Hints for Busy Housekeepers.

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

CAKES.

Low Cost Sponge Cake.—Two eggs, beaten separately; one cupful fine granulated sugar; three-eighths cupful hot water or milk; one-half teaspoon lemon extract; one cupful flour; one and one-half teaspoonfuls baking powder; one-quarter teaspoonful salt. Process: Beat yolks of eggs until thick and light, add half the sugar gradually, beating constantly; add water or milk, and gradually remaining sugar. Beat mixture three minutes; add extract, whites of eggs beaten until stiff; mix and sift flour, baking powder and salt, then cut and fold into first mixture. Butter and flour a shallow cake pan, turn in mixture, spread evenly and bake in a moderate oven twenty-five minutes.

General Directions for Making Cake.—Thin cakes require a hotter oven than those baked in thick loaves. If the oven be not hot enough at first or be cooled too suddenly during the baking the cake will not be light. Mix cake in an earthen bowl and never in a tin pan. Use a wooden spoon, as iron spoons discolor the hand and the mixture. Coarse granulated sugar makes heavy cake, with a hard and sticky crust. Line your cake tins with paper to prevent burning the bottom and edges and to aid in removing the cakes from the pans. Lay the paper over the outside of the pan and crease it around the edge of the bottom. Allow it large enough to come above the edge of the pan. Break each egg on the edge of the cup just enough to crack the middle of the shell, so the white will flow out, but not hard enough to break into the yolk. Let the white run into the cup and keep the yolk in the half shell until all the white is drained off. Be careful not to break the yolk, as the smallest portion of it in the whites will prevent them from frothing. Never stop beating the whites until they are stiff and dry, as it is impossible to have them light if they become liquid again.

Mother's Cake.—One scant cup of butter, one and one-half cups sugar, three eggs beaten separately, one teaspoonful lemon or vanilla, one salt-spoonful mace, one-half cup milk, three cups flour, one teaspoonful cream of tartar, and one-half teaspoonful soda, or three level teaspoonfuls baking powder. Cream the butter, add the sugar gradually then the yolks of the eggs, then the flavoring; reserve a quarter of a cup of flour lest the cake be too stiff if all be used; put the soda and cream of tartar into the remainder of the flour; add the milk and flour alternately a little at a time, and lastly the whites, which have been beaten stiff and dry. Bake from forty to fifty minutes in a moderate oven. Add one cup of currants and you have a nice currant cake, or half a cup of dates cut fine nd flavored, and you have a date cake. Color one cupful of the dough with spices, cinnamon, allspice, and mace, or with grated chocolate and you have a Leopard cake. By using a cupful of butter it is the same as White Mountain Cake.

Loaf Cake.—One cupful butter, creamed with two cupfuls of sugar; add four beaten yolks of eggs; one teaspoonful of soda, dissolved in one cupful of sweet milk; two teaspoonfuls cream of tartar, mixed in three cupfuls of flour; flavor with vanilla and a teaspoonful of mace; lastly add the beaten whites of eggs; beat well before you put in the whites of eggs; add one cupful of chopped nuts if you wish. This is excellent and will make two loaves.

Filled Sponge Cake.—Bake a sponge cake in a round loaf pan and put it aside for a day or two. After that time cut off the top crust and take out the soft part on the inside and mix it up with chopped nuts and whipped cream. Put back in crust and cover with top crust. Cut in slices and serve as dessert.

SANDWICHES.

Ribbon Sandwiches.—Butter six thin slices of bread on both sides; spread layers of deviled ham, tongue, or chicken between; then press the entire pile closely, and slice downward, making thin, ribbon like sandwiches. Another—Put white and brown bread together alternately, as above, using a filling of cream creese and chopped nuts or olives.

Japanese Sandwiches.—Take any kind of left over fish, baked or boiled; pick out every bit of skin and bone and flake in small pieces; put into a saucepan with a little cream or milk to moisten, adding a little batter and dusting of pepper; work to a paste while it is heating; then cool and spread on thin slices of buttered bread.

Jelly Sandwiches. — Cut thin slices of warm fresh bread. Remove crusts, butter them evenly, spread with currant jelly, and sprinkle with freshly grated cocoanut. Roll each slice separately and tie with baby ribbon.

Fruit Sandwiches.—Take thin slices of raisin bread, butter them and fill them with the big filling prepared as follows: One-half pound finely chopped figs, one-third cup sugar half cup of boiling water, and two tablespoons of lemon juice. Mix and cook in a double boiler until thick enough to spread.

TESTED RECIPES.

