Hints for Busy Housekeepers.

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

BREAD.

Whole Wheat Bread.—Eight cupfuls whole wheat flour, one cake yeast foam dissolved in one cup of luke warm potato water, one teaspoonful salt, one tablespoonful melted butter, three tablespoonfuls sugar. (This makes three medium sized loaves.) Mix all together with enough luke warm water to make a stiff batter (don't get it thin); place in a warm room to rise over night. In the morning stir down, cover breadboard with white flour, turn out one-third of the sponge, pat lightly into shape (don't knead), so you can just handle, and place in well greased tins; let it stand until it rises to top of tins. Bake in moderate oven an hour and a half. Watch closely at first and when the loaves begin to brown cover with heavy paper. When done butter tops of loaves to soften crusts. This bread is easily made, and is most healthful and nutritious.

Nut Bread.—Two cupfuls graham flour, one and one-half cupfuls white flour, two cupfuls milk, one cupful sugar, one teaspoonful soda, one teaspoonful baking powder, one teaspoonful salt, one-half cupful broken nut meats, pecans best. This makes two loaves. Bake one hour in not hot oven.

Colonial Bread.—Three cups flour, three level teaspoons baking powder, one level teaspoon salt, one mixing spoon sugar; sift these all together, then add one-half cup chopped raisins, one-half cup chopped nuts (English walnuts), one and one-half cups sweet milk. Stir well, place in an ungreased bread pan, and bake slowly one hour.

DESSERT.

Danish Pudding.—One cupful sago, one cupful chopped walnuts, one quart fruit juice (grape or raspberry juice preferred). Wash sago in several washings of cold water and add to the boiling fruit juice, cook slowly, stirring often for about one hour, or until the sago is as clear as gelatin. Add the chopped nuts and set aside in a cool place until time to serve. Serve on sliced oranges and bananas, with whipped cream.

Date Pudding.—One pound dates, one-fourth pound walnut meats, one-half teaspoon baking powder, one-half teaspoon baking powder, one cup sugar, one tablespoon flour, two eggs. Beat this mixture about five minutes. Add enough hot water to make moist. Bake slowly, but not hard. Serve with cream.

Fruit Pudding.—Two quarts water, 5 cents' worth of sago, one-half cup raisins, one-half cup currants, one-half lemon, one apple, one-half pound prunes, one wine glass of raspberry vinegar. Wash the sago in several washings of cold water and add to the two quarts of boiling water. Add the raisins, prunes, currants, and the half lemon cut in thin slices. When this has all boiled for a matter of twenty minutes add the peeled and quartered apple. When nearly done, which is a matter of one and one-half or two hours, add the vinegar. The best way to know when it is done is when the fruits are nice and soft and the sago is clear like gelatin. This is an old fashioned Dane pudding and is generally made for holiday desserts. This has the advantage of being very nutritious as well as pleasing to one's palate.

CAKES.

Orange Shortcake.—One egg, one teacup sugar, one tablespoonful butter, one cup of milk, two teaspoons baking powder, two cups flour. Bake in dripper. Six oranges sliced fine with one cup of sugar. When cake is done lay on platter and split (or better bake in two pans), spread oranges on inside and top, and cover the whole with whipped cream. This makes a most delicious desert.

Black Joe Cake.—Two egg yolks; save white for icing; two cupfuls brown sugar, two-thirds butter and lard mixed, two one-half cupfuls flour, one-half cupful sour milk, into which dissolve one teaspoonful soda, one-third cake bitter chocolate; dissolve in one cupful of hot water; let melt on back of stove, put in dough last and bake in layers; put white icing between layers.

Spice Cake.—One and a half cupfuls of sugar, one and a half cupfuls of sour milk, one cupful of raisins, one-half cupful butter, three cupfuls of flour, one taspoonful of soda, two teaspoonfuls of cinnamon and one-half teaspoonful of cloves. Method: Cream the butter, add sugar and cream again, mix and slit the dry ingredients; cut raisings and dredge with flour, add milk, then flour, until both are used. Add raisins and beat well. Bake in a well greased pan in a moderate oven about forty minutes.

TASTY DISHES.

Apple Omelet.—Stew six large apples; beat very smooth while hot, adding one tablespoonful of butter, six tablespoonfuls of sugar, a grating of nutmeg and half teaspoonful of rose extract. When quite cold add four eggs, first the beaten yolks, then fold in beaten whites. Put in deep dish which has been warmed and buttered. Bake in moderate oven to a delicate brown.

