Hints for Busy Housekeepers.

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

FOREIGN DISHES.

German Coffee Cake.—Set a sponge with one-half pint of blood warm milk, one cake of compressed yeast, dissolved, and enough flour to make a sponge a little thicker than for bread. Set in a warm place to rise. When light add one-half cup of sugar and three well beaten eggs and one teaspoon of salt. Beat well and stir into it enough flour to make a soft dough, just stiff enough to allow handling. Now with the hand knead into the dough about three-fourths cupful of melted butter or butter and lard and when well kneaded set aside to rise. When it has doubled its bulk tip out on a well floured board, pat it out and sprinkle over it one-half cupful of sultana raisins, one cupful of chopped dates, and a few currants. Roll up and put into a large cake pan with a funnel which has been well greased with butter and over which a layer of light brown sugar has been strewn and a few shredded almonds. Set aside until light or until almost double its bulk. Put into a moderate oven and bake about three-quarters of an hour, being careful not to burn. An aluminum pan is the best, as it will keep the bottom from burning. Grease the top of the cake before setting into the oven and take it from the pan as soon as taken from the oven, as the brown sugar will harden and then it will be impossible to get it out.

For cinnamon rolls use half of the amount of above dough after it has risen for the second time. Roll out on a board until one-half inch thick. Grease with melted butter and sprinkle with about one-fourth cupful of sugar, scant teaspoonful of cinnamon and a small cupful of sultana raisins or currants. Roll up and cut into lengths of about one and one-half inches; lay in a shallow pan which has been treated as the above for coffee cake or just a greased one, and in that case ice with vanilla icing on top of rolls. Set aside until light and bake in moderate oven for about thirty minutes. If brown sugar is used in pan turn on to a plate as soon as removed from the oven and in the other case turn out and ice the top while hot with an icing made of confectioner's sugar and cream with a little vanilla.

For breakfast twists use the other half of the dough. Break off pieces about the size of a large walnut and roll on the board until about five inches long and one-half inch thick, twist and lay on greased pan one and one-half inches apart. Let rise. When light grease and sprinkle with the following: Take one-half cupful of sugar and one-quarter cupful flour and one teaspoonful of cinnamon; mix these ingredients and rub into them one teaspoonful of butter. Sprinkle the twists with this and bake in moderate oven until a golden brown.

For low coffee cake take a shallow pan and roll dough one-half inch thick, let rise and grease and sprinkle over it the above mixture. Bake in a moderate oven about twenty minutes. An endless number of good things may be made from this dough and treated in different ways.

Rolled thin it may be used for apple cake with apples sliced on it and a few currants sprinkled over it. For breakfast rolls it can't be surpassed. I bake them on Saturday and reheat them for breakfast and for Sunday evening tea. I usually use double the amount in the recipe.—Mrs. F. W.

Hungarian Goulash. — Into the bottom of a well buttered casserole put one pound of round steak cut in three inch squares. Pare and slice three medium potatoes, two parsnips, one large carrot, and one large onion. Put them on top of meat, season with salt and pepper, cover with warm water, and cook, closely covered, in a slow oven for three and one-half hours.

DESSERTS.

Nut Pudding.—Two cupfuls of flour, two teaspoonfuls of baking powder, and one-half teaspoonful salt, sifted together. Then add one-half cupful of granulated sugar, add one cupful of milk to two eggs well beaten. Stir this into the dry mixture and add one-third of a cupful of melted butter, beat well. Stir into this one and one-half cupfuls of nut meats of your own choice. (Hickory nuts preferable.) Steam three hours. Serve with a sauce as follows: One and one-half cupfuls of sugar and three-fourths of a cupful of water, dissolved and boil to a thread as for icing. Have ready the well beaten yolks of three eggs. Then add gradually the hot syrup over the eggs, stirring briskly. Set aside in ice water to cool, stirring constantly. Add flavoring to taste. Before serving, on the pudding blend carefully two cupfuls of whipped cream.

Prune Pudding.—Wash one-half pound of prunes, add two cupfuls of cold water, and let stand one hour. Let simmer until prunes are soft. Remove stones, obtain meat from the stones, and add to prunes. Add one and one-fourth cupfuls of boiling water and a cupful of sugar; also stick cinnamon to taste. Let simmer five minutes. Dissolve one tablespoonful of cornstarch in three tablespoonfuls of cold water, add to prunes, and stir till thick, about five minutes. Remove cinnamon, turn mixture into mold, and chill. Serve with whipped cream.

