Hints for Busy Housekeepers.

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

BREADS.

Two Gingerbread Recipes.—Soft gingerbread: One-half cupful butter creamed; one cupful brown sugar, two eggs, one cupful molasses, one cupful sour milk, three cupfuls flour, one teaspoonful soda dissolved in milk, one teaspoonful ginger, one teaspoonful cinnamon. Bake in a moderate oven. This will make two.

Hard gingerbread: One cupful of shortening, one cupful brown sugar, one egg, one cupful molasses, three-quarters cupful hot water, one even tablespoonful of soda dissolved in hot water, one even tablespoonful of ginger, flour enough to roll out soft as possible. Bake in a moderate oven. This is nice made into cookies and adding one teaspoon cinnamon.

Boston Brown Bread.—One cupful corn meal, two cupfuls graham flour, one-half cupful of New Orleans molasses, one teaspoonful baking soda dissolved in one cupful baking soda dissolved in one cupful of sour milk, one-half teaspoonful of baking powder, one half teaspoonful of salt. Beat thoroughly, bake 1 hour and 15 minutes in a moderate oven. Good and easily made.

Graham Bread—Two cupfuls sour milk, one-quarter cupful sugar, four tablespoonfuls of molasses, one cupful of white flour, two and one-half cupfuls graham flour, two teaspoonfuls of soda, one-half teaspoonful of salt, three tablespoonfuls of melted lard. Pour in pound coffee cans, let stand one hour, and bake one hour. This makes three loaves.

Coffee Bread, Without Eggs—Sift one teaspoonful each of salt, cinnamon, and cloves with one and one-half cupfuls of flour. Cream one cupful of sugar with one-half cupful of butter; add one-half cupful of molasses, beat well, then add alternately flour and one cupful of cold strong coffee in which one teaspoonful of soda has been dissolved. Lastly, add the floured raisins and beat thoroughly before turning into a paper lined pan. Bake in a quick oven, and ice when cold. For extra occasions decorate with a bunch of grapes formed of raisings, the stems and leaves of citron. Cook all in a little water for five minutes, then dry in cloth before using.

Corn Bread—

Two cupfuls of Indian, one cupful wheat,
One cupful sour milk, one cupful sweet,
One good egg, that well you beat,
Half cupful of malosses, too.
Half cupful sugar add thereto
With one spoonful of butter new,
Salt and soda each a spoon,
Mix up quickly and bake it soon.
Get your husband what he likes,
And save a hundred household strikes.

Bread.—At supper time boil four or five good sized potatoes, mash fine, add two and one-half quarts lukewarm water, and one cake yeast, well dissolved in one-half cupful of lukewarm water. Be sure and have water in which you soak yeast cake and potatoes lukewarm, for that is the secret of raising bread. If you let it get colder or chilled, you can coax it, but it will not be the same delicious loaf you would have if kept at same temperature when first made. Test your yeast cake by putting in the water and add one teaspoonful sugar. If yeast stays on top of water it is fresh; if it sinks to bottom it will not make good bread. Throw it away and use another. In moruing add salt and about two or three tablespoonfuls sugar and flour to make a sponge cake. Let rise, which it will quickly. After it is foamy stiffen it, add flour until it does not stick any more. Knead twenty or thirty minutes, let rise until doubled, make into loaves, and let rise again and bake one hour for bread and one-half hour for biscuits. Don't put bread in oven until oven is ready. Don't have oven too hot at first, as bread will form hard crust and will not raise. After in oven five minutes open oven door and turn pans to raise both sides even. When risen and just beginning to brown place brown paper on top of bread (not printed) and bread will bake well done on inside of loaf. While bread is raising, do not set on back of stove, as that gets bread too hot; rather keep a little away from fire and put thick cover on so as to keep draft away. Rusks, cinnamon rolls, and coffee cake can be made by adding about one cupful sugar, tablespoonful butter or lard, to one pint of sponge before you stiffen, one egg may be added if desired.

THE LAUNDRY.

To Set Colors.—Alum in the rinsing water will keep green from fading. Use ox gall for setting the color in gray or brown goods. Vinegar in place of salt for black, purple, and heliotrope. Linen suits and shirt waists should be washed in hay water, made by pouring boiling water over hay, and they will keep their color for a long time. One ounce of sugar of lead dissolved in a pailful of water will set almost any color, and is especially good for blue prints. Soak the goods for two or three hours, and let dry in the shade before washing with soap and water. Do not try to boil tinted or figured goods, and do not use washing soda or strong soaps when washing them. If they are much soiled a handful of salt thrown into the water will set the colors. Use warm or nearly cold water in which to soak these goods. It is much better than hot water, and the dirt loosens quite as readily.

