Hints for Busy Housekeepers.

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

SELECTED RECIPES.

Green Tomato Compote. — Although probably no other vegetable is served in so many different ways as the tomato, it is not generally known that the green fruit makes an excellent "compote," or sweet stew. The unripe tomatoes are stewed in sugar, like prunes or apricots, until they become sweet and tender. This method of preparing them is recommended to those who grow their own fruit, which often fails to ripen fully before frost.

Poor Man's Cakes.—Use one cup of Indian meal, and one cup of flour, sifted together. Add one teaspoonful of salt, and two teaspoonfuls of baking-powder. Beat an egg and add to it three tablespoonfuls of sugar and one cup of milk. Stir this into the meal and flour, and drop the mixture by spoonfuls into deep fat. Fry the cakes to a light brown and drain them on brown paper.

Baked Philippine Loaf.—Chop fine one and one-half pounds of round steak, one-half pound of bacon or pork, one onion and two green peppers. Add a cup of breadcrumbs, salt to taste, and knead until the ingredients are thoroughly mixed. Form the mass into a loaf and place it in the middle of a baking-pan. Put strips of bacon on top and pour over all the contents of a can of tomatoes. Bake in a slow oven for an hour and a half. Drain off the tomato juice, add a little hot water, season and thicken, and then pour the liquid over the meat again. Serve hot or cold.

Boiled Apples.—This method of cooking apples, at first tried as a hot-weather experiment, to save the heat required for baking, proved so satisfactory that it superseded the old method. Wash the apples and put them in a kettle, covering them with water; do not peel or core them. Boil slowly until they are soft; sweeten to taste. The result is delicious.

Grandfather's Chopped Pickle.—Use one dozen green tomatoes, three heads of celery, one head of cabbage, three green peppers (seeds removed), one-half dozen good-sized onions, two large cucumbers, one cup of nasturtium seeds. Chop all together and scald in a weak brine, drain, and scald in about a quart of vinegar and water. Drain this off, and pour over the pickle, hot, the following: Two quarts of vinegar, one and one-half pounds of brown sugar, one-quarter of a pound of white mustard-seed, one tablespoonful of cinnamon, one teaspoonful each of red pepper, ground mustard, clove and allspice. Put in a stone crock.

PICKLES.

Cucumber Relish.—Three quarts of fresh cucumbers peeled and sliced. One quart of onions peeled and sliced, one-fourth cup of salt sprinkled over and let stand one hour. Take one quart of vinegar and half cup of water, add to it one heaping tablespoon of celery seed, one tablespoon of white mustard seed, one tablespoon of tumeric powder, one-half cup of sugar, one teaspoon of cayenne pepper. Add this to the cucumbers and onions and mix well; boil up well and can. These are delicious for meats of all kinds.

Canada Hot.—Chop one peck green tomatoes, four ripe peppers, four green peppers, two cups celery, two cups onion; put one-half cup salt on and let stand over night. In the morning drain well and pour six cups vinegar in which you have put two cups sugar and one-half cup white mustard seed. Keep all winter in a stone jar, and is good.

Cherry Leaf Pickles.—Green cucumbers, about an inch in diameter, should be used for this recipe of delicious pickles. In a jar place a thick layer of well cleaned cherry leaves, then a six inch layer of cucumbers, until the jar is filled, having a layer of cherry leaves last. Over this pour a salt brine made of one cup of salt to about ten quarts of water. Then every morning for two weeks mix the leaves and cucumbers well up from the bottom of the jar with the hands. At the end of this time drain off the brine to the last drop. Cut the cucumbers into pieces about an inch long. Place in quart jars, scattering mixed spices through. Then make a sweet syrup as for any sweet pickle, fill jars and seal. At the end of about two weeks reheat syrup and seal jars for winter use.

PRUNES.

Prune Rolls.—Cook one pound prunes until soft, sweeten to taste. When cool remove seeds. For the dough, take one cup milk, scalded and cooled, add one cup warm water, one compressed yeast cake, one large tablespoon each of butter and sugar, one small teaspoon salt. When dissolved gradually add six cups sifted flour, stirring until easily handled with hands. Have dough as soft as possible, knead into shape, lay it on board and beat until light and full of bubbles. For the beating use a new axe handle or rolling pin with one handle. Beating bread takes one-fourth the time kneading does and the dough is much lighter and the work is nothing. When dough is light and fluffy, roll out on board, taking part of dough at a time, until one-half inch thick, spread with warm butter. Cut rolls with a dumbbell, but an axe handle will do. Beat biscuit cutter. Place a prune in center, sprinkle with sugar and cinnamon. Then fold edges of dough over prunes, pressing down firmly so prunes won't pop out. Place in greased pans, let rise until light, then bake in quick oven about twenty minutes. Serve warm with butter, or they are good cold.

