HOUSEHOLD

WINTER PRESERVES.

Raspberry Vinegar.—Place three pounds raspberries in a jar and heat them thoroughly to extract all the juices, strain this and add one quart of the best white vinegar. Add one pound sugar to every pint of liquid and simmer gently for 20 minutes to half an hour. Bottle and use as required.

Pickled Walnuts.—Make a brine with one gallon of water and three pounds salt. Prick the young walnuts and place them in the brine. Leave them in this for nine days, changing the brine every three days. After the ninth day place them on a tray in the sun to dry, when they will turn black. Place them in jars when quite dry. Boil one quart of vinegar with one ounce whole black pepper, one-half ounce allspice, one ounce bruised ginger for 10 minutes. Strain and add it to the walnuts. Tie down ready for use in winter.

Chutney.—Take one pound each of apples, gooseberries, tomatoes, figs and raisins. Pass these through a mincing machine, add one quart of vinegar, two pounds sugar, one-quarter pound salt, one ounce ginger, two ounces garlic and one-quarter ounce red pepper; place all in a pan and boil for an hour—bottle and use. Crab-apples make excellent chutney.

Canning Tomatoes.—Scald and remove the skins fro mthe tomatoes, cut out the core and hard parts; put the tomatoes into a porcelain-lined kettle and bring to boiling point. To each quart add a teaspoonful of salt, fill the jars, stand them in the cannery and process for 30 minutes. Be careful to sterilize the rubbers and lids before sealing the jars by immersing them in boiling water. Never use a jar that cannot be hermetically sealed.

Covering Apple Jelly with Melted Paraffin.—Wash and wipe fruit. Remove the stems; cut in pieces, put in preserving kettle, nearly cover with cold water; cook very slowly until apples are tender. Pour into a hot jelly bag and drain thoroughly, but do not squeeze. Measure the juice, allow one pound of sugar to every pint of juice. Boil the juice for half an hour; add the sugar, which has been heated on a platter in the oven; stir until the sugar is dissolved; boil for eight minutes or until it jellies. Skim when necessary. Pour the jelly into glasses; let stand until firm and pour melted paraffin over the top of each glass; then cover with paper cover. Keep all jellies in a cool, dry, dark place.

USING UP FATS.

Fats that are derived from the cooking of bacon, ham, chicken, beef and other meats should be kept, each in its own receptacle, to be used for different purposes.

Home rendering of both suet and leaf lard has its advantages, because the product is generally superior to what can be bought for the same price.

Both suet and leaf lard require cooking in order to loosen the fat from the tougher membrane that holds it. For this purpose the material is cut in small pieces and covered with water and allowed to cook slowly for some time until no more water remains.

A better method for suet is that used by German housewives, who economize on butter by the use of beef fat more than do Canadian housekeepers. The suet is cut in small pieces and covered with water, in which it is allowed to soak for a day, the water being changed once in the time. It is then drained, the scrap has turned to a light brown, and put into an iron kettle with one-half teacup of skimmed milk to every pound of the suet. It should be cooked very slowly until the sound of boiling entirely ceases.

When it has partly cooled it should be carefully poured off. This fat has no unpleasant taste or odor, and in many recipes may be substituted for part of the butter. Some cooks add a pound of leaf lard to four or five of the suet; this makes a softer fat, as lard has a lower melting point than beef fat.

An old-fashioned method of clarifying fat from the soup kettle, or from cooked meats, so that it may be used in the kitchen, is to add the cold fat to a liberal quantity of cold water, then heat slowly and let cook for an hour or more. When cold, the cake of fat is removed and the lower portion, which will contain the small particles of meat, etc., should be scraped away and the white, clean fat saved. If the flavor or color of both are not satisfactory the process may be repeated several times. Another method which is often recommended is to cook a number of slices of raw potato in the boiling fat.

When an ice chest is used, fat in small quantities may be easily kept sweet for cooking purposes. If lard is rendered at home in quantity sufficient for a long time, it should be kept covered in tins or earthen jars, in a cool, dry place, as in a cellar or storeroom.

RICE AND LETTUCE.

A usual combination of special food value is cold boiled rice heaped on cress or lettuce. In the centre of the rice put some slices of pickled red beets and sprinkle the whole with chopped olives before adding the completing touch of a rich mayonnaise.

