HOUSEHOLD

TASTY DISHES.

Cheese Omelette.—Three eggs, one-half teaspoon salt, one-half tablespoon flour, few grains paprika, one-half cup milk, one-half cup grated cheese. Separate eggs, add salt, paprika, cheese, flour and milk to yolks. Beat well. Whip whites stiff, fold in yolk mixture, turn into warm omelette pan containing one teaspoon of melted butter, and lift occasionally on the edges so that the uncooked portion may precipitate. When browned on the bottom, set in the oven till top is firm, cut at right angles to the handle, fold and serve on a hot platter.

Pan Broiled Steak.—Wipe steak with a damp cloth. Heat a frying pan smoking hot, place steak in it and turn at once, so that it can be seared all over. Turn every few seconds until done—five minutes for steak 1½ inches thick when desired rare, and seven minutes when well done. Sprinkle with salt and pepper, spread with bits of butter and set in oven to become hot. Serve at once.

Lima Bean Salad.—One and a half cups cooked lima beans, one-half teaspoon salt, two tablespoons olive oil, one-eighth teaspoon pepper, one tablespoon vinegar, lettuce, one teaspoon horse-radish, boiled dressing, one tablespoon ketchup, two tablespoons minced pimentoes. Mix pimentoes with beans. Combine oil, vinegar, horseradish, ketchup, salt and pepper; add to beans, turning over till well blended, and let stand at least thirty minutes in a cool place, then add a little boiled dressing, place on lettuce and serve.

Strawberry Mousse. — One egg white, one-half cup of double cream, six tablespoons sugar, one-half cup fruit juice and pulp. Beat white of egg until stiff and gradually beat in sugar. Beat cream and fruit juice until solid to bottom of bowl. Combine the two. Pour into mould wet in cold water, seal and let stand three or four hours packed in equal measures of ice and salt.

Baked Ham.—Two pounds ham cut 3 inches thick, one-half cup grape juice, one cup boiling water, two cloves, 1-inch stick cinnamon. Freshen ham for two hours in cold water. Drain, place in baking dish with other ingredients, cover and bake gently till tender—about one and one-half hours. Remove from liquid, add to it two tablespoons chopped raisins and thicken with one-half tablespoon arrowroot dissolved in a little cold water.

Parsnip Cakes.—Wash parsnips and cook forty-five minutes in boiling salted water. Drain, plunge in cold water, when skins will slip off easily. Mash, season with butter, salt and pepper; shape in small flat round cakes, roll in flour and fry on a griddle.

Maize Croquettes Mondamin.—One cup of corn, one teaspoon salt, two teaspoons green pepper minced, few grains pepper, two teaspoons parsley minced, two tablespoons butter, three tablespoons pastry flour. Remove core and seeds from pepper and mince. Let boil two minutes, drain and add to corn with seasonings. Heat mixture to a boiling point and thicken with the butter and flour rubbed together. The exact amount of flour varies with the wetness of the corn. Let chill and form into balls, roll in crumbs, egg and crumbs, and fry a golden brown in fat hot enough to brown a bit of bread in forty counts.

Coffee Cake.—One-third of a yeast cake, one egg, two tablespoons lukewarm water, about one and one-half cups flour, one-half cup scalded milk, paste made of two tablespoons of water and one-half teaspoon cornstarch boiled together, two tablespoons butter, one dozen blanched almonds, two tablespoons sugar, one-fourth teaspoon salt, one-half teaspoon cinnamon. Melt the butter in the milk, add sugar and salt; when lukewarm add the yeast dissolved in the warm water, and the egg, stir in flour enough to make a stiff batter. Let rise. Spread smoothly in a buttered pan and let rise; then bake half an hour. Make a cooked paste with cornstarch and hot water, spread over the top of cake, sprinkle with almonds cut in thin slices and sugar mixed with cinnamon; then brown.