Nut rolls can be made the same way, using chopped walnuts instead of prunes. Or if you like, fill prunes with the nuts. Large prunes stuffed with walnuts and served with whipped cream are delicious for dessert.

In making prune whips, allow one white of egg to each person and one tablespoon sugar and four prunes to each white. This way you can make a large or small whip as you desire.

Prune Whip.—Whites of three eggs, one and one-half cups granulated sugar, fifteen or eighteen prunes; stew the prunes, stew and chop fine. Beat the white to a stiff froth and add sugar, stir well, and then add chopped prunes. Bake in slow oven three-quarters of an hour.

Prune Pudding.—One pound prunes, boiled until soft. Remove stones and mash. To this paste add the whites of four eggs well beaten and one-half cupful of white sugar. Bake until a light brown. Serve cold with cream.

UNSEFUL HINTS.

Coffee burned on hot coals will purify a sickroom and overcome disagreeable odors.

Keep newspapers under the oilcloth on kitchen table. The oilcloth will last much longer.

Ginger poultices are as efficacious as mustard and will not blister. They should be made in the same way.

A good way to tell when ham is fried enough is by the fat. When the fat is brown (not burnt) the ham is done.

If you want to keep lemons string them with a packing-needle and hang them in a dry place, but do not let them touch each other.

If it is necessary to add more water when soup is boiling, add boiling water; if cold or warm water is added the soupy flavor will be ruined.

Keep a cupboard or room dry by the simple plan of placing a jar of quicklime, which must be renewed at intervals, as it absorbs the damp very quickly.

A good hint to those who have a tear in their dress is to darn it as near as possible like the weave of the cloth with a thread of the material itself.

When using valuable vases for table decorations fill them with sand, for this makes them stand firmly, and renders them far less liable to be knocked over and broken.

You can take iron rust out of cloth very successfully by putting lemon juice on the spot and applying a hot flat iron; sometimes it is necessary to repeat the application.

Sheets should, of course, be mangled, but if you have not one, fold the sheets as if for mangling, and leave for several hours. Then finish by pressing them in the folds with a heavy iron.

If new enamel saucepans are placed in a pan of warm water, allowed to come to the boil, and then cool, they will be found to last much longer before either cracking or burning.

Artificially fed children should have their bottles boiled every day, and the tubes and other rubber parts soaked one hour in water which contains 25 per cent. of pure glycerine.

Don't put baby into a mail cart. If you cannot afford a comfortable perambulator in which he can lie in his cot make up your mind to carry him, even though your arms may ache.

Skimmed milk and water, with a bit of glue in it, made scalding hot, is excellent to restore old, rusty black crape; if well squeezed and pulled dry, like muslin, it will look as well as new.

Sawdust should never be thrown away. Use it for cleaning water bottles which are stained. Slightly dampened, it can be scattered over brick floors, which, if well brushed, will be perfectly clean.

When washing oilcloth, a tablespoonful of painter's size added to a pailful of water will give it a glossy surface and make it wear much better than when washed in the ordinary way.

To make Venetian blinds like new, first take them in pieces, wash them well, and dry thoroughly. Then rub well with a cloth dipped in linseed oil, and polish. They will look as fresh as when new.

After washing a teapot, dry thoroughly and leave the lid off so that the air may enter. Remember it is impossible to dry the spout, and if you close the pot tightly it will very likely smell musty.

Waste pipes which have became clogged are cleaned by laying over the sink a large lump of soda. Pour a kettleful of boiling water over, and it will dispel the grease which generally is the cause of the trouble.

Hot water, as is generally supposed does not cause wrinkles, and there are few things more refreshing to a tired face than a wash in water as hot as can be borne to which a dash of toilet vinegar has been added.

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

IMITATION SILK.

Made in America, but of Wood Pulp From Norway.

In the manufacture of artificial silk wood pulp from Norway is utilized, being shipped here in bales. This pulp is cut into thin sheets, each individual sheet is carefully weighted, and a certain quantity placed in a metal tank for chemical treatment.

