Hints for Busy Housekeepers.

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

DAINTY DISHES.

Lemon flavoring that will keep a long time, can be made as follows: Grate off the yellow rind of a lemon, squeezing on this the strained juice, and then adding as much sugar as the juice will absorb. Cover tightly in small jars.

Baking Powder Biscuits.—The old method of making powder biscuits was the minute they were cut and in the pan to pop them in the oven. Try letting them rise from fifteen to twenty minutes before baking, and notice the difference in size, lightness, and taste.

Gingerbread.—One cupful of light brown sugar, one cupful of molasses, three-fourths of a cupful of butter, three eggs, one cupful of sour cream, one-half teaspoonful of soda, one heaping teaspoonful of ginger, one teaspoonful of cinnamon, one teaspoonful of cloves, and three cupfuls of flour.

Scalloped Potatoes.—You will find this a very nice way of cooking potatoes, which are not quite good enough to serve plainly boiled. Put a layer of sliced uncooked potatoes in a baking-tin with salt and pepper and a very light dusting of flour. Fill the tin in this order, and then pour in sufficient skim-milk to moisten thoroughly. Bake in a rather quick oven until the potatoes are cooked.

Stuffed breast of mutton is a very good dish. Get the butcher to remove the bones. Lay the meat flat on a board and cover it with a savory stuffing of breadcrumbs, sweet herbs, parsley, and chopped mutton suet. Season all highly and moisten with a little milk. Put a good thick layer of this over the meat, roll it carefully, and sew the edges. Then roast slowly till done.

Komla (Norwegian dish).—Grate five raw potatoes and one boiled one, add one teaspoonful salt, one cupful flour; mix well. Drop from spoon into boiling water in which you have a small piece of salt pork or corned beef, boil about three-quarters of an hour. A few pieces of carrot or yellow turnip may be boiled in with the dumplings. Fry bacon or salt pork until crisp, slice thin four onions, fry in fat until brown and serve with the komla.

Baked Currant Pudding.—Pick, wash, and dry a quarter of a pound of currants and chop finely a small piece of candied peel. Shred a quarter of a pound of suet and work it into three-quarters of a pound of flour, add a teaspoonful of baking-powder. Make all into a batter that will just pour with one egg beaten in a little milk. Pour into a greased piedish, and bake in a steady oven for one hour and a quarter. Hand sugar with this, as there should be none cooked in it.

Devonshire Pudding.—Wash and boil half a pound of rice in water till tender, then set aside till cool. When cold, sprinkle flour lightly with it, add a quarter of a pound of chopped suet, four ounces of washed currants, half a pound of self-raising flour, one egg, four ounces of sugar, half a teaspoonful of spice, and, if you can spare it, a little candied peel. The rice must cool before being used. Bake in a piedish in a slow oven for two hours.

Stew of Meat and Haricot Beans.—For this, with care, the remains of the breast of mutton may prove sufficient, or a little more meat may have to be purchased. Cut the meat into small pieces and fry them lightly with an onion sliced, dredge all thickly with flour, and stir till browned, then add sufficient stock or water to cover, and let all stew gently for at least an hour. The haricot beans, which must vary in quantity to your requirements, should be soaked over night, put on in cold water, brought to the boil, and cooked for three hours without salt. When nearly done add salt, cook for a little while, and drain thoroughly. Place a dish in a circle, place the stewed meat in the centre, and serve.

CARE OF UMBRELLAS.

Every woman will admit that the attention bestowed on an umbrella to keep it in good order is not labor wasted. How often have our bonnets and hats been saved by an umbrella, when we have been caught in a sudden downpour with no shelter near?

After one of these downpours on arrival home the umbrella should not be stuck in the stand and left to drain, as the moisture, gradually accumulating in the silk, just above the ferrule, causes it to rot and go into holes in a very short time. It should be placed open in a dry, airy room, until it is thoroughly dry.

Inconsiderate people roll up their umbrellas while still damp, and then think the silk must have been of poor quality when they find it in holes.

When put away the umbrella should be left unrolled, for if it is constantly kept in a tight roll the creases are apt rapidly to wear through.

One's best silk umbrella should never be put in the stand where the common property ones are kept as anyone coming in in a hurry and placing stick or umbrella in the same place is very liable unintentionally to poke a hole right through, and no amount of darning or covering the place with blackcourt plaster will ever restore the umbrella to its original beauty.

THE SEWING ROOM.

