HOME

Selected Recipes.

Banana Salad.—Arrange nests of lettuce leaves on salad dishes. Slice a banana and lay in each nest. Cover with a mayonnaise dressing.

Baked Apple Sauce.—Fill a deep pudding dish with apples, quartered, pared and cored. For 1 quart of apples allow one-half cup of sugar and one-half cup of water. Bake, closely covered, in a very moderate oven several hours or until dark red.

Baked Bean Soup.—Take cold baked beans, add twice the quantity of cold water, let simmer until soft. When nearly done, add one-half as much tomato. Rub through a colander. Add water until the right consistency, season to taste with salt, pepper and mustard. Heat again and serve with toasted crackers or croutons.

Baked Veal in Crumbs.—Dip a fresh veal cutlet in beaten egg, then in fine cracker-crumbs, and lay it in a baking-pan. Cut thin slices of bacon or salt (pickled) pork, and lay them over the cutlet, so that it is fairly well covered. Bake in a hot oven for about half an hour. A thick slice of cutlet gives the most satisfactory results. Serve with mashed potatoes.

Croquettes of Beans.—Cook one-half cupful of white beans until well done. Mash them thoroughly, and add two tablespoonfuls of melted butter. Brown in a little butter one small onion very finely hashed, and one tablespoonful of chopped parsley. Add these to the beans with enough bread-crumbs to make a paste easily formed into small balls. Fry in deep fat.

Oyster Macaroni.—Boil macaroni in a cloth to keep it straight. Put a layer in a dish seasoned with butter, salt and pepper, and then a layer of oysters; alternate until the dish is full. Mix some grated bread with a beaten egg. Spread over the top and bake. This is a popular French dish. A pint of oysters and a pint of macaroni serves six people.

Baked Beef Roll.—Three pounds of raw beef (round), chopped fine; three cups of sweet milk, one egg, one cup of bread crumbs, one table spoon of salt, one teaspoon of pepper, sage to taste. Mix all well with a tablespoon of melted butter. Mold into a loaf, put a little water and butter in the pan, baste occasionally and bake one and a quarter hours. Can be eaten hot or cold.

Roast Chicken.—Cleanse thoroughly, adding a little soda to the last water. Prepare a stuffing of breadcrumbs, a little chopped onion, butter, pepper and salt, or use thyme in place of onion. Roast an hour or more and baste two or three times; or inclose in a covered tin and bake till done. Stew the giblets and necks for the gravy.

Pink Delight.—Into the whites of two eggs, beaten stiff, beat two tablespoonfuls of powdered sugar and one cup of strawberry jam. Set on the ice until chilled. Serve in glasses. This is a simple dessert, but it delights the eye as well as the palate. You may use red raspberry jam, pineapples or orange marmalade in place of the strawberry with excellent results.

Upside-Down Pie—Peel and quarter six large apples, and cook them in a pudding-dish on top of the stove. Make a batter of one-quarter of a cupful of butter, three-quarters of a cupful of milk, one cupful of flour, one teaspoonful of baking-powder, one tablespoonful of sugar, and the yolks of two eggs. Save the whites for the frosting. Pour the batter over the apples, and bake; then turn the pie out on a plate, cover with frosting on the apple side, and brown in the oven. Serve with cream.

Jumbles—Use twelve tablespoonfuls of butter; three-quarters of a cupful of sugar; two cupfuls of flour; the yolks of three eggs beaten with one teaspoonful of water. Beat the butter to a cream, and then add the sugar and eggs. Sift in the flour, and add a few drops of almond extract. Roll the paste between the hands into little balls the size of a hickory-nut, and drop them on a buttered tin. Press on each a slice of citron or of candied orange-peel. Bake in a moderate oven ten or fifteen minutes.

Halibut Salad—As the basis for it, take from one-half pound to a pound and a half of halibut, depending upon the number of persons to be served. The dressing as given below will be sufficient for the larger quantity. Boil the amount of halibut desired, and when it is cool, flake it, and mix with it the juice of half a lemon, one-half teaspoonful of salt, and a pinch of cayenne pepper. Cover it and let it stand one hour. Make a dressing of one teaspoonful of mustard, one teaspoonful of salt, two teaspoonfuls of flour, one and one-half teaspoonfuls of sugar, one teaspoonful of melted butter, a pinch of cayenne, the yolk of one egg, and one-third of a cupful of vinegar. Cook slowly until it thickens to the consistency of cream. Remove it from the fire and add one-third of a tablespoonful of gelatin dissolved in one and one-half tablespoonfuls of water. When it is cold add one-half cupful of cream, whipped, and fold in the fish. Put it into a mold, and chill. You can cut the molded dish into slices, and serve it with either mayonnaise or French dressing.

