HOUSEHOLD

KEEP FOOD CLEAN.

What is the composition of dust? It has been described as a little of everything. In the paved streets of cities and towns earthy particles from the soil are always present. While street dust in the country is largely made up of the powdered earth of the road mixed with finely ground manure, in cities its lighter particles are composed of several kinds of dirt sufficiently disgusting to give us a hearty aversion to dust as an accidental accompaniment to any article of food.

The dust of rooms contains earthy particles, minute fragments of clothing fibre, bits of abraded skin and pieces worn away from walls, floor and furniture; also mould spores, bacteria and street dust in greater or less quantity, according to the location.

The daily examination of the milk of a certain model dairy revealed suddenly a great increase in the bacterial count. The physician and the bacteriologist examined the premises and watched every process in a vain effort to determine the cause, until it was noticed that the milk pails were put to sun where the dust blew on them. This cause removed, the bacterial count returned to normal.

These air and dust bacteria are not necessarily harmful, but where large numbers are present they are likely to be among them those which produce disease. A number of cases of illness are on record directly traceable to fruit, but it is difficult to determine whether in such cases infection has come through dust settling on the food or through direct contact of the fruit with infected human beings.

Better market inspection is needed, better protection of food from dust both in transit and when on sale, and a more rigid carrying out of existing law, but, above all, a demand for clean food on the part of the buyer.

Precautions should also be taken against dust after the food is delivered at the house. In modern dairying much stress is laid on the fact that sweeping the stable before milking fills the air with bacteria which are likely to infect the newly-drawn milk.

The same danger arises if food and dishes are left exposed in kitchen or pantry during sweeping. Tests have been made to determine how great this danger is in ordinary household practice, and it has been found not only that moulds, yeasts and bacteria are much more abundant in the air during sweeping, but that those stirred up by the sweeping do not settle back again for several hours afterward.

Evidently, then, it is not sufficient to cover food and dishes during the actual sweeping; they should remain protected for some hours. Dusting with a dry cloth or feather duster also stirs the micro-organisms into the air; for this reason a damp cloth to which they will stick is greatly preferable for cleaning in kitchen, pantry and china closet; in fact, everywhere.

These considerations also show the great sanitary advantages of modern cleaning devices, of which a number of sorts are now on the market, by which the dirt is sucked through tubes into suitable receptacles.

Bits of damp newspaper or damp sawdust sprinkled on a floor will hinder dust from rising when the room is swept, but the wooden or linoleum-covered floor of a well-kept kitchen and pantry should furnish little dust. Large particles should be lightly brushed up and the floor washed every few days.

A source of disease, but one frequently overlooked, is the pet animals of the household. The fur of even the most cleanly cats and dogs must come in contact with many things which we would not care to have touch our food. In many families where the animals are not allowed in the living rooms for fear of soiling the furniture they are given free range in kitchen and pantry, where the chances are they will leave more or less loose hair and dirt which may find its way to food utensils or to food.

CHOICE RECIPES.

Oatmeal Gruel.—Put two heaping tablespoonfuls oatmeal in one quart of cold water, stir until it commences to boil, then cook one hour, stirring occasionally to prevent scorching; season with salt, sugar and any spice desired. For infants and very sick patients it must be strained, and not salted.

Fig Sandwiches.—Chop the figs very fine, add water to make a thin, smooth paste and cook gently until of spreading consistency. Add nut meats chopped fine, with orange juice or extract to flavor. Or, if preferred, use grated candied lemon or orange peel with fresh fruit juice to taste. Spread between thin slices of buttered brown bread cut in fanciful shapes or between thin slices of angel food or sponge cake.

Plum Pudding.—One-half pound flour, one-half pound chopped suet, one-half pound breadcrumbs, one-half pound raisins, one egg, milk and sugar. Mix the flour, crumbs and a little sugar together, rub in the suet, add raisins and egg and milk to make a very thick batter. Put into a well-buttered dish, and bake in good oven for two hours.

Marshmallow Pudding.—Dissolve two tablespoonfuls of corn starch in one-half cupful of cold milk, add one-fourth teaspoonful of salt, three-fourths cupful of sugar and one-half teaspoonful of butter into one quart of boiling milk; stir this rapidly. Remove from the fire and divide into equal parts. Into one part stir the stiffened whites of two eggs; into the other four tablespoonfuls of melted chocolate. Flavor with vanilla. Put into a mould in alternate spoonfuls and serve with cream.

