Hints for Busy Housekeepers.

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

FROZEN SWEETS.

Ice Cream Hints—Now that freezers are to be had at a price so reasonable that every one can afford to have one, no family should be without one, as the height of dessert excellence is reached in many frozen sweets impossible to procure in any but the largest city confectioneries. In fact, in most communities and in the rural districts it is even impossible to get a simple ice, the only thing available being ice cream, in perhaps vanilla and chocolate flavors. With a freezer at home a variety of creams, as well as ices, frappes, etc., is possible, and one has the satisfaction of feeling that the best and cleanest materials go into them, and they have a delicious "homey" flavor impossible to procure in creams or ices procured at the stores. Listed below are a number of tested recipes, and also hints as to the cream used in ice creams, and method of making the cream. If you want the rich, full bodied delicacy known as Philadelphia ice cream, scald half the cream used. This portion of the cream will increase slightly in quantity when freezing, while the raw cream will almost double its bulk. Ice cream made from scalded cream is too rich for most tastes and unnecessarily costly, while, on the other hand, ice cream made from all raw cream is neither so smooth nor so rich as when half scalded cream is used. For freezing ice cream the ice should be smaller than walnuts and mixed with rock salt, two portions ice to one of salt. After cream is frozen it can be kept hard by covering with larger pieces of ice over top of can, using half as much salt as when freezing cream. Be sure to keep waste hole in tub open during this time. Too large ice or too little salt while freezing means extra labor and buttery, greasy cream, and too much salt makes coarse, watery cream. Water ice or frozen fruit will not freeze so readily as ice cream, therefore use larger proportion of ice and finer ice. Fresh fruits for flavoring should be mashed or cut fine a few hours before using and mixed with sufficient sugar to sweeten and draw out the flavor. All fruit flavors should be added to cream when partially frozen, to avoid any chance of curdling.

Sultana Roll.—This is one of the daintiest of all frozen desserts. A round mold is lined with pistachio ice cream, the center filled with whipped cream, slightly colored pink, and mixed with sultanas.

Pistachio Cream.—Blanch, chop fine and pound to a paste four ounces of pistachio nuts. Add while pounding, drop or two at a time, a teaspoon of bitter almond extract. Scald a pint of cream, add seven ounces of sugar; when sugar is dissolved take from fire, and when cream is cold add gradually pistachio paste. Add another pint of cream, and when mixture is icy cold freeze. Pack your round molds in a tub with ice and salt. Whip a pint of cream to stiff froth, mix with it two tablespoons sugar (powdered) and half a cup of sultanas that have been soaked over night in sherry (they must be drained dry), or add half a cup chopped Maraschino cherries. Line the molds with pistachio ice cream, making wall and bottom at least one inch in thickness; fill center with whipped cream, put on a layer of pistachio ice cream over the top and put on lid. Dip strips of muslin in melted parafin and wrap joints of mold. This will prevent salt water from entering molds if they should be defective. Cover all over with salt and ice and let stand two hours. When ready to serve plunge cans instantly in hot water, turn out pudding and serve. Claret sauce—Boil a cup of sugar with half cup of water five minutes, take from fire, add juice of lemon, cup of claret, and stand on ice until perfectly cold. In serving the pudding cut it in slices one inch thick, dish and pour sauce over.

TASTY DISHES.

Meat Patties.—Take a pound or so of fresh round steak, cut off the fat and run through meat chopper. Separate into small patties and in the centre of each place a pinch of salt and small pinch of pepper. (If fond of onions, a small shred of onion, also). Fold the meat over so that seasoning is in center. Dip each patty into beaten egg, which also has been seasoned, then into cracker crumbs, and fry in hot fat until nice and brown on both sides. Garnish with parsley.

Deviled Peppers.—Six green peppers, three-quarters of a pound of beef, and one-quarter of a pound of pork ground together, two onions chopped, two soda crackers rolled fine, two cans of tomatoes. Cut off tops of peppers, remove seeds and pulp, and wash well. Mix thoroughly the meat, onions, cracker meat, salt, and pepper. Fill the peppers with the mixture, putting a teaspoonful of butter on top. Set on the tops and tie in place with white string. Put tomatoes on fire, adding one can of water and when boiling point is reached drop in the stuffed peppers. Boil one hour, or until peppers are soft. To serve cut peppers in halves, lengthwise. Lay two halves on lettuce leaf. Pour remaining tomato sauce, thickened stiff, on each half, about the size of a silver dollar. Sprinkle lightly with red pepper. Garnish each half with a stuffed olive in center.

DESSERT.