Useful Hints.

Never leave a mat that is frayed at the edges about the house. It is so easy to trip over the torn part.

Breadcrumbs added to scrambled eggs are a great economy. With this addition two eggs go as far as four without it.

If a calendar seems too pretty to destroy paste a piece of sandpaper over the calendar pad and use it as a match scratcher.

Finger nails that are manicured every week will retain their delicacy and lustre much longer than those that are neglected.

The time to eat a turkey (says an authority), given crisp, cold weather, is ten days or a fortnight from the date of killing.

If grease is spilled upon the kitchen stove throw a handful of salt upon it, and it will prevent any disagreeable odor from arising.

A little vinegar kept boiling on the stove while onions or cabbage are cooking will prevent the disagreeable odor going through the house.

Never wear one pair of shoes all the time unless obliged to do so. Two pairs of boots worn a day at a time alternately gives more service, and are much more healthy.

When making a ground rice pudding a great improvement to it is to add two teaspoonfuls of cornflour to the mixture. This makes it very creamy, and adds greatly to the flavor.

To remove scorch marks from linen take an onion, cut it in half, and rub the scorched places with it. Then wash in cold water, leave to soak for an hour or two, and the mark will disapear.

Before baking potatoes let them stand in hot water for fifteen minutes. They will require only half the time for baking, are more mealy and palatable.

It often happens that new kid gloves split the first time they are tried on. To prevent this place them between the folds of a damp towel for about an hour before they are to be worn. The damp will stretch the kid, so that the gloves give to the required shape without splitting.

When a chimney is on fire the first thing to do is to shut off the supply of air by closing all the windows and doors. A large supply of sulphur, or, failing that, common salt, should be placed on the fire, so as to produce a vapor, which will destroy the flames. A wet blanket or rug should be held over the fireplace opening so as to cut off the supply of air as completely as possible.

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1-11-12

TIBETAN PEASANTS IN GROTESQUE DANCE.

"I saw one day," writes Mr. Hugh Fisher, "a rather elaborate dance by Tibetan peasants on an open space of grass, an old traditional performance called the 'Amban dance,' which is supposed to represent the homage of a group of villages to the 'Amban,' an emissary of the Chinese Government (the figure with a peacock feather in his hat), and which included a number of grotesque mythological creatures such as a peacock, a turtle, and two fearsome looking dragons. The dance was executed with great gusto, and an obvious sense of humor, which more than compensates in the Thibetan for a reputed carelessness in the matter of personal ablutions. . . . The turtle in the foreground is devoured by the two scarlet-jawed dragons, the child-performer slipping out of the bamboo framework for the latter to be gobbled up."—London Illustrated News.

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"The Last Supper" in Tattoo.

One of the most remarkable examples of tattooing of religious subjects is that provided by the case of an engineer storekeeper on one of the White Star liners. He has, perhaps, the most wonderful tattooed body in the world. From his neck to his waistline he is covered with pictures and inscriptions. Displayed on his body is a wonderful piece of the tatoo artist's work. It is nothing less than a faithful reproduction of Leonarda da Vinci's picture "The Last Supper."

Elihu Root was cross-examining a young woman in court one day. "How old are you?" he asked. The young woman hesitated. "Don't hesitate," said Mr. Root. "The longer you hesitate the older you are."

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MANIKIN WAR IN LORRAINE.

French and German Boy Scouts Come to Blows.

Even among the children of Alsace-Lorraine exists the bitter enmity of the French against the Germans, an enmity which no length of time or no efforts of Germanization seem to overcome.

The newspapers here give prominence to a situation which recently presented itself at the Ecole Superiore. The world-wide interest in the Boy Scout movement proved contagious and a company was organized by one of the professors of the school. Hardly was the company formed when the youngsters divided themselves into two camps. The young immigrants, for the most part sons of the officers of the garrison, formed themselves into a special company known as the Kaiser Wilhelm Kompagnie. The other youngsters, of French parentage, were known as the Alsaciens. Both sides were soon on a war footing and frequent encounters took place, resulting in bloody noses and numerous bruises.

