HOUSEHOLD

RECIPES FOR THE COOK.

Rhubarb Marmalade—Ten cups diced rhubarb, two cups walnut meats, chopped, one cup raisins, ten cups sugar, four lemons. Cut fruit in inch pieces without peeling; add one pint water; boil till soft; add nuts when rhubarb is nearly soft, sugar, juice of lemons and grated rind of two lemons. Cook to consistency of orange marmalade and jar as usual.

String Bean and Lamb Salad—Two cups diced lamb, from one to two cups string beans, two hard-cooked eggs, lettuce, curry dressing. Shred eggs, add lamb and beans, pour on dressing to moisten and let stand thirty minutes in cool place. Arrange on bed of green and garnish with additional dressing and whole beans.

Broiled Beef's Liver and Bacon.—Scald bacon, drain and set in baking pan in hot oven to cook. Scald liver, let stand five minutes in water, then pull off outer membranes and remove tough veins. Dip in the bacon fat and broil for five to six minutes, according to thickness, turning from side to side. Add salt and pepper and serve at once, garnished with bacon.

Salt Codfish Grandmother's Way—One pound salt codfish, two eggs, two cups milk, pepper, salt, if needed. Soak fish overnight in water. Drain, pick into bits and cook in milk till tender. Beat eggs slightly, pour on the fish mixture, cook till thickened, stirring constantly, season to taste and serve on split and well-buttered baking powder biscuit.

Strawberry Shortcake.—The following recipe makes delicious cake, is easily made, and economical. Put a liberal half cup of milk, or water, in your mixing bowl. Melt a piece of butter or shortening the size of a walnut and add to the milk. Then add one cup of flour, two teaspoons of baking powder, and salt. Stir thoroughly and spread into shape in baking pan with spoon. Split the cake when done and put crushed berries between layers and on top. This recipe can be used with other kinds of fruit, and also makes excellent biscuit.

Fresh Strawberry Omelet.—Pick off the stems, carefully wash, and thoroughly drain a pint of fresh strawberries. Place in a bowl with two ounces of powdered sugar, half a teaspoonful of lemon juice or vanilla escence, and two teaspoonfuls of water. Mix well and let it infuse for fifteen minutes. Break eight fresh eggs in a bowl, add half a gill of cream, two saltspoons of salt, and two tablespoons of sugar. Beat quickly with a fork two minutes. Put half an ounce of butter in a frying pan, drop in the eggs, mix with a fork two minutes. Let rest half a minute. Place one-fourth of the strawberries in the center of the omelet, fold up the two opposite sides to join in the center; let rest for a half a minute only. Turn it on a hot dish, sprinkle with two tablespoonfuls of sugar on the omelet, arrange remainder of strawberries and pour juice around the omelet.

Sponge Cake.—There are numberless recipes for this. The secret of success is making it lies in the method of putting the ingredients together and in regulating the heat of the oven. Three eggs, one and a half cups of granulated sugar, one and a half cups of flour, one and a half teaspoonfuls of baking powder, one and a half teaspoonfuls of vanilla, or other flavoring; a pinch of salt, three-quarters of a cup of boiling water. Beat eggs light, add sugar and beat again; sift flour and baking powder together twice and add, cutting it into the rest of the ingredients with a knife. Do not stir. Bake in a loaf or pan with funnel in the center. This makes an angel cake loaf. Clean the grate, put on coal, open drafts, put the cake in the oven, bake as the fire comes up. This is better than having the oven hot at first.

Salmon Omelet.—Three eggs, 3 level tablespoonfuls of milk, 3 pinches of paprika, ¼ scant teaspoonful of salt, ¾ cup minced canned salmon. Separate yolks from whites of eggs. Mix yolks of eggs, cream, salt, pepper and ½ cup of the salmon together. Fold in the stiffly beaten whites of eggs. Have a pan hot and well buttered, pour in the mixture. Spread it evenly over the top and allow it to cook. Shake in pan gently to prevent burning. When brown on the under side place it in the oven a moment to dry on top. Remove, sprinkle over the top the remaining cup of salmon, fold and turn out on hot platter. Garnish with lettuce.

