Hints for Busy Housekeepers.

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

CAKE.

Sunshine Cake. — Ingredients: Whites of seven eggs, yolks of five eggs, one cup granulated sugar, scant cup of flour, saltspoon of cream tartar, pinch of salt, one teaspoon of vanilla or one-half teaspoon each of vanilla and lemon. Separate the eggs and put the whites in a large mixing bowl, and the yolks in a small bowl. Measure and sift the flour seven times and set aside; then sift the flour five times; have cream of tartar and flavoring on the table, then beat the whites five minutes, add salt and cream of tartar; beat some more, then add slowly the sugar, then the beaten yolks; then add the flour. Do not beat, but fold this in with a spoon. Add the flavoring. Put in an ungreased tin, sprinkle a little flour in the tin, and shake around; then take a teaspoon and remove all the air bubbles, place in a moderate oven, and bake from thirty minutes to one hour. A great deal depends upon the fire. The first twenty minutes the oven should be real warm; then slowly decrease the heat. When baked turn upside down and place a wet cloth on the tin for a few seconds, then with a knife the cake may easily be removed.

Mock Angel Food.—One cupful of sugar, one and one-half tablespoonfuls of shortening, one-half cupful of milk, one heaping cupful of flour, two tablespoonfuls of baking powder. Stir all together, then put the whites of two eggs into a bowl and heat until stiff. Then gently fold the whites into the batter; do not stir them in. Add a teaspoonful of vanilla. This is an original recipe, and if correctly made it will be hard to distinguish it from the real angel food cake. But be careful not to stir the whites of the eggs into the cake, but fold them in carefully.

Orange Tea Cake—This recipe makes eighteen delicious, inexpensive and quickly made little tea cakes: Cream one tablespoonful of butter and the same of lard with one cupful of sugar. Add two well beaten eggs, three-quarters of a cup of milk, pinch of salt, one teaspoonful of extract of orange, three-quarters of a cup of washed currants, one and three-quarters cups of flour, and two teaspoons of baking powder. Bake fifteen minutes in muffin pans in hot oven.

Nut Loaf—Four cups of sifted flour, four level teaspoonfuls of baking powder, one teaspoonful salt, one-half cup of sugar, one cup nut meats chopped fine, two cups sweet milk, and two eggs. Stir the dry ingredients together, then add beaten eggs and milk. Bake in moderate oven about forty-five minutes. This makes two loaves. I find that this bread is fine for the lunch box just buttered, or lettuce with salad dressing may be placed between two thin slices for a change. J. F. C.

SALADS.

Novel Mayonnaise.—Take three fresh eggs, three tablespoonfuls of pure olive oil, three of vinegar, three of thin bouillon or water, a saltspoonful of salt. Beat all this well together with an egg beater. When thoroughly mixed, put the pot into a larger one holding boiling water, and beat with the egg beater until the mayonnaise has the right consistency. Take the pot out of the boiling water and stir for a little while until cooled. Be sure the water is boiling hard in which the mayonnaise is cooked or it will not get thick. This mayonnaise is simply delicious and much more quickly made than the usual way.

Potato Salad.—Six cups cold boiled potato cubes, one tablespoonful or more grated onion or onion juice, three or four tablespoonfuls parsley finely chopped, one and one-half or more teaspoonfuls salt, one-half teaspoonful pepper. Turn ingredients over until well blended. Let stand in a cool place until ready to serve. To one pint double cream (sweet) add four tablespoonfuls of tarragon vinegar and beat until thick to the bottom of bowl. Mix the prepared potato with the dressing and serve at once.

RELISHES.

Red Cabbage Relish.—Remove all the loose leaves and the hard white part of a red cabbage, divide into fourths, and run through a meat chopper. Wash in a sieve and put in a granite kettle with one pint of water and two heaping tablespoonfuls of nice bacon fat. Add one-half cupful of white wine vinegar, three heaping tablespoonfuls of sugar, a pinch of pepper, one-half teaspoonful of paprika, salt to taste, and three or four good sized tart apples. Cover and cook about two hours. Stir often to prevent burning. It must not be moist. This is nice to serve with roast goose or turkey.

Stuffed Celery.—Make a paste of rich cream cheese, seasoned highly with salt, paprika, a few drops of Worcestershire sauce and made soft enough to spread with olive oil. Fill tender stalks of celery with this mixture; chill and serve with your dinner. A delicious relish and a little out of the ordinary.

HINTS FOR THE HOME.

To clean pewter wash in hot water and fine silver sand, then polish with a leather.

