Household

Seasonable Dishes.

Plain Layer Cake.—One cup granulated sugar, tablespoon butter, cream together; two eggs, three-quarters cup milk, one and one-half cups flour, two heaping teaspoons of baking powder, vanilla flavor. Bake in layers.

Canned Cucumbers.—Peel and slice the cucumbers, pack in layers with rock salt in fruit jars, beginning with a layer of salt and ending with a layer of salt half an inch deep when the jar is full. Seal. Rinse the salt out thoroughly before using.

Oatmeal Cookies.—One cup sugar, one-half cup butter or lard, three well-beaten eggs, two teaspoons cinnamon, one-half teaspoon soda, two cups flour, two cups oatmeal, one cup chopped raisins, pinch of salt (put both oatmeal and raisins through the food chopper) and two or three tablespoons sour milk.

Potato Cake.—One and a half cups sugar, two-thirds cup butter, one cup mashed potato, used while warm. One-third cup grated chocolate, one cup walnuts, chopped, one and a half cups flour, one teaspoon each cloves, cinnamon, and vanilla; three eggs, one and a half teaspoons baking powder. Bake in layers and use any kind of filling you wish.

Caramel Pudding. — Pour one small cup sugar in pudding pan. Brown the sugar and stir until it melts. Then cover bottom and side of pan by turning from side to side. Make a custard of three eggs, one quart of milk and five tablespoons sugar and pour into pan containing melted sugar. Under this pan put another containing a little water and put all in the oven to bake.

Veal Loaf With Tomato Sauce.—Chop two pounds of lean veal, put it into a basin and add a quarter of a pound of chopped salt pork; then add well beaten eggs, two teaspoonfuls of lemon juice, one teaspoonful of onion juice, one teaspoonful of salt and a few grains of red pepper. Moisten well with veal stock and press into a buttered pan. Cover and bake for one hour. Baste frequently during the baking. Turn out and serve with tomato sauce.

Cookies.—One cupful butter, two cupfuls sugar, three eggs, half teaspoon baking powder, one even teaspoon nutmeg, half teaspoon cloves, flour for a soft dough. Begin with two cupfuls and add carefully that you do not make them too stiff. Cream butter and supar, add yolks of eggs, spice, one cupful flour with baking powder, the whipped whites and the rest of the flour. Roll into a sheet a quarter of an inch thick, cut into rounds, and bake in a good oven.

Salmon Loaf.—Remove the skin and bones from a can of salmon and separate fish with a fork. Beat three eggs; add to them one cup bread or cracker crumbs, one-half teaspoon salt and a few grains of paprika; combine with the salmon, adding two tablespoons melted butter. Mix all the ingredients thoroughly; put in a very moderate oven. It can also be steamed, but the flavor is not as delightful as when baked.

Egg Sauce.—Two tablespoons butter, two tablespoons flour, one-fourth teaspoon salt, a few grains paprika. Melt butter; add flour and seasonings. Add slowly one cup hot water, stirring constantly. Boil several minutes until the flour is thoroughly cooked, then add gradually two tablespoons butter. When this is thoroughly beaten into the mixture add two hard-cooked eggs, which have been chopped very fine. Pour this sauce over the salmon loaf and serve very hot. This egg sauce can also be used on boiled salmon, escalloped salmon, etc.

Chocolate Roll.—Three eggs, one cup sugar, one teaspoon baking powder, one cup flour, six tablespoons boiling water. Beat whites until stiff; add sugar gradually, then the yolks well beaten, the water, flour, and baking powder. Mix carefully. Pour into buttered and floured baking tin. When baked turn on sugared paper, spread with filling, and roll. Filling: Melt two squares chocolate, add one-half cup sugar, and one-half cup water. Stir until well blended, then add one teaspoon butter, one and one-half tablespoons cornstarch mixed in one-half cup milk. Stir until boiling. Remove from fire and add one-half teaspoon vanilla.

Household Hints.

If the doors of a closet are wiped with gasoline or benzine after being scrubbed it helps to keep off insects.

Borax is one of the best exterminators for ants. Pantry shelves and cracks should be sprinkled well with it.

A pinch of baking powder added to the mashed potatoes when they are being beaten to a fluff, makes them lighter.

If using ammonia to soften water, put it in cool water instead of hot as the latter will evaporate the ammonia.

Table silverware, if washed in plenty of hot soap suds and rinsed and dried thoroughly, will require very little cleaning.

