Hints for Busy Housekeepers.

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

SOUPS.

White Mountain Soup—To one level teacupful of cold cooked rice add one ounce of dry grated cheese, one cupful of vegetable stock (liquor remaining from cooking peas, cabbage, etc), one and one-half pints of hot milk, one level teaspoon each of salt and pepper. Put these ingredients into a sauce pan. Stir over the fire until it boils, then remove and pour into soup plates. Beat the white of one egg until stiff, salt lightly; with a teaspoon dispose the egg in little mounds on the surface of the soup. Serve with cone-shaped wafers.

Vegetable Mulligatawny. — One quart of vegetables of all kinds cut into pieces. Cook until tender in three pints of boiling water. Pass through a sieve and return to sauce pan with one tablespoonful of rice flour, one tablespoonful of curry paste, the same of ground nuts, juice of half a lemon, a teaspoonful of salt, and half a teaspoonful of pepper. Cook for twenty minutes, strain and serve with toasted wafers.

Soup a la Garden.—One cupful of white meat of chicken, six chopped mushrooms, one tablespon of minced parsley, one carrot chopped fine, two pints of boiling water. Cook until water is reduced to a pint. Rub through a sieve. Add one pint of milk, two teaspoons of flour rubbed into half a cupful of cream, a saltspoon of salt, and a half teaspoon of pepper. Return to the fire, reheat, and serve. Good served cold.

Fruit Bouillon.—Peel three apples and core, add to them one-half cupful of seeded raisins, six chopped figs, the same of apricots, one-half cupful of ground nuts. Pour over one pint of boiling water and let simmer over the fire for forty minutes. Remove from fire and rub through a sieve. To the liquor add one cupful of fruit juice, juice of two oranges and one lemon, one pint of water. Chill and pour into long stemmed glasses. Whip one cupful of cream and with a teaspoon dispose in the chilled fruit bouillon. Serve with graham wafers.

Potato Whisk Soup.—Boil three medium sized potatoes until done. Mash fine, add a teaspoon each of salt and white pepper, a tablespoon of butter, three cups of milk, one and one-half cups of boiling water. Place on fire and let come to boil before removing from fire, stir in the beaten whites of two eggs, and serve at once with crisp salt crackers.

Yellow Tomato Boullion.—To one quart of cooked yellow tomatoes, add one-half teaspoon of baking soda and place over the fire; beat the yolk of one egg and add to a pint fo milk; into this mixture stir one pint of boiling water; mix well with the boiling tomatoes and remove from the fire. Add one-half teaspoon of celery salt, a pinch of salt, and black pepper and serve hot.

FRUIT RECIPES.

Fruit Salad.—Cut in small pieces six oranges. Mix with half a can of sliced pineapple diced. Add a dozen marshmallows cut into bits, then add broken English walnuts. Mix well. On each salad plate place a lettuce leaf and some of the salad. Dot over with mayonnaise dressing. This is delicious besides being a beautiful decoration in color for the table.

Grape Juice.—To make it just like that you buy in the drug store, pick the grapes from the stems, wash them and put in a granite kettle (tin discolors it). Heat until the juice flows, then strain through a heavy cloth. Add as much water as there is juice, and to every quart of this a cupful of sugar. Bring to boil and bottle.

Brown Raisin Bread.—One cup corn meal, one cup rye meal, one cup whole wheat flour; sift together, then add one teaspoonful salt, two teaspoonfuls melted butter; add to this one and three-quarters cups water, three-quarter cup molasses, two and a half teaspoonfuls of soda, one cup raisins; steam for four hours.

Ginger Pears.—Peel, core, and cut in very thin slices. For eight pounds of sliced fruit put into the kettle the juice of five lemons, one cup water, seven pounds sugar, one-half pound ginger root cut and scraped in thin slices. Let sugar dissolve before adding fruit. Cut peel of lemon in long, thin slices. Let fruit and lemon cook slowly for an hour, uncover, and put in jars.

Crab Apple Jelly.—Wash the apples, cut out blossom end and stems only, cover in the kettle with water, just cover well, boil till all in pieces, strain in a sack over night, measure juice and sugar [illegible], boil the juice twenty min- [illegible] and put the sugar in the heat, then add heated sugar and boil not more than eight minutes. Is fine and never fails.