Putting in Sleeves.—When putting in sleeves put the under arm seam of the sleeve just the length of your second finger ahead of the underarm seam of the waist. I find this an easy way and they are always sure to be in correctly.

Turning up Hem in Skirt.—Have the person for whom skirt is intended put it on. Then take a yard stick, put the end of it on the floor, and have the person turn slowly aroundwhile you mark it with tailor's chalk every little ways the number of inches it is desired from the floor. If two inches, mark it all the way around two inches up on the yard-stick. Sew on the braid and turn up hem. I find that if a basting thread is put in around where it has been chalked, it helps a great deal, as the chalk is liable to get rubbed off and is not as plainly seen as a thread. This is a good way and is easily and quickly done.

HOME HINTS.

When peeling apples pour boiling water over them, and the process will be more easily carried out.

Tan boots will not easily stain if they are well polished several times before being wornfor the first time.

Squeaking Boots—Prick the soles of the boots so as to let out the air from between the soles. This is the cause of the trouble.

Carrots should be scrubbed and scraped, not peeled, for the nourishment lies in the red pulp. This part is not at all indigestible.

Sunlight and air are the finest dispellers of disease. They should, therefore, be freely admitted to every house.

To clarify fat after frying, throw into the fat a few slices of raw potato and cook to a golden color. This will purify the fat wonderfully.

When beating white of egg be sure that the plate is perfectly dry. If the process is carried out in the open air it will be very quickly accomplished.

An undefinable smell of cooking can generally be traced to a dirty oven. Wash the oven thoroughly with soda and hot water and the smell will vanish.

To Color Kitchen Walls. — Dissolve some permanganate of potash in water, and add sufficient of this solution to the whitewash to make it the color your require.

To cleanse a frying-pan in which fish or onions have been cooked, fill it with water, and bring it to the boil, then drop in a red-hot cinder. Afterwards rinse in the usual way.

Black leather bags will be much improved if polished occasionally with a good boot cream. This cream nourishes the leather and prevents it drying and cracking, as is so foten the case with bags, especially those not constantly in use.

Darning Hint.—After finishing darning a stocking, beat down the darned places with a flat object, for instance, the end of the darning spool. Then the darned spot is nice and smooth, causing no discomfort or irritation to tender feet.

Use for Old Stockings.—Excellent dust cloths can be made by splitting and sewing together the upper halves of old silk or fine cotton hose. Place these dust cloths in an airtight pail with a few drops of kerosene sprinkled on them and leave stand twenty-four hours. Then all dust can be gathered more easily without the scattering of any particles.

OBEYING FATHER.

"What?" said the little girl.

The father was rather fastidious as to speech, so he said to the five-year old:

"You should never say 'What?' my dear; always say 'I beg your pardon.'"

That the little girl took the command too much to heart was made clear the other day when the maiden, pointing to a blossom, said:

"'I beg your pardon' is the name of that flower!"

MEXICAN VILLAGE LIFE.

Quiet of the Place in the Day—Pay Day at the Mines.

The little village of Panuco de Coronado, in the State of Durango, represents an average Mexican village, one that can be duplicated anywhere in the northern two-thirds of the country. It is typical even in its legend — —all mining towns here have the same. Once upon a time its mines yielded so much rich ore that the owner could pave with silver the street leading from his house to the church on the occasion of his daughter's marriage.

Panuco, like all Mexican villages, is a transplanted bit of the Orient. There is the same low, adobe house with flat roof and no chimney and usually no window. Women carry the same jars of water on their heads and men clad in loose white cotton tradge lazily behind their little burros or more likely add their weight to the already overburdened animals. The glaring sun beats down from a tropical sky on the same palm and cactus, and a general air of emptiness and silence pervades the streets.

The universal building material is adobe, which is faced with plaster only in the better houses. These are always built in the form of a hollow square—the rooms opening into the patio in the centre. The more pretentious homes have windows, barred on the outside because the houses are built snug up to the street, which gives them the appearance of cells in a prison.

There is no patch of green or anything bright to relieve the uniform dust brown color of house and street, writes Jessie Fawler in the Los Angeles Times, no spear of grass is in sight, and all the flowers are kept in the patio. The particular village can boast of two trees, one cottonwood on the outskirts and one pepper berry.

To enter one of these huts is to step in on a mud floor, rarely a brick one, to see a few earthern bowls and saucers in one corner, a little pile of charred ashes in another, and a rude altar made of a couple of packing boxes, decorated with a few gaudy bits of tinsel and scraps of ribbon and empty beer bottles with withered flowers, an offering to the virgin of Guadaloupe who looks down from the walls. Chairs, table, bed and table are luxuries not commonly found. Mexican women are fond of flowers and the patios are bright with blossoms throughout the year.