To ensure one's measurements of dry ingredients being correct, it is well after filling the spoon or cup, to level it off with the back of a case knife.

After boiling salt beef leave two or three carrots in the salt liquor until cold. The carrots will absorb the salt and the liquor can be used for soup.

Melted beef drippings or tallow may be used over the top of jelly instead of paraffin. After it is cold, cover the space where it has shrunk away from the glass.

To give an ordinary chest, closet or bureau drawers the virtues of a cedar chest soak pieces of wood in cedar oil and lay them in the drawers, chest or closet.

The fat from boiled ham or bacon drippings will be found excellent substitute for butter in seasoning vegetables or in making a roux for vegetable soup.

If you are mixing a pudding or cake with a wooden spoon beat the mixture with the back of the spoon. It is far easier and becomes beautifully light in half the time.

"Prickly heat" is relieved by applications of water into which 10 cents' worth of sweet spirits of nitre has been poured. A half a glass of water is the proportion.

Hot soapsuds should be applied to irons whenever they seem soiled. They should be rinsed in clear hot water and dried thoroughly, and then stored in a dry, warm place.

When a kettle is badly burned, do not fill it with water, but set it aside to cool, then put in a handful of washing soda and water and allow it to boil for an hour or more.

A delicious jam is made by using four parts of rhubarb and three parts huckleberries. Use three-quarters of a pint of sugar to a pint of the fruit mixture and cook till thick.

A thin coat of potash left on the sink overnight once a week will remove the ugly yellow stains that will not yield to kerosene. It should be applied with care, as it is poisonous.

A particular laundress always has a piece of fine sandpaper tacked securely to one end of the ironing table. She says this is the best thing she knows for keeping the irons smooth and clean.

Many people ruin the nap of the cloth in scraping mud from their garments with a knife or sharp object. Take a coin, a half dollar, and scrape the mud off with this after it is dry and it will not harm the nap in the least.

Fat is easily clarified if a few pieces of raw potato are added to it and then it is heated slowly in the oven or on top of the stove. When it ceases to bubble, strain through cheese cloth and let it stand till firm. Keep in a cool place.

JAPANESE SWIMMERS.

Can Perform Truly Wonderful Feats in the Water.

It is a common practice for students of the universities and schools of Japan to go to the seaside during the summer months, and there train systematically. Regular courses of instruction in swimming are given to those who wish for them. Mr. E. J. Harrison, in "The Fighting Spirit of Japan," tells some of the feats performed by the expert swimmers.

The Japanese are fond of swimming, and among the younger generation of students and the coast population there are some splendid long-distance swimmers. Schools of natation teach the art in a systematic manner, and although the best racing records in Japan are not equal to the Western, a Japanese expert can perform some truly wonderful feats. For example, he can jump into deep water and maintain his position with the water no higher than the loins, while he fires a musket or a bow and arrow, writes on a slate, paints a picture on a fan with a brush, or moves freely in every direction as if he were walking on solid ground.

The expert, while he rarely emulates the graceful high dive of the European or American, can leap from a great height and strike the surface of the water with his chest, without sinking or wetting his face and head. In some mysterious way he contrives to escape the painful consequences which the impact would inevitably cause to the foreigner who should try this feat. It is said that the old-time samurai frequently made use of this trick when crossing a river or stream. In such cases they carried their armor and weapons on their heads.

In illustration of the antiquity of swimming in Japan, it may interest foreign readers to be told that the famous "crawl" stroke, which Occidental swimmers first acquired not very long ago, has been known and practiced in Japan for hundreds of years, in addition to several other methods of progression in the water that would come as a revelation to Europeans and Americans.

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON, AUGUST 3.

Lesson V. The Plagues of Egypt—Psa. 105, 23-36. Golden Text, Matt. 23. 12.