The various chemical solutions used are mixed in huge iron tanks, from which they are pumped under ground through a series of lead pipes to the departments requiring the various compounds. This pulp, having been macerated and digested, is submitted to still further chemical action under certain fixed temperatures which are not allowed to vary even one-half a degree.

When it is ready for final transformation into silk the solution closely resembles molasses in color and consistency. At this stage it is pumped from the tanks to the spinning frames. Here specially constructed pumps are attached to each spindle, which carefully measure off the required quantity of the solution.

This is forced through tubes with an outlet containing just as many perforations as there are to be filaments in the thread. Through these it is passed to a tank running the length of the frame and containing a chemical mixture which fixes the solution instantaneously into a thread.

This strand is carried over a wheel down through a tube to a rapidly revolving spindle; the rate of speed is about 5,000 revolutions a minute. From this the strands are afterward unwound on reels into skeins. The air in the spinning room is completely changed every three minutes, being pumped off though hoods placed over each of the spinning frames. This is done, says the Textile Manufacturers' Journal, to remove any possible fumes and to provide thorough ventilation for the operatives.

One of the interesting features in connection with the entire operation is the fact that the yarn is handled as little as possible. The specially constructed stoves and bleaching arrangements are ideal, and when the skeins are finally carried to the large drying room on the fifth floor one marvels at the change which has so rapidly taken place. From here they are taken to the sorting room, where each individual skein is carefully examined by skilled operators.

THE DAISY-CHAIN.

Down in a scented meadow cool,
A laughing lass, let loose from school,
Ran merrily, one summer's day,
Among the sweet wild flowers to play.
Of buttercups a golden foam
Rose high above the luscious loam.
There, in a field beyond the lane,
She wove a dainty daisy-chain.
Ah! shall I ever meet again
The lass who wove a daisy-chain?

The next time that I saw her there,
Lovely as spring-time, and as fair,
Again a chain of stars she wove,
That bound my heart in links of love.
But time had changed the little maid
Into a damsel, prim and staid,
To timid smiles and blushes fain,
Who thought not of a daisy-chain.
Oh, what joy to meet again
The lass who wove a daisy-chain!

And now when I look round and see
The joys that life has brought to me,
With wife and weans to keep afire
The light that led my young desire,
I ponder, as I thank the Fates
That hid beyond those rustic gates,
And close my eyes and see again
The goddess with the daisy-chain.
Oh, never shall I part again
From the lass who wove a daisy-chain!

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, SEPTEMBER 24.

Lesson XIII.—Daniel in the lions' den, Dan. 6. Golden Text, Psa. 34. 7.

Verse 1. Darius—He was the general, apparently (the Greek name Gobryas being similar in form), who was in command of the combined forces of Persia and Media when Babylon was captured. He took control of the city as governor. The statements concerning him, here and in other parts of the book, exhibiting him as a royal personage ruling over an extensive kingdom, are difficult to understand in light of the known history of these times. There may be some confusion between this man and the Darius Hystaspes of the book of Ezra, the father of Xerxes.

Satraps—A strictly Persian word, signifying a ruler of a province. The word is found frequently also in Ezra and Esther.

2. Presidents—Princes. A word found nowhere else in the Old Testament except in this chapter. This was the plan Belshazzar had in mind (compare previous chapter). These three men acted as a kind of check upon the satraps, so that the treasure and revenue of the king were properly protected.

3. Was distinguished—That is, in the old sense of prefer, was advanced or promoted, given a superior standing.

4. Sought to find occasion — This Daniel, a captive Jew, had been exalted to the highest honors of the kingdom, and this in spite of his severe judgments upon the ruling power. His integrity and wisdom were unimpeachable. A narrow, bitter spirit of jealousy, however, will find vent somewhere, and since there was no proof of disloyalty or negligence in Daniel's discharge of the duties of the kingdom, his enemies found an object of attack in his method of worship according to the Jewish law (5).

6. Assembled together to the king—The phrase in the original is very much more vivid. It means that they came rushing tumultuously into the king's presence, defying every rule of court etiquette, so eager were they to let loose their wrath against their hatred rival.

7. All the presidents—Daniel, of course, was excepted; it is easy to believe, intentionally. The enumeration of all the chief officers of the realm gave the plot the semblance of unanimous action.

A royal statute—Although the leading men had consulted to establish this decree, their meaning was, of course, that they intended to prevail upon the king to establish it. It was a monstrous proposition. Only a ruler who was easily induced by flattery would consent to be exalted in this fashion above God and man. It is remarkable that Darius should have failed to consult his chief minister and adviser on a matter of such moment.