Home-made Soap.—This soap is simple and only takes one-half hour to make. Five pounds of drippings, one can of lye, costing 10 cents, one-half pound of borax, costing 5 cents, and one-half cupful of ammonia at 2 cents. Take your lye, dilute it in six cupfuls of cold water. Then add your borax and household ammonia after the lye is thoroughly dissolved. Have the fat melted, but not hot. Add the lye mixture to the fat, stirring slowly with a long stick for eight minutes. Then you will find it gets like honey. Have ready a large cardboard box or a wooden one. Into this pour the mixture. In a half hour you can cut out with a knife the size cakes you want. Then let it stand for six or eight hours more to harden. This soap gets the same as castile when hard, and it floats. If you do not happen to have drippings go to your butcher and buy six pounds of scrap fat for 3 cents a pound. This, when tried out, will give you five full pounds. The cost will then be 35 cents.

To Wash Comfortables.—Wet the comfortables, then rub well with naphtha soap, hang on the line and turn the hose on them until the water runs clear. Let them hang until dry, then shake them out and your comfortables will be light and fluffy like new ones.

FISH.

Cream Salmon.—Take a tablespoonful of flour and mix in a little sweet milk or cream; when smooth add one-half pint of milk and a little pepper, then boil two or three minutes and add one can of salmon from which the oil has been poured; cook just long enough for salmon to heat good, and serve on salted crackers. You would hardly know it was salmon, for that fishy taste is gone.

Mackerel.—Soak mackerel for twenty-four hours, drain, and place in a shallow pan, cover with milk or cream, and let simmer for fifteen minutes; remove fish and place on hot dish. Add to the milk in the pan a tablespoonful of butter and tablespoonful of flour rubbed together. Stir until flour is cooked, add pepper, and a small bunch of parsley, well chopped, pour over fish and serve hot.

Herring Salad.—Soak six Holland herring in two gallons of water twentw-four hours. Then remove the skin and all the bones and chop fine six sour apples, two medium onions, one small raw potato chopped, juice of two lemons, two tablespoonfuls of olive oil, one-half cupful of vinegar. Season with black pepper and mix.

Salted Codfish. — Procure the Georgia codfish and split it up in strips and lay it on the broiler as you would a steak, and brown it on both sides until it is as brown as toasted bread. Then remove it from the broiler and place it in a pan of cold water and let it come to a boil. Then pour off this water and once more cover the fish with cold water, and let it simmer in this water until you are ready to serve the meal. Then place it on a platter and pour over it some plain melted butter that has been melted in a double boiler. Use from one-quarter to one-half of a pound of butter. The fish must not be freshened before boiling. Hot baked potatoes and hot cornbread are served with the fish.

USEFUL HINTS.

Few people cook cereals long enough.

Keep a roll of cheese cloth for bags and drainers.

Oatmeal should be cooked four hours at least, longer if possible.

Try filling a stocking with hot salt and use in place of a hot water bag.

Irons not much soiled can be rubbed on old newspapers and thus made fit for use.

Use chocolate creams for a cake filling, or place them on top and frost all over.

Try baking a pie shell and filling it with apple sauce covered with whipped cream.

Try making a layer hickory nut cake, and fill and cover it with whipped cream.

Oatmeal is really best if cooked over night, and in many careful families this is done.

If a lamp wick does not move easily in the holder, draw out one or two threads from one side.

As served in many families, the cereal is thick, lumpy and, if the truth were known, indigestible.

Cut celery in two-inch lengths, fringe each, and leaving a half-inch in the centre, use as a garnish.

Make a layer of chicken by pressing first a dark strip of meat, then a light one, and finally dark again.

Dry salt and a brush will take dust off from velvet, plush and heavy embroidery that cannot be washed.

Even a dish cloth may prove expensive; if dirty it may cause typhoid; if linty it may clog the plumbing.

When you make chicken salad next time try using canned peas, cucumbers or sliced apples instead of celery.

Frost cranberry pie sometimes, instead of using an upper crust, and see if you don't like the difference.

Newspapers many times folded will serve as a mat to stand hot and blackened pots or kettles on and thus save soiling the kitchen table.

When ironing roller towels try slipping them over the board as you would a skirt. They are half the trouble and the edges meet when folded.

Emery powder and oil made into a paste is an excellent mixture to clean steel. Rub on well and polish, after which rub with an oiled rag, and then polish up again with a clean duster.

