Hints for Busy Housekeepers.

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

FAVORITE RECIPES.

Lily Salad.—Remove the shells from as many hard boiled eggs as there are persons to be served. Begin at the small end of each egg, cut the whites lengthwise in five sections. Cut almost to the base, taking care to leave the yolks whole. Turn back the petals thus formed so as to make each egg simulate an apen lily. Roughen the surface of the yolk with a fork. Place these imitation lilies, not too near together, on small crisp lettuce leaves spread on a shallow flat dish of clear glass. Serve with mayonnaise and bread and butter crisps.

Lemon Sandwiches.—Mash the yolks of five hard boiled eggs, add one tablespoon of butter, one-fourth teaspoon salt, one teaspoon of chopped parsley, and grated rind of one lemon. Mix into a paste with three tablespoons of lemon juice. Spread upon slices of whole wheat bread and cut into fancy shapes or fingers. Fix with narrow yellow ribbon.

Yellow Cream Soup.—Cook three carrots until tender. Press through colander. Beat two egg yolks well and add a cupful of condensed cream. Into this mixture stir four cups of boiling water and the carrots. Add one level teaspoon of celery salt, a pinch of salt, two tablespoons of oyster cocktail dressing and serve hot.

Bunnies.—One small cupful of light brown sugar, one tablespoonful of butter or lard, one pint of pastry flour. Rub the butter and sugar into the flour with the fingers. With beaten egg flavored with vanilla wet to a paste, sufficient to roll out thin. Cut into shape with cardboard form, insert bits of raisins for eyes and bake to a light brown.

Croquettes.—Take some fresh mashed potato, well seasoned, fry to a golden brown in hot fat, croquette shaped. Remove carefully to a hot platter. With a tablespoon make a deep depression in each one and fill with highly seasoned minced chicken. Strew the grated yolks of hard boiled eggs over the tops.

Sunshine Cream.—Rub one can of apricots through a sieve into a basin, add one cupful of sugar, one and one-half heaping tablespoonfuls of dissolved gelatin and one cupful of whipped cream, one-half cupful of cold water. Pour into individual molds. Turn out when set and garnish with yellow flowers. Place a large spoonful of whipped cream on top of each mold just before serving.

Rhubarb Short Cake.—Cut one small bunch of rhubarb into small bits. Cook in a stone crock with one cupful of sugar and half a cupful of water. Make a dough of one quart our, one-half cupful water, one-half teaspoonful of salt, one tablespoon of sugar, two teaspoons of baking powder, and milk to make a soft dough. Lay on a greased baking tin and bake in a hot oven for twenty minutes. When cool, separate into two parts (upper and lower) without cutting; spread with the rhubarb sauce. Place together and serve with cold sweet cream.

Pork Tenderloin.—Select thick tenderloins and place in roasting pan with a little bacon fat or butter. Have in readiness the sweet potatoes, pared, and parboiled, and place them around the meat. Bake in a hot oven for nearly an hour, basting frequently with hot water and butter. Season well and when done make a gravy in the pan with milk instead of water, and thicken it with flour. Boil five minutes and then pour around the meat.

Chicken Dumplings.—Use plump year old fowl if possible. Cut up as for boiling. Put plenty of butter or, if you have it, chicken grease, into a hot double roaster. Roll each piece of chicken in well salted flour and put in roaster in rather hot oven. Brown each piece, turning once, and then cover well with boiling water. Put on roaster lid and cook about two hours. To make dumplings: One cup flour, one-half teaspoon salt, one heaping teaspoon baking powder, sift well; add one teaspoonful butter, work well into flour; add enough milk to make a soft dough. Remove chicken from roaster to covered platter. Now drop into the broth a spoonful of dough at a time. Cover tight and cook in oven about twenty minutes. Dumplings will be light and chicken tender and juicy.

BISCUITS AND BUNS.

Biscuits.—One quart of flour, one level teaspoonful of salt, two teaspoonfuls of butter or lard, milk or milk and water to mix (about one and one-half to two cupfuls). Stir together the flour, salt, and baking powder. Rub in the pan lightly with the fingers, working until it is well blended with the flour. Then mix to a soft dough with the milk or milk and water. Always use a knife for mixing, as it cuts the dough more thoroughly. Turn the dough on to a well floured board and par with hand until about three-quarters of an inch thick. Cut into biscuit and bake in a quick oven twelve or fourteen minutes. The chief requirements for good biscuit are a soft dough, almost sticky, little handling, and a quick oven. If not allowed to touch each other in pan they will be lighter and more delicate than when they are placed close together.