Making Cranberry Pie.—For the pastry: Sift half a teaspoonful of salt and 1½ cupfuls of flour; add four tablespoonfuls of butter when thoroughly chilled. Chop until like meal; add cold water to make a stiff dough. Chill; roll on a floured cloth or moulding board into a rectangular shape; fold ends toward centre, double, turn half-way around and roll again. This paste is a superior one. Chill before rolling for pies. Roll the paste one-quarter inch thick. Cut paste an eighth of an inch larger than plate. Cut strips three-quarters of an inch wide for a rim. Cut upper crust at least one-eighth inch larger than plate. Arrange lower crust on plate, wet edges with cold water, lay strips of paste on rim on this, taking care to lap and seal the ends with cold water. Fill the pie with whatever material is to be used. Cut little slits in centre of upper crust. Lay on pie; wet edges of rim. Have all edges even, leaving fulness in centre to allow for shrinking. Press edges lightly but firmly. For the pie: For filling, mix 1¼ cupfuls of chopped cranberries, half a cupful of chopped raisins, one cupful of sugar, one-quarter of a cupful of water and one tablespoonful of butter. This is sometimes called mock cherry pie.

SOME STRANGE FOODS.

Delicacies Enjoyed by the People of Some Countries.

If you go to New Caledonia or New Guinea for your holidays there is a chance that you will have dishes of clay served upon your dinner-table. Odious as the idea may seem to us, it is a fact that that there are many human beings who feast on clay. Travelers in the Orient declare that the yellow races are especially addicted to the practice.

After all, food is purely a matter of taste. The Eskimos delight in mice cooked in tallow. Then the Chinese consider that alligators, mice, and rats form most excellent foodstuffs. A certain tribe of Indians in California thrive upon ants.

On the European Continent butterflies are sometimes eaten. The Turkish enjoy goldfish, and in Japan a good deal of fish is eaten raw.

The South American Indians go hunting for caterpillars, kill them by crushing their heads, and then pack them carefully in grass until required for "table use." Some of the natives of Australia live largely upon the seeds of different species of grass. They also eat certain roots and bulbs and the gum obtained from trees.

Another Australian delicacy is the flesh of snakes, and a favorite dish, called tuinamba, is composed of pupa cases.

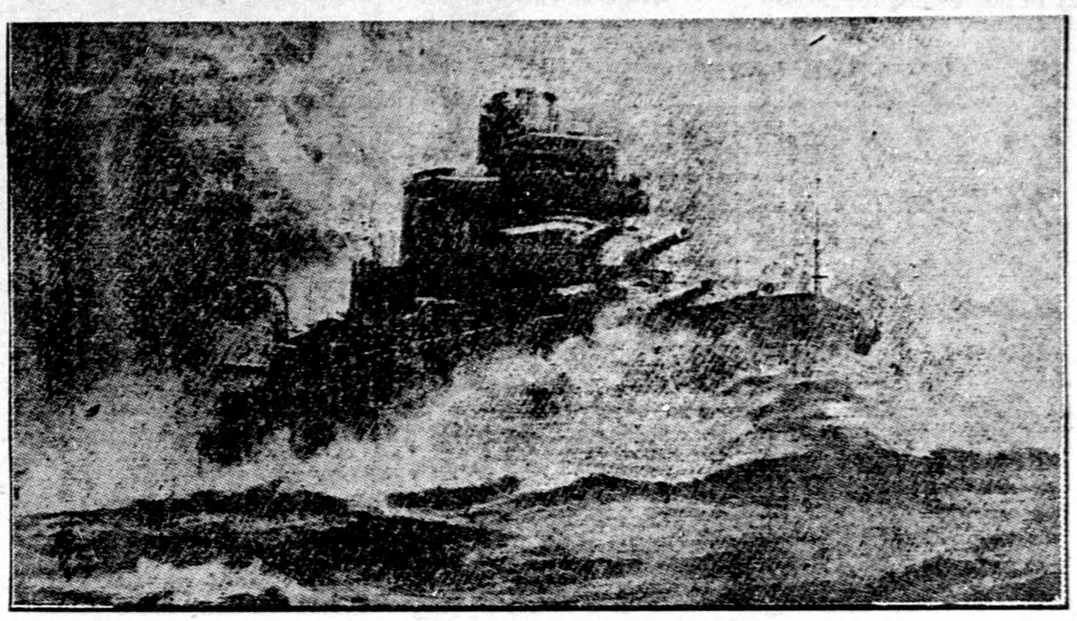
WEATHER PROPHET LEECH.