Few know that cold boiled potato rubbed on piece of paper for a few minutes will form a moisture of the consistency of glue, and is a satisfactory substitute for mucilage in case of an emergency.

When buttons are removed from a dress for future use, they should be loosely strung on a thread before being put in the button box. This is a time saver, and keeps the buttons from getting lost or separated.

In slicing bacon always place the rind side down. Do not try to cut through the rind, but when a sufficient number of slices are cut, slip the knife under them, keeping it as close as possible to the rind.

When preparing suet for pudding, mincemeat, etc., get a coarse grater, which may be bought for a few cents, and rub the suet through it. This is an easier and quicker method than chopping and insures no lumps being left.

To paper a damp room take ½ lb. alum and ½ lb. glue size; dissolve both together in a pail of water. Take off the old paper, and wash the walls once or twice with solution. When dry it can be papered. The solution also helps to keep the paper from falling off.

A woman is almost sure to get the skirts of her gowns wrinkled in travelling, no matter how carefully they may be packed. If this happens they should be hung out on the clothes-line, stretched out to their extremest width, and every crease will be taken out as effectually as if they had been ironed.

To polish linen—To give a fine polish to linen, use lukewarm water instead of cold to break down the starch. When it has been reduced to the required consistency by boiling water, add a pinch of fine salt and stir several times with a wax candle. This will make the iron run smoothly and give a polish to the linen that nothing else can impart.

When steaming bread or stale cake for pudding put into a small colander and place in steamer and proceed as usual. It is much easier to get out when hot, and while the holes in the colander allow the steam to pass through freely the sloping sides do not allow water to collect and cause the food to be soggy and water soaked, as it would be if put in the bottom of the steamer.

PA AND THE QUESTION.

Young Mr. Charles was plainly embarrassed, and Miss Smith knew what was coming, or thought she did.

"Er—Miss Smith," he said feverishly, could I—er see your father for a moment or two?"

"Certainly, Mr. Charles!" and excusing herself, she swept from the room.

Presently the old man came in, and after a short conversation with Mr. Charles, he stepped to the door and summoned his daughter.

Mr. Charles, whose face was radiant, said:—"As I have a long ride before me, I think I will say 'Good night!'"

"Oh, papa!" pleaded the girl immediately her lover disappeared, "Did he—did you—"

"I did!" broke in the old man.

His daughter fell on his neck and kissed him. He held her at arm's length.

"I did," he repeated; "I lent him five cents to get home with—that was what he wanted me for."

COLDS, CAUSES AND CURES

PLENTY OF FRESH AIR ONE MEANS OF PREVENTION.

Food Has Much to Do With Winter Ailments—The Nervous Element in Colds.

"Colds," said a physician, "are the exclusive privilege of civilization. The human race didn't snuffle much in all likelihood until it began to build houses and to wear clothes. The next stage was when houses began to be heated. Then instead of a wholesome coping with the elements without people crowded into these superheated houses, and then they began to know what colds were.

"While staying in these comfortable and enervating houses as long as they could, they were constantly rebreathing their own poisonous exhalations, mingled with those of the family, the boarders, and such animal friends as they could not see suffer in the raging elements without. Next, in fear of night air, the sleeping rooms were kept hermetically sealed.

"More pernicious than all, as civilization advanced, people came more and more to contract infectious diseases; their clothing would harbor germs, and these would be brought to the house.

"A very essential element in the catching of colds has been the disturbance of equilibrium in the body through constantly passing from the superheated home into low temperatures without the house.

EFFECTS OF CIVILIZATION.

"It is related that a young chimpanzee in the Pasteur Institute in Paris was recently taken down with a very bad cold in the head. Undoubtedly he caught this from some human who had dropped in to make him a call. That comes of getting next to civilization. In its native forest haunts such danger as this need never have been feared.

"The common cold is a catarrh, an inflammation of the upper air passages from the nostrils to the windpipe. Sometimes there is a nervous element in such sufferings. People who have neurasthenia — nerve fatigue—are apt to get a catarrh with the chilling of the air and not to get rid of it until the spring is well on. People may have a nervous catarrh merely from the apprehension of catching cold. In very windy seasons catarrhs are got from breathing dust of various kinds. Hay fever is oftentimes of purely nervous origin.

"But most colds are the result of specific bacterial infection, and a variety of germs have been isolated in examining catarrhal exudates under the microscope. As in the case of all infections, people differ greatly in susceptibility.