Baked Apples.—Take as many apples as there are people to be served. Peel and remove core. Fill with chopped hickory and English walnut meats. Sprinkle with white sugar. Put in oven and bake slowly, basting all the while with sirup, made of one cup sugar, one-third cup water, cooked until in threads. Bake until apples are clear. Serve with whipped cream.

Nut Graham Bread.—Three cups graham flour, one cup white flour, four teaspoons baking powder, one teaspoon salt, one-third cup molasses, one-half cup brown sugar, two eggs, two cups milk, one cup seeded raisins, one cup chopped nuts. Mix quickly, let raise for twenty minutes. Bake one hour.

COOKIES.

Sweet Crackers.—One cup of sugar, one cup of lard, and two eggs creamed together. Five cents' worth of oil of lemon, also five cents' worth of baking ammonia, dissolved in one pint of sweet milk overnight. Pound and knead about forty minutes. Work in as much flour as possible. Roll thin, cut in squares, and stick several times with a fork. Bake in quick oven. Half of the oil of lemon is enough for one baking.

PALM HELP.

I had a palm which became infested with scales. After trying various kinds of treatment for their extermination I began washing it in suds made from soap. After three washings, at intervals of a few days apart, I find the scales almost entirely gone, the palm looking fresh and green and making new growth. Another bath of the same will keep it in fine condition.—J. U. D.

VALUABLE HINTS.

Apply a drop of oil to the door hinges to keep them from creaking.

A cork soaked in oil makes a good substitute for a glass stopper.

Canned or fresh rhubarb is a fine substitute for fruit for the pudding.

Try a little baking soda and hot water when cleaning kitchen utensils.

If your pancake batter is too thin try using stale bread crumbs as a thickener.

Flowerpot stains may be removed from window sills with fine wood ashes.

The neck of a baby's frock should never be starched, as it will chafe the tender skin.

A cupful of liquid yeast is equivalent to half a compressed yeast cake or a whole dry yeast cake.

In selecting beef the pieces which are well mottled with fat will be found the richest and juciest.

Scatter unslaked lime round the corners of the cellar; this will absorb any damp and dispel insects.

When leather armchairs look shabby they should be wiped with a soft cloth moistened with olive oil.

Wooden breadboards are kept in better condition by rubbing them with sand than by simply using soap.

Green blinds that have become faded may be renewed by rubbing them with a rag saturated with linseed oil.

If fresh fish is to be kept over night, it should be salted and laid on an earthen dish, not placed on a board or shelf.

Comforts and quilts should be dried in a good stiff breeze so they may be as light and fluffy as when new.

You my discover that you have not potatoes enough to warm up. Just take some stale bread, as they blend perfectly.

A few drops of lemon juice or vinegar put in the water in which cauliflower is to be cooked will preserve its whiteness.

A large clean marble boiled in milk, porridge, custards, sauce, will automatically do the stirring as the liquid boils, and so prevent burning.

The mica windows of coal stoves can easily be cleaned with a soft cloth dipped in vinegar and water. This should be done when putting the stove up.

Japanese railroads use terra-cotta sleepers.

They have women ticket agents in Australia.

They who do not believe that character can be told from handwriting have evidently never heard handwriting read aloud in a breach-of-promise suit.

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, MARCH 12.

Lesson XI. Elisha the Prophet Restores a Child to Life. 2 Kings 4.8-37. Golden Text, Rom. 6.23.

Verse 8. A great woman—The prevailing idea of greatness was of a person who was independently rich (1 Sam. 25. 2), and who had the power that goes so frequently with wealth. This same Shunem was made famous as the abode of the beautiful maiden who is the heroine of Solomon's Song, and who may be identified with Abishag, the nurse of David's old age. Thus Shunammite seems to have been an heiress, who, with her husband, owned much of the property about the village. Her hospitality must have been welcome to the prophet in his wearisome tours among the prophetic schools.

9. This was a holy man—It seems unlikely that Elijah would have availed himself of such comforts as were offered in this luxurious home, but the impression made by Elisha was not diminished because he had an eminently social nature and gave it free play. At any rate, the proposal made to her husband by the woman (10) was not unusual, even in a land overflowing with hospitality. The little chamber, built with walls, above the roof, so as to give easy and private access from the outside (and furnished after the style of Oriental rooms), must have afforded the prophet many hours of refreshment.

12. Gehazi—Throughout his long public career Elisha was attended by his servant, who ocupied much the same position as he himself held in relation to Elijah.