One traveller describes a Mexican village as "sun, silence and adobe," and this is one's first and last impression. Whatever life is, is around the plaza: for away from here one sees only an occasional water carrier or a peon closely wrapped in his serape squatting on the ground in the sun. Pigs and dogs are everywhere. They come from every open doorway and follow us, yelping and barking. A dozen dogs are not too many for an average family. And the pigs—they sleep in the middle of the street, and not until our horses' feet are almost on them do they grunt and lazily move a step to the right.

But in the evening all is changed and the place is full of life and stir. Everybody comes out to enjoy the music and to stroll around and around the plaza. Men and women do not walk together unless married or engaged, but the men walk three or four abreast on the inside of the promenade and the women on the outside in the opposite direction. Through the open doors of the pulque shops may be seen groups of men drinking the nauseous beverage.

These shops, as well as all the stores, are not known by the names of their owners, but by some such fanciful name as "Flowers of the May," "Afternoons in April" and "The Surprise." No village is too small to have its band, and a good one too, that plays at the plaza one or two evenings a week throughout the year. The natives are very musical and one hears everywhere the tinkle of the guitar or mandolin playing some native air, like the plaintive "La Golondrina" or possibly the latest importation from home.

One does not need to read the sign "Esquela para ninas" painted in big black letters on a low plastered building to know that it is a school for girls, for the children study in concert and—well, pulmonary troubles are not common at this altitude. Primary education is compulsory throughout the republic and so every village has two schools, one for boys and another for girls.

Pay day comes once a month. Work at the mines stops for the day and by 7 o'clock the men and women begin to gather around the office and set up their little stands for the sale of dulces, limes, pomegranates, sugar cane and oranges. By 9 o'clock the place has taken on quite a holiday aspect. Groups of senoras, each with a black eyed baby in her lap, sit on the ground and crochet lace or idly gossip. Men wrap themselves close in their serapes and wait stolidly for 10 o'clock, when they will be paid off.

All the people, men, women and children, come from miles around on foot, on burros, on ponies and in all sorts of nondescript wagons. The hacendado comes in front from some neighboring hacienda, looking very picturesque in his silver bespangled buckskin, while his pony with silver trimmed saddle is a match for his rider. When they have all been paid they must next get rid of their money at the store.

Each man wears around his waist a square piece of white cloth folded diagonally and tied so that the point hangs down in the back. This cloth serves a double purpose; it acts as a belt to hold up the trousers and as a receptacle for all purchases made. The man removes this cloth, spreads it out on the counter at the store and into it are dumped his purchases—packages of cigarettes, boxes of matches, a few cakes of soap, two or three kilos of corn and perhaps a couple of meters of cloth.

No wrapping is used, but everything, lard excepted, is dumped into this cloth. Crackers he takes either inside his hat or on the outside. He never looks at the quality or asks the price, for it is a case of Hobson's choice. Time is no object with these people, so it is almost night before the last one goes away.

The fiesta of Santa Cruz, the day of the holy cross, is the miner's day of the year, when all the mines throughout the country stop work. Crosses are placed on all unfinished buildings as well as a huge one in the plaza, and are decorated with flowers, bits of ribbon and glass, while around the main cross are placed palmillas with their five feet stocks of beautiful flowers. There is incessant firing of guns throughout the day and the celebration ends with music and dancing in the evening.

HYGIENIC AUSTRALIA.

Health Conditions There Said to Be the Best in the World.

Health conditions in Australia are better than in any other country of the globe if the low death rate of 10.95 a thousand a year may be accepted as an index, says the Medical Record.

The death rate from tuberculosis has steadily been declining during the last twenty-five years and now is less than 9 per cent. of the total deaths, which is a lower percentage than any published by any other country which compiles its statistics in an equally accurate manner.

In New South Wales the notification of cases of pulmonary and throat tuberculosis has been compulsory for over ten years. The walls and ceilings of houses in which cases occur are sprayed with a solution of formalin and the floors are washed with a solution of corrosive sublimate.

The effectiveness of the educational campaign is shown by the fact that open air sleeping is more general than in any other country. There is scarcely a dwelling house constructed nowadays in Australia even a laborer's cottage, which is not provided with a suitable verandah for outdoor sleeping. There is very little expectorating on the sidewalks or other public places.