Warm the dish covers as well as the dish, or you will often spoil a carefully prepared meal.

Fireproof paper can be made by dipping paper in a strong solution of alum, and then drying it.

Fill pin cushions with thoroughly dried coffee-grounds, for the needles will not rust in them.

The dustpan after use should be emptied into the kitchen fire, and not into the dustbin.

Waterproof Glue.—Take some glue, soak it in cold water, and then by heat dissolve it in linseed oil.

Grease spots on a wall may be removed by putting blotting paper on the spot and holding a hot iron against it.

Waste buckets should have boiling soda water and soap stood in them at least once a week, brushed round thoroughly and dried in the air.

Children's hair should never be strained tightly off the forehead if you wish it to grow thick. Receding hair in later life is often caused in this way.

When making whitewash for your pantry, larder, etc., add one ounce of carbolic acid to every gallon of whitewash. This will effectively drive away any insects, and make every place healthy.

To restore ebonised wood, rub all spots the way of the grain with powdered pumice stone and oil. Then polish with a dry, soft cloth. If this is carefully and thoroughly done the effect is most excellent.

Oil castors of chairs and sofas at least once a year, and they will not break off, but last nearly a lifetime. At the same time that the castors are oiled, it is well to think of locks and hinges.

Eggs are most easily digested when eaten raw. If this is impossible, place them in a pan of nearly boiling water, and stand at the side of the stove for seven to ten minutes.

Hot water is a simple drink that ought to be more popular, for it promotes secretion better than cold, and is at all times a stimulant of no mean nature. Taken the last thing at night and in the early morning this beverage is a boon to gouty people.

To cleanse a mattress remove the hair from the tick, pick it apart, then wash it in a lather, rinse in cold water, wring in a thick cloth, and dry in the sun. Either wash the tick, or make a new case to hold the hair when perfectly dry.

The oven in every kitchen does not get the attention it requires, considering what an important cooking vessel it is! Many who are particular as to every pot and pan being scalded and scoured forget this small iron room, which has the power of absorbing and holding so many odors and grease. Every part of the oven, not forgetting the roof, should be scrubbed out at least once each week, a long brush and plenty of soda water being used for the purpose.

A LIFE FOR A LIFE.

Custom in New Guinea Which Causes Frequent Murders.

Everywhere in New Guinea the traveller is continually brought face to face with death, and the natives are devoid of the slightest pity or respect for the dead or dying, although after a death they will often wail and mourn for a considerable time.

Murder is an everyday occurrence, and nothing could be worse than the morals of the natives. In fact, they have none, they thieve and lie with a persistence and cunning which are surprising.

The Papuans have a cheerful custom which demands a life for a life. Should any one die, at the first opportunity they kill some one—they are not very particular whom—to make up for it. "While we were at Humboldt Bay," says Prof. Pratt in the Wide World Magazine, "a Malay died of dropsy; he was the first Malay who had ever come to that part, and the Papuans greatly respected him.

"'Very well,' they said, 'we must shoot a Malay with our bows and arrows to pay for his death.' And sooner or later some innocent person would be killed to square the account, when everybody—except, presumably, the victim's friends—would be satisfied."

DODGES WORKMEN USE

STRANGE EFFORTS MADE TO SECURE DAMAGES.

Curious Facts Regarding the Working of the English Compensation Act.

Curious facts concerning the operation of the Workmen's Compensation Act in England are coming to light.

During recent law proceedings it was alleged that some medical men were drastic in their examination of workmen seeking relief under the provisions of the Compensation Act, and that not a few while testing the men resorted to the use of powerful electric batteries, and applied other severe treatment, such as extensive "needle-pricking," etc., to those parts of the body said to be affected.

Most doctors having to deal with workmen will admit that since the advent of the Act the medical inspections have had to be carried out more stringently than hitherto. The reason is not far to seek.

In his annual report, a medical officer of health in a Midland mining centre wrote: "The Compensation Act has had a curiously curative effect on lumbago."

Conversing with other medical men, the writer learns that this "curious curative effect" referred to by the miners' doctor is not confined to "colliers," nor to the disease of "lumbago." Practitioners in all parts of the country find that, since the operation of the Compensation Act, kindred ailments like rheumatism, sciatica, etc., are

RAPIDLY DISAPPEARING

from the ranks of workingmen.