She stood before him—It is difficult for us to imagine the reverence with which she would come into the presence of one whom she considered a representative of God, or the reserve which Elisha, in the dignity of his position, would exercise, so downtrodden was the condition of womankind in those days (compare Jesus and the Samaritan woman, John 4. 27). So Elisha speaks to her through his mouthpiece, Gehazi (13), and, careful not to offend his benefactor by any suggestion of money equivalent for her pains, he proposes that he might give expression to his gratitude by speaking a word in her behalf to the king, or using his court influence with the captain of the host. But, dwelling as she did, among her own friends, she felt no need of royal or military protection. So she went away, only to be recalled on Gehazi's suggestion that the great sorrow of her life was, that she had no child, and was growing old (14, 15).

16. Do not lie—The promise that in the spring of the year following she should have a child her very own was too good to be believed on light evidence.

19. My head—It is likely the child had suffered from sunstroke.

21. Laid him on the bed of the man of God—What Elisha had already done for her was sufficient to make her believe in his power to do even greater things.

23. Wilt thou go to-day?—The husband is not thinking of the dead child, but of some religious festival connected with the new moon or the sabbath, over which the prophet might be called upon to preside Nevertheless, upon her assuring him that all was well, he has the ass prepared (24). The servant would attend her for protection, running by her side the entire sixteen miles to Carmen.

25. The man of God saw her—From his retreat in the hills he could look down the road and see her while she was yet afar off. He at once divined that something was amiss. But the woman not relinquishing the hope which she cherished, out of an anxious heart exclaimed, It is well (26).

27. Thrust her away—Gehazi considered in a breach of etiquette, but his master saw that she acted in great extremity, and put his servant aside.

29. He said to Gahazi—He did not need to hear the words which the woman seemed reluctant to speak, that her son was dead. He bade his servant gather up the loose folds of his garment, and to pause for no salutations, lest his progress should be impeded. But the mother is not satisfied to have the staff and its master separated, for where he is there is power. So with the woman, Elisha follows his servant, who meets them on the way with the news that the child has not revived.

32. The child was dead—There is left no such doubt in this story as in some others in the Bible, as to whether the person was actually dead.

33-35.—Notice the earnest solicitude displayed by Elisha. He not only prayed, but used every means within his power to bring back the breath of life. This was the order followed by Elijah at Zarephath, and is the true method of approaching God in everything we seek from him.

36. Take up thy son—In the tenseness of the situation the indirect address, through his servant, is laid aside. Humanity is a far larger consideration than conventionality.

37. Fell at his feet—She was too overwhelmed with emotion and gratitude to speak. We are left to imagine what the return journey must have been.

PROVIDING FOR WORKPEOPLE

Invalidity Insurance Will Not Conflict With Old Age Pensions.

The English people are beginning to realize the vast importance of the British Government's scheme of invalidity insurance, which is now being eagerly dscussed in every factory and workshop, mine and quarry, in the servants hall of London mansions, and humble farm kitchens. The invalidity insurance, as proposed by the Government, is quite a thing apart from old age pensions and unemployment insurance. There is no idea of changing the basis of old age pensions as at present administered. Invalidity insurance is an extension only. Old age pensions of $1,25 a week will still be granted on a non-contributory basis to qualified persons over the age of seventy. For this reason the insurance scheme will come to an end at seventy, and there will be no over-lapping. Contributions to invalidity insurance will begin at an age not lower than sixteen years and not higher than eighteen years. Again, invalidity insurance is quite distinct from unemployment insurance as outlined by the Board of Trade. Unemployment insurance is intended for men and women who are able and willing to work but cannot find a job. Invalidity insurance is meant for men and women who are debarred from working through continued ill-health. Unemployment insurance will be compulsory only for the building, ship-building and engineering trades—that is, for two and a half million workers. Invalidity insurance will be compulsory and universal for all persons between the ages of sixteen or eighteen and seventy whose income is less than $800 a year. Unemployment insurance supplements the work of trade unions; invalidity insurance supplements the work of friendly societies. The details of the invalidity insurance are still secret. On November 4th Mr. Lloyd George handed a draft of it to Mr. Barnes, the Grand Master of the Manchester Unity of Oddfellows. The documents were, however, communicated on Cabinet terms, and Mr. Barnes was forbidden to make them public. Contributions to the scheme will, as in the case of unemployment insurance, be derived from the worker, the state and the employer. The amount of the combined contribution is unknown and the proportions to be paid by the three parties respectively is also not known. Conjecture has set one-half for the employer, and one-half for the state.

WHO WAS BOSS?

