# Hints for Busy Housekeepers.

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

### INVALID'S DISHES.

Emergency Beef Tea.—One pound of shredded beef, one pint of water, place the meat in a saucepan with cold water, stir it to separate the meat, and allow the water to extract the juice. Leave for ten minutes, then place over a moderate fire, and stir till it simmers, then pour off the liquid, remove the fat from the surface with paper, and serve at once.

Fish in Milk.—One whitefish, milk, salt, pepper, half teaspoonful of butter, and half a teaspoonful of flour. Butter a pie dish, lay the fish in it, and cover with milk, sprinkle with pepper and salt, and bake till the flesh will leave the bones when gently touched. Take up the fish, lay it on a dish, put the milk into a saucepan, thicken it with butter and flour worked together, and pour around. Garnish with parsley and slices of lemon.

Barley Water.—One tablespoonful of pearl barley, lemon rind, sugar, and one quart of water. Wash the barley and put it in a jug with some lemon rind and two or three lumps of sugar, pour boiling water over, and let it stand for six hours; strain for use.

Emergency Barley Water — One dessertspoonful of pearl barley, a strip of lemon rind, sugar to taste, and a quart of boiling water. Mix a dessertspoonful of barley with a wineglassful of cold water into a smooth paste; pour this into a stewpan containing one quart of boiling water and stir over the fire for five minutes. Flavor with lemon and sugar, either or both, according to taste; allow the mixture to cool, and strain.

Calf's Foot.—One calf foot, one quart of milk, one small onion, half a head of celery, small piece of lemon peel, one ounce of butter, one ounce of flour, slice of lemon, chopped parsley. Put the prepared foot in a stewpan with enough milk to cover, add the onion, celery and lemon peel, cook gently till the meat is tender enough for the bone to be removed, place it on a dish, and keep it warm. Strain the gravy, thicken it with the butter rolled in flour, season with pepper, salt, and a few grains of powdered mace, and serve. Garnish with slices of lemon and chopped parsley.

Boiled Coffee.—One egg, a small teacupful of milk, a few drops of essence of vanilla. Beat the egg thoroughly and mix with the milk, pour into a buttered breakfast cup, cover with buttered paper, and strain for twenty minutes. Turn out, sift a little sugar over, and serve.

### BREADS.

Virginia Spoon Bread.—Stir into a quart of warm salted milk a teacupful of fine yellow corn meal and four eggs well beaten; add a little sugar, two heaping tablespoonfuls of butter, and cook thoroughly. Turn out into buttered baking dish and brown in the oven. Serve hot with syrup, honey, or just butter. When properly made is smooth and fine, slightly thicker than mashed potatoes, and in the delicacy of flavor bears no resemblance to ordinary corn bread.

Three Bread Recipes.—Take three pints water, two hot and one cold. Into the lukewarm water place one cake compressed yeast; into the hot water place three large tablespoons lard. Allow to melt and cool. When perfectly cool pour into the yeast mixture. Add three teaspoons salt and three teaspoons sugar. Carefully sift three quarts flour and add slowly, beating with a wooden spoon or paddle until you have used it all. Finish mixing with the hands and set aside in covered pan to rise for two hours. Then put in pans; let rise again and bake. This bread can be started at 8 o'clock in the morning and baked by 11 o'clock, thus doing away with the old tedious way of baking bread. The beating makes it very fine grained and takes the place of kneading with hands.

### MEATS AND DRESSING.

Veal Breast and Dressing.—Get a three pound breast of veal and have the butcher cut a pocket on the meat side for filling. Filling: One calf's heart, ground, one-half loaf of bread, one egg, one quarter minced Bermuda onion, three leaves of sage, powdered. Soak the bread in luke warm milk and water, then squeeze it until nearly dry and add all the other ingredients. Put into the veal pocket and salt and pepper the veal. Lay two slices of salt pork over the top of breast. Put a few slices of onion around, according to taste, and about one pint of water. Put in a slow oven for two hours and baste often.

