is seldom that a man claims to be his own grandfather. However, that is the position of an Italian sailor who some years ago married a widow with one child, a girl. His father fell in love with this girl and married her. Consequently his own father became his son-in-law, and his stepdaughter his mother. In a short time his wife gave birth to a son, who, naturally, was his father's stepbrother and, at the same time, his own uncle, since he was his stepmother's brother.

In due time his father's wife also gave birth to a boy, who was his brother and also his grandson, as he was the son of his daughter. His own wife was now his grandmother, as she was the mother of his mother. Thus he was at one and the same time his wife's husband and grandson. Now, as the husband of a person's grandmother is naturally that person's grandfather, he is forced to the conclusion that he is his own grandfather.

OBEYING ORDERS.

Seamen are strict disciplinarians, and a ship's crew seldom even dreams of interpreting a commander's orders otherwise than literally. Of the recognized rigid type was a certain English captain. The way the strict letter of his law was observed aboard his ship is described by a writer in the London Telegraph. One day, while the ship was in a certain port, the captain gave a dinner to some town acquaintances, and as the resources of the ship were not great, some of the sailors were deputed to wait on the table to re-enforce the insufficient number of stewards. As these men were not used to such work, each one was told exactly what service would fall to his share. The hour came, and the dinner went merrily on. Presently, however, one of the ladies wanted a piece of bread. There was none near her, and the finely disciplined stewards seemed to be quite blind to her need. She turned her head and spoke softly to the man at her elbow. "Bread, please," she said. He looked regretfully at the bread and then at her. It was evident that he would fain have helped her if it had been in his power. He saluted in fine naval style. "Can't do it, ma'am," said he. "I'm told off for 'taters."

PROOF.

Tommy—"We're going to move soon."

Sammy—"How do you know?"

Tommy—"How do I know? Didn't me mother lemme break a winder t'other day and didn't say nothin'?"

A STRONG, RESOLUTE WILL

The Prosperity of the Soul Is Attained by Self-Control.

Soul welfare demands an honest, active mind. Ignorance is not of itself sinfulness, but it is the fruitful soil in which many forms of sin flourish. There may be a kind of knowledge which is worse than ignorance. "If the light that is in thee be darkness, how great is that darkness?" Where the whole truth is not eagerly welcomed soul prosperity is an impossibility. One-sided knowledge that will inevitably develop one-sided souls and one-sided institutions. On the other hand, intellectual candor, stripped of bias and prejudice, would lead to astonishing results. The long indulged dream of church unity, for example, will be realized when the day of intellectual honesty dawns.

Normal and healthy feelings are also essential to soul health. But it is possible to turn fiction, the drama, life's daily experiences and even religion itself into fields of emotional dissipation.

ONE OF THE FUNCTIONS

of the feelings is to set us thinking. If we habitually refuse to heed them the normal feelings of gladness, sympathy and indignation for injustice die out of the soul. Indignation against evil and enthusiasm for righteousness become alike impossible.

A strong, resolute will is also necessary to soul-health. Mere wishes or desire should not be mistaken for purposes. Regulate and control the desires, and the rest is comparatively easy. The wrong purposes which dominate a soul were in the first place merely wrong wishes.

Paul wrote, "I can do all things through Him who strengthened me." He had discovered the secret of soul power. This must be sought, not in ourselves alone, but in the moral and spiritual reinforcement arising from the sense of favor and friendship on the part of the Supreme Being—God.

Prosperity of soul demands soul growth. Growth is the replacing of worn out tissues and new and greater supplies. Soul force consumed in vanquishing temptation is replaced by renewed and increased force, and this is soul growth. All growth proceeds from rudimentary state to formative, and from that to maturity, and from maturity to

THE CULTURE STAGE.

This is the goal in every field. The workman aims to become expert, and the scholar to become cultured. The progress of the soul should not stop short of the cutltured stage.

In spring the blossom comes and goes, but leaves a tuft of green which, rounding out to the full, becomes the solid apple. The mellowing process comes, and acids, which bitterly antagonized each other, blend into one delightful flavor, while the tough, woody substance becomes a mass of luscious crystals.

Thus the principles of the soul, its knowledge, its faith, its emotion, its purposes, all blend in the prosperous soul into one mellow and pleasing personality, of which only is it safe to pray, "Mayest thou prosper in all things, even as the soul prospers."

Rev. A. MacDonald Reach.

THE S. S. LESSON

INTERNATIONAL LESSON, NOV. 28.