TEMPTING DESSERTS.

Fig Pudding.—One cupful of finely chopped figs, two and a half cupfuls of bread crumbs, two-thirds of a cupful of chopped suet, one cupful of brown sugar, three eggs, half a cupful of milk, quarter of a teaspoonful of salt, half a cupful of cocoa, add one teaspoonful of vanilla extract. Mix in a basin the suet, figs, bread crumbs, cocoa, sugar, salt, milk and vanilla extract, then add the eggs, well beaten; mix thoroughly and pour into a buttered mold. Cover with buttered paper and steam for three and a half hours. Turn out and serve cold, decorated with whipped cream sweetened and flavored with vanilla extract.

Cocoa Ice Cream.—Two cupfuls of milk, one cupful of sugar, one tablespoonful of cornstarch or arrowroot, four egg yolks, two cupfuls of cream or two cupfuls of milk and two tablespoonfuls of butter, one-fourth to half a cupful of cocoa, one teaspoonful of vanilla extract, and three-fourths of a teaspoonful of salt. Mix the cocoa, sugar and cornstarch or arrowroot, add scalded milk and cook 20 minutes in double boiler. Beat eggs, add cream, or milk and butter; pour on to this mixture cornstarch mixture; add vanilla and freeze. One cupful of raspberry juice added just before freezing gives a pleasant variety.

Steamed Pudding.—One-fourth of a pound of flour, one-fourth of a pound of suet, one teaspoonful of baking powder, two tablespoonfuls of molasses, a dust of nutmeg, a little milk, one ounce of crushed almonds, one-fourth of a pound of bread crumbs, two heaping tablespoonfuls of sugar, two eggs, one grated lemon rind and juice, two ounces of currants and a pinch of salt. Put all the ingredients into a basin, the suet put through a chopper; beat up the eggs and add to mixture, also a little milk if required. Grease a pudding mould, plain or fancy, and throw into it some coarse brown sugar; shake well, so that the mould is well coated with the sugar; cover with buttered paper and steam two hours. Serve with white sauce.

French Rice Pudding.—A quarter of a pound of ground rice, one pint of milk, three eggs, two heaping tablespoonfuls of sugar, one lemon rind, one heaping tablespoonful of butter, brown bread crumbs, and three ounces of Sultana raisins. Grind the rice in a coffee mill. Boil the milk slowly, sprinkle in ground rice; boil till thick, six minutes, remove and add sugar and butter. Mix well, cool a little, add eggs, well beaten; stir and flavor with grated rind of half a lemon. Butter a plain mould, dust with toasted crumbs, pour in the pudding. Bake one hour in a moderate oven. Serve with lemon sauce.

Lemon Sauce.—One small lemon, one teacupful of water, one teaspoonful of cornstarch, one tablespoonful of sugar, a few drops of carmine. Put the cornstarch into a pan, add other ingredients, and bring to the boil.

CANTANKEROUS UNCLE JAKE.

"Uncle Jake" was one of the characters of Bunbury. He was as deaf as a post,—when he wanted to be,—and as contrary as a bundle of sticks.

One of his neighbors came into his yard one day and said, "Uncle Jake, I'd like to borrow your wagon this morning; mine is having a spring mended."

"You'll have to speak louder," rejoined Uncle Jake. "I don't hear very well, and I don't like to lend my wagon, anyhow!"

The old man was an expert maker of ax-helves,—an occupation in which there is more art than the uninstructed would suppose,—and these handles he left at the village store to be sold on commission.

One snowy day, as Uncle Jake came stamping up the steps of the store, another old fellow who was known as Uncle Horace remarked to the men lounging about the stove:

"I'll treat the crowd if I don't make Uncle Jake agree to the first thing I say to him when he comes in."

"Don't be rash, Uncle Horace!" called out the storekeeper. "That never happened yet, and it isn't likely to."

But Uncle Horace merely grinned and picked up one of Uncle Jake's ax-helves. The door opened and in came Uncle Jake.

"Jake," said Uncle Horace, running his fingers up and down the smooth wood, "this is a mighty good ax-handle."