Hamburger Loaf.—Three pounds hamburger, six onions sliced thin, two tablespoonfuls salt, pinch red pepper, teaspoonful of chili powder, add about one loaf stale bread well soaked in hot water. Mix all together with hands in shape of a loaf, cover with tomato sauce, and bake for one hour in slow oven. Can be served either hot or sliced cold.

### DESSERTS.

Banana Fluff.—Slice six large bananas, sprinkle with lemon juice and grated cocoanut, and place directly on ice for one hour. Then mash smooth with a wooden spoon, add a scant cup of powdered sugar and the stiffly beaten whites of two eggs, which should be lightly folded in. Pour into freezer, turning the crank about four minutes or until there is a slight resistance, when one-half pint of whipped cream may be added. Freeze to the consistency of mush.

Rice Blanc Mange.—Into a double boiler put three cupfuls of milk, a pinch of salt, and a scant half-cupful of rice, which has been thoroughly washed. Cook until the milk is entirely absorbed. Soak one-third of a box of gelatin in cold water, dissolve over hot water, and add to the rice mixture. As the mixture begins to thicken add one-half cupful of powdered sugar, one teaspoonful of vanilla, and a wineglassful of sherry, and finally add one-half pint of cream whipped to a stiff froth. Turn into a wet mold and set away in a cool place until needed.

### GRAPE RECIPES.

Grape Pie.—Make a rich pie crust the same as you do in making any other pie. Wash the grapes and remove the skins. Then fill the pie with the skins and sprinkle two pounds of flour and one and one-half cupfuls of sugar over the skins. Put on top crust and bake. The remaining part of the grapes may be used for jelly. Concord grapes must be used.

Grape Catsup.—Five pounds of ripe grapes picked from the stems, three pounds of sugar, one pint of vinegar, one tablespoonful each of cinnamon, pepper and cloves, one-half teaspoon of salt. Boil the grapes and strain to remove seeds and skins. Add the other ingredients and boil until thick.

### COOKING AND VEGETABLES.

Hints on cooking vegetables:

After preparing vegetables, place in cold water for some time before using. Always let water boil before putting them to cool, and continue to boil until done.

Turnips should be peeled and boiled from thirty minutes to an hour.

Beets, boil from one to two hours; then put in cold water and slip skin off.

Spinach, boil twenty minutes.

Parsnips, boil from twenty to thirty minutes.

Onions, best boiled in two or three waters, adding milk the last time.

String beans should be boiled one and one-half hours.

Shell beans boil one hour.

Green corn, boil twenty to thirty minutes.

Green peas should be boiled in little water as possible; boil twenty minutes.

Asparagus, same as peas; serve on toast with cream gravy.

Cabbage should be boiled from one to two hours in plenty of water: salt while boiling.

Winter squash, cut in pieces and boil twenty to forty minutes in small quantity of water; when done press water out, mash smooth, season with butter, pepper, and salt.

### CLEANING.

Brass—Wash in warm soapsuds, using woollen cloth to polish lacquered brass; clean with cloth wet in alcohol.

Copper—Polish with hot vinegar in which salt has been dissolved; finish off with an oil to polish.

Nickel—Cover with thin paste made of emery powder, with turpentine and sweet oil in equal parts.

Steel—To remove rust apply thick paste of emery powder mixed with equal parts sweet oil and turpentine; finish by rubbing with woollen cloth and a dry powder.

Bronze—Wash in soap suds and ammonia, dry and polish with tripoli or rotten stone, mixed with oil or paraffin. Rub off with soft cloth.

Drains—Flush with four ounces chloride of lime dissolved in one gallon of water.

Mirrors—Wipe with cloth wet with alcohol.

Woodwork—Wipe with soft cloth dipped in gasoline, which will remove all grease, finger marks, smoke, or dust.