Or turn out little molds of cold boiled spinach upon cress or lettuce, decorating with slices of hard-boiled eggs and olives.

Where lettuce alone is at hand vary the dressing instead of the principal ingredient. Combine for the sauce half a cup of cream, the yolks of two eggs, a dozen capers and four teaspoonfuls of tarragon vinegar. Beat thoroughly and pour over the lettuce, tossing the latter with a fork to mix the sauce thoroughly through.

A salad that the men folk will rejoice in—that sex as a rule being partial to onion—is made in this way: Half a dozen sweet green peppers, with the seeds removed in the usual way, and one large Bermuda onion, all of these minced fine by passing them through a meat chopper. Add salt, pepper, French mustard, a cup of olive oil and the juice of one lemon, in which a one-inch piece of preserved ginger has been minced very fine. Serve on lettuce, very cold.

The basis of many a tasty salad is cream cheese, one recipe applying to it being as follows: Chop very fine some olives and green peppers; combine with the cheese, using enough cream to arrive at an agreeable smoothness, and serve on cress or lettuce which has been dipped in French dressing.

Or chopped olives and pickles can be stirred into the cheese in the same way.

A DANISH WEDDING.

There Are Seldom Fewer Than 50 Guests Present.

The number of invitations varies according to the means of the bride's parents, but there are seldom less than 50 assembled, and often as many as 150, old and young. A day or two before the wedding the various guests send their gifts, not to the bride, but to her parents, consisting generally of contributions toward the expected feast, and beyond participating in much revelry and good cheer the bride and bridegroom do not derive any benefit. One friend contributes, say, eight pounds of butter piled high on a platter fringed with greenery; another a score or two of eggs or some chickens. A lamb, joints of beef, or a small cask of fine old ale follow in quick succession, and in this way the parents frequently receive more provender than can be consumed at the festivity, and their sole expense consists of the hiring of plates and dishes from the nearest stores in the town where the farmer sells his grain and buys his wife's groceries and ribbons.

For months before the wedding the bride, with her mother and sisters, have been hard at work at the loom, spinning and weaving all the linen for the person as well as the house, which store, together with a pair of young horses, a couple of cows, and a pair of sheep, invariably form a part of her marriage outfit. Bridal ornaments are not heirlooms, as in Norway. The Danish peasant girl wears a simple crown of myrtle with her national costume—varying with the district, but always charming—and pots of myrtle are carefully cherished by girlish hands through the long winters in anticipation of the great event. Her sole heirloom is the great oaken dower chest, heavily clamped and often finely carved, that holds her goodly store of linen.

At 11 o'clock on the wedding morning all the guests meet at the house of the bride, driving up in carts, and when she is ready the long procession starts for the church, headed by two outriders, who are the "best men." Next follows a cart containing the band, comprising three or four brass instruments, and the village fiddler. After them comes the cart containing the bride alone, both parents remaining at home to put the finishing touches to the festive board, already spread. Behind the bride comes the bridegroom, also alone. He sits in the middle of his vehicle, in all the conscious glory of a new tall hat and a vast cloak of man capes, worn even in the summer time as lending a dignity suitable to the solemn occasion and as a mark of distinction. Near the church children strew flowers, as well as near the bride's old home, where there is also an archway draped with flags. Returning from church, the bride and bridegroom sit together, the band preceding them, heralding their approach with gleeful strains.

Anything you get for nothing is usually worth a little less.

POISONING FROM OVERWORK

A NEW DEFENCE FOR SHORTER HOURS.

A Tired Person is Poisoned by Waste Products of His Own Body.

During the last century, while many who have seen the practical results of overwork in industry, and year after year sought a legal remedy, men of various sciences have unknown to them been studying the same phenomena in the laboratory. Physiologists, chemists, bacteriologists and psychologists have contributed to this study. It is the facts brought out by such investigations, which, as presented by Louis D. Brandeis and Miss Goldmark, have afforded a powerful and successful argument before the federal supreme court for upholding state legislation regulating health conditions in industry.