Our lesson passage is taken from one of the so-called historical psalms, in which later generations in Israel commemorated the goodness and guidance of Jehovah during the earlier period of the nations development. In the verses of the psalm assigned for study Jehovah is praised for his faithfulness in protecting his people when they were oppressed by the Egyptians in Egypt. The preceding verses (1-22) and those that follow (37-45) tell of the earlier and later manfestations of divine goodness as reflected in the connected history of God's chosen people. The historical narrative as recorded in Exodus is very much fuller and goes more into detail than the brief poetical summary which constitutes our lesson. (Compare Exod. 7. 8 to 11. 10.) The inspired poet is, moreover, not interested in the chronological sequence of the events so much as in the greatness of the deliverance wrought by Jehovah in each instance. To this fact we may ascribe the omission on his part of all reference to two of the plagues (those of pestilence and boils) mentioned in Exodus. This religious interest of the psalmist may also account for the order in which the plagues are mentioned, which again differs from the order in Exodus. According to the Exodus narrative they occurred in the following order: (1) Nile water changed to blood; (2) frogs; (3) lice; (4) flies; (5) pestilence; (6) boils; (7) hail; (8) locusts; (9) darkness; (10) death of first-born.

Verse 23. Israel—The reference is to Jacob as the immediate ancestor of the twelve tribes. The poetical form of the reference permits the use in close proximity to each other of the two names for the same person.

The land of Ham—Egypt.

24. Increased his people greatly—"And the children of Israel were fruitful, and increased abundantly, and multiplied, and waxed exceedingly mighty; and the land was filled with them" (Exod. 1. 7).

Stronger than their adversaries—Stronger than the Egyptians, whom they served.

25. He turned their heart—The subject is Jehovah and the reference is to the Egyptians, whose hearts, like the heart of Pharaoh, were hardened and embittered toward the Israelites, whom they came gradually to fear because of their increasing numbers.

To deal subtly—Deceitfully or treacherously.

26. Moses his servant—It is as the servant of Jehovah and his representative to the people that Moses appears throughout the Exodus narrative.

Aaron . . . chosen — Chosen to serve Moses as spokesman and in other ways.

27. They set among them—Moses and Aaron among the Egyptians.

His signs—The manifestations of his power and will.

28. He sent darkness—The Egyptians were worshippers of the sun-god, and with them, therefore, the plague of darkness would be especially calculated to inspire fear of Jehovah upon them. This interpretation of the plague appears the more probable from the next sentence, "And they rebelled not against his words," in which the pronoun "they" is generally taken to refer to the Egyptians. The whole sentence therefore reflects the attitude of the Egyptian people toward the Israelites, to whose departure out of the land the people were reconciled much earlier than was their stubborn king.

29. Their waters—Those of the Nile river. (Compare Exod. 7. 20-25.)

30. Frogs—According to the Exodus narrative, the second plague. (Compare Exod. 8. 1-15.)

31. Swarms of flies . . . lice—Literally, swarms of dog-flies and gnats. (Compare also Exod. 8. 16-32.)

32. Hail . . . flaming fire — Hail accompanied by thunder and lightning. The reference is to a single plague, the seventh, according to the order in Exodus (Exod. 9. 23-35.)

33. Smote their vines . . . brake the trees—By means of the hail and lightning. (Compare Psa. 78. 47, 48.)

34. Locust . . . grasshopper—Again referring to a single plague. The Hebrew word probably denotes the locust in its larva state, and in the English revised version is therefore translated cankerworm instead of as in our text.

35. Every herb—Grass and vegetable foliage.

The fruit of their ground—This expression may refer to such bulbs as were used for food.

36. The first-born in their land—Both of cattle and of human beings, and therefore the chief of all their strength. This was the tenth and last plague, and proved so convincing that even Pharaoh was not only willing but anxious, to have the Israelites depart from Egypt.

The manner in which the Hebrews themselves escaped from the ravages of the death angel is recorded in our next lesson, in which we revert to the Exodus narrative.

A FAIRYLAND MODEL.

Misses dress of royal blue crepe and light blue accordeon pleated voile. Broad goisha belt with stiff bow.

JAPS ARE ALWAYS READY.

Marched Directly to a Monument in Heart of Melbourne.

James Francis Dwyer, the Australian novelist, tells the following story about the Japanese. Dwyer began as a reporter in Melbourne.

"Japan sent a warship on invitation to Australia," said he. "We were to unveil a monument in a park in the interior of Melbourne. The Japanese sailors were to grace the occasion."

Not one of the Japanese had ever been on shore there before. When the morning of the unveiling came Melbourne sent a mounted escort to show the visitors the way to the park. The escort wasn't needed. At the head of the brown column marched an officer with his nose on a map, pinned to a bit of board.

"He never looked up," said Dwyer. "Now and then he'd give an order in Japanese, and the column would wheel to the left or right. Kind friends would wave their hands at the mounted escort, marching proudly on the wrong street, and tell them they had lost the city's guests."