Briefly, it is implied that when a workman feels pains of the rheumatic kind giving trouble it is open for hm to inform a mate that he has strained himself while working, report himself to the doctor, and then go "on the box." Thus the "disease" becomes an "accident," and the man draws compensation allowance for a period, unless the employer's doctor be able to prove conclusively that he is really suffering from disease. As it is not an easy matter to promptly diagnose an internal defect or strain it follows that in the majority of such cases the sufferer draws his compensation allowance, and if a member of a sick benefit society, club money also.

It should not be inferred that all workmen are malingerers, nor that employers of labor are altogether free from corruption in the matter.

Many cases before County Court judges in England reveal clearly that, while some men are obviously malingering, a goodly number of employers are also endeavoring to shirk their responsibilities under the Act. So that it is rather a case of diamond cut diamond.

The writer was present when a County Court judge directly charged one man with shamming and nonsuited him. This man had received compensation allowance for sevone eye had become affected owing to

A SLIGHT ACCIDENT.

When informed that ophthalmic surgeons were agreed that he was fit to resume work, the man suddenly found that his other eye was affected. He was put through the usual tests and, according to his answers, the optic nerves were seriously impaired. But he had not reckoned with certain secret tests which specialists now apply.

To prevent hardship being inflicted, a judge has power to refer such cases to a medical referee—always a specialist.

In this connection a very unsatisfactory state of affairs is about to be remedied. In a certain district complaints have been made that some medical referees are also acting for one or other of the parties concerned. This is so; and the writer knows of an instance in which an official referee was paid several guineas for certifying a workman as "fit to resume work," and several guineas for certifying the same man as "unfit to resume work," the injury being one and the same at both examinations.

In fairness to the surgeon concerned it should be stated that the injury was of an unusual kind, and in the hurried examination on behalf of the employers he had overlooked a certain feature. The trade union doctor noticed the oversight and cleverly called in the same specialist for consultation. The latter saw the difficulty when it was pointed out. But he had already received his cheque

FROM THE OTHER SIDE.

There are curious differeneos of opinion during the legal proceedings. An eminent specialist will tell the judge that in his opinion the man is quite able to resume work. An equally eminent specilist called by the other side will then declare that the man is not yet able to resume work. Meantime the works medical officer, the man's club doctor, and possibly the hospital surgeons have given their different views.

On some circuits the judge has his own ideas, and the writer knows of one who is himself fond of putting injured persons through practical tests, and frequently he gets the experts to demonstrate with the patients in his retiring room under his supervision.

A solicitor to a trade union controlling thousands of workmen admitted to the writer that many men were better off financially when drawing compensation allowance and club moneys regularly than when employed.

Surgeons complain that during convalescence patients will not give injured limbs sufficient exercise, with the result that adhesions form, the joints become abnormally stiff, and unless drastic measures be adopted the patient is likely to be for ever at least partly incapacitated. This means that, although possessing all his faculties, and, practically speaking, able-bodied, he crawls about for the rest of his life drawing compensation money.

Specialists declare that before the advent of the Act very little was heard of nystagmus,

A DISEASE OF THE EYE,

which affects miners. One curious description of it is, "a discoloration of the optic nerves owing to long periods of working in coal pits."

The writer knows of two miners who, after working below in a certain colliery for twenty years, became unemployed, the pit being closed. After being out of work several weeks, they complained of their eyesight. Their trade union had them examined. "Nystagmus" was the doctor's verdict, and they claimed compensation from their old employers. They had worked in the pit for twenty years without making any complaint. The case was settled out of court, each man accepting $150 and costs.

A similar case was that of a cute Irishman. Extremely distressed, he reported he could not see—both his eyes having become affected. The solicitor to the trade union suspected something. But the man was sure he would "never be able to work in the pit again, his eyesight being ruined." Negotiations resulted in his accepting $150 in full settlement. He was an expert workman, and the colliery proprietors intimated their willingness to take Pat back again when he was fit. Shortly after receiving his substantial cheque the Irishman went back to the same work.

Most of the men will persist in fighting a case out instead of accepting substantial offers of settlement. The writer was recently in court when a partisan's solicitor urged the man to accept $250 offered. He declined and the case proceeded. The artisan lost, got no compensation, and his trade union had to pay heavy costs. Later he lost his job.

RAPACITY OF THE PIKE.

Other Sea Fish That Will Attack and Eat Their Own Species.

The pike has the repuation of being particularly cruel and voracious, hence one of its appellations the "water wolf," but the probability is that many of the sea fish are equally if not a good deal more rapacious and fond of attacking, causing pain to and making a meal of their own species, says the London Globe.