Hot Salmon.—Set a pan of salmon in a saucepan of boiling water over the fire and let simmer fifteen to twenty minutes. Open can close to the edge, and after draining off liquid turn the fish on to the center of a serving dish. Surround with potatoes cut in lengthwise quarters or balls, cooked tender and drained. Garnish with quarters of hard boiled egg. Serve with egg sauce, in a sauceboat, rather than covered with it.

RAISIN RECIPES.

Raisin Pudding.—One cupful of finely chopped suet, one-half cupful of sugar, two eggs, one-half cupful of milk, one cupful of entire wheat flour, one teaspoonful of baking powder, one cupful of floured raisins, steam three hours, serve with any kind of sauce.

Raisin Pie.—One cup raisins, one beaten egg, three fourths cup of sugar, one cup of thick sweet cream, one teaspoon of vanilla; bake in one crust.

SPRING CLEANING HINTS.

To Clean Holland Blinds.—Holland blinds which are only slightly soiled can be easily dry-cleaned at home. Remove the blind and roller from the brackets, and brush the blinds on both sides with a soft brush. Spread the blind on the kitchen table and rub it hard with the white part of a thick slice of stale bread.

Soiled Paint.—The mistake is often made of cleaning white painted lintels, doors, and wainscoting with hot soap and water. The heat of the water has the effect of destroying the outer coating og varnish, the result being that the paint soon wears away. For this reason a lather should be made with hot water, and the suds then allowed to cool till just lukewarm, when it may be safely used.

Cleaning Delicate Fabrics.—The most delicate fabric can be successfully washed at home by using soap jelly with a little ammonia and rainwater. A clear day must be chosen for this operation, and colored articles must be dried in the shade to prevent fading.

Oak Furniture.—Dust the furniture thoroughly, wash it well with vinegar and water, and, when dry, rub them with a little paraffin oil on a cloth, and finally polish with a clean dister. It will then look like new.

A Good Cleaner.—Looking-glasses may be cleaned by first washing the glass all over with clean lukewarm soapsuds and a sponge. When dry, rub it bright with a buckskin and a little prepared chalk finely powdered.

Removing Chemical Spots.—White spots which are formed on furniture bw dropping certain chemicals upon it, and which are almost more unsightly than any other defect, can be removed by the application of camphorated oil. This must be vigorously rubbed in to take effect, and should be left to dry. the spots being treated some little time later to an equally careful application of olive oil. A polish with selvyt or leather will finally be required.

Soot on Carpets.—If soot is spilled on the carpet it should never be wiped up with a cloth, for it is sure to smear over the carpet and make an ugly mark difficult to remove. Scatter salt thickly over the place and sweep it and the soot together. By so doing the spot will come up quite cleanly without leaving any mark at all.

Wicker Furniture.—This should be cleaned with a strong solution of salt and water. Scrub it well, and rinse with fresh water. Soap should not be used to wicker as it encourages a yellow tint. When very shabby-looking, wicker may be "freshed by being painted. The paint used should be well mixed and thinned to the proper consistency. If too thick it is apt to remain on the wicker in lumps.

Dirty Ceilings.—When a whitewashed ceiling has become blackened, apply a layer of starch and water to it with a piece of soft flannel. Allow it to dry, then brush off lightly with a brush. The blackness will have disappeared, leaving no marks whatever.

Damp Floors and Carpets.—Moth-eaten carpets are often the result of covering the floors while they are still damp after scrubbing. The floor should be absolutely dry before the carpet is relaid, and it is a good plan to sprinkle a little insect powder between the carpet and the boards by way of protection.

When Spring-Cleaning Rooms.—When "turning out" a room it will be found a good plan to rub over the polished wooden surfaces of chests of drawers, tables, etc., with a cloth wrung out in vinegar and tepid water, the proportion being half a gill of vinegar to two quarts of water. This has the effect of cleansing the wood effectually without injuring the varnish, a good polish with ordinary furniture-cream being, however, a necessary sequel.

WHAT IMAGINATION WILL DO.

Doctor's Mistake Almost Put Young Man in His Grave.

Dr. Charles K. Mills, of Philadelphia, told at a dinner an amusing story of the influence of the imagination on the health.

"A young bank clerk," he said, "feeling fagged from the excessive heat of a trying summer, consulted a physician. The physician questioned him, sounded his lungs, and then said, gravely:—

"'I will write you to-morrow.'

"The next day the bank clerk received a letter from the medical man telling him that his right lung was gone and his heart seriously deranged, and advising him to lose no time in putting his affairs in order.