Two or three times that performance was repeated. Then the mounted escort gave it up in disgust. The Japanese went to the park in the interior of the city straight as a pigeon flies to a hole in the barn. Afterwards Dwyer and other reporters measured the route and discovered that the Japanese, guided only by their war map, had taken the shortest route to their destination through a strange city.

WHAT OUR BODY STANDS.

Is Unharmed in Oven at Temperature of 212 Degrees.

The human body is capable of sustaining the heat almost double that we ordinarily think the limit of endurance. In Central Australia, for instance, the temperature often ranges from 115 in the shade to 140 in the sun, and has reached over 150.

In traversing the Red Sea and the Persian Gulf in the hottest month the mercury hangs between 120 and 140. Even in the most unexpected places great heat is sometimes found. In some recent climbing in the Himalayas, in the month of December, at 9 o'clock in the morning the mercury reached 131, at an elevation of over 10,000 feet.

Two English experimenters, Bleyden and Chautrey, have tried to find out just how much heat a man can stand. They shut themselves in a furnace in which the heat was raised by degrees until it passed 212 degrees, the boiling point of water.

That this was possible was due to the profuse perspiration, the evaporation of which cooled the surface of the body. They believe that if a man's body is kept from touching the sides of the furnace he can stand a temperature that would cook a cutlet.

SABBATH-KEEPING ANIMALS.

Elephants Could Not Be Coaxed or Cajoled to Work on That Day.

That elephants can reason and can count as far as seven, at least, is the opinion of Mr. Benjamin LeFevre, who has lately returned from a tour of the world. Furthermore, he believes that they have a moral sense as well, and to prove his contention he tells of a curious thing that happened in the city of Rangoon.

"From Rangoon," he says, "they ship the huge teak logs that float down from the interior. They are so heavy that they cannot be handled only by elephants trained for that purpose. One of the brutes will pick up a great log, and balancing it delicately on its tusks, will carry it to the proper pile, and push it carefully and neatly into place.

"Most of the elephants are owned by native Burmese, who hire them out to the lumber merchants. Several years ago, however, an English firm, finding the native whose elephants they hired careless about keeping his contracts, bought a herd of young elephants and trained them in the work of log-piling.

"Now the native Burmese has no special day of rest, like the Jew, the Christian, or the Turk, but rests whenever he feels like it—which is much more frequently than once in seven days. His elephants, therefore, are accustomed to work whenever they are called on. At the yard of the English firm, however, Sunday was strictly observed as a day of rest by man and elephant.

"Now it happened that one Saturday afternoon the river began to rise rapidly, and early Sunday morning news from the interior told of still greater floods above. The firm had thousands of dollars' worth of logs piled on the river-bank, and it became necessary to move them early Sunday morning, if they were not to be swept out to sea. At daybreak the manager ordered out his own herd, and told his men to hire every available elephant from native owners. As the Burmese drivers came hurrying up with their animals, word was given the beasts in the firm's corrals to fall into line.

"But not an elephant moved! It was Sunday, and they didn't work on Sunday. The drivers coaxed and cajoled; the hathis stood blinking their little eyes in scorn at the hurrying native beasts. Then the drivers borrowed an old tusker from the Burmese, and tried to lead them with him. Not an elephant moved. The frantic drivers dug the goads into the necks of their charges, whereupon, as if by preconcerted signal, each elephant swung up his trunk, seized his driver about the waist, and put him gently but firmly on the ground, as who should say, 'You mustn't do that, you know! We'll work faithfully on weekdays, but we won't work on Sunday.'

"At length, the head driver, in desperation, seized the ear of his elephant with the ankus, or hook, used to subdue fractious beasts. Conscious of the indignity, the elephant picked him up in his trunk and flung him against the side of the corral, twenty feet away, and then resumed that clumsy swaying that marks the elephant well satisfied with himself. The man didn't get out of the hospital for six weeks!"

The English firm had to give it up, and the elephants had their Sunday rest. Several months afterward, Mr. LeFevre, on returning to Rangoon, asked about the Sabbath-keeping elephants. "It was no mere whim," replied the manager. "Twice since that we have tested them to see if they did actually keep an accurate account of work-days, and once again I got the Burmese to trot their beasts by. But my animals won't work on Sunday. There does not seem to be any conspiracy; each brute has figured out the situation for himself. They have arrived at a rudimentary conception of individual rights, and as they never dispute their employer's right to their services on week-days, they do not intend that he should dispute their right to a day of rest on Sunday."