Strawberry-Pineapple Jam.—Use three quarts strawberries, two medium sized poineapples cut into thin slices, then cubed. Put the fruit with two pounds granulated sugar in alternate layers in a granite preserve kettle, and let stand till juice runs. Then add the juice of one lemon and one orange. Cover the peel of an orange with water and heat slowly to boiling, then scrape off the white; cut into narrow strips and add to the other ingredients with two more pounds of sugar. Cook all slowly until pine-apple is tender and jelly forms.

CHEESE BETTER THAN MEAT.

The use of cheese as a food dates back to very remote ages. Cheese is referred to in the Book of Job and both the books of Samuel, and was evidently a very popular article of diet in the early days of the Jewish kingdom, says Dr. C. S. Redmond.

Until comparatively recent years it has been used by the well-to-do only as a savory at the end of an ample meal, and by the field laborers in many of the agricultural districts as the basis of their midday dinner. But within the last twenty-five years it has been scientifically demonstrated as a cheap and nutritious substitute for meat.

Now an economic food may be defined as one which yields the highest percentage of proteid or nitrogenous constituents at the lowest price, and for the purpose of this article it is proposed to compare the relative claims of beef, the most generally used animal source of proteid, and of cheese, perhaps the least so.

Comparing the relative economic value of beef and cheese, Mathew Williams ("Chemistry of Cookery") maintains that 1 pound of average cheese contains as much nutriment as 3 pounds of an ox or a sheep as prepared for sale by the butcher, or, in other words, a cheese weighing 20 pounds supplies as much nutriment as a sheep of 60 pounds, as it hangs in the butcher's shop.

Estimated by the calory, or heat standard, i.e., the amount of heat required to raise 1 pound of water 4 degrees, Fahrenheit, the fuel value of cheese is 1.303, compared with that of beef .623, or rather more than double.

Beef, therefore, is a dear food, cheese a cheap one. Beef is also a wasteful food—the non-edible portions—bone, cartilage, sinew and connective tissue. This is termed unavoidable waste, and in ordinary cuts of meat is estimated at about 15 per cent. There is also waste in cooking, especially roasting, but the percentage is difficult to estimate, and consists largely of water.

Cheese, on the other hand, is probably the only article of food in which there is practically no waste, except the thin outside rind, about 1 per cent. Again, cheese is a "purin free" food, while beef is the reverse. (Purins are certain nitrogenous bodies which go to produce in the system uric acid, the baneful factor in the causation of gout and rheumatism).

Notwithstanding its high nutritive value, it is a curious fact that cheese does not take the high place that it merits as the chief factor in the princiapl daily meal of our workers. The rich designate it as vulgar because it is cheap; the poor "cold shoulder" it because our educational authorities have hitherto neglected their manifest duty to teach all children domestic economy and the food value and relative cost of all food stuffs, as is so thoroughly done in Germany.

Yet in Switzerland cheese is the national dish of the hardy mountaineers, as the well-known "fondu," is the most toothsome and satisfying meal that a healthy man can desire. Some people say that, though they like cheese, yet they can not eat it because it gives them indigestion. While this may no doubt be true in some cases, yet for the most part such should blame themselves, and not the cheese, because they do not sufficiently masticate it, and so allow it to pass into the stomach in little lumps which the gastric juice is unable to penetrate and dissolve the casein.

CAT GUARDED BODY.

Flew at an Intruder From Shoulder of the Corpse.

An astonishing tale of a cat's fidelity and sorrow—since cats are supposed to be less devoted to people than dogs—was told at a Chelsea (England) inquest.

The inquest was held on the body of Sarah Ann Turnroe, aged seventy, the widow of an artist, of Gertrude Street, Chelsea, who was found dead in bed with the cat on her shoulder. Mrs. Turnroe appeared to be asleep, and when a boy touched her the cat flew at him.

Reared from kittenhood by Mrs. Turnroe, the cat—by name Minnie—had been her closest companion for fifteen years. By her last vigil Minnie showed that cats can be as faithful and loving as dogs. But the death of her mistress proved the death of the cat. The cat for days was inconsolable, and had to be drowned as the most humane way to end its grief.