Fruit Dessert.—A most pleasing and economical dessert can be made from one box of strawberries, one pineapple, and pint of peaches. Slice pineapple fine or grate it, slice strawberries lengthwise, peaches, use either fresh or canned. This dessert can be placed on ice to chill as early as you like. Sweeten the fruits after they are all placed together, to taste. You can use any of these fruits canned with the fresh fruit, or use all three canned. If all canned fruits are used cook the strawberries down thick, and pour off some of the juices of the peaches and pineapple. When you are putting up these fruits place some in pints, to have ready for this dessert. If tart taste is desired use a few cherries, but don't spoil this dessert.

Almond Ice Cream.—Blanch, chop and brown in oven four dozen sweet almonds. Make a custard of one quart of milk, two yolks of eggs, and one-half pound sugar, and when cold add one quart whipped cream and the four dozen browned almonds and freeze. It may be molded or served in sugar baskets. It is well to set freezing machine two or three hours before time to start freezing, as it freezes much quicker and saves lots of labor.

Devil's Food.—Yolk of one egg, half cup milk, half cup grated chocolate. Boil until thick. Add tablespoon butter, one cup sugar, half cup milk, one teaspoon vanilla, one small teaspoon soda, sifted with one and a half cups flour. Make icing with white of egg, stiffly beaten, to which is slowly added syrup of one cup sugar and one-quarter cup water, boiled until it threads. Beat until thick and creamy.

Doughnuts.—One-half cup sugar, one-half cup mashed potatoes (hot), one tablespoon shortening, two eggs, one cup sour milk, one teaspoon soda, flour to make a stiff dough, spices and one teaspoon vanilla.

TOMATOES.

Sweet Pickles.—Fifteen pounds of sliced green tomatoes; let stand over night with a little salt sprinkled over; drain; five pounds of sugar; one quart of best cider vinegar, one ounce of whole cloves, two ounces of stick cinnamon; boil fifteen or twenty minutes; skim out tomatoes and boil the syrup until thicker, if preferred, but it is not necessary.

Tomato Relish.—One peck ripe tomatoes chopped fine (drain over night), six medium sized onions, chopped fine, two cups chopped celery, three tiny red peppers or one-fourth teaspoon cayenne pepper, two pounds brown sugar, three pints vinegar, two ounces white mustard seed, one ounce sago cinnamon, three cupfuls salt. Bottle cold without cooking.

Tomato Soup.—Two quarts stewed tomatoes, two small onions chopped fine, four bay leaves, one teaspoon salt; season highly with pepper, cook thirty minutes, and strain; add one quart can bouillon, one tablespoon butter; thicken with one large spoon of flour mixed in water.

Sealed Tomtatoes.—Select firm, not overripe, tomatoes; pack closely as possible in a jar, leaving three inches of space at top of jar. Over tomatoes pour boiling lard; when cold spread layer of salt over lard to keep out insects and keep in a cool, dry place.

JELLIES.

Prune Jelly.—Remove stones from twenty boiled prunes. Replace the prunes in the water in which they were boiled, add gelatin, according to directions on package, and a crystal of citric acid one-fourth inch in diameter. Boil till gelatin and acid are dissolved. Stand in a cold place and in a few hours the jelly will harden. It is nice served with sweetened cream.

Crabapple Jelly.—Wash the apples and cut them into pieces. Barely cover them with water and cook slowly until tender, then strain through a cheesecloth bag. Boil the juice twenty minutes. Measure the juice and add an equal amount of sugar and boil five minutes longer. Turn into sterilized glasses.

LITTLE HELPS.

To Peel Eggplant.—Cut the egg plant in slices about an eighth of an inch thick. Then take a grapefruit knife and run it around the edge of each slice. This will remove the peeling all in one piece. Besides saving time and avoiding waste by thick peeling your pieces of egg plant are a better shape.

The addition of a generous pinch of sugar to all boiling vegetables except potatoes gives a flavor which once tried will be repeated.

With plain apple pie serve crushed maple sugar.

Serve a dish of tart strawberry jelly with macaroni.

With sliced tomatoes, parsley may be used and a French dressing spread over both.

Pour a little maple syrup over plain vanilla ice cream.

Boil tiny new potatoes with green peas and serve with cream gravy.

There is nothing better for a cold than castor oil, and a very simple way to give it to children is to make a pan of molasses candy and add plenty of castor oil to it just before removing from the fire. The taste of oil in it cannot be detected.

THE WORLD'S WATERFALLS

THEIR RELATION TO INDUSTRY AND CONSERVATION.

Victoria Falls in Africa—Power of the Iguassu River in South America.