"No, it ain't," replied Uncle Jake at once. "I can make good handles, but that one you've got is the kind people want. They don't know no better!"

And Uncle Horace treated the company to sardines, crackers and cheese.

Every man has his price, but some hold bargain sales.

There are more than six thousand known languages and dialects.

Out of a total adult white male population of 138,000 in the Transvaal, nearly 50,000 are unmarried men.

Everyone in Persia sleeps on a mat, which, during the summer months, is laid on the roof of the house.

Live bees are allowed to pass by letter or parcels post within the United Kingdom, provided they are packed in suitable receptacles.

HINTS ON WATERING PLANTS.

When Best Results Can Be Got—Things to Be Avoided.

On first consideration it does not seem possible that there can be much to learn in the simple matter of garden watering; but such grave and disastrous mistakes can be made in this direction that a few hints should prove useful to amateur horticulturists, says the London Daily Mail.

It should be said at once that the watering of whole beds and borders should be delayed for as long as possible, moisture only being given artificially to such subjects as must have a fairly damp soil in which to prosper, and, of course, to small seedling plants. Overwatering is frequently a cause of loss.

By keeping the surface well loosened with the hoe, so that every drop of rain sinks into the soil, the time when the hose or water can becomes absolutely necessary may be put off for several days. But when the day arrives on which watering is essential, let it be a thorough soaking you give the plants. A mere sprinkling of moisture then does much more harm than good.

Water applied direct from the main through a hose or can is not beneficial to plants. On the contrary, it frequently does them injury.

If there is no storage of rain water available, do not let cold tap water touch the stems and leaves of plants. Direct the stream onto the surface round the stems or place some old, decayed manure round the plants and pour the water onto it.

In hot weather watering should be done in the evening, unless there are young plants which are liable to be attacked by slugs. Such plants it is advisable to moisten in the morning.

It is always better if planting can be done in damp weather. A point to remember during this time of bedding out is that the ground must be well moistened. When the bedding has to proceed in dry weather the soil should be watered the evening before the plants are put in.

Pot plants need less moisture in dull than in sunny weather. A good test of the condition of the soil is to tap the side of the pot and give the plant water if the pot rings hollow. There should always be a space to hold water between the soil and the rim of a pot, and when the plant is watered this space should be filled to overflowing.

Stir the surface soil of a pot plant frequently, thus doing the plant the same service of keeping its soil porous as is done with the hoe in the open beds. Regarding the sort of water to use, failing a supply of rain water, it is well to fill a butt from the main and let it stand in the open air as a storage from which to take the moisture required for pot plants.

When watering is done in dry weather, let it be done generously. Roses, dahlias and big strong clumps of herbaceous things need something like a gallon of water to each plant. Sweet peas should have the same quantity, for it is absolutely fatal to let them become dry at the roots.

It is a good plan also to sprinkle sweet peas overhead after a hot day. If your sweet peas are making no progress, give them a good soaking one evening with plain water, and the next evening mix half an ounce of nitrate of potash with each gallon of water, giving two gallons of the mixture to the yard run of plants.

FEW TO MAN THE LIFEBOATS

Able Seamen Are Lacking in Crews of Ocean Liners.

"After the lifeboats, what?" demands James H. Williams in the Independent. Mr. Williams is an able seaman with an unconcealed scorn for the crews of most ocean liners. "In all this clamor for more boats," he says, "I hear very little of who is able to handle them when provided.

"In case of future disasters is the safety of hundreds of human lives to be left to the host of untrained and incapable cooks, stewards, waiters, stokers and Liverpool shoeblacks who constitute about 90 per cent. of every liner's crew?

"The Titanic was no departure from the usual rule; less than 10 per cent. of the crews of those actually rated as A. B.'s (able bodied) on the ship's articles less than one-third are, as a rule, able seamen in fact.

"No steamer ever made a sailor. As a matter of fact, the crews of ocean liners are usually enlisted on the supposition that nothing is going to happen; therefore, any man who can swab paint and holystone decks will do.