Quince Jelly.—Boil the parings in water to cover them until soft, then drain, don't squeeze, add equal parts of sugar, and boil until ready to put in glasses; will be from twenty minutes to a half hour.

APPLE HINTS.

In these days of high priced food the fresh green apple fills a long felt want, not only for the present need, but for the winter store.

Where the sour green apple is plentiful, it is excellent economy to can for future use some of the first green sauce which has been strained through the colander and sweetened to taste, as no other sauce has quite the same flavor. This makes a delightful relish. It becomes a delicacy (called apple whip) when mixed with whipped cream and served in sherbet glasses. A spoonful of red raspberries or other preserves on top of each glass may add interest to this dish. Any good apple sauce may be mixed with canned cherries, cranberries, and other fruits with good results.

These sour apples make fine jelly. Many like to add a little lemon juice and peeling or a rose geranium leaf, as our grandmothers did; others prefer rhubarb, and all are good. Excellent jelly is made with one-third apple juice and two-thirds plum, or equal parts of each.

For jelly, do not peel, but wash thoroughly and cut into quarters or halves with seeds and core left in; cover with water and let come to a boil. Strain the best part of juice for jelly and the remaining pulp and juice, after thorough cooking, put through the colander and make into marmalade or butter, using lots of orange peel cut fine and a little juice. Lemon is fine used in the same way.

The best marmalade, however, is made when none of the juice is put aside for jelly, but extra juice added to the natural sauce and one-third sugar or more may be used and cook to a jelly-like consistency. The above is as good as orange marmalade. Others will prefer the lemon.

A good butter is made of cooked dried apricots by steaming the juice and mashing the remainder, or taking same through colander. One pint of apricot juice, one of the pulp, two of apple sauce, one heaping pint of sugar, or more, if desired, the rind of one lemon. Cook until clear. And everybody knows that good, old-fashioned apple butter isn't slow.

Save time in making apple sauce. Don't peal the apples; cut them up and boil them; then put through a colander. The sauce is just as good and it takes a quarter of the time.

PEACH RECIPES.

Peach Shortcake.—Peach shortcake, with almond and whipped cream, makes a rich baking powder crust; roll out about a fourth of an inch thick, cut with a cookie cutter into rounds, butter half of these, and place the unbuttered ones on top. Bake them, split them open, butter them, and fill and cover each one with fresh peaches cut in slices and sprinkled with powdered sugar. Serve hot, surrounded by plenty of whipped cream, sweetened and flavored with almond extract and filled with chopped almonds about one-half cupful.

Peach Pudding.—Peel and stone six large ripe peaches, fill the centers with Wiesbaden strawberries or Maraschino cherries. Put them on the ice to get cold. Make a custard of one cupful of milk with one-fourth of a cupful of sugar, yolks of three eggs and a tiny piece of butter. When this is cold, flavor it with maraschino or almond. Line a dish with slices of sponge cake or lady fingers, put in the peaches, then the custard. Beat the whites of the eggs stiff and then add them to one-half of a cupful of cream whipped stiff. Sweeten and flavor. Cover the custard with a garnish of cherries and serve cold.

HOUSEHOLD HINTS.

An asbestos mat under the bread pan will help the bread to rise on a cold night, as it will prevent the bottom being chilled. The ordinary stove mat may be used.

A back rest for an invalid, which will be found comfortable for one confined to bed, is made of a wide board, well padded, and slipped into a cretonne pillow case.

A safe paint cleaner is as follows: Two quarts of hot water, two tablespoonfuls of turpentine and one pint of skimmed milk, with soap enough to make a weak suds.

Coarse sandpaper should be kept in the kitchen and used for scrubbing kettles that are burned and for removing anything that has stuck to the pan in the process of cooking.

Always keep alum in the house. It checks bleeding wounds, and for bleeding of the mouth or tongue a wash in cold water in which alum has been dissolved is very effective.

Paint must not be scrubbed with sandsoap, or it will be worn off. Wipe off with a cloth dipped in thick suds of white soap and rinse with a clean cloth wrung from hot atwer.