Buns.—One and three-quarter pounds of flour, one ounce of compressed yeast, one ounce of mixed spice, four ounces of butter, four ounces of brown sugar, four ounces ogf sultanas or currants, two ounces of chopped mixed peel, two eggs, three-quarters of a pint of milk; the spice into a bowl, mix the yeast and a teaspoonful of sugar together with a wooden spoon until both are liquid; heat the milk until it is just lukewarm, then mix it with the yeast; make a well in the middle of the flour, then gradually strain in the milk, etc., stirring it in smoothly with the wooden spoon. Cover the top of the bowl with a piece of paper and put it in a warm place for half an hour or until the top of the "sponge" is covered with bubbles. Sift the rest of the flour into a large bowl, rub the butter lightly into it, then add the chopped peel, cleaned fruit, and sugar. When the "sponge" in the first bowl is ready, that is, when the surface is covered with bubbles, begin beating some of the ingredients from the second bowl into it. Use the hand for this. Continue this mixing and beating until all the dry ingredients are mixed with the sponge; add the beaten eggs gradually as the mixture seems getting dry. Beat vigorously until the dough can be pulled right out of the bowl in a thick, ropy mass. If it crumbles, add a little tepid milk. Now cover the bowl, put it in a warm place until the surface is covered with little cracks; it will probably take one and a half hours. Have ready some greased baking tins. Flour the hands, take small pieces of the dough and form into small balls. Put these, well apart, on the tins. With a knife cut or mark the shape of a cross on the top of each. Place the tins in a warm place for the buns to rise for twenty minutes. Then bake them in a quick oven for about half an hour. This quantity makes about two dozen medium sized buns.

LAUNDRY HELPS.

Starch Making.—One-half cup good brand box starch (never use bulk or flour), three-quarters cup cold water, mix with starch; three-quarters teakettle boiling water, stir constantly while mixing and while cooking. Boil slowly for twenty minutes. Teaspoonful of shaved paraffin should be added while boiling. While the starch is cooking prepare a blueing water to add when the starch comes from the stove. Make one starch thinner than the other for articles needing but a little stiffness. Cover both vessels with cloths to keep out the cold air, as this prevents caking on the top which will be sure to spoil your starch.

For linen articles, table linen, dresser scarfs, or sheer linen waists add a tablespoonful of starch to two gallons water, and they will iron with a stiffness like new; remember always to iron linen on wrong side first. Wash starch vessel in hot suds, never cold water; use pieces old underwear with a few buttons on to save finger nails from bruises.

For scorched articles use peroxide. Wet two cloths; place one beneath and one on top and watch the space become clear in fifteen or twenty minutes. Let stand this long without disturbing.

Removing Grass Stains—Before wetting rub the stain with molasses and wash in the usual way. Use on either white or colored material.

Removing Any Obstinate Stains—Place tablespoonful of sulphur on plate, moisten with pure alcohol, and ignite; cover with tin funnel, wet the stain, and hold over small hole in funnel; rinse in clear water with a little ammonia added.

Cream of Tartar for Rust—Boil the article with the rust stain for about an hour in three gallons of water. To each gallon add one tablespoonful of cream tartar. The stain will disappear, no matter how old.

Cornstarch for Iodine Stains — Cover the stain with the cornstarch, wet in cold water or milk. Let stand until stain disappears. Change cornstarch if necessary.

"Men worry more than women." "Yes; they not only have everything to worry about that women have, but they also have the women to worry about, too."

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, APRIL 16.

Lesson III. — The Resurrection Morn, John 20. 1-18. Golden Text, Luke 24. 34.

Verse 1. The first day of the week . . . early—The women had reverently watched the burial late on Friday. The near approach of the Sabbath had made possible only a temporary embalming, and they had had time on the Sabbath to prepare spices and ointments, and with these they returned at the break of dawn on Sunday. Besides Mary Magdalene, from whom, as Mark reminds us, Jesus had cast seven devils, there were the two women mentioned by Mark, whose presence is indicated by John in the next verse (we). It is characteristic of John to pass over what has already received ample attention from the other evangelists, and to bring out in strong light what they have omitted or somewhat slighted. His purpose here seems to be to thrust the Magdalene into prominence.

2 Simon Peter—The tomb was in a garden, near the cross, and therefore outside the city gates. It is to be presumed that Peter and the other disciple (John) were in the city.