Once on a time, runs a modern fable, a youth about to embark on the sea of matrimony, went to his father and said:—

"Father, who should be boss, I or my wife?"

The old man smiled and said:—

"Here are one hundred hens and a team of horses. Hitch up the horses, put the hens into the wagon, and wherever you find a man and his wife dwelling stop and make inquiry as to who is the boss. Wherever you find a woman running things, leave a hen. If you come to a place where a man is in control, give him one of the horses."

After ninety-nine hens had been disposed of, he came to a house and made the usual inquiry.

"I'm boss o' this farm," said the man.

So the wife was called, and she affirmed her husband's assertion.

"Take whichever horse you want," was the boy's reply.

So the husband replied, "I'll take the bay."

But the wife did not like the bay horse, and called her husband aside and talked to him. He returned and said:—

"I believe I'll take the grey horse."

"Not much," said the young man. "You get a hen."

FACT AND FANCY.

Tight lacing goes with loose habits.

Greece, thanks to her climate, has the most centenarians.

The only time a real financier tak es his wife into his confidence is to tell her when he isn't making any money.

Many a millionaire is the architect of his son-in-laws's fortune.

"Dear," comes from the old English "deore," meaning "distinguished."

It is important at this season to remember that no one can arrest the flight of time. We can all, however, stop a minute.

There are no less than 5,000 varieties of cider apples grown in Normandy.

NEWS FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told In a Few Pointed Items.

There were 820 deaths in Vancouver last year.

Nearly eight feet of snow have fallen in Rossland this winter.

The new $75,000 convent building in Kamloops, B.C., is about completed.

The new Inland Hospital, to be built this year in Kamloops, will cost $125,000.

The mayor of Vancouver is paid $5,000 a year and the aldermen $500 each.

In the spring a salmon cannery and box factory will be started at Stewart, B.C.

Calgary real estate men are preparing for an influx of farmers during March and April.

Four feet of solid ore has been struck at the 1,050 foot level of the Rambler mine in the Slocan.

Vancouver citizens are indignant because compulsory vaccination has been forced upon them.

Last year there were 538 cases before the police court in Revelstoke. The fines amounted to $4,000

Not for many winters has there been so much snow on the Saskatchewan prairies as is the case at present.

David Oppenheimer is to be honored by a memorial in Vancouver. He was one of the first mayors of that city.

The B.C. Government has consented to the appointment of a commission to enquire into the high price of coal.

A syndicate of Vancouver people has recently purchased 35 lots in the west end of New Westminster for $75,000.

Two men, who pleaded guilty in Medicine Hat to cattle-stealing, were each sentenced to two years' imprisonment.

Winnipeg Ministerial Association has unanimously elected Rabbi J. K. Levin, a Jewish clergyman, to membership.

Appalling stories of inadequacy of the medical provision for laboring men on G.T.P. construction work west of Edmonton are told.

"It will take a small army of men busy this coming summer building new churches in this city," says the Morning Albertan, Calgary.

In a recent excursion from Medicine Hat down into Montana, there were 100 men in the party and one out of every three was a real estate agent.

Tom Flynn died in Rossland last month aged 71 years. Three months ago he paid the Dominion Government $4,250 for an annuity of $50 a month.

Over 300 farmers young and old, attended the class of instruction on agricultural subjects held by the provincial government at Strathmore last week.

On Kootenay Lake the progressive ranchers are devoting their energies to placing the recently formed Kootenay Fruit Growers Union, Limited, on a sound financial footing.

The entire province of Saskatchewan is living from hand to mouth as regards fuel, and one more severe storm will put the entire province right up against it for fuel.

There are several sulphur springs in that part of British Columbia known as the Pemberton Meadows. Just after the San Francisco earthquake they stopped flowing for three months.

Slack work is advertised by the miners' unions in three different mining districts of Alberta, the Royal collieries at Lethbridge, Coal Creek, in the Crow's Nest Pass, and Bankhead.

Operations at the Vancouver-Prince Rupert Meat Packing Company's abbatoir, at Sapperton, are now in steady progress. About 40 head of cattle and from 80 to 100 hogs are despatched daily.

A LONG CREDIT.

The motto of the Highland host that battled for the Stuart cause, which bonnie Prince Charlie headed, apparently was that heaven helps those who helps themselves liberally. They levied toll on the hen-roost, stable, and according to the author of a recent delightful book, entitled "The Land of Romance," even on the pockets of the Covenanters.

At Swarthholm a party of these marauders overhauled the house of a tailor, and when one of them was about to cut up a web of homespun that had taken his fancy, the good-wife earnestly remonstrated.