The waterfalls of the earth have become the subject of a conflict which is yearly increasing in violence. The lovers of nature wish to preserve the waterfalls in their original condition as far as possible for all time, while the engineers and industrial promoters seek to exploit them as sources of cheap power for electro-technical purposes. The accomplishment of this object on a large scale necessarily involves the total destruction or serious injury to the waterfalls, regarded as picturesque additions to the landscapes.

It is only within recent years that waterfalls have been considered from the commercial point of view, but since it has been recognized that the energy of flowing water in very many cases furnishes a cheap and almost inexhaustible substitute for coal, which is yearly becoming more costly and more largely consumed, the great waterfalls, which as impediments to internal navigation have hitherto been worse than worthless from the viewpoint of social economy, have suddenly become objects of very great value.

The falling water drives the turbines of electrical power stations, producing electric light and power, which in many cases are transmitted over hundreds and even thousands of miles. The war over the waterfalls which is now being waged by the friends of nature and the promoters of industry is likely soon to increase greatly in bitterness, for many

CELEBRATED FALLS,

have already been destroyed or have at least suffered aesthetic injury from the establishment of power stations.

The famous falls of the Rhine at Schaffhausen are at present the subject of heated controversy. Several power stations already stand on their banks and sap their life blood. The Swiss Government, however, takes care to preserve a sufficiently large volume of water to maintain the character of the falls as a notable spectacle and an attraction for tourists, writes Dr. Richard Herring in Ueber Land und Meer. A still more bitter strife has been engendered in America by the question of the preservation or destruction of the Falls of Niagara. These famous falls have already narrowly escaped entire absorption in the pipes of power stations, and very energetic action on the part of lawmakers both in the United States and Canada has been required to keep intact from industrial invasion and preserve in its original beauty at least a remnant of this great wonder of the world.

There is a popular but erroneous impression that the Falls of Niagara are the greatest in the world, and even those more enlightened persons who know that the Victoria Falls of the Zambesi River in Africa are twice as broad and more than twice as high as those of Niagara almost invariably assign to Niagara the second rank among the great waterfalls of the earth. Even this is an error, for South America possesses a waterfall which

EXCEEDS NIAGARA

both in width and in height and is actually the second largest waterfall in the world.

This little known waterfall is that of the Iguassu River, tributary of the Parana, and like Niagara, it is situated at the boundary of two States, each of which owns half of it. The total water power of the Iguassu Fall, which is 213 feet high and nearly two miles wide, is estimated as about 14,000,000 horsepower. This is approximately equal to the aggregate water power of all Scandinavia, which is rich in waterfalls, or about ten times the total water power of Germany. The temptation to exploit this great, inexhaustible, never freezing stream as a source of power for industrial purposes may be easily imagined.

At present such exploitation is quite impossible, as the Iguassu Fall is too far from the beaten tracks of commerce to make it profitable to establish any electrical power station, but it will probably not be long before these falls will be threatened with the fate of Niagara. This undesirable possibility has been foreseen by the interested States, Brazil and Argentina, which have already begun negotiations designed to protect the falls.

The largest of the earth's waterfalls, the Victoria Falls of the Zambesi River in Rhodesia, which are 386 feet high and more than a mile wide and which were discovered by Livingstone in 1855, have also become the subject of a compromise between the conflicting demands of the lovers of nature and the promoters of industry. The water power of these falls is estimated to be fully

35,000,000 HORSE-POWTR,

two and one-half times that of the Iguassu and five times that of Niagara. By way of comparison it should be noted that the aggregate water power of the whole of Europe cannot greatly exceed 35,000,000 horse-power.

It is certainly possible to derive a few million horse-power from this great fall without appreciably detracting from its majestic beauty. The demands which are made at present are still more modest. The Victoria Falls Power Company ask for only 150,000 horse-power, less than one two-hundredth part of the whole, and the plans for the future development of the station involve no danger of the annihilation of the falls. The British Government and the colonists know very well that the Victoria Falls, which since 1905 have been easily reached by the Cape to Cairo Railway, which crosses the Zambesi immediately in front of the principal fall, will certainly bring as much money into the country by attracting tourists as by producing electrical power.

There is no other waterfall in the world which is at all comparable in greatness with the Zambesi, Iguassu or the Niagara. Asia, notwithstanding its colossal mountain ranges, is comparatively poor in large waterfalls, which are found most abundantly in Africa and North America. The largest African streams especially are interrupted by many falls of considerable height. The Congo has several high falls which, owing to the great volume of the river, about sixteen times that of the Nile, may be counted among the most important sources of water power on earth.