CLEANING HELPS.

Irish Crochet.—Shave one ounce of white laundry soap into a bowl; pour over it one quart of boiling water and stir until dissolved. When lukewarm, put the lace in. Let soak three hours, swishing it about occasionally. At the end of the time remove it, rinse it two or three times in clean water, then squeeze out the moisture, but never wring lace. Hang it in the sun and, when nearly dry, place a cloth wet with raw starch on a soft ironing board; put the right side of the lace on this and iron until pertectly dry. Pull the little picots into shape with the fingers. Lace treated like this invariably looks like new. Pendants and buttons should be washed in the same manner.

Beaded Waist.—Put two cupfuls flour into one quart gasoline and stir well; leave the waist in this for a couple of hours; shake and stir around, but do not rub; give a second bath of clear gasoline; put a clean corset cover on a form or pillow, stretch waist on this to dry; then brush with a soft brush to take out any remaining flour. You will find your waist like new and the beads safe and bright. The seams only need pressing.

To Clean Wallpaper.—The following is a most excellent and simple method of cleaning wall paper and can be used with confidence in every house: Take one quart of flour and stir in five cents' worth of ammonia and enough water to make a stiff dough; work and knead until smooth, then wipe the paper with this batch of dough, working it so that a clean surface will be presented with every stroke. Go over the paper in this way and your paper will be clean.

SEASONABLE HINTS.

For Gardeners.—When using eggs, break off the tops, empty contents and fill with soil. Plant in each shell a seed of cabbage, tomato, pansy or anything you want to start early, and set in egg case fillers in a warm, sunny window. The long egg boxes (one dozen carton) will set nicely in window sills. When plant is large enough, break shell and set in garden.

Overshoe Help.—How to dispose of overshoes in wet and muddy weather is a serious problem to a hostess. If not removed before going to the dressing room the carpets and rugs soon become damp and dirty, over which surface the handsome gowns of the guests are later dragged, and often ruined. A convenient and inexpensive way of solving this problem is for the hostess to buy at her grocery paper bags large enough to hold a pair of overshoes. One of these is handed to each guest, with a word of explanation, by the maid as she opens the door. There is then no excuse for any one wearing her overshoes to the dressing room. The names may be written on the bags before handing to each guest. This method prevents the loss and mismating of overshoes.

HOUSEHOLD HINTS.

When darning certain kinds of material — knitted underwear, among other things—it is a good plan to baste beneath any large hole a piece of soft net, and darn over and through this until the net is concealed. The net adds to the firmness of the darned piece.

To free the hands from disagreeable odors, such as that of onions, cod-liver oil, etc., mix a little ground dry mustard with warm water and wash the hands well with it. The saucers of scales, or vessels used in cooking, can be freed from odors by the same method.

Brushes and brooms would last much longer if they had an occasional bath. Four tablespoonfuls of household ammonia in two quarts of lukewarm water are the proper proportions. Let the brushes or twigs stand in the water for about half an hour; then rinse thoroughly and hang them in a cool place to dry.

The busy housewife is often called upon to attend to a pinched finger-nail, either of her own or of some member of her household. She should apply cold water, and cause the injured finger to be held upright for at least half an hour, not letting it hang down for one second. If this rule is adhered to there will be no unsightly black mark left on the nail afterwards.

A piece of wire gauze makes an excellent iron cleaner. A piece of old gauze window blind answers the purpose admirably. Run the iron to and fro across it, and you will be delighted and surprised at the result. The iron cleans perfectly. The dust from its surface falls through the meshes of the wire, instead of being ground between the iron and the cleaner as it is when sandpaper is used.

When potatoes are inclined to go black after boiling, the following is a good plan to improve the color and make them floury: Pare them an hour before cooking, and put them into enough cold water to entirely cover them. At the right time put them into fresh cold water, with some salt and a tablespoonful of milk; let them come to the boil, and then simmer for the rest of the time required for cooking.

If you wish your clothes to be of a dazzling whiteness try this easy way of laundering them: Put them to soak overnight in lukewarm water to which has been added one cup of soap jelly and one cup of melted paraffin. In the morning look over the clothes and rub any soiled spots lightly with the hands. Have ready a boiler of hot water to which has been added a cup of melted paraffin and one of soap jelly, put the clothes in, and boil twenty minutes; rinse through two or three waters, and hang on the line.

NURSING THE NEW CRAZE.

Fashionable Society at London Has Taken it Up.