Dishes which contained eggs or pastry or dough should be washed in cold water, since by washing them in hot water the adhesive substance is cooked and thus hardened.

In sprinkling table linen use a large salt shaker, and in the water put a little cold starch—about a tablespoonful to a quart of water. The linen will iron with about the same stiffness as when new.

Glass is an ideal shelfing for a kitchen closet, as it can be kept clean so easily. If this is too costly paint the shelves white and give a coat of enamel. This is easily scrubbed and does away with the necessity of papers.

To whiten handkerchiefs which have become a bad color through careless washing soak them for a night in a solution of pipe-clay and warm water, and boil them next day in the usual way, and they will come out looking beautifully white.

In cooking vegetables all those grown underground should be cooked in cold water, adding the salt before they are done, and they should be kept covered while cooking. All of the fresh or green vegetables should be put on in boiling water and left uncovered so that they keep their color.

A rice dish that children like is prepared by cooking a scant cupful of rice in three cupfuls of water for 20 minutes, then adding half a cupful of raisins, a cupful of milk and a tablespoonful of butter. Add also a little sugar to suit the taste and a pinch of salt. Stir well and cook a little longer, until thick.

Water that fresh vegetables have been cooked in may be added to the stock pot for flavor. All bones, stale bread and left-over meat scraps may also be used in the stock pot, which at this season should be strained off twice a week, the liquid cooled and the grease strained off. Then it is ready for the foundation of soups or gravies of all kinds.

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, SEPT. 10.

Lesson XI.—Daniel and his companions, Dan. 1. 8-20. Golden Text,, Rom. 14. 21.

Verse 8. Daniel—In the reign of Jehoiakim, king of Judah (B.C. 605), Nebuchadnezzar, king of Babylon, besieged Jerusalem, and took with him to Babylon certain sacred vessels of the temple and some Jewish captives. Among the latter were Daniel and his three companions, Hannaniah, Mishael, and Azariah. They were chosen, with others of singular beauty and intelligence, to be trained in the service of the king. Doubtless they were not more than fourteen years of age (compare Isa. 39. 7).

He would not defile himself with the king's dainties—The provision had been made that the Hebrew children should for three years be fed upon the food and wine which came from the king's table. This was considered a great honor. The delicacies were of course the finest. At the end of three years of such living, the "children" were to "stand before the king." The defilement of this diet would be strictly ceremonial. The Jews, especially in later times, laid great stress upon dietary laws. In this case the meat might be that of animals improperly killed, or of animals prohibited as food (Deut. 12; Lev. 11). Then the meat and wine might have been consecrated to heathen deities, and partaking of them would be equivalent to a recognition of these deities. Antiochus Epiphanes sought to force the Jews to eat unclean food in this way.

9. Made Daniel to find kindness—Like Joseph in Egypt, he had kindled an affection for himself in the heart of his captors. He had but to make his request, and the prince of the eunuchs looked favorably upon it.

10. So would ye endanger my head—The king would be greatly displeased if the youths appeared before him unfit because of insufficient nourishment. It was the business of the eunuch to make them thrive physically as well as mentally.

11. Then said Daniel to the steward—He was certain that the objection on the part of the eunuch arose only from his dread of the king's displeasure. So he turns to the subordinate officer, who acted as a sort of guardian of the Jewish youths.

Daniel, Hananiah—Upon entering the Babylonian court they had been given names less suggestive of their Jewish connections and worship. To Daniel, whose name signified "God is my judge," was given the name Belteshazzar, meaning "Bel, protect his life." Hananiah ("Jehovah is gracious") was called Shadrach ("The command of Aku"). Mishael ("Who is what God is?") was called Meshach ("Who is what Aku is?"). Azariah ("Jehovah his helper") was called Abednego ("Servant of Nebo"). This practice of giving a new name to a person entering the service of a foreign land was common .

12. Prove thy servants . . . ten days—This was a kind of mystic Persian week, a sufficiently long time to test the results of the proposed diet.

Pulse—Vegetable food in general is meant, besides dates, raisins, and other fruits.

15. Their countenances appeared fairer—They were also fatter in flesh, an expression used of cattle (Gen. 41. 2). It has often been remarked that monks and others who fast frequently have a clearer skin and livelier health.