Linoleum—Wipe up with warm water and a little kerosene.

Gilt frames—Wipe off with soft cloth dipped in white of egg beaten and mixed with one ounce of soda: afterward polish with silk cloth.

Leather furniture—Cream with hot milk and polish with thin mixture of melted wax and turpentine.

Willow furniture—To clean or tighten, also to prevent from brittleness, wet thoroughly with warm water, dry in sun.

Furniture—Good polish is made of one pound melted wax, one pint turpentine, one gill alcohol beaten in at the last. Apply with soft cloth and rub well. White spots are easily removed from furniture by holding over it a hot iron. When quite warm rub hard with grain of wood.

## GOES MAD DURING OPERATION

**Students Have Desperate Struggle With Surgeon.**

A strange story of a surgeon going mad while performing an operation is reported by the St. Petersburg correspondent of the "Petit Journal."

The scene was Chita, in Siberia, and the doctor's patient was a working man whose condition admitted of no delay. He was chloroformed, and two assistants had placed everything ready for use by the doctor when the latter, much to their surprise, began to make irrelevant remarks. He took up his bistoury, however, and made the required incision with his usual skill and precision, his assistants being thereby reassured.

Suddenly he burst into a laugh, saying that all their trouble was useless, adding: "It would be better if we finished him off with a stroke of the knife." In a flash the assistants realised that their chief had gone mad, and one of them placed himself between the doctor and the patient, whilst the other threw himself upon the lunatic and endeavored to wrest the knife from his grasp.

With maniacal rage the doctor struggled with his assistant, while the nurses fled from the surgery in terror. Another assistant, however, with ready resource, continued the operation already begun, and when the madman had been overpowered successfully completed it. The doctor has been placed in an asylum.

## THE BIRD CAGE DANGER.

**Poison Gets Into the System Through Carelessness.**

Bedsteads and birdcages are among the sources of plumbism—the deadly lead poison disease—according to a report by Dr. Robert Edginton in the current "British Medical Journal" on the industrial diseases of Birmingham. "In putting together chandeliers and gas fittings, white lead is used in the joints," he says, "and it is the custom of the workmen to test the joints by sucking the air out of the tubes, so that in this case the lead is probably conveyed directly into the stomach." The process which figures highest (with seventeen cases in a list of eight-four instances of plumbism) is the painting of motor-car and coach bodies, safes, and stoves, whose glossy, enamel-like surface exacts a heavy toll from the workers owing to the lead dust inhaled during the repeated and sand-papering involved in securing a perfectly smooth surface. House painters come next, and on the same level as regards frequency of poisoning are the girls who smooth down the paint of bedsteads and birdcages with their hands to get an enamel-like surface. Cases of lead poisoning among tinners and kettle makers are ascribed to the mixture of lead and tin used for the inside surface of kettles and saucepans.

## 14 YEARS WITHOUT A ROOF.

**Aged Couple Prefer to Sleep Under the Stars.**

Living near Womenswould, a somewhat remote district of East Kent, England, are two remarkable disciples of open-air life. One is known as "Molly," who is 80 years of age, and the other is her son "Billy," aged 60, who is a chimney sweep. "Molly," and "Billy" are inveterate believers in fresh air, and carry their convictions so far that they will not have a roof above their heads. For 14 years they have lived in a chalk pit however inclement the weather may have been. Some time ago a friend presented them with a hut, thinking they would appreciate it. They slept in it for one night, but the next morning they set fire to it, declaring that it was "too stuffy a place to sleep in."

One morning in the depth of winter "Billy" found a foot and a half of snow on him when he awoke, but he said "it was quite warm underneath."

## NO HOD CARRIERS IN JAPAN.

There is no hod-carrying in Japan. The native builders have a method of transporting motar which makes it seem more like play than work—to the onlooker. One man makes this up into balls of about 6lb. weight, which he tosses to a man who stands on a ladder midway between the roof and the ground. This man deftly catches the ball, and then tosses it up to a man who stands on the roof.