The fashionable craze of the hour in London, England, is nursing. A good deal is being made of the fact that "Nurse Grimston," who has entered a training home at Bow in the East-end of London, happens to such force that she reeled, tottered, and then fell.

Backward she went, turning heels over head, and making several complete somersaults, but still holding on to her precious burden with both hands. She was soon landed in the cold and swift-running waters at the base of the cliff, and there she was compelled to let go of the hat-boxes, which floated down stream be the Earl of Verulam's daughter. As a matter of fact, the peerage has supplied a good many recruits to the profession of nursing in the last few years.

Lady Esher's first aid classes have given an impetus to the movement, while the practical interest in nursing institutions which Queen Alexandra has repeatedly shown is also largely responsible for the hold which the vocation has taken on the minds of women who are prominent socially. One of the best known society nurses is Lady Annesley, who became deeply interested in hospital work and spent much of her time in the wards of the City of Dublin hospitals. But for her marriage she would have adopted nursing as a profession, and in the end she founded a village hospital in the grounds of her home in County Down.

Lady Hermonie Blackwood, a marquis' daughter, and sister of Lord Dufferin, is president of the Irish Nursing Association, and among earls' daughters who have been to the fore in the nursing movement are Lady Katherine Stanhope, Lady Rosalind Northcote, Lady Griseldo Cheape, and Lady Maud Keith-Falconer.

CHILDREN ON THE STREETS.

Bill to Prohibit Trading by Boys and Girls.

Lord Shaftesbury has drafted a bill which will prohibit any street trading by boys under 17 years and by girls under 18. The idea underlying the bill is that street trading destroys the potential capacity of children to become good citizens, turning the boys and girls who engage in it into hopeless unemployables, whose ultimate destiny is the prison and the workhouse.

The London County Council, which tried registration of juvenile street traders, has decided that the system of badges has not been a success, and it has just adopted new by-laws to deal with the evil. These by-laws will have the effect of taking off the streets 10,000 boys and 1,000 girls who are at present engaged in street trading. Among the changes are the following:

No boy under 16 to be employed to be employed in street trading.

No boy or girl under 14, liable to in street trading before 6 a.m. or after 9 p.m.

No bay or girl under 14, liable to attend full time at school, to be employed for more than three and a half hours a day.

No boy or girl under 14 to lather customers or do other work in a barber's shop.

"Here!" shouted the railway official; "what do you mean by throwing those trunks about like that?" The porter gasped in astonishment, and several travellers pinched themselves to make sure that it was real. Then the official spoke again: "Don't you see that you're making big dents in this concrete platform!"

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, APRIL 23.

Lesson IV.—Joash repairs the Temple, 2 Kings 11. 21 to 12. 16. Golden Text, 1 Chron. 29. 9.

Chapter 11, verse 21. Jehoash — Popularly known as Joash. He was the eigth ruler of Judah, his grandmother Athaliah's brief usurpation being the only break in the Davidic line in the history of Judah. The revolution by which he was placed on the throne is the only one record in Judah's long history. There were more stirring times in Israel.

1. Jehu—He will ever be remembered as the effective instrument in bringing to an end the house of Omri, according to the prophecy of Elijah. He was, with Bidkar, close to Ahab, and witnessed the official murder of Naboth, and heard as well the doom pronounced upon Ahab by the prophet. As commanding officer in the army of Jehoram, in the siege of Ramothgilead, Jehu was selected by the revolutionary party under Elisha to succeed the king who had been severely wounded and removed to Jezreel. Hastening thither, he slew Jehoram, as well as Ahaziah, king of Judah, who was present, and, riding up to the palace, ordered the ruthless assassination of Jezebel, who had survived her husband, Ahab, twelve years. This bloodshed was followed by the destruction of all the princes of Ahab's line, and the slaughter of the Baal worshipers at Samaria. Jehu then reigned for twenty-eight years.

Beersheba—A village in the extreme south of Israel, famous as the residence of Abraham, Isaac, and Jacob.

2. Jehoash did that which was right—After the death of Jehoiada, who for some years after the coronation continued as guardian for the young king, Jehoash is said by the chronicler (2 Chron. 24) to have departed somewhat from the way in which he had been instructed at any rate, the revolution was not complete from a religious point of view, for Jehoash still permitted the high places (hilltop sanctuaries of Baal), and leniently winked at the heathen sacrifices of the people (3).