16. Took away their dainties — The Hebrew implies that the treatment became habitual.

17. God gave them knowledge—They continued to flourish intellectually as well as physically. Compare verse 4. No technical knowledge is intended. They became sagacious, versed in such knowledge as was prevalent at the time. As a general forecast of what is to follow in the book, it is further stated that Daniel had understanding in all dreams and visions. The Chaldeans attracted great importance to these, but, like Moses and Joseph before him, this youth, though in an alien land, excelled his teachers in their own field.

18. Brought them in—As verse 19 shows, the "them" refers to all the Hebrew youths mentioned in verses 3 and 4.

19. The king communed with them—He tested them by familiar conversation. Among them all was found none like the four faithful lads who had renounced the luxuries of the court because of religious scruples. They were to face severer trials, but their steadfastness at this critical period of their lives proved them of good mettle, besides being a most excellent preparation for what was to befall them. Their escape from the common corruptions of Oriental court life was remarkable. Their being selected to stand before the king signified that they were to become his personal attendants. This was naturally a position of honor and influence.

20. Magicians—The word is of Egyptian origin, and was probably taken from Genesis and Exodus, where it was frequently used, and refers to those who interpret dreams and work magic. Anyone who was acquainted with the occult arts was regarded as a magician. The Babylonians were world-renowned in their skill as enchanters, or devotees of magic art.

21. Continued even unto the first year of king Cyrus—The date would be B. C. 538, or seventy years after this event, making Daniel an old man. As a matter of fact, he is mentioned (Dan. 10. 1) as being alive in the third year of the reign of Cyrus. What is meant here, probably, is that he continued for all those years in the character of a man of great wisdom in the city of Babylon. Amid seductions and pitfalls of a position of influence in a heathen court, he did not falter or flinch.

CANADA'S LUMBER CUT.

White Pine Gradually Yielding to Spruce and B. C. Woods.

Interesting statistical comparisons may be made from the 1910 lumber report, prepared by the Dominion Forestry Department. Of the tweney-six native species of wood which together were cut in 1910 to the extent of four billion nine hundred million board feet, worth over seventy-seven million dollars, the first nine were coniferous or soft woods. Spruce was the most important, alone forming over ont-quarter of the total cut. Spruce and white pine together formed barely one-half of the 1910 cut, while in the year previous these two species made up nearly three-fifths of the total. The decrease in proportion is due not to a smaller cut of the two species, but to a very great increase in the amount of douglas fir, hemlock, cedar and yellow pine produced in British Columbia. One quarter of the 1909 cut was formed of these four species, while in 1910 the total cut of the four was increased by 70 per cent.

White pine lumber is undergoing a gradual evolution in its importance to the lumber industry. Up to three years ago white pine stood at the top of the list, when it was supplanted by spruce, although the actual cut of the former had not decreased. The prediction of last year that white pine had nearly reached its maximum cut has proven true this year, the 1909 cut being decreased by 4 per cent., or forty-two million feet. Yellow pine increased in its cut nearly 60 per cent. in British Columbia during one year. This increase of over one hundred and fifty million feet was sufficient to raise it from fourteenth place in the species table to sixth place in importance, thus surpassing in one year red pine, beech, balsam and the four most important hardwoods.

JEAN

By Malcolm Murray

"It's the doctor?"

"It is!"

Old Mrs. Gurney tried to lift herself up on one elbow in bed, as young Dr. Thomas, by far the finest and most popular young man in Breamtune, came with her son, John, into the sick-room. She was verf ill, poor lady, butt he cheery young doctor always seemed to bring with him a new sense of life's strength.

"And how's Mrs. Gurney?" he asked, going over to the bed.

"Fine!"

"That's good, that's good!" he exclaimed, "that's how I want you to look at things; we'll soon have you up then!"

The old lady laughed shrilly.

"Oh! but it's not you, doctor, it's dear John, there!"

The doctor turned to John.

"What's this?"

"It's the news he has!" answered Mrs. Gurney.

"The news!"

"Yes! I'm saying the news. It's put new life into meo ld bones, Dr. Thomas. He's promised his old mother that, as soon as I'm up and about, he'll marry yon Bessie Deane."

"Why, John!" the doctor cried, 'this is vood news!"