A tired person is literally and actually a poisoned person—poisoned by his own waste products. But so marvelously is the body constructed that, like a running stream, it purifies itself and during repose the cast-off impurities are normally burned up by the oxygen brought by the blood, excreted by the kidneys, destroyed in the liver, or eliminated from the body through the lungs. So rest repairs fatigue.

This balance is kept true and fatigue is repaired just as long as it remains within physiological limits; that is, as long as activity is balanced by repose, the obnoxious products of activity are more quickly eliminated and tissue is rebuilt. The physiological normal phenomenon of fatigue becomes pathological or abnormal exhaustion, as soon as the balance between rest and fatigue is destroyed.

DIE FROM POISONING.

In extreme instances, as when hunted animals drop dead in the chase, they die not from overstrain of any particular organ, such as the heart, but from sheer chemical poisoning due to the unexpelled waste matter of fatigue.

But the laws of fatigue furnish a scientific basis for legislation and an explanation of the effect of overwork on health, output and production. This is the more important because regulation of the length of working hours has been so bitterly opposed by those who fear that the lessening of the hours of labor means a corresponding economic loss. From the first dawn of protective legislation in England over a century ago to the present day the rallying cry for the most diverse-minded opponents of legislation has been the threatened ruin of industry and manufactures. Yet the unconscious consensus of testimony from various states and countries on the economic benefits of the short day, recorded in official and unofficial documents, is in its turn as impressive as we found the unanimity of evidence on the physical effects of the long day.

The essential injury of overtime is due to what has been graphically proved by the ergograph that effort increases with fatigue, that work continued after fatigue has set in requires so much more subsequent time for recuperation. But during a rush or overtime season such time for recuperation is necessarily lacking. The girl who is kept in the great department stores until 10, 11 or 12 o'clock at night during one or two frenzied weeks before the holiday which heralds

THE REIGN OF PEACE;

the girl who works at fever heat all evening stitching shirtwaists in January for the spring trade, is not relieved from the necessity of reporting for work at 7 or 8 o'clock the next morning. She comes to work unprepared and with each day of overtime accumulated fatigue necessarily grows.

In theory the requirement of overtime is supposed to be balanced by the slack period which often follows. A short period of overexertion is assumed to be compensated by a subsequent let-up. But the slack period which often follows overtime does not give the supposed opportunity for leisure and recuperation. It is itself a season of deprivation. For slack work means slack pay, with a consequent loss rather than gain in opportunities for recuperation.

Yet, so far as the overworked are concerned, all these causes of distress might be removed—wages, food, housing and sanitation, all be raised to a higher level—and yet the essential cause of breakdown would be untouched so long as the few extra hours of work remain, as our supposed critics would call them. The shorter workday and relief from overstrain are not in themselves the cure for the ills we have considered, but they are the sine qua non without which no other cure is possible or conceivable. Just because a fatigued person is a poisoned person, poisoned by the accumulation of his own waste products, nothing can fundamentally cure the exhausted workers which does not eliminate the cause for such accumulated poisoning.

LONG BUT NARROW.

English Tourist—"How far do you call it from Kilmarnock to here?"

Scot:—"It'll be aboot twa mile, I'm thinking."

Tourist:—"Your miles seem a bit long about here."

Scot:—"Aye, mon, they're lang, but they're gey narrow."

ROPE HORSESHOES.

How the Germans Provide for Safety in the Streets.

Owing to the rapid increase in the mileage of streets paved with asphalt and wood blocks and to the congestion of traffic in the large cities, it was found necessary to afford greater safety for horses, to prevent their slipping and to enable them to come to a quick stop. This has been attained by fitting them with "rope" horseshoes. These shoes were first manufactured some 25 years ago, but it is only during the last decade that the industry has grown to large proportions.

Various forms and shapes of shoes are used. Some are open at the back, like an ordinary horseshoe. Others are closed; and often, besides being closed there is a bridge or cross-piece joining the two sides. When this is the case the bridge is constructed like the rest of the shoe, inclosing a tarred rope. There are usually eight nail holes in each shoe; and in order to strengthen the bottom, and especially to make the nail holes more secure, the walls of the groove are sometimes reinforced by braces. The space in the centre of the shoe is often covered over with various kinds of inserts to protect the frog from injury. The latest novelty, which has been adopted by the Royal stables, is the insertion at the back of the shoe of a block of wood into which stiff bristles have been driven. This is an additional preventive again slipping. When the ground is covered with snow a special ice plate is inserted in its stead.