"Naval Reserve men are usually given the first preference in selecting British crews for ocean liners; but this does not distinguish them as being first-class seamen. Some of them are so, but they are sadly in the minority. I have sailed with many of them and know whereof I speak. As seamen they are perfectly useless, while as boatmen they are positively dangerous.

"Every ocean liner should be required by law to carry, in addition to the regular crew of roustabouts and paint swabbers, a specially selected life-saving crew composed of practical sailors and boatmen of known (not certified), ability and experience. These men should be appointed at least two to each boat, and given full charge of the boat deck and all life-saving appliances of whatsoever kind.

"They should be under the general supervision of a practical deep water boatswain, whose duty it should be to see that every boat and raft is at all times ready for immediate service; that the davit tackles are always clear for running and that every item of equipment belonging to each boat is in perfect condition and in its proper place. The life-saving crew should be divided into two watches and kept on duty day and night, ready for any emergency that may arise.

"Patent boat cranes should be installed in all passenger boats instead of the obsolete davits in present use. These cranes do not have to be turned in order to get the boat swung over, and in lowering they can be "stooped" to such an angle as to give the boat a fair offing from the ship's side when it strikes the water, thus minimizing the danger of being stove.

"All davit tackles should be provided with patent self-releasing hooks, which will disengage themselves automatically when the boat touches the water. In leaving a ship's side in heavy weather one skilful sweep of a 20-foot oar will do wonders when a rudder would be useless. Hence the need of provision for a steering oar at the stern."

STRIKE OF THE LONDON DOCKMEN.

London policemen riding on a truck to protect strike-breakers, who are moving perishable goods from the docks. This picture was taken at the Tower Bridge.

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, JUNE 30.

Lesson XIII.—Review. Golden Text, Matt. 5. 17.

Lesson I.—The Appearances of the Risen Lord.—What did Paul call the central fact of the Christian faith? What disciples did he name as witnesses of the resurrection? What did he say about his own unworthiness to be a witness? When did Paul see Jesus after the resurrection? What change did this revelation make in Paul's life?

Lesson II.—The Use of the Sabbath.—What did the disciples do as they walked through the fields one Sabbath morning? Who saw what the disciples were doing? What complaint did the Pharisees make? What statement did Jesus make concerning man and the Sabbath? What kind of a man did Jesus meet in the synagogue on another Sabbath? What did he do for the man with the withered hand? With whom did the Pharisees then take counsel against Jesus?

Lesson III.—The Appointment of the Twelve.—What was the open attitude of the Pharisees toward Jesus? What decision did this lead Jesus to make? How did the common people regard Jesus? How did he at times seek to escape from them for a while? Where did he go on one occasion? How did he spend the night? What did he do the next morning? How many did he choose to be his disciples? What was to be the business of these disciples?

Lesson IV.—The Beautitudes.—What is the meaning of the word "blessed"? What reward is promised to the poor in spirit? What blessing did Jesus pronounce on the merciful? Who did he say should see God? What did he say the peacemakers should be called? Of what reward may those who are persecuted for righteousness' sake be assured?

Lesson V.—Poverty and Riches—What trials did the followers of Jesus often have to endure on earth? In what, then, does their blessedness consist? Upon whom did Jesus pronounce woes? What kind of a life did Dives live? How did Lazarus's life differ from it? What happened when Dives died? What was Lazarus's reward when he died? What vain petition did Dives make?

Lesson VI.—The Law of Love.—Upon what principle are all laws founded? Upon what additional principle did Jesus found the laws of his kingdom? How does love differ from liking? How can we love our enemies? What did Paul write to the Romans about love? In what commandment did he say the whole law was summed up?

Lesson VII.—The Old Law and the New Life.—Who was the lawgiver of the Jews? How did the Jews feel when Jesus spoke of a higher law than the law of Moses? What did Jesus say of those who broke the law of Moses? What did he say of the fulfilment of that law? How did he illustrate the way in which the new life surpasses the old law? What is necessary before we can worship God aright?

Lesson VIII.—Truthfulness.—What kind of speech did Jesus urge upon his followers? What did he say about the use of oaths? What are some of the dangers of profanity? What did James say about the control of the tongue? To what did he compare the tongue? What did he say about good and evil speech coming from the some mouth?