"Ay! iti s good news, the finest that could be!" the mother rattled on. "It's so good that I already feel better to-day. My John's just one of those dear men, doctor, who wants a lass to look after him and bully him; all men need it, doctor, but some need it more than others—they're the best men! And yon Bessie's thes weetest lass, the best in Breamtune!"

"She is!" John eagerly assented; and the doctor nodded his agreement. Then het urned to his patient.

"That's right, Mrs. Gurney; but we must still be very careful. Let me have a look at the eyes!"

"They're all right, doctor!"

"Yes! I'm suret hey are! But I'll just have a look!"

Downstairs, some ten minutes later, the doctor shook John very warmly by hte hand.

"Well done, well done, John!" he was saying. "You've done more than all the doctors in the world could do. After all, a son'se love is a very good medicine for his mother. The old lady's far, far better; your marriage will give her another good five years—"

"It will?" John cried, tears in his eyes.

"Certainly; but—"

"But?"

"Well, as I said, wem ust be very careful indeed. The eyes are not so well; I'm only frightened—"

"You don't mean she'll be blind, doctor?"

The other hesitated.

'That, of course, is the dnager, 'John. I wanted your mother to wear glasses five years ago, but, like so many old people she was terribly proud of her 'wonderful eyesight,' and now she's paying the penalty. There's another thing: she must have absolutely no excitement."

"I'll be very sure of that!"

"Yes, do! Her heart is still weak, and to be quite frank, any great shock would mean the end. You must keep her mind easy, happy, and at peace," —he held out a hand. "I'm sure you'll do it, John!"

"Why, of course I will!"

"And good luck to you, John. I'm sure that I hope you will be very happy!"

"Thank you!"

The doctor looked up sharply at John's tone; the young man's face was very grave for that of a happy lover. A thought crossed the doctor's mind.

"It wasn't an excuse, John?" he asked.

"An excuse?"

"You are going to be married soon?"

"Yes, yes," John replied. And [illegible] this he showed the doctor out into his trap.

John, as a matter of fact, was sorely troubled; for the first time in his life —he had known her many years—Bessie and he had quarrelled. To him it had seemed the most joyous, the most natural thing in the world that he should go eagerly to his sweetheart to ask her to help him. Besides which, all that he asked was that she would marry him at once instead of waiting until the spring.

It worried him that she should have demurred; that, at the best, her agreement had been a very grudging one. Loving her as he did, he could not appreciate a love which did not grant a favor more easily than this.

"Ah, well!" he sighed. "Bessie always was a strange lass; that's her fascination. The prettiest and strangest lass in Breamtune. It'll all come right."

From thatd ay old Mrs. Gurney's health speedily mended, save that, despite all Dr. Thomas's skill, her eyes remained very weak. The doctor knew that all was hopeless with regard to her eyesight, but he told no one.

And each day Bessie Deane and her sister Jean came to see and cheer Mrs. Gurney. They were two sweeet lasses, as all Breamtune knew; and while Bessie flitted in for a moment, sprightly, ever merry and thoughtless, her twin spent long hours with the invalid, reading to her, chatting with her—ever, it need scarcely be said, of John, her son.

Wi'n John matters had not mended; and, try as hec ould, there was no hiding the fact that he and Bessie were growing farther and farther from onea nother; he could not tell what was the matter.

"Mother'll be outt o-morrow," he told Bessie one evening, as he was seeing her back home.

"I'm glad of that!"

John was silent for a few moments; he knew that Bessie had understood well what he had meant to convey to her, and it angered him that she should thus calmly ignore the matter.

"Bessie!" he exclaimed, catching her arm rather roughly. "What's wrong with you, lass?"

"Nothing's the matter; nothing that I know of!"

John considered; he knew the folly of trying to draw ana nswer from an obstinate woman.

"Well, dear," he continued gently, "mother'll be out to-morrow, and we ought now to namet he day."

"When you will!" she said.

"Then, three weeks to-day?" he asked, his voice still glad.

"Yes."

There was a pause.

"Bessie!"

"Well?"

"Aren't you glad, dear?"

"Of course I am!"

He took her in his arms and kissed her.

. . . . . .