At the inquest Mrs. Griffiths, at whose house Mrs. Turnroe lived, stated that when her little boy took Mrs. Turnroe an early morning cup of tea the cat was sitting on her shoulder. Seeing the boy, Minnie was roused to such an extraordinary fury in its attempts to prevent his approach to her dead mistress that she flew at the boy, knocking the teacup out of his hand.

The cat was all black except for a white patch on her chest. She showed distress whenever Mrs. Turnroe went away for the day or two, calling dismally for the day together. Mr Turnroe died a year ago, and the cat then visibly grieved and moped for his death.

When a doctor was called in to see the dead body of Mrs. Turnroe the cat was still on the bed—at the time at the feet of its mistress. Later in the day the body of Mrs. Turnroe was removed to a shell. Then the grief of the cat was pitiful.

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, JUNE 16.

Lesson XI. Christ's Witness to John the Baptist. Matt. 11. 2-19. Golden Text, Luke 7. 28.

Verse 2. Verse 1, which is not a part of our lesson passage, reads, "And it came to pass when Jesus had finished comanding his twelve disciples, he departed thence to teach and preach in their cities." Following the best harmonies of the Gospels we must insert at this point in the narrative the incidents of the healing of the centurion's servant and the raising of the widow's son at Nain (Luke 7. 1-17). Both incidents belong to the preaching tour referred to in the verse just quoted.

News of the marvelous works of the Christ reached John the Baptist in his prison at Machaerus, on the upper end of the Dead Sea, where an imposing castle served the double purpose of palace and dungeon.

3. Art thou he?—The uncertainty in the mind of the Baptist was real, not affected. Still it was not an evidence of disbelief, but rather of a troubled uncertainty born of disappointment and prison hardships.

4. The things which ye hear and see — The marvelous authoritative teaching concerning the kingdom and the words of healing and beneficence performed.

5. The poor have good tidings preached to them—Jesus everywhere lays as much stress upon his teachings as upon his miracles.

6. No occasion of stumbling—No cause for the faltering of faith.

7, 8. What went ye out in the wilderness to behold?—We are permitted in the passage which follows to see John through the eyes of Jesus. To him the great forerunner of the Kingdom was no mere reed shaken with the wind, nor yet an ordinary herald of royalty clothed in soft raiment, but a prophet of righteousness.

9. Some translations of this verse read, But what went ye out to see? a prophet?

10. He, of whom it is written—In Mal. 3. 1, which reads: "Behold, I send my messenger, and he shall prepare the way before me; and the Lord, whom ye seek, will suddenly come to his temple; and the messenger of the covenant, whom ye desire, behold, he cometh, saith Jehovah of hosts." In Malachi it is thus Jehovah himself who speaks of his own coming. This direct speech in the first person all of the evangelists change into an address of Jehovah to the Messiah (compare Mark 1. 2; Luke 1. 76; 7. 27), which suggests that perhaps they are quoting not directly from Malachi, but from some common paraphrase in which the change had already been made.

11. There hath not arisen a greater than John the Baptist—None greater under the old dispensation, a representative of which the Baptist must be considered.

Greater than he—Greater in privilege, because a member of the Kingdom, and as such under the new dispensation.

12. From the days of John—Since he began to preach repentance.

Suffereth violence — The eager crowding of repentant sinners into the Kingdom. Jesus gives John full credit for the remarkable influence of his preaching.

13. And all the prophets and the law—Those of the Old Testament.

14. This is Elijah, that is to come The prophecy referred to is that of Mal. 4. 5, "Behold I will send you Elijah the prophet before the great and terrible day of Jehovah come." Jesus hints that his hearers may be unwilling to believe his statement concerning John. Their unbelief would be natural in view of John's present imprisonment and humiliation, and more particularly in view of the fact that they expected a personal return of Elijah and not the coming of another prophet of similar authority.