Lesson IX.—Hypocrisy and Sincerity.—How did Jesus say we should give our alms? Where should we go for our prayers? What model prayer did Jesus give? What are some of the characteristics of the Lord's Prayer? What is fasting? What did Jesus say of those who did their righteousness to be seen of men? What of those who give and pray and fast in simple sincerity?

Lesson X.—Hearing and Doing.—How should we bear with the faults of others? Why is merely hearing and assenting to Jesus's teachings not enough? What more is necessary before we can really be Christians? To what did Jesus compare the man who hears his teachings but does not obey them? To what does he compare the man who does obey his commandments?

Lesson XI.—Christ's Witness to John the Baptist.—Where had King Herod put John the Baptist? What doubt troubled John while he was in prison? How did he seek to rid himself of this doubt? Whom did he send to Jesus? How did Jesus answer John? What did he say about John's greatness? What did he say of the members of his kingdom?

Lesson XII.—Temperance Lesson. How must we regard all forms of sin if we are successfully to live the Christian life? What is the best test of right and wrong? What is the danger of idleness? What kind of a disposition must we cultivate? How does the use of intoxicants affect our judgment and our disposition? How does it affect our power to work? What is the only safe attitude toward intemperance?

SIR EDWARD FRY.

The Quakers, though a comparatively small body in Great Britain, have produced some eminent men, and not the least distinguished is Sir Edward Fry. As a classic, theologian, jurist, and scientist, he has won his laurels, and though he has attained the venerable age of eighty-five, he can still hold his own with the most acute minds of the day.

Sir Edward is not a product of the older universities, for he was educated at Bristol College, and University College, London. His career at the bar was a series of triumphs, and thirty-five years ago

Sir Edward Fry.

he was appointed a judge of the High Court. Later, he was promoted to the office of Lord Justice of Appeal, and twenty years have now passed since his retirement. But a man of Sir Edward's energetic temperament does not take kindly to leisure, and during the last twenty years he has figured on innumerable commissions. He was arbitrator between America and Mexico in 1902, and between France and Germany in 1909, and he was also Ambassador Extraordinary and First British Plenipotentiary to The Hague Peace Conference in June, 1907.

When serving on commissions, Sir Edward Fry makes it his invariable practice not to accept anything for fees beyond a sum which, with his pension, will bring his income up to what he received when he was a judge of the Appeal Court.

THE ABOLITION OF PAIN.

English Surgeon Gives a New Anaesthetic to the Public.

The abolition of pain resulting from injury or operation is promised if the new anaesthetic process described in The London Lancet fulfills its discoverer's claims. Dr. F. W. Forbes Ross makes the announcement in The Lancet, and from the fact that it receives publicity in that conservative publication the claim of Dr. Ross may be considered to have received orthodox approval. Moreover, Dr. Ross has met the professional requirements by giving his discovery to the public.

Speaking of the new boon to humanity, Dr. Ross said:

"What I wish to make known is the discovery of the wide application of a prolonged local anaesthetic of incalculable value to humanity. I know, and I wish the world to know, how to kill pain following the severest bodily injury from accident or during and after the severest surgical operations.

"By the use of this anaesthetic it is possible to-day for a surgeon to guarantee to a patient freedom from pain after an accident or following an operation. I have found an absolutely harmless and non-poisonous antidote to physical pain and shock, and this antidote can be used without the least fear of local or general detriment to the sufferers."

In the operation the patient is put under a general anaesthetic in the ordinary way and then 5 to 10 cubic centimetres of a 1 per cent. solution of quinine and ura-hydrochloride are distributed over the nerve supply of the part effected. The effect of such injection is to produce a total loss of the sensation of pain. Popularly speaking, the affected part is put to sleep.

London suffers an average loss of 38 per cent. of bright sunshine through the presence of smoke.

"Dad, why are you called the head of the family?" "It is merely a courtesy title, my son."

Expenditure upon the navies of the world last year totalled $725,000,000.

At birth the pulse of a normal individual beats 136 times per minute; at the age of thirty, 70 times.