The doctor had been to see Mrs. Gurney on the eve of her wedding day, and after saying good-bye to his patient he had taken John out with him into the street. His face was serious, and John noticed it.

"Nothing wrong, doctor?"

The doctor turned.

"Look here, John," he said, "you've got to know it, and you must take it well. Your mother will never see again; she is blind for life!"

"Doctor!"

"I'm so sorry, John! You mustn't take it more to heart than you can help. It's part of the scheme and you haveo verything to bet hankful for, in that your mother is still with you."

"And mother is better otherwise?"

"Infinitely!"—the doctor got into his dog-cart. "She's a different woman; but, mind you, John, no shocks! Good-bye!"

John was just entering his house when as mall boy caught him by the sleeve.

"Miss Deane told me to give you this."

John took the proffered letter with a shaking hand; things had got no better with Bessie, and he dreaded to open this letter.

Standing in the garden, he opened it —his mother was indoors with Jean— and he did not want them to see him read the missive.

"Dear John," it ran,—"I don't ask you to forgive me, I don't expect that you can, and I know that I do not deserve it. I am so sorry. You have been quite right; for the last two months there has been something between us, and that—oh, John! forgive me!—has been that I love another man. The only good thing I have done is to leave Breamtune with him to-day and saved you from marrying me. He is Charles Lugge. We are to be married in Glasgow to-day, and he begs you to forgive us. Dear John, I am sorry, I am sorry, I am sorry! My chief fault is that I have been too much of a coward to tell you, for no woman can help her love. I am so, so sorry!"

The letter dropped from John's hand, and fluttered to the ground. He stood for a moment as still as death, just as pale. He was thinking, not of Bessie, for she had killed his love for her, but of his mother!

The doctor's words: "John, no shocks! One must always keep face to face with a weak heart; a moment's neglect may mean the end."

Indoors he found Jean. His mother was resting. To his surprise, Jean came quickly to him.

"I know all about it, John!" The girl had caught his arm, her voice was broken with grief.

John looked down into her tearful face; he had never realized how beautiful Jean was—as pretty as Bessie, every bit."

"Cheer up! We'll just have to do our best!"

"But mother! You know what the doctor said, John. It would kill her; he said so. She couldn't stand it. The disappointment would be terrible."

"But it couldn't! I wouldn't let it! I—I—" He broke off, and, throwing himself into a chair, buried his head in his hands. Then Jean laid a gentle hand on John's shoulder.

"John," she whispered, "it would kill her!"

"Ay!" he exclaimed, looking up. 'And why remind me of it?"

"There's a way!"

"A way? What way?"

"She need not know, John; she need not be told. I'm very like Bessie, my voice—"

He jumped with a cry from his chair.

"What d'you mean, lass? What madness is this?"

'John—John," she cried, "you understand! Don't make it so hard for me!"

Something of the girl's heroism, something of her beautiful spirit came to him.

"You mean that you'll marry me, Jean, to save mother?"

"Yes; of course I do! You know that it will kill her. The doctor says so. And she'll never see again; the doctor told me as much. We would be going away to-morrow, and when we were back she would not recognize my voice. The folk all would help us, and—"

She hesitated, and John let the silence stand. A thousand thoughts were rushing in a whirlwind stream through his mind.

"I'll try to be a good uhsband to you, Jean," he said, presently, sealing the bargain.

. . . . . .

The next day they stood, man and wife, in the same room.

"You'll have to call me Bessie," the girl was saying.

"But you'll be just my Jean. And some day," the young man stammered lamely, "you will learn to love me, perhaps."

"Perhaps," she said, in the way women have when they are deeply in love.

VALOR UNAPPRECIATED

"I love you!" he breathed with all the passion of the hero of a first-class serial.

"Oh, John!" she murmured, as she nestled closer to him.

"Yes," he continued; "there is nothing in all this wide world that I would not do for you. To be by your side I would swim the roughest sea, fight my way through the raging flames, and walk a hundred miles through the dust and heat!"

"No, no, John!" she cried anxiously, "Promise me you will never do any such thing."

"But, dearest, why would you not allow me thus to prove my love and fidelity, should occasion arise?"

"Just think," she sighed, "what a horrible fright you'd look with your clothes all wet and charred and dusty!"