"Many are absolutely immune, hardly know what a cold means, don't catch cold however much they are exposed to microbes. Others again are constantly occupied from November on with sneezing, their voices thick in the way so well known to the funny man, having chills, fever, headache, pains in the bones—from the infection—unable to swallow comfortably. Most unhappy mortals they are.

PREDISPOSITION.

"Habitual mouth breathers, those who have adenoids and otherwise unhealthy throats, are very liable to colds, as are those also who, for a great number of reasons, are run down. Here, as in all infections, the predisposition is most important of consideration.

"Food has a great deal to do with catarrhs. Eating indigestible food—fruits, or shellfish, or rarebits—over-eating and not eating enough, these things engender the catarrhal habit, which thus comes about in many cases through the absorption of poisons—toxins—from undigested or indigestible material in the alimentary tract.

"Many a man has got a bad cold just from a too generous meal, helped on with potions in goodly proportion; thus there is stimulation, followed by reaction, with perspiration, all conducive to catarrhs. Again, Dr. Harry Campbell has found in London that practically all the very young children of the poor have more or less catarrh; which would probably not be the case if the starches and the sweets were cut out of the dietary. It is not so much that they are starved as that their food is improper for them.

"Bad teeth are an enormous factor in the development of catarrhs. Many a chronic catarrh is kept up for this reason alone.

"It is in every one's experience that there are epidemics of catarrh. From one case alone practically the whole force of an office, a workshop or a factory will presently be suffering, and that acutely, too. If a worker comes into the office sneezing, snivelling, his speech unintelligible, better send him home until he is recovered, no matter at what sacrifice;

IT WILL BE FOUND TO PAY.

"How, then, shall the common cold be prevented? It is not a disease in itself but rather a sign of something wrong in the system.

"Any local trouble, adenoids, enlarged tonsils, chronic sore throat and the like, should get cured. Then of course the general health must be improved, another way of saying that all predispositions to the infection should be eradicated from the system.

"Stuffy and overheated rooms are to be avoided; bedroom windows are to be kept open wide at night; a cool bath, in a warm bathroom, is the thing, if it can be tolerated; the clothing clean and warm, but not too heavy; the feet invariably warm and dry. 'Put your chest protectors on your feet.' Don't in any event cover the neck and the chest so heavily as to impede the natural respiratory movements.

"Keep the teeth very clean and gargle several times a day, using half a teaspoonful of common salt to a tumblerful of water as hot as is comfortable. Eat temperately and regularly of wholesome nutritious food.

"But after all, fresh air's the keynote. People who live habitually out of doors know nothing of coughs and colds. Arctic explorers are never troubled with colds, not while in the Arctic regions. For there the air is cold, pure and germ free. It is when these heroes come back to civilization that they begin to sneeze and to cough.

"It is odd why so many people dread fresh air, the antipathy seems to be akin to the tramp's aversion to soap and water. Fresh air abounds all over the surface of the earth, except in the houses which man has built. Not fresh air, but the want of it, is the cause of a great many diseases; it is nature's disinfectant, and there is certainly no better.

"People are being vaccinated against colds, but that's another story. An enthusiastic Warwinite believes that in process of time natural selection will render the race increasingly resistant to colds; for those most resistant to the minor maladies of life, among which are catarrhs, are the most likely to leave progeny to whom they have transmitted their superior resisting powers. Be that as it may, we had better in the meantime, since it generally takes a few millions of years for these evolutionary changes to come about, do all we can in the way of prophylaxis to forestall cold and catarrhs."

A HUMILIATED MONKEY.

How a Wife Got Even With a Tyrant Husband.

The leading male of a troop of monkeys is the patriarch, commander-in-chief and effective fighting force. The natives of India call him Maharaja—and properly so, for he is the type of savage despotism. He uses his large canine teeth to maintain his power and to secure the lion's share of everything, and is easily moved to a paroxysm of rage. But the tyrant has his tragedies, one of which is described by Mr. J. L. Kipling, in his "Man and Beast in India."

One morning there came a monkey chieftain weak and limping, having evidently been worsted in a severe fight with another of his own kind. One hand hung powerless, his face and eyes bore terrible traces of battle, and he hirpled slowly along with a pathetic air of suffering, supporting himself on the shoulder of a female—a wife, the only member of his clan that had remained faithful to him after his defeat.

We threw them bread and raisins, and the wounded warrior carefully stowed the greater part away in his cheek-pouch. The faithful wife, seeing her opportunity, holding fast his one sound hand and opening his mouth, deftly scooped out the store of raisins.

Then she sat and ate them very calmly at a safe distance, while he mowed and chattered in impotent rage.