Constant use of hard water is injurious to the good appearance of one's finger-nails.

In ancient times the offending hand of a suicide was burnt apart from the body, as a special mark of disgrace.

# THE SUNDAY SCHOOL STUDY

**INTERNATIONAL LESSON, OCTOBER 8.**

**Lesson II. The life-giving stream, Ezek. 47. 1-12. Golden Text, Rev. 22. 17.**

Chapter 47.—This chapter belongs to the third and last great section of the latter half of the book—chapters 40-48—which set forth a vision of the final glory and peace of the redeemed people of Israel. The preceding chapters of the section give an account of the temple buildings, and of the ordinances of the temple. The two closing chapters, including the lesson, deal with the life-giving stream issuing from the temple, the boundaries of the holy land, and the disposition of the tribes.

Verse 1. Brought me back — He had been in the outer court of the house of the Lord. There the people were accustomed to worship. Now he is conducted into the temple proper again. Ezekiel, belonging to the priestly class, was minutely familiar with everything that pertained to the temple, as an examination of previous chapters will quickly show. It must be borne in mind, of course, that he is still in the land of captivity. What he describes is part of a vision.

Waters issued out—This figure evidently had its basis in the fact that there existed a fountain, in connection with the temple hill, from which the waters flowed into the valley east of the city and so made their way toward the sea. This stream had, before Ezekiel's time, supplied a beautiful figure to the prophets (compare Isa. 8. 6). The Orientals enlarged upon the blessings brought them by such streams of water. This passage was the basis of Rev. 22. 1-2.

Right side of the house — This would be the south. The stream pursued its course eastward, passing the altar on the south side, and coming forth into the open on the right hand of the outer east gate.

2. He brought me out—As both the inner and outer east gates were closed (Ezek. 44 and 46), the prophet was led from the inner court by way of the north gate, round to the outer east gate, where, from the outside, he saw the stream emerge into the open at the south side of the gate.

3. The man—He is not to be identified with Jehovah, but is an imaginary being, a symbol of the revelation of God. He has the attributes of God, being bright like brass (Ezek. 1. 7), and speaking with authority (Ezek. 40. 3-4). The line in his hand was of flax, and was used for measuring greater distances, as the reed was used for shorter. With it he proceeded a thousand cubits (about a third of a mile) from the point where the water emerged from the gate. At the beginning the stream barely "trickled forth" (margin to verse 2), but already it has become ankle deep.

4-5.—The water rapidly deepens until, a mile from the temple, it has become deep enough to reach a man's loins, and, with another thousand cubits, it becomes an impassable river, one that a man cannot pass through unless he swim. So God's blessings grow more and more abounding as they flow on from life to life. This is the first fact about the river of life—its fullness. It is a picture of the new era of restored hope and felicity in Israel. God is enthroned in the temple, so the waters are represented as issuing from the sanctuary. Whatever blessings are enjoyed in the better day will be from God, and there will be an abundance about them that will leave nothing to be desired.

7. On the one side and on the other—The river flowed down through a gorge, or valley, and, as was usual, there were trees on either side. This suggests freshness and fruitfulness. The Paradise on the first page of Scripture, as well as that on the last page, had trees on the banks of the living streams. The righteous man is like a tree planted by the river. There he is perpetually nourished. The palm tree of the East attains its full perfection only as it is planted by the water.

8. Into the Arabah—This is the depression of the Dead Sea, and southward as far as the gulf of Akabah, a distance of 105 miles. All this country, besides the eastern region, or wilderness of Judaea, and the Dead Sea, is to come within the range of this onflowing river. And whatever is touched is healed. The desert place shall blossom like the rose, the bitter waters of the sea shall be made sweet, and everything shall minister to man's good, both material and spiritual. This is the Jewish conception of the kingdom of God on earth, but it is also a picture of the life-giving properties of the unfailing grace of God in the human heart.