15. Ears to hear—Power to comprehend.

16. This generation—The Pharisees and scribes who are pleased with neither John nor himself. These are compared with children in the streets playing at weddings and funerals, and quarreling with each other as they play.

19. Eating and drinking—Not subjecting himself to the asceticism which John had practised.

Wisdom is justified by her works—The superiority of the religion of John and Jesus is proved by the lives of their disciples.

EXCELLENT FATHER.

Slumworker—"What a well-balanced little boy he is!

Burglar's Wife—"And he comes by it natural, ma'am! His poor father always got his sentence reduced owing to good behavior!"

Tom—"Why so melancholy, old man?" Jack—"Miss Jones rejected me last night." Tom—"Well, brace up. There are others." Jack—"Yes, of course; but somehow I can't help feeling sorry for the poor girl."

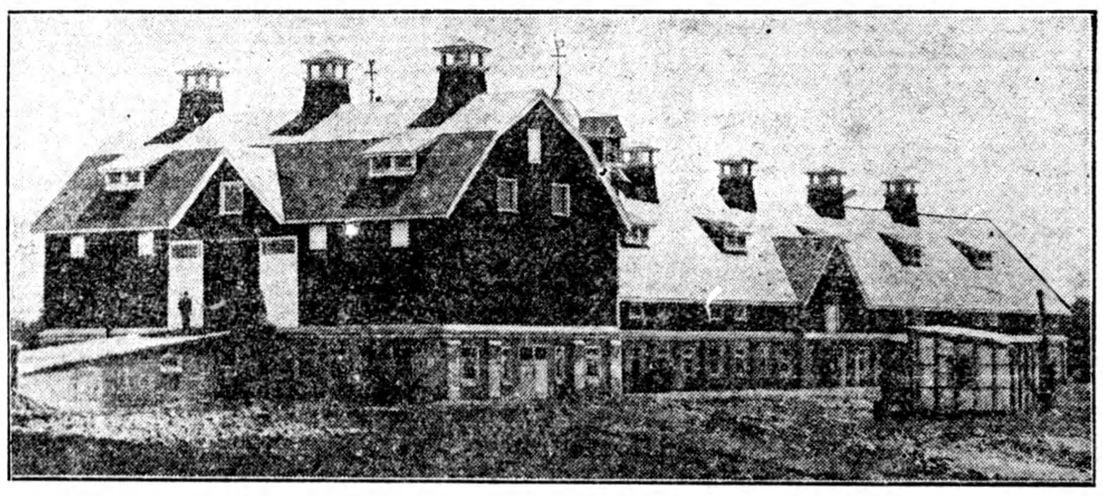
DEATH IN SNUFF-BOX.

Tinfoil Impregnated Contents and Woman Died.

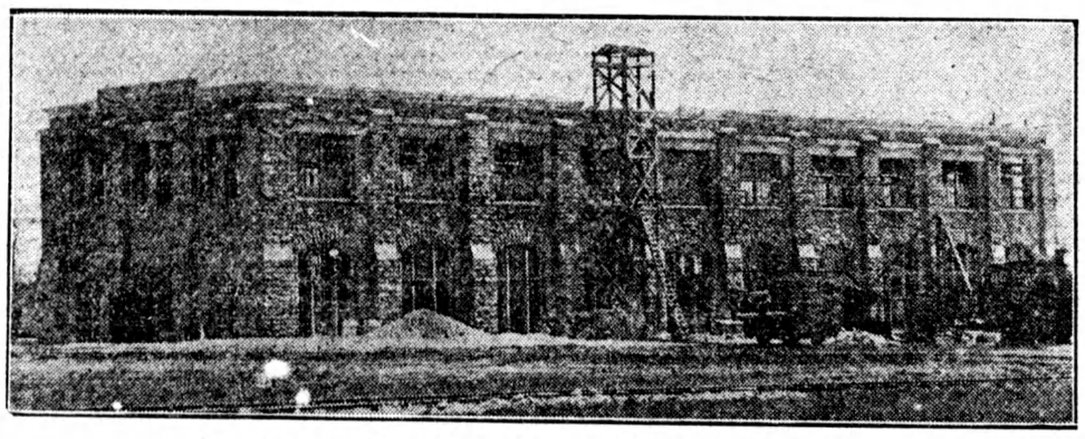
A remarkable story of the fatal effects of taking snuff that has been packed in "tin-foil" was reported a few days ago to one of the leading Swiss medical journals by Dr. E. Stadler. A woman, 33 years of age, saw him in May, 1910, who showed many symptoms of lead poisoning. After various relapses she died at the end of last November. It was only after her death that the doctor discovered the habit that had led to her death. She had undoubtedly died of lead poisoning; every symptom was there, and the post-mortem confirmed the doctor's suspicions.