Ordinances to prevent the contamination of milk and other foodstuffs are well observed. In shops where fresh meat is offered for sale it is customary to find sheets of water running over the front windows and walls for the purpose of catching dust. All large cities, like Sidney, Melbourne, Adelaide and others have tuberculosis sanatorium and also a large number of beds for chronic cases. The Greenvale Sanatorium, near Melbourne, will compare favorably with similar institutions in Europe and America.

Gratifying progress has been made in isolating chronic and more particularly open cases of tuberculosis. In New South Wales, Victoria and South Australia it is estimated that at least [illegible] per cent. of these cases have been placed in hospitals and a good proportion of the remainder under supervision. The health officials believe that only a few years will elapse before every case of pulmonary and throat tuberculosis will be under such control as to reduce the danger of transmitting the infection to a minimum.

NOT HALF COSY ENOUGH.

An old countryman, compelled to sit in a suffocating smoking compartment in a crowded excursion train, gazed open-mouthed through the window at a lady on the platform, who was giving the porter exhaustive instructions regarding the storage of her bicycle.

"See that you find it the best place in the van, porter, and fix it very securely, and don't let any one play with the bell. And close the windows so that no one can get in, and cover up the handle bars, and make sure that the train doesn't shake it when it goes over the points."

The porter promised slavish obedience, pocketed his tip, and turn to go away.

"One moment, young feller," cried the old woman, leaning out of the carriage window and catching his arm. "I want to get out of here. It ain't half cosy enough. Here's five cents; now show me the way to the cycle van!"

First Lady—"Mrs. Smith is too young to go shopping alone." Second Lady—"Why is that?" First Lady—"She's liable to get excited and buy something."

THE ETIQUETTE OF BOWING

MUCH ATTENTION DEVOTED TO DIFFERENT BOWS.

Queen Mary Says Bowing Contrivance Makes Her Seasick.

So much attention has been devoted to the defference in the bows by which Queen Alexandra and Queen Mary acknowledge the salutations of the public when driving, stress being laid on the fact that Queen Alexandra bows from her waist, whereas Queen Mary only bows her head, that it may be as well to explain that there is a reason for this, which may be described as mechanical.

If Queen Alexandra bows from herwaist it is because, like her mother-in-law, Queen Victoria; like the late Empress of Austria, and Queen Christina of Spain, she has a species of mechanical contrivances fixed to the seat and back cushions of her carriages, which enables her to bow continuously from the waist, without any exertion or fatigue, while the carriage is in motion. It is something in the nature of the sliding seats used in rowing. Queen Mary declines to make use of this contrivance, on the plea that it disposes her to seasickness, a malady by which she is extremely prone; and it is because without this contrivance she would be overcome by fatigue if compelled to bow continuously from the waist, that she merely contents herself with an inclination of the head, which she endeavors to make as gracious as possible, but which is less suggestive of old-fashioned courtesy than a

BOW FROM THE WAIST.

This matter of bowing in response to the salutations of the public is a perpetual source of differences, and even disputes, among the members of royal and imperial families, and has created no end of bad blood amongst them. According to the rules of etiquette, it is only the lady of highest rank in the carriage or party who is permitted to respond to the salutations of bowing, and when, for instance, during the late reign the then Princess of Wales was driving with her mother-in-law, Queen Alexandra, the former was precluded from acknowledging any salute, even on the part of her personal intimates. The Countess of Flanders, mother of King Albert of Belgium, in the days when her sister-in-law, the late Queen Henrietta of the Belgians, was still alive, absolutely refused to drive anywhere with the latter, on the ground that it was injurious to her dignity to be unable to return salutations addressed to her personally.

The most distinguished courtesy paid by old Emperor Francis Joseph to his royal guests, when driving them back to the railroad station at Viena, is when he absolutely declines to acknowledge any of the salutes of the people lining the street, leaving that entirely to his visitor, so as to convey to the latter the impression that the popular homage is addressed to him, the guest, and not to himself, the Emperor.

BIRD SONGS DIFFER.

The Crow Sometimes Gives Quite a Musical Sound.

Some people cannot see any difference at first between the songs of the robin and the wood thrush, but to the initiated they have nothing in common.

Beginners usually see little difference between the songs of the Baltimore oriole, the robin, the scarlet tanager and the rose-breasted grosbeak. Yet the oriole's lay is almost a pure whistle, the tune varying much with different individuals; the robin's song is a bold warble, a little strident in places; the tanager sings a weaker, finer note, like an undeveloped horse robin; and the grosbeak has a beautiful warble, rather loud at times, but perfectly pure and mellow.

