HOUSEHOLD

DAINTY DISHES.

Entire Wheat Bread—Two cups scalded milk, one yeast cake, one tablespoon sugar, one-quarter cup tepid water, two teaspoons salt, entire wheat flour to knead. Add sweetening and salt to milk. Cool, and when lukewarm add yeast dissolved in the tepid water. Stir in flour to make stiff batter and knead till elastic. Place in well-oiled bowl, wipe over top with a little melted butter, so that crust will not form, and let rise till doubled in bulk. Form into loaves, let rise again till nearly double and bake forty-five to fifty minutes in a moderate oven.

Lima Bean Soup—One cup dried lima beans, one cup milk, three pints cold water, four tablespoons butter or drippings, two slices onion, four tablespoons flour, four slices carrot, one teaspoon salt, one-half teaspoon pepper. Soak beans overnight; in the morning drain and add cold water; add vegetables fried till soft in two tablespoons butter, then cook until beans are soft and rub through a sieve. Cream flour and two tablespoons butter together, add to boiling soup, season, add milk, serve very hot.

Coffee Jelly—Two tablespoons granulated gelatin, four cups boiling coffee, one-half cup cold water, one-quarter teaspoon vanilla, one-half cup sugar. Soak the gelatin in cold water, one-quarter teaspoon vanilla, one-half cup sugar. Soak the gelatin in cold water ten minutes. Dissolve sugar in coffee, add gelatin, stir until dissolved, add vanilla and turn into mold dipped in cold water to stiffen.

Coffee Custard—Two cups milk, one tablespoon coffee, one tablespoon cornstarch, three tablespoons sugar, one egg, few grains salt, one-eight teaspoon vanilla. Scald coffee in milk. Strain through cheesecloth, then thicken over hot water with egg, sugar cornstarch and salt beaten together. Cook until it coats the spoon, then cool and flavor.

Escalloped Cheese—Four cups soft breadcrumbs, one and one-half teaspoon pepper, three cups milk, one egg. Soak crumbs fifteen minutes in milk. Add cheese, seasoning, egg (slightly beaten), and salt and pepper, and bake in a moderate oven until firm.

Thickened Tomatoes.—One quart can tomatoes, one teaspoon salt, two tablespoons sugar, one-quarter teaspoon pepper, two tablespoons butter or bacon fat, one cup dried breadcrumbs. Put together and cook till thickened, taking care not to burn it.

Raisin Roll Pudding—Two cups bread flour, one-half teaspoon salt, two tablespoons drippings, one tablespoon sugar, four teaspoons baking powder, about one-half cup milk, one-half cup chopped raisins, two tablespoons sugar, one teaspoon cinnamon. Mix together flour, salt, sugar and baking powder. Work in drippings with fingertips and moisten dough with milk, turn on slightly floured board, pat to half inch thickness and sprinkle with the sugar, raisins and cinnamon mixed together. Roll up like jelly, cut in slices one inch thick and bake in a quick oven. Serve with lemon or raisin sauce.

Raisin Sauce—One and a half cups water, one and one-half tablespoons cornstarch, one-quarter cup raisins, dash of salt, one-quarter cup sugar, one-half tablespoon vinegar or lemon juice. Soak raisins thirty minutes in water and bring to a boiling point; mix cornstarch, sugar and salt together, add to boiling mixture and let cook thirty minutes, stirring constantly. Add vinegar and serve hot.

USES FOR SALT.

If food is tasteless without salt, it is ruined with too much. Unappetizing cooking is often due to guess work. A level teaspoonful of salt is sufficient for a quart of soup, sauce or vegetables.

Salt used once a day is an excellent dentifrice, tending to keep off tartar. It is said to retard receding gums.

A half teaspoonful of salt added to a cup of hot water—which many persons take each morning—will make it palatable.

Do not gargle with salt water. Throat specialists consider it injurious to the tender mucous membrane of the nose.

To set color in wash materials and embroidery cottons soak them in strong salt water.

An excellent tonic for nervous people is take salt rubs twice a day. As sea salt dissolves slowly, some of it can be kept in solution in a glass jar to be ready when needed. The entire salt bath is also good.

Where a child is inclined to bowlegs or to have a weak back, rub it night and morning with a strong salt water.

A faded carpet is freshened if wiped off with a wet cloth wrung from strong salt water. Sprinkle floor with dampened salt and sweep well.