Afterwards it was discovered that the woman had during the past few years been a great snuff-taker. Her habit was to buy the snuff in packets enclosed in tin-foil. After opening a packet she would have a pinch or two, squeeze it up, and put it in her pocket, then feel for it every now and then and again take another pinch. The tin-foil evidently got mixed up with the snuff, of which she took about ten grams daily.

Analyses of similar packets have now been made, and have shown that the moist alkaline snuff has a chemical action on the foil. The foil contained 89.9 per cent. of lead, and the snuff contained on an average 3¾ per cent. of lead. She must, therefore, have taken into her nostrils 175 milligrammes of lead daily. Out of this it was only necessary for her to absorb eight or ten milligrammes to have produced all the symptoms observed.



Splendid Barn and Stables at the Provincial Prison Farm at Guelph.



Dormitory and Dining Hall at Provincial Prison Farm, Guelph.

GOT MANY COSTLY GEMS.

Rome Stirred by Robbery of the Bambino di San Gaetona.

The faithful who attend the Church of Sant Andrea della Valle, in the Corse Vittoria Emmanuele, Rome, are much concerned over a gross act of sacrilege. A famous statue, known as the Bambino di San Gaetana, has been despoiled by conscienceless marauders of all the jewels which had been presented to it by grateful devotees. Miraculous virtue was attributed to the "bambino." Many people whose devout prayers murmured before the holy image had received the desired answer, testified their gratitude for the spiritual or temporal blessing received by presenting gifts to adorn the statue.

The full value of these donations is not accurately known, but it is estimated to be between $4,000 and $5,000. An incomplete list of the jewels with which the statue was adorned is given by the "Messaggero" and comprises a crown of gold set with brilliants and rubies, pearl necklace, gold star set with large diamonds, gold belt with emerald clasp, gold snake-shaped clasp with turquoises, twelve gold bracelets set with precious stones, five chains of pure gold with many gold medallions, twenty gold rings set with pearls, diamonds, and other jewels.

It is presumed that the thieves hid themselves in the church after the evening service, which was continued to a late hour, and made their escape in the morning, when the church was opened, as the doors show no signs of having been forced, and the windows are intact.

She—Mr. Dubb is always telling what he is going to do. He—Well, if he didn't he'd have nothing to tell.

PRESERVING TIMBER.

Few people realize that timber will last longer than metal. The average life of a steel bridge is fifty years, yet elm piles supporting the foundation of London Bridge were found to be in good condition after a lapse of 800 years. Wood that has to stand for a very considerable time, such as piles, is now creosoted, and the process is something more than the mere daubing of a preservative over the timber. Creosote is really a heavy oil distilled from coal-tar. The wood to be subjected to the preservative is first seasoned in the ordinary way. It is then placed in an enormous air-tight steel drum. The air from this drum is extracted, so that a vacuum is created, and the creosote is then pumped into the chamber at great heat and pressure. Naturally, the creosote liquid is literally forced several inches into the wood; in face, the process increases the weight of the wood by ten pounds per cubic foot.

CATS USED BY SMUGGLERS.