He knew that without her help he could not reach home, and was fain to wait with what patience he might till the raisins were finished. This was probably her first chance of disobedience or of self-assertion in her whole life, and I am afraid she thoroughly enjoyed it. She led him away at last—possibly to teach him more salutary lessons of this sort.

HER ONLY COURSE.

Lady Anne Lindsay, the author of the old poem, "Auld Robin Gray," was not only a delightful conversationalist, but she was a great storyteller.

This gift made her not only a welcome guest abroad, but a valuable member of the home circle, for it is related in "A Group of Scottish Women" that at a dinner-party which she was giving to some friends, an old man servant caused some amusement by saying in a perfectly audible undertone:

"My lady, you must tell another story. The second course won't be ready for five minutes."

THE S. S. LESSON

INTERNATIONAL LESSON, JAN. 23.

Lesson IV. — True Blessedness, Matt. 5. 1-16. Golden Text, Matt. 5. 8.

Chapter 5, verse 1. He went up into the mountain—It is fitting that this most serious discourse of Jesus's ministry should have been uttered on a mountain. There was ar exaltation about the theme, the circumstances, and the Person which were in harmony with the solemn grandeur of the surrounding hills. The traditional site is the Horns of Hattin, a low, square hill seven miles southwest of Capernaum.

Sat down—The usual attitude of the rabbis, when teaching.

His disciples—The twelve, who had already been called, and His followers in general.

3. Blessed—Rewarded in the most felicitous way.

Poor in spirit—The man of spiritual poverty is the man who is aware of his own spiritual deficiency and of his utter dependence on God. Such a man is rich in the communion of God, which is to possess the kingdom of heaven.

4. They that mourn—No one escapes the conflict with pain and loss and sin. In possessing the kingdom of heaven are men alone comforted.

5. The meek—Who are these? Jesus said, "I am meek and lowly of heart." Those who before God are humble and unpresuming, and, before their fellows, are gentle and unavenging. To such, and not to men of pompous pride, shall belong the rulership of the earth.

6. They that hunger and thirst after the righteousness with which the teaching of the sermon is replete shall be filled. They shall have a rich spiritual life because they have deep spiritual longings. The man who sincerely longs for a right life will, by the very force of his insincerity, obtain it.

7. The merciful—This is the man who cherishes no ill will, but practises a tender sympathy, toward his neighbor. Such a man shall win the pity and forgiveness of God—shall obtain mercy.

8. The pure in heart—Sincerity in one's inmost soul, not the blamelessness of outwardly correct conduct. There must be in the thoughts, feelings, motives no admixture of selfishness. This is the sanctity of the life of God, and, if one experiences it, he may be said to see God.

9. Peacemakers are properly sons of God because they show forth the likeness of their Father, whose highest ideal, as expressed in his only begotten Son, is peace on earth among men.

10-12. Persecuted for righteousness' sake—No age has witnessed the same kind of persecution as its predecessors or successors. The followers of Christ, who live the ideal life of this sermon, must bear shame and reproach and suffer misrepresentation. But their reward is great, the kingdom of heaven, an absolute good beyond which no other is conceivable.

13. The salt of the earth—As salt preserves food from corruption and makes it palatable, so Christian conduct is to purify a corrupt society.

Lost its savor—The sort of Christianity which parades under a name, but lacks the purifying power.

Good for nothing—So is a Christianity which retains only an appearance after it has lost its flavor.

14. The light of the world—Christians are such because they stand before men as the representatives of the true Light; recalling Paul's words: "Among whom ye shine as lights in the world."

A city set on a hill—Such was Jerusalem. But Jerusalem was to pass away, and Christ's church to replace it. The church's life must stand high above the lower living of the world.

15. The purpose of a light was to shine, and not to put beneath the bushel, the measure found in every Jewish house, kept for portioning off meal for bread.

16. Let yur light shine—This command is not out of harmony with the beautitude relating to the poor in spirit. If a man's works are good, then the world ought to get the benefit of them, and his Father who is in heaven, the glory.

Customer—"I haven't any change with me this morning; will you trust me for a postage-stamp until to-morrow?" Clerk—"Certainly, Mr. Luff." "But suppose I should get killed or——" "Pray don't speak of it, Mr. Luff. The loss would be but a trifle."

A lad recently applied at a factory where there was a boy wanted used to filing. "Well," said the foreman, "what can you file?" "Oh!" replied the boy, "I can file anything." "Can you file smoke?" asked the foreman. "Yes, sir, if you will screw it in the vice for me," was the lad's quick rejoinder. He got the job.