"'Of course,' the doctor wrote, "you may live for weeks, but you may do well to leave nothing of importance unsettled.'

"Naturally, the young bank clerk was very much depressed by this sad letter, nothing less than a death-warrant. He did not, of course, go to work that morning, and before noon he was having trouble with his respiration, while severe pains shot rapidly through his heart. He did not get up all day, and on towards midnight he had a sinking spell that caused his people to send post-haste for the doctor.

"The doctor, on his arrival, was astounded.

"'Why,' he cried, 'there were no symptoms of this sort yesterday! What on earth have you been doing to yourself?'

"The patient's face screwed up with pain, he pressed his hand to his breast, and said, feebly:—

"'It's the heart, I suppose, doctor.'

"'The heart?' said the doctor. 'There was nothing yesterday the matter with your heart.'

"'My lungs, then,' the patient groaned.

"'What ails you?' the doctor shouted. 'You don't seem to have been drinking.'

"'Your letter, doctor—you told me I had only a few weeks to live.'

"'Nonsense! Are you crazy? I told you take a month's vacation at the seaside and you'd be as good as new again.'

"The patient drew the fateful letter from a drawer beside his bed.

"'Well,' said the doctor glancing at it, 'this is a pretty mess. This letter was intended for another man. My secretary mixed up the envelopes.'

"The patient laughed. He sat up in bed. His recovery was rapid. That night, in fact, he was well again.

"And what," ended Mr. Mills—"what of the dying consumptive who had got this young man's letter? The consumptive, delighted with the prediction that a month at the seaside would make a sound man of him, packed his trunk and took the first train for New England. That was ten years ago, and to-day he is in fair health."

TAMING ELEPHANTS.

Experiment Now in Progress in the French Congo.

In ancient times, as is well known, the African elephant was domesticated by the Caraginions, who employed it in their wars with Rome. No African race has since succeeded in reclaiming this highly intelligent and naturally docile animal, a fact which has often been cited in proof of the general inferiority of the Negro race.

A successful experiment in taming the African elephant was made some years ago in the French Congo, while out of eight captured in Kamerun in 1900 three were successfully tamed. European officers generally, however, have been very unsuccessful in their attempts at taming the beast. But the Belgian officials in the Congo now seem to have succeeded where so many have failed.

Although no details are available as to the methods employed, there seems to be no doubt whatever that African elephants are now daily engaged in hauling carts containing mails and goods between Buta (on the Rubi River) and Bambili (marked in some maps as Bomocandi), on the Welle, a distance of about 100 miles.

Polite Shopman (showing goods)—"Here is something I would like to call your attention to, madam; it is the very latest thing out." Mrs. Rounder (absently)—"If there's anything out later than my husband I'll take it, if only for a curiosity."

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, APRIL 9.

Lesson II.—Elisha's Heavenly Defenders, 2 Kings 6. 8-23. Golden Text Psa. 91. 11.

Verse 8. The king of Syria was warring against Israel—The reign of Jehoram was continually interrupted by the marauding expeditions of the warlike king of Damascus, Ben-hadad. Often these campaigns were nothing more than forays, such as the one in which the little maiden who later served in the household of Naaman was captured. Then there would be short periods of peace.

9. Beware that thou pass not such a place—How Elisha knew of the movements of the Syrians we are not told. It is enough that he was a man of God. More than once (10) he was able to put the king of Israel on his guard, and thus foil the plottings of Ben-hadad, who doubtless purposed to seize this royal person while he was hunting or on some other chance journey.

11. Which of us is for the king of Israel?—He suspected that his plans went amiss because of treason in the camp.

12. Elisha . . . telleth the king of Israel—Apparently it was common report among the attendants of the king. The prophet's fame must have spread greatly with the notable cure of Naaman, and it would not be difficult or unnatural for the captain's friends to think of Elisha as reporting the most secret counsels of their king.

13. Go and see where he is—It was a forlorn policy to think he could surprise a man who divined his most carefully guarded secrets. The place where he happened to be living, Dothan, was so near the capital (less than a dozen miles in the same plain, through which ran the great caravan route from Egypt to Damascus), that it shows how thoroughly at the mercy of the Syrian power the Israelites were that they permitted the enemy to approach so close with the expectation of getting away unmolested.

15. The servant—Some other, of course, than Gehazi, who, it will be remembered, brought about his own undoing through covetousness.

Alas! . . . how shall we do?—This is ever the question of desperation upon the lips of the world in perplexing straits. There is little help for those who cannot see beyond their own shadow.