Bad dyspepsia can be helped by dissolving pinches of salt on the tongue after eating, or when there is a sense of oppression.

HOUSEHOLD HINTS.

When peeling lemons for cooking purposes be sure never to cut any of the white skin, as it has a bitter flavor.

When reading or sewing by lamplight place a sheet of white paper under the lamp; it will be found that a far stronger light is shed all over the room.

The most nauseous physic may be given to children without trouble by previously letting them suck a peppermint lozenge, a piece of alum or a bit of orange peel.

A simple method of making ironwork proof against rust is to heat it until it is almost red hot and to brush it over with linseed oil. This makes a varnish which, unlike ordinary paint or enamel, does not chip off.

When lining a basin with pastry for a beefsteak pudding cut a piece of the pastry away from the bottom about the size of a fifty-cent piece; then put the meat in, and the pudding will take an hour less to cook than if there were no hole in the paste.

A slice of lemon cut thickly, and with the rind on, if put into the copper when boiling clothes will keep them beautifully white, and get out all the stains from handkerchiefs and children's pinafores. Let it remain in the boiler until the clothes are ready to come out.

To mend a zinc pain take some putty, put a small piece on the inside and a large piece on the outside of the pail over the hole. Press well together, and place in the open air until perfectly dry. The pail will then hold water just as when new. Enamel bowels and basins can be mended in the same way.

When baking pies, either fruit or meat, if the pie is placed in a tin with a little cold water it will save the syrup or gravy from boiling out, but do not let the water dry up. A little water sprinkled on top of fruit pies, and then a little dry, fine sugar, will give the pastry a pretty brown appearance.

Inkstains on garments can be soaked out in a mixture of salt and milk. A teaspoonful of salt to nearly a gill of milk is the right proportion. This answers for either white or colored fabrics, but if the ink has been allowed to dry it will be necessary to soak the stained part in the milk for an hour or two.

There are two ways of preparing a mustard plaster. Where the effect is desired quickly it should be made of pure mustard and hot water without any flour or meal, laid next to the skin. It will always give timely notice of necessity for removal, as it begins to bite at once. As soon as the smarting becomes uncomfortable and the skin very red it may be changed to some other part.

To pluck a fowl speedily, place it in boiling water for a few minutes. When you remove it you will find a good many feathers have come off, and the rest will yield to a very light plucking. If you are uncertain as to the age of a fowl, partly steam or boil it in a little water for about an hour before browning it in the oven, and it will be as tender as a young chicken.

HOW TO AVOID TUBERCULOSIS

A Few Rules Which Should be Strictly Observed.

A healthy body is the best protection against the tubercle bacillus or any other diseases breeding germ. Therefore, keep well by observing the following rules:—

Live, work and sleep in rooms flooded with fresh air and purified by sunlight every day. See that your sleeping room is thoroughly ventilated.

Use good, pure nourishing food, and thoroughly masticate what you eat.

Cultivate cleanly, temperate and regular habits of living.

Avoid breathing dust-laden air. In sweeping and dusting use a moist broom and duster.

Don't spit on the floor of the dwelling, shop, school, public building or on the sidewalk. If you must do so spit in the gutter or into a spittoon.

If you have a cough do not resort to quackery, but consult a physician or go to a dispensary. Make full use of good food, fresh air and rest. Live as much as possible in the open air, and have your sleeping room always thoroughly ventilated.

For the protection of others when coughing or sneezing hold a handkerchief before your face.

Shortage of wood fuel was the cause of coal first coming into use.

Even a love match may have its flare-ups.

Sun worship prevailed in the earliest times among all nations.

FIGURES ABOUT TORONTO

SIZE, EXPENSES AND GROWTH OF THE QUEEN CITY.

Facts in a Small Space So That They Can Be Easily Read.

This year's tax rate is 18½ mills.

There are 4,566 street hydrants.

Toronto's assessment is $344,835,115.

There are 39,000 telephones in Toronto.

The area of Toronto is 28 square miles.

Toronto's net debt stands at $39,217,546.07.

City property is valued at over $20,000,000.

The city hall is estimated to be worth $2,500,000.

Toronto has 40 parks, with a total of 1,640 acres.

Toronto's Exhibition grounds cover an area of 260 acres.