They have taken away the Lord—Either she had not seen (which is more likely) what convinced John so quickly, or else she was too bewildered to make any interpretation for herself. Apparently, the sight of the stone rolled away was immediate evidence that the enemies of Jesus had borne his body to some other place.

4. They ran—The excitement of these followers of Jesus is written upon the face of the story (compare Mary's running in verse 2). John, being a younger man, would naturally outstrip Peter. But his excitement does not invalidate his testimony. His stooping and looking in is in the temper of a thoughtful man who misses none of the details. The impetuosity of Peter, entering at once into the tomb, is in marked contrast, but exactly like the irrepressible disciple who drew his sword in the garden, and was ever eager to make bold confession of loyalty to his master.

6. The linen clothes lying — The minuteness of destignation here is impressive. John seems to be insisting that there are no signs of haste and stealth, but everything indicates deliberation. The napkin (7), which had been bound around the head of Jesus, had been carefully folded and laid in a place by itself, "suggesting the leisurely manner of a person changing his clothes."

8. He saw, and believed—What did he believe? The report of Mary? Then why this care in describing the exact position of the graveclothes? Plainly, no human hands had removed the body of the Lord. There was only one conclusion, that here had occurred a miracle, a resurrection. Up to this time the words of Jesus about his rising had had no meaning for them, and the scripture, which he had quoted concerning the necessity of his rising from the dead (9), had been received into dull, irresponsive hearts. But now all was clear. Even though as yet he has made no revelation of himself to them, they are convinced, and, without seeking further, they depart quietly to their own home (10) in the city. If they had seen nothing more in the succeeding days, their confidence would doubtless have been shaken, and John proceeds to describe how their faith in the resurrection was made impregnable.

11. Mary was standing without at the tomb—The two disciples had come and gone, and she had probably missed them in the streets of the city.

12. Two angels—John is particular to describe their exact posture and position. To ascribe this appearance of the angels and the appearance of Jesus to some mental vision is to overlook the fact that Mary was in no state of expectancy such as would make a vision natural. She was weeping. She believed her Lord's body had been taken away, and she was overwhelmed with grief (13). Her loving intention to perform those last kindly offices upon the dead body had been thwarted. In the self-absorption of her grief she fails to show any astonishment at the presence of these angelic messengers, and even takes it for granted that they and the "gardener" know instinctively to whom she refers in her sorrow.

15. Supposing him to be the gardener—There was something about our Lord's resurrection body that made it both possible and impossible for his most intimate friends to identify him. It was the same body, but there was about it a mystic wonder, and it was given a strangeness of powers, that made it altogether different (Matt. 28. 17; Mark 16. 12; Luke 24. 16 and 37; John 21. 4).

16. Mary—She had not waited for a reply to her anxious question, but had turned again toward the empty tomb. One word was sufficient to cause her to turn herself about, for that was not the voice of a mere acquaintance. Only one voice could pronounce it with that never-to-be-forgotten tenderness. Her answer, Rabboni, conveys more of reverence and affection than is found in the word Teacher. No doubt we should interpret it literally, "My Master."

KING GEORGE'S MUSIC.

Handel Manuscripts in the Library Lent to British Museum.

King George has consented to lend to the British Museum the whole of his private musical library, which contains, roughly speaking, about 1,000 manuscripts and about 3,000 printed books and music, says the Queen. As regards numbers, therefore, it is a comparatively small library, yet in it are to be found not a few priceless treasures, and of these the Handel autographs claim first mention.

They consist of thirty-two volumes of operas, twenty-one of oratorios, seven of odes and serenatas, twelve of miscellaneous sacred music and eleven of cantatas and sketches. Handel promised to bequeath all his manuscripts to John Christopher Smith, his faithful amanuensis, but afterward proposed a sum of money in lieu of the autographs.

Smith, however, earnestly begged for the fulfilment of the promise, and Handel kept his word. Had Smith accepted the composer's proposition all the manuscripts at the death of the latter would have gone to the University of Oxford. Smith, who, by the way, refused an offer of £2,000 made by Frederick the Great for them, bequeathed them to George III. to show his gratitude to the King for continuing the pension which had been granted to him by the Princess Dowager of Wales. These volumes were used by special permission of Queen Victoria by Dr. Chrysander for the critical edition of Handel's works published by the German Handel Society.

There are also two splendid volumes of virginal music which belonged to Benjamin Cosyn and William Forster, both written during the first quarter of the seventeenth century. Then there is a most interesting volume of "Aires and Phantasies" for the organ, composed for Charles I. by John Cooper, who having Italianized his name was known as Coperario. He was the master of Henry and William Lawes.