16. They that are with us—To the man who walks not by sight but by faith there is a world of ever-real and omnipotent defense. We are not dependent alone upon psalmist and prophet for this assurance. The church of God has never been without evidence of it, and any man may test for himself the reality of unseen divine protection.

17. The mountain—Dothan commanded a pass which crossed the ridge of Mount Carmel. It was all ablaze with the spiritual forces with which God surrounded his servant Elisha. In like manner he shelters every believing soul. This may not mean a guarantee of freedom from the various ills of this world ("In the world ye have tribulation"), but it does mean spiritual security in the performance of God-given tasks. The outward man may perish, but the man himself, his soul, his inviolable.

18. Smite this people with blindness—The word for "blindness" is very unusual, being found only here and in Gen. 19. 11. The context seems to show that the Syrians were visited with a kind of illusion, so that it was easy for Elisha to deceive them as to their whereabouts, and to hold them under the spell of this delusion until he had guided them into the very stronghold of their enemies.

21. My father—A term of intimacy and affection. It does not, however, fully describe the relations between Jehoram and the prophet. Elisha was unlike his great predecessor in the close connection which existed between his work and the political and military fortunes of his people. For the most part, this particular king, though greatly indebted to Elisha, was lacking in courtesy to him, and their relations at times were far from cordial. The desire of Jehoram to smite these foes is doubtless a true picture of the man—an ungenerous, temporizing person, who was ready to fawn on anyone who was able to do something to his advantage, but who would turn upon that one the next moment.

22. Wouldest thou smite?—It was probably in accord with the rude ethics of that time to act as the king eagerly suggested. But Elisha was there as the prophet of God, and he showed that there was a better way to treat enemies. Even in those days it was a rule of warfare that captives taken in battle should not be unmercifully smitten down. A sense of justice, therefore, would suggest the sparing of these men taken by deception. Elisha's command to set bread and water before them is in the spirit of Him who centuries later said, "Love your enemies."

23. The bands of Syria came no more.—Such merciful treatment made a profound impression upon Ben-hadad, who temporarily (compare next verse) abandoned his campaigns of plunder and rapine.

THE HUMAN MACHINE.

Gives From 25 to 35 Per Cent. Profit on Expense of Keeping Up.

Prof. Jules Amar recently submitted to the Academy of Medicine in Paris the results of his study of the man machine. He proceeded upon the principle that a man who eats liberally ought to recuperate in weight every twenty-four hours. If his weight lessens he works to excess, if his weight increases he has not expended the maximum effort. Amar found that the human machine gives a profit of 25 to 35 per cent. on the expenditure; but that the best artificial machine returns only 14 per cent.

It would seem from these experiments, says the Dietetic and Hygienic Gazette, that man is, indeed, superior to all mechanisms; with the very slight exception that he always wastes energy during the first five minutes of work before regaining his equilibrium.

It would seem that Monday's human labor is the most inferior and Tuesday's the most superior, owing to the curious action of Sunday as a rest day; the Monday lassitude of the French workingman is proverbial. And it is found that the workman who does not rest gradually loses his energy, and this is now a subject of keen interest among scientists.

The relation between fatigue and accidents receives much more attention in Europe than here, as do all matters relating to the conservation of human energy and the safety of the workingman. The relation between fatigue and accidents has, indeed, been noted in practically all forms of human energy. Bank clerks make most of their mistakes late in the afternoon, and this is said to have something to do with the early closing of such institutions. Bankers, at any rate, have had the sense to note that the mistakes of their employes are likely to prove expensive.

GERMAN SOCIAL LIFE.

Sunday a Real Holiday and Day of Relaxation.

Sir Henry Johnson is contributing a series of interesting articles to the Westminster Gazette on German social life. "The Germans," he says, "contrive to enjoy life and—as a nation—to look very happy, with fewer official holidays than are allotted to us, and this partly because of their jolly Sunday, which is a real holiday and day of relaxation occurring every seven days."

But Sir Henry says there is much to criticize and amend in Germany still. "The abuse of alcohol still strangles the physical and mental efficiency of a large proportion of German men in the upper and lower classes," A hopeful sign is the indignation shown by the bourgeois and professional classes against the "senseless eighteenth-century traditions of German studenthood."

Sir Henry finds the salvation of Germany in its high type, mentally and physically of womanhood. "The German woman, with the spread of education and new ideas of physical development, is becoming in the middle and upper classes a fine creature, as willing as before to be wife and mother, though proving herself an attractive and inspiring companion to an educated man." And that men are, after all, what women make them is a maxim handed down to us by philosophers.