It is customary to use special nails with long heads in attaching the shoes to the hoof. When the long-headed nails are used, it is possible to drive them in and to extract them without taking out the rope. These nails, which are driven between the outer side of the groove and the tarred rope, also help to hold in the rope. The tarred rope wears down simultaneously with the rest of the shoe, and it is only on rare occasions that the rope must be withdrawn and new inserted. This change can be made without removing the shoe. The average life of a rope horseshoe is six to eight weeks.

The advantages and disadvantages of the rope shoes can be summarized as follows:—Advantages—They are light and comfortable for the horse; they help to prevent slipping; they break the concussion and deaden the sound of the hoop. Disadvantages—The driving of the nails requires more care; the blacksmith must have in stock a larger quantity of shoes of various shapes and sizes. Great care has to be taken in the preparation of rope horse shoes not to overheat the iron nor to hammer it when too cold, otherwise it will crack on the anvil.

In addition to the plain tarred rope horseshoes there are shoes in which rope interwoven with wire, wood, rubber, copper, wirework, rush, etc., is used. These are heavier, somewhat more expensive, and less practical than the plain rope shoes, and therefore have not become so well established.

MORE WOMEN SMOKING.

Smoking is becoming far more common among women in London, England, society. The habit is indulged in more openly than it was, and it is not an uncommon sight to see a woman motorist who is making calls puffing away at a cigarette between visits or a woman golfer doing the same thing. At many of the West End restaurants women no longer take the trouble to conceal their liking for the cigarette. Many women, moreover, have got beyond the cigarette stage and smoke cigars—mild Havanas.

Perhaps no man ever practised all he preached, but this is not a final argument against preaching.

Many a man who is rich in experience is unable to raise the price of a square meal.

DR. FRED. TORRANCE,

Who has been appointed Veterinary Director-General for Canada in place of Dr. J. G. Rutherford.

SALVAGE MONEY.

Some Rich Prizes Found on the Deep Blue Sea.

The owners, officers, and crew of any ship that rescues another at sea from a perilous position are entitled by law to receive salvage money for doing so. All European nations observe this law.

The amount of salvage money received for rescuing a disabled ship depends partly upon the value of the rescued ship's cargo, and partly on the extent of the risks run by the rescuers in salving the disabled vessel.

As a general rule, a fifth of the value of the cargo is paid by the owners of the rescued ship, but from time to time as much as half the value of the salved cargo has been paid.

Some years ago it fell to the lot of a little Bristol tramp named the Teacher, to rescue, at great risk to herself and her crew, a Russian liner, which had broken her propeller when within ten miles of Manukau Bar, on the West Coast of New Zealand. The Russian ship was in a most perilious position when the Teacher came to her rescue; she was drifting on to the dangerous bar, and would certainly have been wrecked but for the timely arrival of the Teacher, which took her in tow and brought her safely to port, where she was able to get fitted with a new propeller.

The Russian ship had $300,000 in specie on board. The Teacher's captain—who was also her owner—demanded $150,000 for salving this valuable cargo, and, after some litigation in the Russian courts, he was awarded $75,000. Under the award each of the crew, of whom there were six, took $3,500 of the sum allowed. This was one of the biggest hauls ever taken in the way of salvage money.

Another big haul was made by a small Spanish tramp. She rescued an English cattle-ship named the Barking, which had on board some tons of cable wires, and became disabled in mid-ocean through the smashing of her steering-gear. The Spanish tramp towed the Barking into Southampton; the owners of the La Manta subsequently sent in a little bill for $25,000 to the owners of the Barking, which was paid. Each of the crew received $500.

Sometimes the captain of a rescuing steamer goes to the rescue of a disabled ship to make a bargain with the captain of the latter that a certain sum will be paid him—or his owner—in the way of salvage money, and a much bigger sum is sometimes secured in this way by a rescuing ship than would be awarded her owners, officers, and crew in court; but, on the other hand, if an agreement of this sort is entered into, the circumstances in which the captain of the disabled ship has no choice but to accept it may be set aside if the matter comes into court.