A leech kept in a glass jar of water is an excellent weather prophet. The jar should contain about three gills of water, which should be changed once a week in summer, once a fortnight in winter. When the leech lies at the bottom of the jar, and curled up in spiral form, you may reasonably rely on fine weather. If, however, it creeps up to the top of the jar and remains there, rain is coming. When the leech darts about its lodging with great swiftness, it is not suffering from a pain, but is telling you to look out for wind. If a hurricane is on its way the leech will be more out of the water than in, and will have convulsive movements. The jar, by the way, should be only partially filled with water, while the top should be covered with muslin. When Jack Frost is going to pay us a visit the leech behaves as when foretelling fine weather—i.e., he lies at the bottom of the jar; but when snow is coming he climbs right up to the mouth of the jar and sticks there.

MUNICH'S BEER RECORD.

The capital of Bavaria, Germany, maintains its supremacy as a beer-drinking community. Statistics just published by the municipal authorities show that the consumption of beer per head of the population last year amounted to no less than 70½ gallons. This is nearly three times as much as the Englishman's average. Last year Munich's breweries produced 81,752,000 gallons of beer, of which 42,500,000 gallons was drunk in the city, while the rest was exported to other parts of Germany and abroad. This home consumption represented an increase of 2,310,000 gallons as compared with the previous year.

THE MIGHTY BRITISH BATTLESHIP LION



They call her H.M.S. Hellfire in the navy, because the heat from her funnels on the trial trip warped the steel in the fighting-top. Britain's augmented fleet will be full of improved "Lions."

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, AUGUST 11.

Lesson VI. A troubled sea and a troubled soul. Mark 4.35 to 5.20. Golden Text, Psa. 46. 1, 2.

Verse 35. On that day—The particular afternoon of the day on which Jesus sat in a boat and taught the multitudes in parables. Unlike Luke (8. 22), Mark associates the events so that he remembers the very day.

The other side. — The eastern shore of the lake, about opposite Capernaum.

37. Storm of wind — Greek, a great squall. Matthew calls it a "tempest" (8. 24).

38. The cushion—On the helmsman's seat. The mention of the cushion and other little boats indicates the careful detail of Mark's narrative.

39. Peace, be still—Silence, be muzzled. He addresses the waves as though speaking to an unruly ox. The Greek word carries with it not only the meaning that the sea should become quiet, but also that it should remain so.

A great calm—"In contrast with the great storm."

40. Have ye not yet faith?—This question seems to indicate the principal lesson which the incident is intended to teach. In view of all the preceding miracles it would seem that these men, who had been intimately associated with Jesus, should have been confident of his power and disposition to care for them, yet the incident discloses a woeful lack of faith. The startled appeal to their sleeping Master bespeaks the distrust which possessed them when confronted with danger. The stilling of the storm is one more incident added to the long list of miracles which were designed to inspire the disciples with a constant faith in Jesus as the master of every situation.

41. Feared exceedingly—At first on account of their danger, later because of the mysterious power which Jesus exercised.

Even the wind and the sea obey him—Recorded in all three synoptic Gospels, indicating the marked impression made, that not only were disease and demons subject to Jesus, but the natural elements as well.

5. 1. Gerasenes—Luke 8. 26 gives this rendering, while Matthew 8. 28 reads Gadarenes. The city Gersa, or Kersa, from which the proper noun Gerasenes is derived, was situated on the eastern side of the lake, about midway from north to south, and about a mile from the shore. The shore at the point opposite is narrow and steep, dropping abruptly from the high tableland to the water's edge. Here there is another heap of ruins designated by the same name. The proper noun Gadarenes, on the other hand, comes from Gadara, a city six miles southeast of the lake and south of the Hieromax or Yarmuk gorge. Gadara was fortified in ancient times and was one of the principal cities of Decapolis. Compare verse 20. Because of its importance it was known more widely outside of Palestine than was Gersa, and this fact may have led to the substitution of Gadarenes for Gerasenes by some ancient copyists. When we remmeber how often the manuscripts of our Gospels were copied and recopied during the many centuries preceding the invention of printing, the wonder is that more copyist's errors of this kind than actually do occur are not found in the Gospels.

2. Straightway—A common word in Mark's rapid sketch of events.

Tombs—Caves in the limestone cliffs in the vicinity of Gersa.

A man—Matthew mentions two. Luke, however, mentions only one. It is not improbable that there were two of whom one was the fiercer and acted as spokesman.

Unclean spirit—Compare Lesson Text Studies for March 10 for note on Demon Possession.

6. Worshiped him—Paid him reverence. This was an act of obeisance which did not necessarily amount to the worship of deity, but was a common means by which one person acknowledged the superiority of another. The demons clearly recognized the mastery of Jesus over them.