FOR DISINFECTING.

Vessels Have a Sanitary Machine That Reaches Every Crevice.

For the disinfection of vessels on the Thames, the sanitary authorities of the Port of London have adopted an apparatus known as the Clayton Dilute-Gas Disinfecting Machine. This is usually fitted in the hold of a barge and taken alongside the vessel to be fumigated, but about 200 vessels are equipped with machines as permanent fixtures for their own use.

This apparatus includes a sulphur furnace generating sulphur dioxide, a gas cooler and a Root blower. About 1,000 cubic feet of air per minute is drawn along the suction pipe by the blower, dividing into two streams as it reaches the mixing valve. One stream of about 200 cubic feet per minute passes through the generator, becoming charged with fifteen per cent. of sulphur dioxide, and is then led through the cooler to the base of the blower, where the other stream of 800 cubic feet per minute is met.

The resulting mixture, containing three per cent. of sulphur dioxide, is forced along the delivery pipe to the pressure orifice of the blower. Suitable hose leads to the compartment to be reached, and the ten horse-power steam engine, electric motor or gas engine forces the mixture, as it is generated, into every crevice.

NEWS FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

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

The new hospital at Quesnel is open to the public.

Spring chickens appeared in Rossland on Feb. 27.

In Calgary 16 loaves of bread are sold for a dollar.

The stork made 526 visits to Winnipeg last month.

The city market in Vancouver has proven a failure.

Vancouver is to have a strict enforcement of the curfew law.

Dr. English receives $35 a month in Rossland as medical health officer.

The night police in Revelstoke have had their wages raised $5 a month.

The sum of $468,000 is to be spent in school buildings in Calgary this year.

During the past six months nearly 100 lots have been sold in Silverton, B.C.

Meat by the quarter is now selling at 18 cents a pound at Fort George, B.C.

There is a bake-oven in Merritt, B.C., with a capacity of 500 loaves of bread.

The Salvation is planning the erection of a larger citadel in Vancouver.

The Bank of Commerce has just completed its $30,000 building in Revelstoke.

In North Vancouver the B.C. Telephone Company has put up a $30,000 exchange.

Ernest Fletcher of Kamloops, is about to establish a boat building factory in Alberni.

Owing to the abundance of Dutch clover, the Creston district is a good place to raise bees.

The Kettle Valley Railway is under contract to the Government to build 25 miles of road in 1910.

In Alberta last year, 125 coal mines were in operation, producing over 2,000,000 tons of coal.

The Kettle Valley Railway Company has bought fifty acres of meadow land at Penticton for yards.

This year the Government will expend $178,000 for roads and bridges in the Similkameen district.

An Indian living on the Sardis reservation has been fined $2.50 for shooting a deer out of season.

In one day last week, the Centre Star mine at Rossland shipped 48 carloads of ore to the Trail smelter.

The new ferry steamer between the two Vancouvers can carry 1,000 people in comfort, and 2,000 when crowded.

Sea lions in thousands are reported from the Alberni canal and Barkley Sound, where they are making sad havoc of the fish.

It is said that because of starvation condition the northern Indians are storing guns and ammunition and are ripe for an outbreak.

A valuable horse was killed at Sariva, B.C. The animal was found to measure seven feet eight inches from tip to tip.

FOLLOWING THE CUSTOM.

All Queens Except Alexandra Had Lady Train Bearers.

The fact that Queen Alexandra's train was carried at her coronation by pages has caused many people to think that Queen Mary is making an innovation by having hers carried by ladies. As a matter of fact, it was Queen Alexandra who departetd from custom.

All records of the coronations of queens and queen consorts show that it was the custom to have ladies to hold the train. Queen Victoria had eight lady train bearers, dressed in white satin and silver tissue, with wreaths of silver corn ears and pink rose trimmings. Queen Mary will, no doubt, decide what her ladies shall wear, but Queen Victoria, on account of her youth, left all this to her Mistress of the Robes, the Duchess of Richmond.

The Duchess seems to have consulted the young ladies themselves, for she said to Lord Melbourne: "One thing I was determined about, that I should have no discussion with their mammas about it."

FANCIES.

It is unkind to call the new woman a lady's man.

Some people seem to think that bills, like bolts, grow smaller by being filed.

Sailors are perhaps called tars on account of the pitching of the ship.

Because a woman's voice is liquid it does not follow that it never dries up.

There is only one crop that harvests itself, namely, wild oats.

To hit a woman's heart it is best to take aim kneeling.

Love is a lottery and marriage is the adjustment