4. All the money—There were three sources from which this was drawn: (1) current coin; (2) assessments, for the redemption of personal vows (see Lev. 27. 2); (3) free-will offerings in coin. According to 2 Chron. 24, the principal source of revenue was the half-shekel appointed by Moses to be paid by every Israelite for the maintenance of the tabernacle (Exod. 30. 11-16).

5. Every man from his acquaintance—The priests were in addition (according to the Chronicles) to raise a personal subscription from among their friends throughout the country, each priest having jurisdiction among certain of his own kin.

Repair the breaches of the house—Jehoash had been brought up secretly in a part of the temple, and it was natural for him to wish to restore its beauty and neglected worship. Under Athaliah the sacred treasures had been transported to the house of Baal, and both the walls and the foundations of the temple were sadly in need of reconstruction.

7. Jehoash called for Jehoiada—The plans of the boy king had miscarried because of the shiftlessness of the priests. But now he had grown to full maturity, and he proceeded to take the whole matter out of the hands of those who had done nothing, for it pained him to see the house of God falling into such rank decay.

9-12. How Jehoash got together the money necessary to repair the temple, and how he disposed of it. The priest was ordered to place a chest at the entrance to the temple, beside the altar of burnt offering which occupied a commanding place in the midst of the outer court. Whenever the chest was filled the contributions were gathered into bags and carried into the palace and there counted by the high priest and the king's private secretary. The money was then carefully weighed out to the architects, and by them paid to those who were to do the work and provide the material.

13. The vessels necessary for the proper conducting of the sacrifices of the temple were not made with this money, it being devoted exclusively to the repairing of the fabric of the house. But there must have been a surplus of some sort, for Chronicles tells us (2 Chron. 24. 14) that "of the rest were made vessels for the house of the Lord."

15. Reckoned not with the men—There were no specifications, the laborers and overseers being of the ideal sort that can be trusted to deal squarely.

16. Trespass-offerings — This money, and that received for guilt (sin) offerings (Lev. 5. 1-6), belonged to the priests, being paid to them, according to the Jewish regulation, for fines, and, possibly for the purchase of sacrifices.

GERMAN SAVINGS.

People of the Fatherland Put by One Billion Dollars a Year.

When the German Reichstag a few weeks ago discussed the introduction of foreign securities in that country there was general surprise at the amount of German capital which was shown to be invested in foreign paper.

But the Secretary of the Interior, Dr. Delbrueck, stated that the people of Germany are saving every year about $1,000,000,000, and that necessarily a large part of this amount must go abroad to find profitable investment. These savings go into other avenues besides the mere purchase of securities.

In 1905, according to a writer in Moody's Magazine, German investment in foreign countries, outside of holdings of securities, amounted to about 9,225 millions of marks (2,201.6 millions of dollars), in which the United States and Canada were represented by at least 2,750 millions of marks ($658,300,000).

The holdings of foreign securities were estimated at more than sixteen billions of marks or some millions less than four billions of dollars. The real aggregate of all investments, however, is higher still than these figures express, as not all German participation in commercial or financial enterprises in foreign countries could be taken into account.

Scarcely anywhere in the world is a large issue brought out without the German capitalists being invited to participate. Only a short time ago a large Hungarian loan was placed in Germany and oversubscribed for several times, a Turkish bond issue of large amount was willingly taken, and just when "the emigration of German capital," as they used to call it over there, was being discussed in connection with the proposed listing of St. Paul shares on the Berlin exchange papers reminded the banks that they had to be in readiness for the Chilean loan soon to be expected.

The large German banks have been repeatedly blamed for their assisting this emigration of capital, and the present situation, ostensibly directed against listing of some American papers, but really aimed at not keeping available funds at home, again is an attack on the banks.

WHY NEGROES ARE BLACK.

Food Determines Color, Says a German Professor.

What makes the Caucasian white, the negro black and the Indian red? One explanation is that the black races are made so as a result of continuous exposure to sunlight, but this theory does not seem to hold good throughout.

A German professor, Dr. A. Bergfeld, has just written a book in which he attempts to prove that it is all a matter of feeding. He points out that in the animal and insect world color is often determined by food, and he argues by chemical process the same results are shown in the different human races.

He thinks that the original man was black, as his principal diet must have been vegetarian. Fruit and vegetables contain manganates which ally themselves with iron, making a dark brown combination. Dr. Bergfeld says that negroes who add meat and milk to their vegetable fare are never as dark as those who only eat vegetables.

Indians are red because they have absorbed for generations hemoglobin, the red substance in the blood of animals killed for food. Mongols are yellow because they descend from dark fruit eating races who penetrated into the plains of Asia, became shepherds and lived to a great extent on milk, which contains chlorine and has a bleaching effect.