A bird may have two or more distinct songs. Some commonly have three, while no two individual birds of certain species ever sing precisely the same tune. Occasionally a very gifted individual will eclipse the performance of all rivals. The caw of the common crow is well known, but its love notes and its conversational abilities when ministering to its young are seldom recognized. In early spring or late winter the crow often gives forth quite musical sounds.

Many singers not ordinarily gifted have beautiful flight songs. It is not generally known that individual meadow larks are fine singers when in flight.

"Tommy, Tommy," remonstrated his teacher, "why are you so naughty? I've had to whip you six times this week." "Because, teacher," replied Tommy, "grandpa says the good die young, and I ain't taking any risks."

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, JULY 30.

Lesson V.—The finding of the Book of Law, 2 Chron. 34. 14-33. Golden Text, Psa. 119. 11.

14. Hilkiah . . . found the book—The fact that it was found at the time the money was being brought into the temple for the necessary repairs, makes it seem a natural inference that the book was hidhen where the money was kept.

Given by Moses—This detail is not given by 2 Kings, the older record. The Chronicler has in mind the entire Pentateuch, whereas, as noted above, the account in Kings implies only the book of Deuteronomy. Many critical students of the Old Testament now believe the main portion of Deuteronomy was written, not by Moses, but at a later time, and was made up of materials of an earlier date.

16. Shaphan carried the book to the king—A comparison with 2 Kings 22. 9 shows that this mention of the book should not have been made at this point. Its introduction here, anticipating the narration in verse 18, makes an awkward statement. What this scribe actually did was, first of all, to report to the king the completion of his work in connection with the repair of the temple, which had been intrusted to the care of the Levites.

18. Read therein—The writer recognizes the repair of the temple, which had been intire Pentateuch to the king, and so says he read only portions of it. Admitting that it was the book of Deuteronomy that was read, the statement in 2 Kings that "Shaphan read it" is at once credible and natural.

19. He rent his clothes—The denunciation and cures found in Deut. 28 would be apt to move the king deeply as he thought of his people's neglect of the covenant of Jehovah.

20. Ahikam—Spoken of by Jeremiah (26. 24) as a worthy courtier who defended the prophet on a critical occasion, and the father of Gedaliah, who governed the cities of Judah after the fall of Jerusalem.

The king's servant—Some special office of whose nature we are not certain.

21. Go . . . for great is the wrath of Jehovah—The king was fearful of the threatening calamity which the reading of the law led him to expect.

22. Huldah the prophetess—The term was applied to several women in the Old Testament—Miriam, Deborah, the wife of Isaiah, Noadiah (Neh. 6. 14). Huldah must have been a woman of acknowledged repute as a prophetess, inasmuch as the messengers of the king sought her out at once, when directed to "inquire of Jehovah." We have no further information concerning her than what is contained in this, and the parallel account in 2 Kings 22. 14.20. Her husband's grandfather was keeper of the garments kept for special festive occasions at the palace.

24. All the curses—See Deut. 28 15.28. A more terrible fate for the city and the nation could hardly be imagined.

28. Gathered to thy grave in peace—As Josiah was slain in the battle of Megiddo, these words, if taken literally, are at least a testimony to the genuineness of the prophecy. As a matter of fact, because of his personal piety and humility, the king was spared the agony of witnessing the evils which befell his people.

29. All the elders—No official class is meant, but rather the heads of houses and clans.

30. All the people—It was a popular assembly, consisting of all classes and ages.

31. Made a covenant—Literally, "cut a covenant," an expression that arose from the custom of cutting sacrificial victims in pieces, between which the parties involved walked. This, however, was no essential part of a covenant. The oath of the covenant was the principal feature.

32. Caused all . . . to stand to it—That is, to keep the law. According to the account in Chronicles (see lesson for July 23), the reforms of Josiah had preceded the finding of the law book, and had sprung, not from the reading of the law, but from the natural desire of a pious king. The following verse ,therefore, may be regarded as a summary of the reform work of Josiah.

33. All his days they departed not—But after his death, in the reign of Jehoiakim, the people fell back into the old habits.

Churchwarden Brown: "Excuse me, Mr. Smith, but are you aware that you put a bad half-dollar in the contribution plate this morning?"

Mr. Smith: "Yes; I owe the heathen a grudge for eating a missionary uncle of mine!"