Finally, after several encounters, the matter came to the official ears of the school and the leader of the Alsatian group was dismissed. This caused a general uproar and Kaiser Wilhelm's admirers were compelled to disband. The leader of the Alsatian boys is the son of one of the high German functionaries, but his mother is a French woman.

HORDE OF HEDGEHOGS.

Both They and Rats Seem to Flourish in Wet Years.

Among the curiosities of natural history that last year produced in England is to be noted the extraordinary multiplication of the hedgehog. On some of the heavy lands of the Midlands they have been found hibernating in such numbers as no native has imagined possible.

This is the more curious as other mammals, especially rabbits, are singularly scarce. The rabbits were drowned in hundreds. Their bodies were seen floating down the brooks, and a certain number of leverets were also killed by the wet. What should make these rather obscure animals flourish is mysterious; but both they and the rat seem to multiply in wet years.

In the places where these hedgehogs are so numerous there is a great dearth of partridges, and the two facts are by some connected. It is not unlikely that the number of these animals has forced them into a rather less vegetarian diet than is usual, and some nests were rifled. But it is only when the numbers are excessive that any English animal is out of place in the economy of the country. There is room even for the wild cat, which has recently been rediscovered in the north, where it was held to be extinct.

IN A SHADOW.

Inveterate Tea Drinker Feared Paralysis.

Steady use of either tea or coffee often produces alarming symptoms, as the poison (caffeine) contained in these beverages acts with more potency in some persons than in others.

"I was never a coffee drinker," writes an Ill. woman, "but a tea drinker. I was very nervous, had frequent spells of sick headache and heart trouble, and was subject at times to severe attacks of bilious colic.

"No end of sleepless nights—would have spells at night when my right side would get numb and tingle like a thousand needles were pricking my flesh. At times I could hardly put my tongue out of my mouth and my right eye and ear were affected.

"The doctors told me I was liable to become paralyzed at any time, so I was in constant dread. I took no end of medicine—all to no good.

"The doctors told me to quit using tea, but I thought I could not live without it—that it was my only stay. I had been a tea drinker for twenty-five years; was under the doctor's care for fifteen.

"About six months ago, I finally quit tea and commenced to drink Postum.

"I have never had one spell of sick headache since and only one light attack of bilious colic. Have quit having those numb spells at night, sleep well and my heart is getting stronger all the time." Name given upon request.

Postum now comes in concentrated, powder form, called Instant Postum. It is prepared by stirring a level teaspoonful in a cup of hot water, adding sugar to taste, and enough cream to bring the color to golden brown.

Instant Postum is convenient; there's no waste; and the flavor is always uniform. Sold by grocers everywhere.

A 5-cup trial tin mailed for grocer's name and 2-cent stamp for postage. Canadian Postum Cereal Co., Ltd., Windsor, Ont.

Don't let us old fellows go discouraging one another.—Dr. Johnson.

KNEW NOTHING OF WASHING

FIRST WOMAN COULD NOT TALK NOR COOK.

She Roamed the Dark Forests of England—A Strange Ape-like Creature.

Through the dark forests of our land there roamed, many hundreds of thousands of years ago, a strange, hairy ape-like creature, a female member of a curious race, from whom all other animals shrank, says the London Daily Express. She was a new type, possessing a new cunning and an amazing power over the other denizens of the forest, for she could do what they could not—use implements, and clothe herself in skins.

She was the ancestress of the English race of to-day and her skull, which was discovered in Sussex, was recently exhibited before the Geographical Society. Now scientists are endeavoring to formulate some idea of her appearance and habits. What was she like and how did she live?

This ancestress of the human race in England had some resemblance to a chimpanzee, walking with a shuffling gait. Her body was probably covered with hair. She could not speak, but as she ambled along she uttered strange noises.

When she was hungry she dug roots and vegetables from the ground and devoured them just as they were. Living among the rocks, the only protection she possessed from the cold was a skin, rudely fashioned in the form of a cloak.

Used Stone Spear.