7. What have I to do with thee? —The utterance of the man, impelled by the demon, which had nothing in common with Christ.

Thou Son of the Most High God—As though he recognized the deity of Christ. It is to be noted that although men were slow in recognizing Jesus as divine the demons identified him immediately.

9. Legion—So called because they were many. A legion was a department of the Roman army numbering 6,000 men. The language of the demoniac was of course figurative. It was as though he said, "I feel as though I were possessed of a thousand devils."

10. Out of the country—Luke 8. 31 reads "into the abyss." The demons feared being driven into torment, while the possessed man feared he would be driven from his asylum among the tombs.

13. He gave them leave—Matthew 8. 32 records that Jesus gave the command, "Depart." There is no intimation, however, that they were commanded to enter the swine.

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About two thousand—As estimated by the terror-stricken swineherds.

14. In the city—Gersa.

15. In his right mind—No longer controlled by demons.

They were afraid—Of the mysterious power which overcame the demons and resulted in such destruction.

16. Declared unto them how it befell him—Told a simple story of the incidents and their results.

18. As he was entering into the boat—The incident resulted in Jesus departing at once without having an opportunity to teach.

That he might be with him—A request prompted by both fear and devotion.

19. Go to thy house—The demoniac became an apostle to those whose doors were closed to Jesus.

20. Decapolis—A group of ten cities lying south and east of the Lake of Galilee.

FIND $500,000 IN TREASURE.

Russian Peasants Unearth Relics of the Fourth Century.

While some peasants were digging in a field in the village of Malaia, Russia, recently, they unearthed an old chest containing treasure to the value of $500,000. The treasure was in gold and silver coins of the fourth century and several gold and silver vessels of a later date. One of these was a large dish of damascened gold with a richly embossed rim encrusted with precious stones. A Latin inscription shows that this dish was at one time in the possession of a Bishop who lived in the eleventh century. A similar dish is embossed with the image of Sapor II., a Persian monarch of the fourth century. Other articles were eleven solid gold Persian cups.

The laborers kept the treasure in a cottage for a long time, thinking it was brass and lead. It was through their efforts to make a bargain with the owner of the field on their own valuation that the true worth of the metal in the chest was discovered. The estimate of valuation placed on the treasure is only what it would bring as bullion and not what it would bring in the world's great markets for antiquities.

Within a period of fifty years, the population of the United States has increased 330 per cent.

The unrefillable bottle has come at last. The unrefillable pocket-book we have always had with us.

MARRIED BLUEJACKETS.

Sailors in British Navy Feel Increase in Cost of Living.

One of the most important problems connected with the British navy is that known as the lower deck grievances. This problem may be split up into questions of pay, of privileges, of promotion and of discipline.

The question of pay is the greatest of them all. The pay of the navy, both for officers and men, has remained stationary since Nelson's day.

Of course the sailor is lodged, fed and clothed by the Government, and the question of pay would not be so important if sailors were single men and had no home but their ships. But the navy is essentially a married service. Practically every long service sailor gets married, and of the men in the service more than 50 per cent. have wives to look after.

Marriage is encouraged in the navy. The Admiralty recognizes that it is a good thing for men who remain from a dozen to twenty years in the service to contract the steadying tie of matrimony, but it does nothing to help them to maintain their shore homes. They get no extra pay and no separation allowance like the soldier. Thus it comes about that the recent rapid rise in the cost of living has been very keenly felt by the bluejacket. As a rule the married sailor makes an excellent husband.

In the matter of messing and of quarters the sailor is better off than he used to be; his food is more varied and it is better cooked, while the new ships give him more light and air and deck space.

Unnecessary interference with a curtailment of leave is another cause of the discontent among the men of the lower deck. When Lord Charles Beresford took over the command of the Channel fleet the offence of leave breaking had reached very serious proportions. Every Monday hundreds of men failed to return to their ships. Lord Charles extended the privilege of leave and gave the men liberty from Friday afternoon to Monday morning. In these two clear days they were able to go home, that was what they wanted, and leave-breaking promptly ceased in the Channel fleet.

To-day the offence is more or less prevalent again, for the Beresford system has been abolished, not because it had a bad effect on the efficiency of the fleet, but because the financial people at the Admiralty complained about the cost of it.

NO TIPPING IN SWISS HOTELS

Extra Charges Will Be Made on Tourists' Bills Instead.

Joy undoubtedly will come to the hearts of thousands of tourists who visit Switzerland every year as the result of the announcement that a number of Swiss hotels are going to do away with the tipping evil.