THE STANLEY FALLS,

in the middle reach of the river, consist of seven successive falls, of a total height of 164 feet and a width of nearly 4,000 feet, and offer an exceedingly rich source of power which probably will soon be exploited. Still more important is the total water power which the Congo develops in the non-navigable section extending from its mouth to Stanley Pool. Here the river, confined in a channel only a few hundred yards wide, and with a depth of water of nearly 300 feet, flows with a velocity of 48 feet a second, so that at every point of the stream 25,000 to 30,000 cubic meters, or about a million cubic feet of water, are hurled along with irresistible force, while thirty-two rapids and water falls lower the level of the stream by 820 feet in a stretch of 170 miles.

The lower Nile in Egypt possesses a series of rapids, the celebrated cataracts of the Nile, but no waterfall in the strict sense of the word. True waterfalls occur on the upper Nile, the most beautiful of them at the point where the stream issues from Lake Victoria Nyanza. This Ripon fall is only a few yards in height, but the volume of water is so great that it presents a magnificent spectacle.

Comparatively few persons know which is the highest waterfall in Europe. The most voluminous of European waterfalls, strictly so called, are the Rhine Falls at Schaffhausen, but the highest are the Rjuken Falls of the Maan-Elf River, in the Norwegian province of Telemarken. The principal fall is 800 feet high and the total height of the two chief falls with the intervening rapids amounts to 1,837 feet, while the average flow of water is 50 cubic meters, or 1,760 cubic feet per second. The Rjuken Falls, with their total energy of 250,000 horse-power, are already things of the past, for they have been irrevocably perverted to industrial uses.

A similar fate threatens other small Norwegian falls, but Norway is so

RICH IN WATERFALLS

that it can well spare a few. In Sweden, likewise, the Falls of Trollhatta, the most celebrated of all Scandinavian waterfalls, have been almost entirely annihilated as objects of natural beauty. Nearly all of their water is now employed for the production of electricity.

The Government itself has recently established here a power station with a capacity of 40,000 horsepower. This, now the largest water power station in Europe, will soon be surprised, however, by the station at Rjukan in Norway and by a still larger station in the north of Sweden, which will serve for the operation of the Lofoden Railway.

The Porjus Fall, at which this last mentioned station will be placed, is only one fall, or rather rapid, of a long series formed by the Lule-Elf near its source in the lake region of Lapland.

The largest and most beautiful of these falls is the celebrated Harsprang, which forms the subject of many legends. The Porjus power station is expected to reach completion in 1914 and to develop soon afterward about 80,000 horse-power, yet the wild beauty of the Porjus Fall will be little affected, as it is estimated that its total water power in summer, after its sources of supply have been regulated, will be about 300,000 horse-power.

In the Porjus Rapid the river descends 164 feet in about 2 miles. The Harsprang is also half waterfall and half rapid and accomplishes a descent of 244 feet in 1¼ miles. The Harsprang would therefore yield more power than the Porjus, but it is to remain untouched for the present, and it is to be hoped that it will be forever preserved as a natural monument. Sweden, with its great wealth in water power, can well afford such a luxury.

Even little Finland is endeavoring to preserve natural beauty and has decided to keep her greatest waterfall in its original condition as a natural monument and to allow no large power station to be erected on its banks. This fall is the celebrated Imatra Fall of the Wouxen River. The total descent is only 66 feet in two miles, but the volume is very great and the depth considerable, while the width of the stream contracts from 570 to 150 feet in the course of the falls.

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, SEPTEMBER 17.

Lesson XII.—Daniel's Companions in the Fiery Furnace, Dan. 3. Golden Text, Heb. 13. 6.

Verses 1-7—The king's proclamation regarding the image.

1. Nebuchadnezzar—No date is given, but there seems to be warrant for assuming that it was about the eighteenth year of his reign, after some notable victory.

An image of gold—Not necessarily of solid gold. In all probability it was simply overlaid with gold. As no mention is made of any particular deity it is likely the image represented the king himself, this being a not uncommon practice of the Assyrian kings. These images were set up in conquered places, and suitably inscribed. It would require an enormous amount of gold for a statue ninety feet high and nine feet broad, but it was a matter of pride with these monarchs of the East that they had so much gold. The plain, or valley, of Dura has been partially identified by a huge brick mound, which may have formed the pedestal of a gigantic image. It is located about six miles below Babylon.

2. The dedication of the image—Those invited to the solemn festival are named with minute fullness by the writer. It is difficult to give any specific description of these functionaries. The satraps were chief rulers of a province. The governors were perhaps the rulers of conquered provinces. The names seem to be a catalogue of Assyrian, Babylonian, and Persian titles, and may represent the three classes, of civil, military, and legal officers. Among the other rulers of the provinces were probably included the three Hebrew children. The story has nothing to say about Daniel. He was an exceptionally high dignitary (Daniel 2. 49).