The Caucasians were another branch who became still whiter through adding salt to their dietary. Common salt is a strong chloride, and is a powerful agent in bleaching the skin. The effect, he declares, can be seen on negro children who have been brought up on a white dietary. They are never as black as their kindred who have not abandoned vegetarianism.

FACT AND FANCY.

When a man is taken in, he is put out.

A single Honduras mahogany tree will sometimes realize $11,000 worth of boards.

Like a savage, the average man on having words with his wife, rushes straightway for his club.

Egyptian mummies sometimes have teeth quite cleverly filled with gold.

The reason rich men have so many friends is because they are capital fellows.

Banana juice makes a very fine indelible ink.

He who does what he can may soon be able to do what he would.

Occasionally a girl lets her parents select a husband for her so that she will have some one to blame or it.

NEWS FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

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

Chilliwack is building a $17,000 city hall.

Enderby, B. C., will be lighted by tungsten street lamps.

Phoenix, B. C., is to have a new and first-class skating rink.

Pottery clay is being shipped from Kyuquot Sound to Victoria.

Revelstoke has this year struck a tax rate of twenty-five mills.

The C. N. P. R. has established an emergency hospital at Hope.

The Victoria hotel in Calgary has been sold for $85,000 cash.

Edmonton is to have a new school building at a cost of $74,492.

Civic assessments in Kamloops increased by $800 during 1910.

Vancouver's civic budget for the present year totals $3,000 000.

A linseed oil and paint factory is being erected at Medicine Hat.

For a month this winter there was no fresh meat at Fort George.

The village of Edson, Alta., is applying for incorporation as a town.

The handsome new central school at Revelstoke has been formally opened.

Sturgeon is selling for 15 cents per pound in the New Westminster markets.

The City Council of North Vancouver has declared against compulsory vaccination.

Seven Slavs were recently deported from Rossland under the regulations of the Immigration Act.

A. Endersby, of Rossland, has the biggest barn in British Columbia, the total length being 254 feet.

White fish from the state of Washington are to be placed in Vancouver lakes during the coming summer.

A patrol of Girl Scouts, a sister organization of the Boy Scouts, was organized in Trail, B. C., recently.

The Kootenay Jam Company at Nelson, has sold its factory to the Doukhobors ,and will move to the coast.

It is a common occurrence, says a Calgary paper, for men to ask for permits to build half a doben houses at $3,000.

So many gophers are ravaging the Okotoks district that a general killing day will probably have to be appointed.

That no less than 400 teams passed him within six days in the Peace river district is the statement of E. F. Cote, D.L.S. He says the influx into that portion of Alberta is almost beyond belief.

Robert Evans has sold 97 acres of land adpoining Oroville for $20,000. The land will be cut up into several fruit farms.

Fur traders north of the Saskatchewan between Edmonton and Lloydminster report the fur catch as poor, owing to the heavy snowfall.

The new sanitarium at Baltimore has been opened. It contains more than 60 bedrooms and the dining-room will seat more than 100 people.

Many settlers from the United States are taking up land in the San Joseph valley, on the west side of the northern end of Vancouver island.

The new Edson-Grande Prairie road, Manitoba, which joins at Sturgeon Lake with the old trail from Lesser Slave Lake, was lately opened.

Three young women were recently induced by an advertisement to come to Canada on the promise of immediate employment at Regina, but they were left stranded in Winnipeg, without money and without friends.

A party of nine Ashcroft district Indians has left for Australia under engagement to a Melbourne amusement enterprise on Wild West lines.

This summer $140,000 will be spent by the C. N. R. in extending trackage and erecting edditions to the roundhouse and freight sheds in Edmonton.

WHY TEACHER REFRAINED.

Teacher—"Why were you not at school yesterday?"

Willie—"It was my birthday."

Teacher—"But I don't stay home from school on my birthday."

Willie—"Well, I guess you've got used to 'em."

Success is a target with a mighty small bull's eye.

"Well, here I am," announced the fashionable physician in his breezy way. "And now what do you think is the matter with you?" "Doctor, I hardly know," murmured the fashionable patient. "What is new?"

"Oh, Johnnie, Johnnie," said his aunt, reproachfully, "why is it you never remember to say 'Thank you'?" "I expect it's 'cause I don't get things given to me often enough for practice," answered the young diplomat, hopefully eyeing a box of chocolates.