Wherever the tourist goes throughout Europe he must leave a trail of silver behind him, and in Switzerland the demands of valets, porters and others are particularly exacting. So much so, in fact, that if a tourist should tip sparingly or not at all his bags and trunks are so marked that when he arrives in the next resort town he is labelled as stingy and mean. This means of course poor service. The methods of "highway robbery" in practice at the Swiss hotels have been a source of numerous complaints to hotel managers and it was realized that something must be done about the matter.

The remedy proposed is this: A specific sum under the head of "special services" will be charged on the tourist's bill for polishing shoes, handling baggage and other such services.

Although it is not announced which hotels will take up the new scheme, it is certain to become general.

HAUNTED BY 31.

These Figures Pursue London Man Home and Abroad.

Harry W. Devonshire in a letter to the London (England) Times says:

"During a residence of some seventeen years in the metropolis I have lived at six different addresses in the West End of London bearing the number 31. Five of these addresses I approached without any preconceived intention of doing so and one of them by design. Four of my intimate friends reside at addresses in town, each house being a No. 31. Five other friends live in residences in London exactly opposite houses bearing the number 31.

"If my taxicab should be held up by congested traffic my vehicle has times without number stopped exactly opposite a No. 31. While strolling around a West End square recently my attention was attracted to one of the houses by reason of its original design, and upon approaching it for closer inspection I discovered it bore the number 31.

"Leaving the enclosure at the London Aerodrome last Saturday to walk around the grounds with a friend we were suddenly attracted by Hamel's remarkable exhibition of flying. I led the way to one of the numerous slightly raised foot-rails which border the enclosure, and when we stepped back again on to the ground we both observed it bore the number 31.

"I attended an evening function a short time ago at which over 300 guests were present and the disc handed me in the cloak-room was No. 31. I may state that not a single person in the building but the friend who was with me and who accompanied me to Hendon knew of these No. 31 occurrences, and his astonishment was as sincere and profound as my own.

"On Thursday of the present week, in the cloak-room of a certain West End house which was crowded to repletion with wedding guests, the man servant tendered me a disc No. 31 in exchange for my hat and stick and I refused it. I was determined to attempt to break the spell of this irritating and ghostly No. 31 which pursues me everywhere and upon occasion. I may conclude these experiences by mentioning that the entrance to my club which I daily visit faces a No. 31."

NEW WAY TO KILL LOCUSTS.

Invented by a French Scientist, Dr. Felix d'Herelle.

During a visit to Mexico two years ago, Dr. Felix d'Herelle, a young scientist of the Pasteur Institute, noticed that locusts were subject to an epidemic disease, and concluded that the best means of destroying the insects would be to spread the disease among them.

After careful research he discovered the bacillus of the disease, and, as the result of a paper read before the Academy of Sciences in Paris, was invited to make a practical test of his discovery by the Government of the Argentine, where every year the plague of locusts does incalculable damage to the crops.

His first experiments were immediately successful, a swarm of locusts kept between barriers for observation purposes being exterminated in six days after they had eaten grass sprinkled with M. d'Herelle's preparation. Within less than a week dead locusts were also found thirty miles from the infected fields, while forty days afterwards locusts bearing the mark of the epidemic were picked up two hundred and fifty miles from the infected area.

The locust plague in the Argentine threatened to be worse than ever this year, and in the spring the doctor set out, accompanied by mules carrying the disease-spreading liquid, and sprinkled every swarm of locusts that could be found in the Province of Rioja, where acre after acre of the insects had just hatched. After three weeks only one living swarm was left in the entire district.

The doctor declares that his preparation in no way affects the cattle grazing in fields sprinkled with the liquid.

CONVICT TRIES SUICIDE.

Nails, Screws, Glass, Lead, Etc., Found in His Stomach.

A convict who is undergoing a long sentence in the prison of Lenzbourg, Canton of Argovie, became tired of life recently, and decided to hasten death by a curious method. He swallowed every piece of metal, glass, etc., he could find in the courtyard when the wardens were not watching him. This continued for weeks, and the convict seemed to thrive, but the other day he was found writhing in agony, and the doctor, to save the man's life, performed an operation in haste.

From the convict's stomach were extracted 147 nails of various sizes, 69 screws, 24 pieces of glass, 9 bits of lead, 22 brass heads of nails, 3 collar buttons, and the broken blades of a knife and a chisel. **The operation was a success, and the convict, who has changed his view concerning his departure from this world, will soon be well again.**