Large dogfish (they of course are related to the shark tribe), congers, pollack, cod and bass are especially ferocious, while halibut will frequently seize and kill other large fish, as anglers can aver from personal experience. It is only a few weeks back that while a London angler was "playing" a large conger a huge hallibut swam up to and savagely bit at it, an operation which eventually cost it its own life, for on making for the wounded conger a second time the boatmen contrived to gaff and haul it aboard.

There have been many instances of pike being found dead, choked by their own species, and these fish not infrequently attack another pike which has been hooked by an angler. The action of a pike at times closely resembles a cat when it plays with a mouse. The pike seizes the angler's bait and keeps dropping and allowing it to escape—one can picture its delight in the terror of its victim—but does not forget to leave the marks of its teeth behind when it eventually makes off.

Lately many fine cod hooked on the long lines off Deal and Dover have been found bitten in half, while only the heads of some have been left, thus showing that they have been preyed upon by some cruel and voracious fish, only too glad to have such a favorable chance of killing and eating them.

A special providence is that agency which causes misfortune to befall our friends instead of ourselves.

The White Star-Dominion Line will run the steamer Teutonic to Montreal next season, and may also put the Majestic on the St. Lawrence route.

THE TROOPSHIP SAILS

PICTURE OF BRITISH SOLDIER'S FAREWELL.

Vivid Scenes When He Takes His Departure on Foreign Service.

A dull morning, a wet morning, and dirty. The harbor shows grey and ugly in the half light. That huge outline heaving out yonder on the slowly rising rollers seems deserted.

But fussy tugs haul her great shape round, busy boats come and go in the greyness. A white jet of steam shoots up, trails away; black figures can be seen working furiously amidst a rattle of chains and blocks.

A clatter of hoofs, and then a dozen troopers rattle up with half a hundred horses: a confused mass, struggling, cursing, stamping, they crowd the long quayside. Then they ease up; somehow they look long at the miserable scene—the drifting mist, the bare, grey outlines.

"It's a dismal hole," says one khaki-clad figure; "but it's a last look at the old country!"

Then the waiting crowd thickens. A faint echo of martial music, growing stronger—a tramp of feet—a hoarse cheer. Someone roars, "Here they come!"

ONE OF THE OLD BRIGADE.

And here they do come! Column after column, with swinging step, heads erect, a huge drummer's arms whirling fearfully, pipers playing furiously at fear of being out-rivalled.

See that old man marching so proudly, eyes lit up, lips tight pressed? He's one of the regiment, one of the old brigade, living over the glorious past again.

"That was fifty years ago!" he murmurs sadly. But he grips a lad's hand—his "boy"—holds up his head, and marches with the best.

And other hands are being held this dark morning. Here one tanned private sadly eyes the white face at his side. She's only a shop girl—a slim, little, shabby figure—but her eyes are moist as she squeezes his hand tightly, and trudges silently, uncomplainingly, in the rowdy rabble and sludge, just to be at his side. They don't say anything. There's nothing to say. He doesn't ask her to wait, doesn't swear his love; but he gazes fiercely ahead, and curses fate.

Then a shrill bugle-call. Men break rank, swarm up the gangways; the crowd surges forward, privileged friends crush aboard.

Here, under a sheltering funnel, is the last farewell—a tender parting, amidst shrill whistles, ringing bells, hoarse voices.

You hear a faint, "You'll wait, lass? You mean it? Promise!" see a pale face, blue eyes, looking up pitifully. A long comforting arm goes round a slim waist, and —— Well, it's getting very dark in that corner. We'd better leave that picture.

"ALL ASHORE!"

Now a loud clang, clang, and a hustle of seamen—men who gaze on such weaknesses scornfully. They leave the missus at all seasons. They've just left her now—comforting thought: gone back to get the lodger his tea! But "Tommy" is going to a strange clime, and as a hoarse roar of "All ashore! All ashore!" swells up, a silent officer wonders how many will return to these dull-grey shores, how many will see that white-haired father, that sadly weeping mother, who would always die cheerfully for her weakest—the black sheep.

But he's listed now; he's resolved to do well—to turn over a new leaf.

A roar of haste, a shrill, warning whistle, and the crowd is fairly heaved over the side. Someone's promising to write every week. Someone's comforting: "Don't take on, mother! Come, I'm not blubbering!"

And as the screw fast churns the water there's a waving, a cheering, from the lessening crowd; then the sea mist floats across; the picture fades—is gone.—London Answers.

CHINESE TAKE TO BAGPIPES.