The den of lions—The den was a sort of pit, or vault. Lions were kept for the chase.

8. That it be not changed — The unalterableness of the edicts of the Medes and Persians, properly signed and sealed by the royal hand, has become proverbial (Esther 1. 19, 8. 8).

9. King Darius signed the writing—It seems absurd that any king in his right senses should consent to a law that might easily be broken by every one of his subjects without his knowing it. He was soon to see the stupidity of his action.

10. When Daniel knew that the writing was signed, he went—It was not likely that such a decree would make any difference at all to a man who had served God through all his career in a heathen land. The trial did not come to him in youth as it did to his three companions. He was an old man. His habit of a lifetime, which took him thrice daily to the roof chamber supplied with windows open toward Jerusalem in the direction of devotion (1 Kings 8. 44). was not to be thwarted by devices of men. No doubt he saw through the plot against him, and his courageous spirit rose in rebellion. His first duty was to his God.

Three times a day—Compare Psalm 55. 17. In later times, the three seasons for prayer were, at the offering of the morning sacrifice, at the offering of the evening meal, and at sunset. Jews in a strange land offered these prayers with their faces turned toward Israel; those in Israel, with faces toward Jerusalem; those in Jerusalem, with faces toward the temple.

11. Assembled together—Same meaning as before. They rushed about the house of Daniel in a most disorderly manner.

14. The king . . . was sore displeased—Compare Mark 6. 26. He saw that he had been duped. But his anger was mostly with himself for having been so easily deceived. He knew the value of Daniel, and all day, till sunset, labored strenuously to rescue him. As far the scheming satraps and chamberlains, though they were greatly disappointed that the king's wrath was not awakened against this Daniel, of the children of the captivity of Judah, they were sure of their position. No law of the Medes and Persians (15), so they reminded him as they once more rushed before him without reverence for his royal person, might be changed. Dean Farrar suggests that if he had threatened to cast them into the lions' den, they might have entertained a different opinion about the reversibility of royal decrees.

16. He will deliver thee — This is rather in the form of a prayer that Daniel may in some way escape what seems a certain fate. The king's anxious solicitude indicates his high regard for his prime minister.

17. Sealed it with his own signet—Among all these Orientals, the use of the signet, or seal-ring, was common. These rings were very ancient. In order that there might be no change of purpose on the king's part, or anybody else's, concerning Daniel, a double precaution was taken—the signet of the lords was used as well as the king's.

18. Instruments of music — This reading is uncertain. It may mean dancing-girls, or concubines. But the sense is plain—Darius did not indulge himself in the customary pleasures of the court, but went to his private quarters supperless and spent a sleepless night.

20. Servant of the living God.—The expression is so striking that it seems certain that the king must have been impressed ere this that Daniel worshiped no god made by the hands of men.

23. Because he had trusted—Faith does, then, make a difference with God.

24. Their children and their wives—In bringing vengeance upon the men who had so maliciously contrived against this good man, Darius had resort to the cruel savagery of ancient times which confounded the innocent with the guilty.

25-27—The decree of Darius, calling upon all his subjects to fear the wonder-working God of Daniel. Compare Daniel 3. 29 and 4. 1-3.

WORDS OF WISDOM.

No poem is as glorious as a Christian life.

To honor God is to become what we praise.

The sense of duty is the greatest gift of God.

Prepare yourself for the worst, and hope for the best.

All the objects of human thought flow into one another.

It is a greater work to educate a child than to rule a state.

Be cautious lest you be overcautious. Fear to stifle any truth.

All human culture rests on a willingness to make sacrifices to the truth.

In proportion as society becomes enlightened, personality acquires influence.

The best means for defeating a good cause is to attach to it the idea of vulgarity.

Other systems were framed for communities; Christianity approached men as individuals.

It is hard for a class of men to respect themselves who are denied respect by all around them.

It was the entire and patient relinquishment of immediate success which throws the most solemn grandeur over the character of Jesus.

The friends of moral truth, of temperance, and virtue must not resort to party; they must speak in the tone of the friend of their race.

It is the boast of Christianity that it is impossible to trace its origin to the love of power, that master passion in the authors of false religions.

Public opinion cannot do for virtue what it does for vice. It is the essence of virtue to look above opinion. Vice strengthens itself by entire subserviency to it.

Our chief hope of an improved literature rests on our hopes of an improved religion. A religion acceptable to the intellect must work mightily upon the intellect.