This was done some years ago, when the captain of a German steamer demanded $20,000 from the captain of an English steamer, named the Eagle, which had grounded on a reef near Aden, in the Red Sea. The Eagle had been on the reef for three days, and it was certain that, if she remained there another day, she would become a total wreck. She was carrying silver specie to the value of $50,000, which fact, when it became known to the captain of the German steamer, made him demand the big sum of $20,000 for getting the Eagle off the reef and towing her to Aden.

Litigation ensued over the matter subsequently, and the German tramp was awarded exactly half the sum her captain had forced the captain of the Eagle to agree to.

London is the healthiest capital in Europe.

Silence is golden when it is purchased with hush money.

There's many a slip 'twixt the solitaire and the marriage altar.

During the last seven years the farming population of New South Wales has increased by 7,000 people.

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, AUGUST 18.

Lesson VII.—The ruler's daughter, Mark 21-43. Golden Text,, Mark 5. 41.

Verse 21. Crossed over again — Immediately after healing the demoniac on the eastern shore of the Lake of Galilee, Jesus and his disciples returned to the western shore. Mark, in characteristic fashion, interweaves the incident of healing into his narrative. He does not follow the chronology given in Matthew 9. 1-18, but seems to select incidents which he considers of great importance.

22. Falleth at his feet—Though a distinguished citizen and of dignified social position, his parent grief brought him in self-humiliation to the feet of Jesus.

23. My little daughter—According to Luke 8. 42, an only daughter.

At the point of death—Luke records that she "was dying."

24. Thronged him—Crowded close about him.

The narrative is interrupted at this point by the incident of the healing of the woman with an issue of blood, verses 25 to 34. Although Jairus's case was urgent, Jesus took time to honor the faith of the woman who touched his garment. However, the interruption has the literary value of sustaining and ointensifying the interest in the main narrative.

35. While he yet spake—To the woman who touched his garment.

Why troublest thou?—This may represent a subtle effort on the part of Jairus's aristocratic friends to have nothing further to do with the Galilaean peasant. It is more likely, however, that the question was the result of their belief that the child was past restoration and further solicitation would cause Jesus useless trouble.

36. Not heeding the word—Or, overhearing. Jesus overheard what was not addressed to him and paid no attention to it.

Fear not, only believe—An exhortation to steady, unwavering faith in the face of the aparently greater difficulty. Here, as in many other places, faith is represented as the condition upon which the miracle is to be effected. In other instances, such as the healing of the woman with an issue of blood (verses 25-34), the condition of the healing is personal faith. In this instance it is substantial faith. The child is dead, so that she has no power to believe, but the father's faith is accepted as sufficient ground for restoration of her life.

37. Peter, and James, and John —Jesus's "inner circle" of friends who were with him at the transfiguration (Mark 9. 2) and in Gethsemane (14. 33). Only the three disciples were taken, that the strictest secrecy might be maintained concerning this unusual miracle. It had been the habit of Jesus on numerous occasions to enjoin secrecy in regard to his miracles, his object being to avoid as much as possible the unwelcome notoriety which they produced. Yet he desired that some of the disciples should have the benefit of such a lesson.

38. Weeping and wailing greatly —The lamentation of hired mourners, the number and commotion of which had increased to meet the requirements of the family's social standing.

39. Not dead, but sleepeth—Sleep was a common symbol of death. The statement did not in any sense detract from the reality of death. Jesus uttered it in the consciousness that he would raise the child to life again.

40. Laughed him to scorn—The conduct of the hired mourners, who knew the girl to be dead.

Put them all forth—Except the five mentioned.

41. Talitha cumi—The actual Aramaic words which Jesus spoke, meaning "Maiden, arise." Recorded only by Mark.

42. Straightway—The return to life was effected instantly.

43. No man should know — The report of such a miracle would so increase the popularity of Jesus among the people and create a corresponding hatred among the Jewish leaders as to hinder the more important work of teaching the principles of the Kingdom.

ANCIENTS USE PETROLEUM.

The petroleum industry, which has made such great advances during the last fifty years, deals with a product which has been known in other lands from earliest days. In China it was used long before history was first written. The famous petroleum springs near Baku on the western shore of the Caspian sea have been known from the earliest times. Antiquarians say that Pliny and Herodotum each knew or had heard of petroleum.