But a still older book of music is in the library, namely one by John Baldwine, "a singing man at Windsor." This not only contains compositions of English music of the sixteenth century but music by Henry VIII. Coming down to a later period mention may be made of the very copy of Mozart's early sonatas for violin and pianoforte which the none-year-old composer presented to Queen Charlotte in 1765. Of Mendelssohn there are many volumes containing autograph inscriptions. The trustees of the museum will place the collection for the present in a separate room. On the completion of the new galleries in Montague place it will be put into a specially constructed room, where it will be available to students under the conditions which now apply to valuable works in the departments of printed books and manuscripts.

INVENTIONS AND WAR.

It has been said that there is no invention which has ever been made, which would not have some bearing on the art of war. A few recent examples are balloons, airships, aeroplanes, automobiles, motor-bicycles, condensed foods, and wireless telegraphy. And the wireless telegraphy and telephony bid fair to be the most important modification of the nerves of the fighting brain ever made.

AEROPLANE CHICKENS.

"When I order poultry from you again," said the man who quarrels with his grocer, "I don't want you to send me any of those aeroplane chickens." "What kind do you mean?" "The sort that are all wings and machinery and no meat."

MENDING A MISTAKE.

"Ma, in ancient times, did the men do the mending?"

"Why do you ask that, child?"

"Well, my Bible teacher was reading about husbandmen sewing tares."

Many a man grasps on opportunity to make a fool of himself.

Consider the silent man and the reputation he has for being wise.

Vocal teachers are always howling about their work.

resorts.

Orange Juice.—Orange juice can be made to serve as a most delicious drink for luncheons if only a little thought and time be spent upon it. Serve chilled in tall glasses with some diced banana, a grape cut and seeded, a bit of pineapple or any seasonable fruit is an agreeable drink to sip throughout a luncheon in lieu of wine.

POPULATION OF COUNTRIES

VITAL STATISTICS FOR TEN YEARS ENDING 1909.

European Countries Show an Increase—Figures of Large Cities.

A British blue book has been issued giving vital statistics for the principal foreign countries for the ten years ending 1909. The figures relating to population are particularly interesting. They show the following total populations of the countries named, in 1909:—

Germany	63,879,000
France	39,276,000
Italy	34,270,000
Spain	19,945,000
Belgium	7,452,000
Netherlands	5,911,000
Portugal	5,340,000
Switzerland	3,584,000
Sweden	5,476,000
Denmark	2,692,000
Norway	2,370,000
Austria-Hungary (1908)	49,163,000
Russia (1908)	157,079,000
United Kingdom (June 30, 1909)	45,006,000

For some of the countries outside Europe the following figures are given:—

United States	88,566,000
Japan	49,905,000
Argentina	5,884,000

WORLD'S GREAT CITIES.

The population of the world's great cities show some interesting comparisons with London, the figure for which at the last census 1901) was over 6,500,000:—

New York (1900)	3,437,000
Paris (1906)	2,763,000
Tokio (1908)	2,186,000
Berlin (1905)	2,040,000
Chicago (1900)	1,699,000
Vienna (1900)	1,675,000
Philadelphia (1900)	1,294,000
St. Petersburg (1897)	1,265,000
Osaka (1908)	1,227,000
Moscow (1897)	1,039,000
Buenos Ayres (1905)	1,026,000

Perhaps one of the most interesting features is a comparison of the respective growth of populations in the ten years, 1898 to 1908, which works out as follows:—

	Increase in 10 years.
United Kingdom	4,166,000
Germany	8,574,000
France	522,000
Russia	28,614,000
United States	14,222,000
Japan	5,048,000
Austria-Hungary	4,054,000

TO PROLONG LIFE.

Happy Marriage, Daily Bath, Certain Foods, Rest, Fresh Air.

To prevent old age coming on too soon, the first condition necessary is the possession of healthy glands (chief among them being the thyroid, the adrenals, the pancreas, and the liver), and this depends upon heredity.

Marriage is an invaluable aid in the struggle against old age. If married life is one of the best means of resisting the approach of old age, on the other hand, it is positively certain that unhappy marriages are the surest means of hastening its oncoming.

To avoid premature old age and early death we have to follow these rules:

Wear loose collars, because a tight collar prevents obstacles to the free circulation of the blood through the thyroid.

Do not take too much meat, because abundance of meat alters the ductless glands.

Take large quantities of milk, this being the extract of various glands, and especially that of the thyroid.