When she hunted she used no dogs to help her track her prey; she and her companions followed their quarry and killed it with a stone spear or hatchet.

This was the picture of the possessor of the Sussex skull, drawn by Mr. Smith Woodward of the South Kensington Natural History Museum.

"She lived," said Dr. Smith Woodward, "in either the pleistocene or the early pliocene period. If she lived in the former, most of the existing topography of this part of Europe was already formed, the only difference being that the bed of the North Sea and the English Channel was dry land through which rivers flowed. If she lived in the pliocene period, her age goes back so far that scarcely any of the existing topographical features were then evident.

"The skull is the oldest ever yet seen and belongs to the lowest type of human being yet found. In most respects she had the appearance of a chimpanzee, yet certain features in her brain which characterize the human race were just beginning to show.

Preparing for Speech.

"According to Professor Elliot Smith, that part of the brain directly connected with the faculty of speech, was only just beginning to be prominent, and it is curious that the brain should prepare for this faculty before the organs that are to exercise it are ready.

"Another curious point is that, although it has been shown, judging from the discoveries, that this creature used tools and implements, the monkey race have not given any proof that they have the intelligence to do so.

"Recently an orang-outang escaped at the zoo, and I am told that when beaten with a stick it managed to snatch it away; but it simply placed the stick out of the reach of the keepers, and made no attempt to retaliate on them.

"The brain of our creature was not quite twice as large as that of an ape, but was as large as that of the lowest type of savage—the Australian aboriginal of the Tasmanians. The latter are now extinct.

"The brain of these savages corresponds to that of the earliest known cave men, who came thousands of years after the owner of the skull.

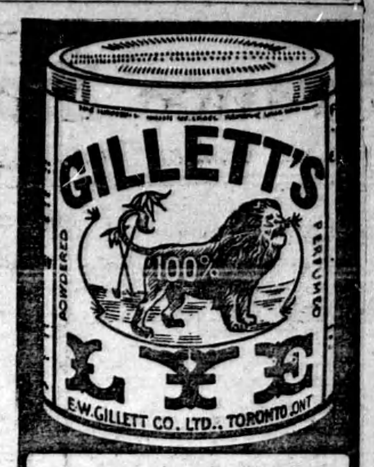
"The cave men were different from the ordinary man in one or two respects. The slightly bent thigh-bone suggests that they did not walk so upright as ourselves. They had longer arms, too—more like those of an ape.

"If our creature belongs to a still earlier race she was certainly more ape-like in gait, and if the climate was the same as it is now it is possible that the body was covered with hair.

"The thickness of the skull suggests outdoor life, and the teeth are ground down in a way that human teeth are not usually ground; they indicate a root and vegetable diet, mixed with dust and sand, accidentally introduced. The roots would be eaten just as they were taken from the soil, without washing or cooking. This race probably had no knowledge of fire.

"The stone implements found by the skull were rude in design, and were employed in preparing skins, elevation, fills his lungs with air, and blows into the tube with no apparent exertion. The arrow flies out swiftly and silently. Almost as soon as the animal is struck it lets go of the branch and drops to the ground paralyzed.

The flesh of the game is not injured by the poison. Like the venom of snakes it is dangerous when introduced into the vascular system, but harmless when taken into the stomach. The action of the drug on birds culminates in from three to four minutes; a monkey died in five minutes, and a three-toed sloth expired in seven minutes. A human being cannot survive more than fifteen minutes. The slightest scratch means inevitable death. Even the Indians know no antidote.



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RATS TO FEAR.

Giant Tribe of East Africa Would Dishearten Any Cat.

The housewife in this country would receive a severe shock if she were to encounter some of the East African varieties of rats in her pantry mousetrap. The largest variety of rat—the giant rat—attains alarming proportions. These giant rats would give the most earnest cat bad dreams, and a rough time if she were to encounter one of them on her marauding expeditions.

Mr. A. J. Klein, taxidermist, Nairobi, who is collecting local specimens for an American museum, has some half a dozen examples. The rat varies from two feet to over 32 inches in length. The body, which is half its total length, is the color of an ordinary mouse, but is as large as that of a cat.

The tail is sometimes an inch and a half and more in circumference at the base, and varies from 16 inches to a foot long. These rats frequent the bush, and are to be found in fair numbers in Nairobi, Limurn, and other localities.

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