Two men have been arrested in Vienna for smuggling saccharin into Austria with the involuntary assistance of twenty performing cats. The cats arrived at the frontier in a large cage, and after being inspected were passed as being destined for a Viennese music-hall. A message was afterwards received from the German authorities advising the Austrian Customs inspectors to examine the cage closely. This was done when the animals arrived in Vienna, and a large quantity of saccharin was found concealed under a false floor of the cage.

Patience—"She had on a hat that just suited her face." Patrice—"Oh, was it as plain as that?"

NEWS FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

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

Wainwright will have its first fall fair on Sept. 17.

Raymond pool room proprietors will pay a license fee of $2000 this year.

Coronation has let the contract for a town well 500 feet deep if necessary.

Eight car loads of settlers' effects have been unloaded at Botha so far this year.

Thirty thousand dollars will be spent on a new school building and equipment at Olds this year.

The C.N.R. is building a large four-pen stock yard at Camrose for the convenience of shippers.

Daysland Agricultural Society faces a deficit of $1,000, but is planning the best fall fair ever for 1912.

Coronation is asking the interior department to establish a sub-agency of Dominion lands in that town.

Eight dollars a head is the prevailing price for dairy cows at auction sales in the Didsbury district this spring.

There were 83 towns in Alberta after the new Ogilvie mill, but Medicine Hat and its cheap gas secured the industry.

Twenty men are at present employed on the canstruction of the new $45,000 federal building being erected in Nelson.

The proposition to place all sidewalks constructed in future away from the curb was endorsed by the Regina city council.

A great many fish have been caught this spring by the Indian fish traps along the creeks that run into Okanagan lake.

Wainwright Athletic Association has just donated $200 of its funds for prizes at the town's first fall fair in September.

A party of surveyors are at work with a view to reporting on the feasibility of draining the Hay Lakes into Bittern Lake.

Four thousand dollars worth of government seed grain will be available for farmers in the Lloydminster district this year.

By a unanimous vote Raymond council decided to ask the provincial government to prohibit pool rooms within the town.

Considerable hay and grain is being planted at Okanagan Falls this spring. At one ranch peas are being planted expressly for hog feed.

A large territory north of Carlstadt was burned over last week by prairie fires, but no casualties or loss of property have been reported. One man, Peter Harrold, east of Carlstadt, lost everything he had from a prairie fire.

No less than fifteen new traction engines have been unloaded from the cars in Carlstadt this spring and there are more on the way. More than fifty big tractors, representing many different makes, are at work breaking land in this district at the present time.

SECOND CITY IN THE EMPIRE

Parliamentary Committee Admits Glasgow's Claim.

Glasgow is proud in the fact that she is now really "the second city in the Empire," with a population of over a million. But it has cost her eighteen days' hard fighting in the committee rooms of the British House of Commons, and an expenditure of $250,000 on lawyers and witnesses.

It has been achieved by extending the boundaries so as to absorb Govan, Patrick, Pollockshaws, and sixteen smaller suburbs within the city administration.

But even now the pinnacle gained is a precarious one. Birmingham, with its surroundings, comes close behind. Calcutta and Bombay have more inhabitants, though their skins are colored, so, perhaps, they count at a lower ratio, while if Manchester incorporates Salford and her other offshoots, she will beat all competitors outside London. But for the moment Glasgow is satisfied, and so are the Parliamentary lawyers who adjust these matters before the House of Commons select committee for handsome fees.

"LINKS OF EMPIRE."

A good deal of attention is being paid to the doings of the King's sons. The Prince of Wales' movements in Paris are chronicled with unfailing regularity, and the fact that Prince Albert accompanied the King on his historic submarine trip has been duly recorded. Prince Henry, his Majesty's third son, is now claiming the attention of the public. He is said to be the natural student of the family, and happy always when with books or music. There is possibly a deeper purpose in this comprehensive education of the young princes than may at first be apparent, for it is stated in Court circles that the King intends his sons to become "Links of Empire" by taking up positions similar to that now held by the Duke of Connaught.