Be as much as possible in the open air, and especially in the sunshine; and take plenty of exercise, taking care to breathe deeply and regularly.

Take a bath daily, and, in addition, once a week or every two weeks take a Turkish or vapor bath.

Wear porous clothing, light hat, and low shoes.

Go early to bed and rise early.

Sleep in a very dark, very quiet room, and with a window open; and do not sleep less than six or more than 7 1-2 hours.

Have one complete day's rest in each week, without even reading or writing.

Avoid mental disturbances or worries.

Be temperate in the use of alcohol and also in the use of coffee and tea.

Avoid places that are overheated, especially by steam, and badly ventilated.

Replace or reinforce the functions of the organs which may have become changed by age or disease, by means of the extracts from the corresponding organs of healthy animals. But, of course, the application of this precept must always be adapted to the individual case.—British Medical Journal.

TAKING CHANCES.

Some men are just as reckless with their money as other folks are with their automobiles.

USES OF CARRIER PIGEONS

HAVE BEEN USED IN WAR AND IN PEACE.

Italy First Developed the Birds as Messengers for Military Purposes.

For centuries good and bad news, prayers for help, secrets of state, tidings of war's victories and defeats have been sent under a pigeon's wings. Egyptian records show that they were used in the land of the Pharaohs thirteen centuries before Christ: Ovid tells us that they carried the news of the Olympian games to the distant friends and relatives of the victors.

First-class carrier pigeons are very expensive, some "stud" birds costing as much as $300, and they can attain the remarkable speed of nearly 1,500 yards a minute. The birds were trained all along the coast and intercommunication between dockyards was maintained by this means.

A few years ago the Japanese Government obtained all possible information on the subject of pigeon breeding and purchased a large number of birds from English fanciers. Although to Italy belongs the credit of having first recognized the utility of training pigeons as messengers of war, France, Germany, Russia and Denmark were not slow to take advantage of this mode of sending news in time of strife.

USED IN WAR TIME.

It was during the Franco-German war that pigeons proved their utility as Government letter carriers. When Paris was invested by the enemy and all the ordinary channels of communication with the outside world were cut off the attention of the authorities was directed to the fact that the carrier pigeons in the city could be brought into service. At first the suggestion was ridiculed, but the practicability of the plan was soon demonstrated and in a very short time birds were conveying news into and out of the besieged city almost hourly.

During the South African war, when Sir George White was beleagured at Ladysmith, a few pigeons belonging to English fanciers, which had been taken into the town before the siege, proved of inestimable value to the gallant commander in conveying messages to the base at Durban.

The organization of pigeon posts for military purposes in Germany is of an extremely practical character. In addition to the various Government lofts in the fortresses and at important stragetic points most of the homing clubs place their birds in case of need at the disposition of the State, and in return for this the same protection is afforded their pigeons as to those which are the property of the Government. They bear an official mark and it is a criminal offence to trap or shoot them or to detain them should they stray into a private loft.

A MILL MESSENGER.

A Manchester firm of mill owners is reported to be possessed of a pigeon which has been employed as a messenger from one mill to another for over ten years. During that period it has made over 2,000 journeys and travelled over 29,000 miles. It is calculated that to have sent the messages by wire would have cost $1,500.

Homing pigeons are not only endowed with marvellous speed, but with great endurance. A few years ago a bird belonging to the late King Edward, who was a great pigeon enthusiast, as is King George, won the national race from Lerwick, covering 510 miles at a velocity of 1,307 yards a minute.

This stands in the records of the English Flying Club as one of the best performances ever accomplished in connection with its races. The speed naturally depends largely on atmospheric conditions. With a strong wind behind a speed of 1,500 yards a minute is fairly common. Whether pigeons return to their homes by means of sight or instinct is a disputed point, but as long as life lasts the bird will seek to reach home.

ARTIFICIAL DAYLIGHT.

In an address before the Society of Illuminating Engineers in London, Mr. A. P. Trotter said that the only practical production of "artificial daylight" with which he is acquainted has been achieved by Mr. Cooper in the experiment room of the Brighton Railway. It is done by passing the rays from an acetylene-lamp through a bright-blue screen. The resulting light gives a spectrum that cannot be distinguished from that of daylight. It is not economical, because the screen absorbs half the light of the lamp, but it solves the problem so far as effect on the eyes is concerned. Where economy is no object, says Mr. Trotter, a similar result may be obtained without regard to the source of the light, provided that a suitable screen is used.