During 1911 over 700 employers of labor located in Toronto.

The ordinary expenditure of the city during 1911 was $8,073,927.

Toronto was incorporated as a city in 1834, with a population of 9,254.

There were 10,050 births in 1911, 5,312 marriages, and 6328 deaths.

Toronto is the second largest city in Canada, Montreal being the first.

During 1911 the city issued building permits to the value of $25,000,000.

According to the recent police census, Toronto has a population of 425,407.

The total expenditiure of the works department for 1911 was $5,267,711.04.

The headquarters of the Canadian Northern Railway Company are in Toronto.

Toronto is the first city in the world to start school classes for consumptives.

The amount derived from licenses of all kinds in 1911 reached the sum of $186,150.

The average increase for the past five years in Toronto's population has been 24,000.

The postal revenue for Toronto for the fiscal year ending March, 1911, was $1,963,000.

One of the largest organs in the world is in Toronto. It is in the Metropolitan Church.

Toronto is lighted at night by its own Hydro-electric system, which is to be largely added to.

Toronto customs returns for the fiscal year ending March, 1911, reached the sum of $14,397,114.

Toronto is served by three railways, the Canadian Pacific, the Grand Trunk and the Canadian Northern.

Toronto has nine public hospitals for the care of the sick. Altogether there are 65 hospitals, asylums and public homes.

The C.P.R. despatched about 330,500 freight cars from Toronto last year, and the Grand Trunk somewhat more than this number.

Passenger trains to the number of 135 enter and leave Toronto each day, and an average of 200 freight trains enter and leave the same day.

The fire department consists of 300 men and officers, 115 horses, 76 pieces of apparatus, 4,595 hydrants, 25 fire stations, and ten steam engines; also a high pressure system.

The police department numbers 475 men and officers, including a mounted squad of nineteen men, and two sergeants. There are five patrol wagons, one prison van, 137 patrol signal boxes. There are ten police stations and three ambulances.

Banks with head offices in Toronto have authorized capital of $67,000,000 and deposits of $376,936,248, while the banks with head offices at Montreal have a capital of $61,866,666, and deposits of $362,334,309. The bank clearings in Toronto last year totalled $1,852,379,605, an increase of $250,000,000 over 1910.

Toronto has the following number of educational institutes: Public schools, 74; high schools, 9; technical, 1; separate schools, 22; Protestant industrial schools, 2; Roman Catholic industrial schools, 1; 40 colleges, seminaries and pay schools; three cathedrals, about 245 churches, 10 synagogues, 48 missions, five missionary training schools, and nine convents.

POPULAR TRADITIONS.

To a greater or less extent superstition affects both the educated and the ignorant, the rich and the poor. Dr. Johnson considered it unlucky to walk into his house except with a particular leg first. The great Napoleon had a belief in omens, and what is little better than the commonest kind of fortune-telling; and although Sir Walter Scott wrote a book to disprove demonology and witchcraft, there is no doubt he was, to a certain extent, imbued with superstition. There are sailors who do not like to sail on Fridays, others who do not like to meet a squint-eyed woman. Then again, there are people, like the Vicar of Wakefield, who believed in lucky dreams; for instance, a coffin and crossbones, which is said to be the sign of an approaching wedding.

THE BAHAMAS.

Looking Forward to Annexation to Our Dominion.

An article copied in this paper with regard to the aspirations of the Bahamas as to become a province of Canada suggests the question that occurred to many, why it was that the Bahamas, which have expressed themselves so favorable to political union with the Dominion, were not represented at the trade conference at Ottawa, which has resulted in a reciprocity agreement between the West Indian Islands and the Dominion. A glance at a map suggests an explanation. The islands that sent representatives to Ottawa belong exclusively to the Windward and Leeward groups, with Trinidad and the mainland colony of British Guinea added. The Bahamas lie far to the north and west of those islands. They have no commercial connection with them and their problems are altogether different. They are not interested in sugar and cocoa, and think more of the fruit trade and of the winter tourist traffic. Their attitude, as we should gather from the accounts that have reached us of the enthusiastic colonization movement, is that they want free trade with Canada, not in a few articles only, most of which do not particularly interest them, but in everything, and believe that this can only be obtained by that absolute union which would result from their joining the Canadian federation. They look forward to a full course banquet at the Dominion table in the near future, so why should they bother with an advance sandwich, and waste time and divert the attention of their people by a discussion of the ingredients to be put into that sandwich.