4. Peoples, nations, and languages—This redundancy of expression is common in Daniel and Revelation. The crowd present would include not only Babylonions, but Greeks, Phoenicians, Arabs, Jews, and Assyrians.

5. All kinds of music—Here again, we have a plethora of descriptive words, whose meaning it is very hard to define. Three of the names, those for harp, psaltery, and dulcimer, are Greek words, one of the evidences of the late authorship. The sackbut was a small triangular instrument, having four strings.

6. A burning fiery furnace—Such cruel punishments were after the manner of the time (compare Jer. 29. 22).

7. All kinds of music—Note the leisurely reiteration of the various instruments, just as in verses 2 and 3 the officers are twice listed. Compare also verses 10 and 15.

8-18—The charge against the three Hebrew youths, and their reply.

8. Chaldeans—In the book of Daniel the word is descriptive, not of a nation, as elsewhere in the Old Testament, but of a learned class among the Babylonians. It was made up of the priests, whose duties lay largely in the realm of magic, astrology, and divination.

Brought accusation — Literally, "they ate the torn pieces of the Jews." This shows that back of their charge was an excessive jealousy. In addressing the king, they use the standing formula employed elsewhere in Daniel (compare 2. 4).

12. Jews whom thou hast appointed—Revealing the secret of their malice. These disappointed aspirants for imperial honors seized eagerly this chance to bring a charge of disloyalty against the youths who had outstripped them in their own craft.

13. Nebuchadnezzar in his rage—It is said that this king was subject to sudden outbursts like this. He could not tolerate what seemed base ingratitude and insubordination on the part of those whom he had favored.

14. Is it of purpose?—The king is willing to put the best construction upon their act. Perhaps after all they had not intended openly to defy him. He will give them the privilege of recanting at any rate.

15. Who is that god that shall deliver you?—A defiant challenge to the God of Israel. Similar challenges, and their answers, may be studied in Exod. 5. 2, Isa. 36. 20, 2 Chron. 32. 13-17.

18. But if not—The three young men had no doubts as to God's ability to help them in this hour of peril. It might not be in accord with his full purpose to do so. Even so, they would not be unfaithful. The steadfastness of their faith and courage is admirable. "It is man's testimony to his indomitable belief that the things of sense are not to be valued in comparison to that high happiness which arises from obedience to the laws of conscience, and that no extremities of agony are commensurate with apostasy."

19-27—The youths delivered.

19. The furnace—Probably one used for the customary cremation of the dead.

21. Mantles—Though the names of these garments are at most only conjectures, this is probably the best word for the robe, a long, loose one, and therefore most apt to catch the flames.

22. The fire slew those men—In the Septuagint, which includes a "Song of the Three Children," the flames are represented as streaming forth seventy-five feet.

24. The king was astonished—The words imply that he was alarmed as well as amazed, so much so that the rose up in agitation from the seat from which he had been watching the proceedings.

25. The fourth is like a son of the gods—The king could identify the three youths whose fetters were burned away, so that they were loose, but whose bodies appeared unscathed. But the fourth had an angelic appearance. This is all that is meant by the expression. Nebuchadnezzar could not have used the phrase "Son of God," found in our authorized version, with the Christian meaning we attach to it. Besides the last word is actually plural, "gods."

28-30—The king's doxology, edict of toleration, and promotion of the faithful Jews.

29. Shall be cut in pieces—The violence of this punishment is in keeping with the spirit of Oriental butcheries such as were commonly practised by Assyrian and Persian despots. The threat to transform a house into a dunghill was also common (Ezra 6. 11; Dan. 2. 5).

30. Promoted—That is, assisted them in various ways so that their course in the province would be a prosperous one.

ROOT OF THE COMPLAINT.

Bellingham was a long-suffering man and a patient one. Never had he tried to interrupt the continuous flow of conversation which Mrs. Bellingham provided. At last, however, his nerves gave out, and the doctor was called in.

"He must have sleep and rest," was the doctor's verdict. He looked at Mrs. Bellingham thoughtfully. "Madam, I will send up some sleeping-powders which must be used exactly as written on the box. Will you promise to do this, or must I order him to the hospital?"

"I promise," said Mrs. Bellingham, readily enough, although wondering why he made so odd a request. She learned when the box came from the druggist's, and she read on the label:—

"Sleeping powders, to be taken night and morning—by Mrs. B."

What good does it do to know that behind the darkest cloud the sun is shining, if you haven't an umbrella at the time?