9. Every living creature which swarmeth—Referring to the smaller animals, especially the fish of smaller size. Even in the waters of the Dead Sea, which are destitute of moving life, there shall be a multitude of fish. Where the life of God comes to abound there can abide no death.

10. Engedi—The modern Ain Jidy ("kid's well"), situated on the west shore of the Dead Sea, about half way farther on to the north, in all probability, although it has not been actually identified, lay Eneglaim. The great sea is the Mediterranean.

11. The miry places—These are the marshes about the Dead Sea. They are to be left as salt beds. The saltness of the sea is due to the strata of salt rocks surrounding it.

12. Whose leaf shall not wither.—Compare Psalm 1, and Rev. 22. 2. The leaf is a thing of the springtime. But, with the godly man, it has a perennial freshness. The storms and frosts of the year cannot blight it, for it draws stores of hope and promise eternally from God. Moreover, it is for healing. The sympathy of the godly man is a potion of healing for the wounds and sorrows of the world.

Neither shall the fruit thereof fail.—There is a seasonable fruitfulness, as well as an undying freshness about the good man's life. The end of the good man's life, its purpose, is fruit. The freshness and beauty are a form full of promise. But the tree must ever reach forth to the bearing of fruit, as it will always under the enrichment of the divine life.

## ANCIENT COINS.

**Jar Full of Gold and Bronze Roman Money Discovered.**

A find of gold coins was made by two workmen at the Roman excavations at Corstopitum, the old Roman city near Corbridge, Northumberland, England.

This season the excavations have been conducted in a new field to the west of the excavations made in former years. The coins were in a small bronze jar, and as Mr. Foster, the director of the works, was not present at the time, the foreman took charge of the coins. When an examination was made it was found that there was 159 gold and two bronze coins in a very good state of preservation. They ranged from the period of Nero to that of Marcus Aurolius. The largest number were of the Emperor Trajan, 51 in number.

The ancient coins found at Blackhills, Corsock, Kirkcubrightshire, some time ago have been submitted to an expert on behalf of the crown. A number have been retained for the National Museum of Antiquities and the crown propose to reward the finders for those kept, handing them back the remainder.

All the coins are silver pennies, with the exception of a silver halfpenny and a silver farthing. The pennies includes Scottish (long cross) coins of the reigns of Alexander III., John Baliol, and Robert the Bruce. The Irish pennies belong to the reigns of Edward I. and II., and had been minted at Dublin and Waterford. English pennies of the same reigns were minted in London, Durham, Canterbury, Berwick, Bristol, York and elsewhere. There are also a number of foreign "sterlings." The halfpenny is of the reign of Edward I. and was minted at Berwick, while the farthing, minted in London, is supposed to belong to the same reign or that of Edward II.

## UNCLE HIRAM TO HIS NEPHEW

**On the One Priceless Treasure Which all Men Share Alike.**

"Stevey, my boy," said Uncle Hiram, "one man may have more talent than another or more courage or more money, but there is one thing that no man on earth can have any more of than you have, and that is time.

"Did you ever stop to think of that? Or maybe you haven't come to it yet, that of the most precious thing of all, the same being, I repeat, time, nobody, no matter who he is, can have any more than you have. There can't be any favoritism or special privilege or gouging or monopoly in time. You get what's coming to you anyway, and no man on earth can take it away from you.

"And isn't this something to be cheerful over? Why, Stevey, it's the grandest thing going to think that of the most valuable thing of all we've got as much as the man that rides by us in a $10,000 automobile. But, and now I'm getting down to the sermon, Stevey, this most precious thing of all is the thing of which we are most wasteful.

"We get our full share of it sure, but we waste it ourselves shockingly.