His Excellency Sir William Grey-Wilson, who has been the Governor of the colony for the past six years, and retired on May 24th, has been an active promoter of the annexation idea. If we mistake not, his advice to the island legislature has been to have nothing to do with the trade negotiations, which were not of particular interest or importance to them, but to wait until the autumn, and then, if the consent of the Imperial authorities can be obtained in the meantime, to send a deputation to Ottawa to discuss, not a mere trade agreement, but political union. At least this is in accordance with the views privately expressed by the governor when recently here. It will be remembered that Sir William is a cousin of our late Governor-General. Lady Grey-Wilson is a cousin of the Rev. Dr. Barclay, of this city. We see it stated that His Excellency will be gratefully remembered for his very wholehearted devotion to the interests of the colony, and that Lady Grey-Wilson, by her unfailing kindliness, genuine goodness, dignity, approachability and tact, has endeared herself to the people there.—Montreal Witness.

LONDON LAND SCARCITY.

Building Operations Declining Because of Small Area of Land.

According to a London county council report, building operations are declining in London because of the diminishing area of its uncovered land. For example, in 1907 houses and premises of all kinds, with a rateable value of £481,000, were added, but for the year 1910 the rateable value of premises added was only £199,000. The builder has to go out of London to find land to develop.

As regards working-class accommodation, it has not been necessary to provide much more in central London, but in outer London the increase goes on. In 1910 there was in London and extra London a net addition of 20,000 rooms, but in 1906, when the spirit of enterprise was upon the builders, over 52,000 rooms were provided. When new accommodation has been provided it has invariably been in tenements, for the number of new six-roomed cottages has fallen off considerably.

Though the returns show only the actual extra working-class accommodation provided, it must be borne in mind that the continued conversion of better-class houses into tenements is adding much extra accommodation for the workers. A recent report of the Saint Pancras borough council showed that in Maple Street, off Tottenham Court Road, there are about a dozen houses now occupied by about 50 different families. From the London county council return it appears that there has been very little change in the rents ruling for several years past. Though the value of property has depreciated, working-class rents have not declined. For the central area the average weekly rent per room is three shillings one pence, for the rest of London two shillings 2½ pence and for the outer suburbs two shillings 1½ pence.

"Spick and span" is a term derived from the stretching of a new piece of cloth on spikes (spicks) and spans (stretchers).

PRINCESS MARY IS 15.

Princess Mary celebrated her fifteenth birthday a couple of weeks ago. She has taken more after her Guelph ancestors in looks than any of her brothers, and is tall for her age—a less rare occurrence among the younger generation of the princesses of the Royal house than it was among their elders. The Queen of Spain and Princess Patricia of Connaught are well above middle height, but Princess Mary bids fair to outstrip them both.

Young as she is, Princess Mary has already a strong personality. As a small girl, she was the autocrat of the Royal nursery, and her brothers, who were all devoted to her, followed her lead. In those early days Princess Mary quite appreciated the dignity of her position, and once when asked whether she would like a little sister, answered that she might not mind a sister, but would not care for another princess.

Princess Mary.

Princess Mary has now come to years of discretion, and is a very charming young girl, bright and vivacious, fond of outdoor life, a plucky rider, and a good whip. She has inherited the deft fingers of the Queen, and is an expert at all kinds of stitchery and intricate knitting. Three more years must elapse before Princess Mary makes her first appearance at Court functions, but when that time comes there will probably be a good deal of entertaining for the young princess at Buckingham Palace.

PERPETUAL LIGHT.

Strange as it may seem, there exists a perpetual lighthouse, needing no keeper, and yet as regular in its flashes of light as one maintained by the Government. This natural light never fails, and that means much for navigation. It is a volcano on the Island of San Salvador. This volcanic lighthouse is about eight miles inland from the port of Acajutla. It is a veritable pillar of cloud by day, and the flash of its light by night has been valuable to mariners for years. It can be seen far out at sea, and a burst of flame has gone upward every seven minutes without the variation of a second for years. A lighthouse fee is collected from all vessels that put in at the harbor nearest the volcano, and no skipper objects. He knows that the volcano is more reliable than the lighthouses kept by human beings on other coasts, and the novelty of the light is worth the price charged by the Government.