Consul-General Knabenshue reports from Tienstin that the only foreign music the Chinese masses have ever shown any interest in is the skirling of the bagpipes of the Cameron Highlanders when they were in garrison there a couple of years ago. He advises piano firms that the market for their instruments is practically confined to foreign residents. Some instruments have been sold to wealthy Chinese, but simply as pieces of furniture, there being no teachers of instrumental music for Chinese women and no demand for them.

The late John Feeny left $250,000 for the building of a picture gallery in Birmingham, on a site to be provided by the corporation, and also a collection of casts, etc., subject to the corporation providing the necessary accommodation.

THE S. S. LESSON

INTERNATIONAL LESSON, JAN. 15.

Lesson III.—Asa's Good Reign in Judah, 2 Chron. 15. 1-15. Golden Text, 2 Chron. 15. 7.

Verse 1. The Spirit of God came upon Azariah—Often spoken of as the method of prophetic equipment, the Spirit clothing the prophet as with a garment. Azariah is not mentioned elsewhere.

2. Went out to meet Asa—Upon his return from the successful contest with Zerah, the Ethiopian.

Jehovah is with you—This had just had illustration and confirmation in the decisive victory of Asa over the invading army of Zerah. It was a general truth which found support in all the history of both Judah and Israel, as did the opposite truth, If ye forsake him, he will forsake you.

3-6—This section has been variously interpreted as referring to the northern kingdom of Israel, to the entire previous history of the Hebrew people, and to the period of the Judges. The language fits in well with this last view. The lawless, lax times of the Judges is reflected in verse 3. The distress (4), and calling upon Jehovah, and consequent deliverance from their troubles, reminds one at once of that troubled epoch. The want of peace and the continued vexations (5), and the wrangling between different tribes and different cities (6), is characteristic of the Judges (compare chapters 5, 6, 8, 9, and 12 of the book of Judges).

3. Without a teachingf priest and without law—The two things amount to the same thing, inasmuch as the giving of instruction in the law was one of the offices of the priesthood (Deut. 33. 10).

5. No peace to him that went out—It was unsafe to travel.

Lands—Districts of the country of Israel.

6. Nation against nation — One tribe against another is meant.

8. Oded the prophet—It is evident here that the words "Azariah, son of," which are found in the Vulgate, have accidentally dropped out in the Hebrew text from which we have our translation.

Abominations—All the detestable forms of idolatrous worship (compare 1 Kings 11. 5 and 2 Kings 23. 24).

Cities which he had taken—As no reference has previously been made to conquests of this kind on the part of Asa, it is supposed that this means the cities captured by his father, Abijah (2 Chron. 13. 19).

Renewed the altar of Jehovah—No record has been handed down of the implied desecration of this altar.

9. Them out of Ephraim and Manasseh—Adjoining tribes, many of whose members lived in Judah after the disruption (2 Chron. 10. 17), and many more of whom came thither because of the belief that the pure worship of their God was in Jerusalem, a belief that was reenforced by the idolatrous practices of the northern kingdom and the marked successes of Judah's kings.

Simeon—Although this small tribe was reckoned as one of the ten, it can only have been partially so, because it was, at the time of the separation, absorbed into Judah (1 Chron. 4. 24).

10. The third month—Corresponding to our June, and the appointed time for the feast of weeks, when the first fruits were offered.

11. The spoil—This was presumably taken from the Ethiopian king, and may have been considered as a kind of first fruits, or pledge of loyalty to Jehovah in the future.

12. The covenant to seek Jehovah—Following the prophecy of Azariah (verse 2). Asa's work, therefore, was both destructive and constructive. After casting out the disreputable reminders of his people's unfaithfulness, he proceeds to renew the neglected altar, and then to make provision for a nobler devotion to the Lord in the future. The covenant was made by the taking of a binding oath (2 Chron. 34. 31), which in this case was emphasized by the blowing of trumpets (14).

15. Jehovah was as good as his word. It was no doubt arduous business casting out the corrupting emblems of a false worship, but all were glad when it was finally accomplished and they had entered upon a new era, which, under the gracious guidance of the Lord, was a time of peace, until the thirty-fifth year of the reign of Asa.

SOME STRANGE CRADLES.

In Lapland a new-born baby is cradled in its mother's shoe, a big object covered with skin and stuffed with soft moss. In India the baby rides in a basket which hangs from its mother's head, or in a hammock hung from her hips. The Chinese baby is tied to the backs of an elder child. Strangest of all, the mother in Guinea buries her baby up till its waist in sand, and that is the only cradle the baby ever knows.