Lesson IX. Paul on Self-denial. (World's Temperance Lesson.) Rom. 14. 21.

Verse 10. Why . . . judge, . . . why . . . set at naught thy brother? Two classes mentioned in verse 3. The weak are not to be harsh in their judgment of the strong, nor are the strong to despise the scruples of the weak. All are brethren, with a claim on one another's affection and forbearance.

We shall all stand—Including Paul, those that judge, and those that set at naught. Human judgments have no significance in view of the final sentence of God. The Authorized Version has "Christ." Paul passed naturally from "God." to "Christ." Compare Rom. 2. 16.

11. It is written—Isa. 45. 23. Offered as proof of a universal judgment.

Every knee signifies visible worship, and every tongue, audible.

Confess to God—Make acknowledgment of his might and goodness. This voluntary and universal submission is Paul's idea of the consummation of the ages.

12. Each one of us . . . of himself—Emphatic inference from the prophet's words, that the judgment will be not merely universal but solitary. With the responsibility of that hour in view, we should concern ourselves, not with the weaknesses and faults of our brethren, but with the stern work of making possible a good account of ourselves in that day.

13-21. In all conduct we must think, not merely whether what we do is in itself right, but whether it will have a baneful effect upon others. By the law of love we are bound to desist from any act that is likely to injure another brother.

13. Judge ye this rather—"Make no decision about your brother's character, but make this decision about your own future conduct." Paul teaches consistently that the abuse of Christian liberty may prove to another a stumbling-block, or an occasion of falling when this brother's way is, for him, a plain, unobstructed path to heaven.

14. Know . . . am persuaded — A solemn conviction, growing out of his union with Jesus, who, as Lord of the conscience, has sole authority to pronounce judgment (verse 9).

Nothing is unclean of itself — Apart from conscience and a man's relation to society, there are no distinctions of food. Among the Jews, ceremonial law forbade the eating of things sacrificed to idols. The revelation to Peter, that God's provisions are not common (Acts 10. 15), Paul here reaffirms. The exception to this is, of course, that a thing becomes unclean to the man whose conscience forbids him to touch it. Because a man's view of right and wrong is false is not a reason why he should violate it. Even a mistaken conscience has authority.

15. For if—Introducing a reason for Paul's exception to a universal rule.

Because of meat thy brother is grieved—It is inconsistent with true love for a strong man of faith to insist upon his rights when his course harms his weaker brother.

Destroy not with thy meat him for whom Christ died—Note the strong contrast. Is it not the part of the sturdy Christian to pay at least the small price of refraining from a cherished habit, if by so doing he may save from ruin one for whom Christ paid so dearly?

Destroy—Violation of the law of love carries with it possibilities of endless ruin to the one we seem merely to grieve.

16. Your good—Your faith, with its liberty, may be blasphemed (literal meaning of evil spoken of) by men who see you persist in what is your unquestioned right, but which leads to the destruction of another, for "they will think that what you value most in the gospel is that it breaks down the restrictions of Judaism and allows men to eat anything."

17. Kingdom of God—Connecting Paul's teaching with Christ's. Notice the striking contrast of this verse with Matt. 6. 31-33. If a man insists upon eating and drinking certain things, in themselves not harmful, but in spite of another's scruples, it looks as if he thought them the all-important things of the kingdom. The great things of the kingdom are righteousness in one's relations and dealings with others, peace, through preserving harmony between the weak and strong, and the joy of Christian brotherhood which grows out of the common indwelling Holy Spirit.

18. Herein—In the spiritual graces of righteousness, peace, joy.

Serveth Christ—Is in a slave's bondage to Christ's law of love, and not to his own animal appetites.

Well-pleasing to God—And therefore a fit member of his kingdom.

Approved of men—Your conduct will be well, instead of evil, spoken of.

19. Things which make for peace—Not judging and slighting one another, but making allowance for one another's rights and scruples.

Edify—Literally, build up. In the erection of a building it is important that the different parts should harmonize.

20. Overthrow not—Do not pull down the building erected at such cost. Having stated his broad principles, Paul returns to the subject of questionable foods, repeating that, while food may be clean, it is sinful to eat it if it makes another fall.

21. It is good—Contrast to the evil, spoken of in the previous verse.

Not to eat flesh, nor to drink wine—Flesh and wine offered to idols are meant, though, of course, the application is broader, and includes anything which my brother's conscience may absolutely prohibit, but which he may be led to do by my example.