Grains of Gold.

The virtue of prosperity is temperance; the virtue of adversity is fortitude.—Bacon.

Experience teaches us that as often as not a fine memory is joined to a feeble judgment.—Montaigne.

Be not curious in unnecessary matters; for more things are shown unto thee than men understand.—Ecclesiasticus.

I gather that your home is depressing. Every one's home is depressing, I believe. It is your difficult duty to make it less so.—Robert Louis Stevenson.

Men help each other by their joy, not by their sorrow. They are not intended to slay themselves for each other, but to strengthen themselves for each other.—Maeterlinck.

Time taken to boast is time wasted.

NEWS OF THE MIDDLE WEST

BETWEEN ONTARIO AND BRITISH COLUMBIA.

Items From Provinces Where Many Ontario Boys and Girls Are "Making Good."

Around Keeler, Sask., rain fell for 14 days in succession.

A new $10,000 public school is to be built in Balmoral, a suburb of Calgary.

A $75,000 contract for the building of gas wells has been let in Medicine Hat.

During June there were 22 new school districts opened in Saskatchewan.

Over $5,000 was collected in the Winnipeg Police Court during the month of June.

Mayor Harrison, of Saskatoon, sold $500,000 worth of that city's bonds in Chicago.

An Edmonton woman found a big tarantula in a bunch of bananas and killed it with a hat pin.

Calgary now has a municipality paving plant, which it is claimed is saving the city $1,000 a day.

Winnipeg is to have a new 200,000 theatre fronting on market Street, with a seating capacity of 2,000.

Calgary Street Railway, which is a municipal venture, had a net profit of $10,000 for the month of May.

Within the past three months eight dairies have been closed by the medical health department at Calgary.

In the first six month of 1913, 2,000 marriages were solemnized in Saskatchewan, of which 478 were in June.

P. D. Ede, a noted breeder of Holsteins and shorthorns in Ontario, will shortly start a big stock farm in the Melfort, Sask., district.

At Calgary somebody set fire to a wooden building in which was stored all the fireworks to be used in the fair, which was to last a whole week.

The C.P.R. is erecting 10,000 miles of new telegraph wire between Calgary and Winnipeg, made necessary by the increase of population and business.

Humboldt, Sask., has the greatest building boom in its history. At present public buildings to the value of over half a million are being erected, as well as 50 private dwellings.

A Winnipeg girl, charged with shoplifting, said she did it because her brothers and sisters were starving and her father had been unable to get work for three months.

The C.P.R. will build a new line from Saskatoon to Calgary. It will open up a new territory and parallel the C.N.R. Goose Lake line for a considerable distance.

Railway workmen in Alberta were successful in finding many fox cubs, for some of which they received from breeders, as high as $2,000. Altogether the lucky "navvies" cleaned up about $13,000.

Two Hungarian girls were frolicking together at Melfort, Sask., and one, Julia Janiks, threw a dead prairie chicken at the other, Katharine Simon. The latter then beat the Janiks girl to death with a spade.

Six baggagemen, employed in the C.P.R. depot at Calgary, were arrested charged with thefts from trunks and valises. Three of the men were sentenced to a month in jail each, two allowed out on suspended sentence, and one was dismissed.

Mrs. Edward Kilgren, of Dilke, used kerosene to start a fire with, having her infant daughter in her arms at the time. The usual result followed, and now both mother and baby are in the hospital. Neither is expected to recover.

A bakery in Calgary was fined for selling loaves of bread under a pound and a half in weight. It was contended that the bread, being of a fancy variety, need not be of legal weight, but the magistrate ruled that the by-law referred to all bread.

Peter Bollivar of Winnipeg jumped into the Grand River to rescue a young man who was drowning, previously taking off his coat and giving it to a man to hold. When he came back after saving the man's life he found his coat, but the man had decamped with a valuable watch which was in one of the pockets.

Dublin Ahead of the Times.

They are a little ahead of the times in Dublin, Ireland. You may buy there colored postcards bearing pictures of King George and Queen Mary opening the new Irish Parliament. One card shows them driving up in a carriage with postilions to the steps of the Parliament Building, at the entrance to which flies a flag bearing the words "Welcome to Erin!" The interior view represents the King and Queen on the dais, with most of the members of the House looking in the other direction, while the gallery is packed with women.