WHAT TACT DOES.

Tact is a combination of good temper, ready wit, quickness of perception, and ability to take in the exigency of the occasion instantly. It is never offensive, but is a balm allaying suspicion, and soothing. It is appreciated. It is plausible without being dishonest, apparently consults the welfare of the second party, and does not manifest any selfishness. It is never antagonistic, never opposes, never strokes the hair the wrong way, and never irritates. Tact, like a fine manner, eases the way, takes the jar out of the jolts, oils the bearings, opens doors barred to others, sits in the drawing-room when others must wait in the reception-hall, gets into the private office when others are turned down. It admits you into exclusive circles, where wealth abounds, even though poor. It secures the position when merit is turned away. Tact is a great manager; it easily controls people, even when combined with small ability, where genius cannot get along.

"Is there anything you can do better than anyone else?" "Yes," replied the small boy; "I can read my own writing!".

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, JUNE 9.

Lesson X.—Hearing and doing, Luke 6. 39-49. Golden Text, James 1. 22.

Verse 39. A parable—One of several grouped together in Luke's account at this point. There is an intimate connection in thought with the exhortation which immediately precedes, that, namely, against judging others.

Can the blind guide the blind?—Jesus chooses a very familiar subject for the figurative lesson of his parable. The affliction of blindness is very common in Palestine, even to-day.

A pit—An open cistern or square tank such as was commonly used for the storing of rain water.

40. Disciple—Literally, learner; that is, the pupil.

Not above his teacher—Not wiser or better informed than his teacher.

Perfected—Or, equipped, when his period of training is completed.

41. Why beholdest thou? — Why dost thou take notice of?

The mote—Literally, dry fragment, a mere splinter.

In thy brother's eye—The precepts which Jesus sets forth are intended for observance in domestic and social life, without special reference to their application in courts of law.

The beam—Literally, main beam, the rafter supporting the center of the roof. The thought is that of blindness to one's own far more serious fault.

42. Thou hypocrite—In classic Greek the word translated hypocrite means actor, and is used in connection with the drama. In the New Testament, however, it often has the sense of one acting a false part in life, and hence is exactly equivalent in meaning to our English word hypocrite used in the translation.

Then shalt thou see clearly—A right understanding of self and an appreciation of one's own faults and limitations is necessary before one can rightly understand the needs of others.

43. No good tree—No sound or perfect tree.

Corrupt tree—The unsound, decayed or worm-eaten tree, incapable of bringing forth good fruit.

44. Known by its own fruit—The quality of fruit which a given tree produces not only labels it among other trees, but determines absolutely its commercial value.

Thorns . . . bramble bush—It has been said that there is probably no other country on earth of the same extent which has so many plants with thorns and prickles as has the Holy Land. These often grow in close proximity to the fruit-bearing fig trees and grapevines. The thorns and thistles were enough in evidence in every fruit orchard and vineyard to give the words of Jesus a heightened significance, making his meaning perfectly clear to his hearers.

45. The good man—The Greek word man here used signifies man in the generic sense.

Treasure—The sense is that of a hoarded and concealed treasure.

Bringeth forth—Again and again; perpetually.

Man . . . treasure—Both nouns, as the italics indicate, are left to be supplied in the original.

His mouth speaketh—It is in speech and action that the secrets of the heart are revealed.

46. Why call ye me?—A question addressed to those among his hearers who, professing to be his disciples, failed to obey his teachings.

The things which I say—The principles which I have just been setting forth.

47. Heareth . . . doeth—The parable which follows hinges on these two words. Hearing is the essential preliminary, without which the doing would be impossible. The test of character, however, lies in the doing.

48. Digged . . . deep—In the version of the parable given by Matthew the men differ in the respective sites which they select for building. Here they differ in the manner in which they lay the foundations, the one observing more care than the other in making the excavation for the foundation.

A flood arose—Floods caused by an unusual downpour during the rainy season are not infrequent in Palestine.

The stream—The mountain freshet overflowing its banks and cutting itself a new channel rushed against that house.

49. Earth without a foundation—Quite probably the soft and level deposit of a former flood, convenient, but most insecure for building purposes.

Straightway it fell in—It had no chance whatsoever of withstanding the torrent.

Dockyard hands to a total of 50,000 are employed by the British Admiralty.