We doubt whether a man ever brings his faculties to bear with their whole force on a subject until he writes upon it for the instruction or gratification of others.

THE "SIXTH SENSE."

The reported quest of a "sixth sense" is not the first attempt of the sort; for about five years ago, Professor Watson, of the University of Chicago, performed an operation that excited the interest of the medical world. The subject of the experiment was a rat, and by means of vivisection he destroyed the five senses of the rat without killing it. The animal was then turned loose, and it found its way to food. This, Professor Watson claimed, proved the existence of a sixth sense, which he believed to be common to both men and animals. He called it the Sense of Direction. And much earlier, Professor Alex. Bain, of the University of Aberdeen, wrote: "The feelings connected with movements of the body or actions of the muscles have to be recognized as a distinct class, and, by some metaphysicians, as proceeding from a sixth or muscular sense."

NEWS FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

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

Point Ellis bridge, Victoria, is to be repaired.

A lot was sold in Hope the other day for $400 cash.

In Chilliwack the restaurants have to pay a license.

An outbreak of rabies is feared in New Westminster.

The building of coke ovens still continues at Passburg.

A wireless instrument has been installed at Sapperton.

Vancouver is complaining bitterly of the smoke nuisance.

Fort George citizens have organized a volunteer fire brigade.

A bridge has been built across the Bulkley river at Glentanna.

Mrs. Bulyer recently sold a ranch of 160 acres near Hope for $17.000.

Fruit from Kalso is being exhibited at the various fairs in the prairie provinces.

The Agricultural Society of Salmon Arm intend to purchase ground in the district.

The electric line between New Westminster and Vancouver is being double tracked.

The Dominion Government dredge Fruhling left for Nanaimo where she will be overhauled.

The upper Fraser and the Nechaco are still rising, and the naviagtion is now uninterrupted.

A new large three storey hotel is to be erected at Coalmont, in the Tulameen district.

Reginald Tate has been appointed manager for Sir Thos. Shaughnessy's estate at Summerland.

There was a potato famine in Rossland recently, and a few old spuds brought five cents a pound.

Mosquitoes caused 25 men engaged in railway construction on the Kootenay to quite for three days.

Two hundred and fifty men for railway work presented themselves at Lynton during the past week.

Substantial Government assistance has been promised to the people of Kootenay for the zinc industry.

Fowler and Lawson, of Merritt, have secured the contact for the hospital there for the sum of $19,247.

The old wharf and cannery building at Queensborough, Lulu Island, has been totally destroyed by fire.

Efforts are being made to have the Government telephone line extended from Fairview to Rock Creek.

Five hundred men are presently employed by the Kettle Valley Railway on construction above Rock Creek.

Advices from the north are to the effect that smallpox is delaying the work of J. D. Craig's upper Yukon survey.

It is estimated that the total pack of salmon this season in British Columbia will be between 700,000 and 800,000 cases.

Miss Maggie Mackenzie, of Kalso, was attacked by a bear cub, when returning from business. She escaped injury.

The vital statistics for Victoria during the month of June shows sixty-six births, forty-four deaths and sixty-six marriages.

A disastrous fire has occurred at Powell River, destroying the principal business structures of that new town. The loss is estimated at $15,000.

In order to meet the growing demands of the traffic on the B.C.E.R. two new electric locomotives are being secured and will soon be in operation.

Westminster riflemen made a good showing at the meeting at Richmond range. Five local men were shooting and all came up in the individual scores and aggregate.

A brass plate with a suitable commemorative description has been erected in the Prince Rupert Hospital, to the memory of the founder of that institution, the late John Houston.

Vancouver's board of license commissioners have ruled that a restaurant patron engaged in taking a meal at the stroke of midnight is entitled to finish his repast, despite the 12 o'clock closing ordinance.

RAPID BRIDGE-BUILDING.

A pulley and basket arrangement, by means of which four men at a time were swung over from bank to bank, was fixed up at Avoca, during the Boer War, in a few minutes. A single-lock bridge over a 30 foot chasm, strong enough to admit of the passage of an army, has been often constructed by two N. C. O.'s and twenty men in an hour; pontoon bridges, to admit of the passage of the heaviest armaments and baggage, have been built in two hours, and from odd materials, such as barrels and soap-boxes; whilst during the Chinese War of 1860, the British force marching on Pekin crossed a flooded river on a bridge of coffins, which had been commandeered from a neighboring village!