"Don't waste time, Stevey, please don't. As you feel now you've got a million years ahead of you, more or less, plenty of time; but time is one of those things that once lost can never be recovered. Don't waste a minute of it. When you play, play; sink the shop; forget it utterly; but when you work utilize all your time. Don't dwadle it away."

Men wouldn't have time to earn a living if they had to put their hair up as women do.

# NEWS FROM SUNSET COAST

**WHAT THE WESTERN PEOPLE ARE DOING.**

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

A new ward was recently opened in Nanaimo hospital.

A Dutch bank is to be established in Calgary, Alberta.

A permit has been taken out for a $40,000 hotel at Edmonton.

The grain yield in Manitoba is between 17 and 30 bushels to the acre.

A large addition is to be built to the St. Eugene Hospital at Cranbrook, B. C.

During August, 1,335 criminal cases were disposed of in the Winnipeg court.

The City of Nelson, B. C., has appealed for provincial help to run down fire bugs.

It is expected that a regular street car service will soon be inaugurated in Moose Jaw.

A new incinerator is to be erected in the garbage wharf in Victoria, at a cost of $4,839.

Extra rooms were engaged in South Vancouver to provide for the influx of school children.

"Deadman's Island," off the coast, will probably soon be acquired by the City of Vancouver.

The vital statistics of Victoria for August show a total of 66 births, 50 deaths, and 86 marriages.

There is at present quite a rush of settlers to the Dog Lake district, about 125 miles north of Winnipeg.

The C. P. R. have offered prizes for the best alfalfa grown in 1912, in the irrigation block, east of Calagary.

It is said that a big find of gold, silver and copper ore, has been made in the Yellowhead (B. C.), district.

A ship carrying 7,000 tons of sulphur for chemical works along the Sound, landed at Victoria, B.C., the other day.

In future Kildman, Man., is to allow no animals the freedom of the city, as a herd by-law has recently been passed.

Congars are multiplying at a great rate in the Bayonne country, B. C. A passenger along a trail recently met on less than five. Deer and other game are being destroyed.

This year, for the first time, men were brought from the Pacific Coast to assist in harvesting operations of the central west.

Great activeity in the Revelstoke mining district is reported by experts who have recently visited that section of the province.

The first shipment of 1911 Fraser river salmon, 2,000 cases, arrived recently in Vancouver, and was shipped to Great Britain.

It is proposed to pipe natural gas from Bow Island to High River, Alta., for power and domestic purposes. The rate will be 20 and 35 cents per thousand, respectively.

Over a hundred poaching boats were seen recently taking in salmon by thousands, off the west coast of Vancouver Island. Most were operating within the 3-mile limit.

Coal has been discovered within ten miles of Fort George and it is the supply point for the great Cariboo gold district, which has produced one hundred million dollars to date.

Owing to the cancellation of the close season for salmon by the Federal Government the packers on the Fraser had been able to put up approximately 210,000 cases of all kinds of fish.

One of Elko (B. C.'s) most respected citizens, Fred Sheridan died recently from acute blood poisoning. A friend in a joke had crowned Mr. Sheridan with a cigar box, and a splinter caused a slight scalp scalp wound, with ended in death.

## SCRAP-IRON CHURCH CLOCK.

**Made by Villager as Coronation Memorial.**

The church clock dedicated on Sunday at Wootton Rivers, a Wiltshire village near Marlborough, England, as a coronation memorial, is probably without an equal in the country.

It was made by a villager named Spratt, who, hearing that local funds were insufficient for the proposed addition of a clock to the church tower, offered to make one provided assistance was given with the heavier work and the necessary metal and other material were supplied to him.

All manner of material—including parts of old bicycles, perambulators, reaping, mowing, and threshing machines, and a chaff-cutter—was brought to Spratt, whose cottage resembled a scrap-iron store.

The two great wheels of the clock, which have 120 teeth each, were taken from disused separators, and other equally incongruous material was used.

On one of the dials are the words, "Glory be to God," instead of the usual Roman numerals.