"A day'll come when ye'll ha' tae pay for that," she solemnly assured him.

Scissors in hand, Donald paused. "An' when will she pe hafing to do that?" he asked.

"At the Last Day," said she.

"An' that will pe a fery goot long credit," the robber coolly returned. "She wass going to pe only taking a coat, but now she will pe takin' a waistcoat as well."

SHIPPING AND SHIPBUILDING

GREAT BRITAIN'S SUPREMACY IN THE INDUSTRY.

Leads World in Construction of Vessels and Trade Shows Increase.

The annual report published by Lloyd's Register of Shipping and Shipbuilding in 1910 gives the following interesting figures:

Tonnage of merchant ships launched in the United Kingdom during three years:

1908	929,669
1909	991,066
1910	1,143,169

Countries for whose use the 500 vessels (1,143,169 tons) launched in the United ingdom to 1910 were destined:

Britain	361 ships,	919,706 tons
Brit'h C'l'n's	39 ships,	43,507 tons
Norway	12 ships,	34,038 tons
Germany	5 ships,	26,507 tons
Sweden	5 ships,	20,247 tons

and smaller tonnages for other countries.

Warships launched in the United Kingdom during 1910:

British	43 ships,	133,525 tons
Foreign	2 ships,	1,120 tons

Countries for whose use are intended the 122 warships in all the shipbuilding ports in the world:

British	43 ships,	133,525 tons
German	21 ships,	49,024 tons
U S A.	13 ships,	30,287 tons
French	12 ships,	24,063 tons
Japanese	3 ships,	23,100 tons

no other country having added so much as 20,000 to its naval tonnage.

Combining mercantile and naval shipbuilding in United Kingdom ports and abroad, we have these remarkable figures concerning this "ruined industry":

Launched in 1910 in the United Kingdom, 545 ships, 1,277,814 tons; launched in 1910 in all the rest of the world, 854 ships, only 990,893 tons.

Of the last named the United States built 361,000 tons; Germany, 210,000; France, 105,000 tons; Holland 71,000 tons; no other country turning out so much as 60,000 tonnage.

The United Kingdom gain in output as compared with figures abroad is shown by comparing our first table with the subjoined

Tonnage of merchant ships launched in all the world except the United Kingdom, during three years:

1908	903,617
1909	610,991
1910	814,684

Thus the rest of the world has decreased its output almost half as much as the United Kingdom has increased its output.

Even the gain on balance as affected by vessels being lost as sea or broken up, the United Kingdom has an advantage over the rest of the world.

Tonnage of merchant ships lost or broken up, thus reducing the total tonnage of the mercantile marine:

	British Isles.		Foreign and Colonial.	
	Ships.	Tons.	Ships.	Tons.
1906	198	291,000	602	518,000
1909	201	361,000	666	578,000
1910	202	358,000	587	516,000

OSMAN DIGNA STILL ALIVE.

Dervish Leader Now at Wady Halfa is Eighty Years of Age.

The Emir Osman Abu Bakr Digna, once notorious in the Soudan as Osman Digna, who since December, 1908 has been interned at Wady Halfa is now an old man of eighty years of age. Lieutenant-Governor Wingate (Sirdar of the Egyptian army) contributes some facts relating to "Osman the Ugly," who in the troublous times in the Soudan had as many reported deaths as the Mad Mullah. Osman, prior to Mahdism, was a successful slave-trader between the Soudan and the Arabian coasts. Owing to his persecution by the old Egyptian Government for carrying on this trade, he seized the opportunity of the Dervish revolt to join the Mahdi in 1883, and proved to be his most zealous adherent and capable lieutenant. He was entrusted with the propagation of Mahdism in the Eastern Soudan, and this region he rapidly overran and conquered. Osman was present at the battle of Omdurman and at the Khalifa's defeat and death of Gedid in 1899. He escaped after the conflict, and after a long march on foot was captured in the Warriba Hills, ninety miles west of Suakim, by Captain Burges, at the head of a civil patrol, in January, 1900. Osman was then deported to Rosetta, in Egypt, to join the other Dervish prisoners, and remained there to the end of 1902, when he was transferred to the Damietta prison, and in December, 1908, was sent in turn to Wady Halfa, where he now is.

He—"Ah, Miss Laura, and what have you been doing to-day?" She—"Oh, I've been reading Tennyson." He—"Are you fond of Tennyson?" She—"Fond of him! Why, I simply devour him!" He — "Ah, well, that accounts for it; I have so often heard him spoken of as a poet. Laura ate."