Household

Selected Recipes.

Broiled Steak.—Only tender cuts of meat (therefore high priced) may be cooked quickly in their own juice. While these do not have greater food value than the cheaper tough cuts, the flavor is so fine that every housekeeper wishes to indulge occasionally. A T-bone, porterhouse or sirloin steak is best. Have it cut thick—two inches if it can be afforded—wipe with a damp cloth, grease a wire broiler so the meat will not stick. Have the coals in a red glow or use the gas oven hot. Sear the meat on both sides to keep the juice in, then turn every ten counts so that it moves back and forth in the muscle tubes. The length of time for broiling depends upon the thickness; the meat should be well browned on the surface, but pink and juicy at the centre. For a steak two inches thick allow fifteen minutes. After the meat is cooked season it and rub with butter.

Lamb Kidneys With Bacon. — Split six lambs' kidneys, remove the skin, season with salt and pepper and dip in olive oil. Lay them on a hot broiler and cook for ten minutes, turning often. Serve on toast, alternating the kidneys with slices of bacon. Pour over them a sauce made of melted butter, lemon juice and minced parsley.

Ham Pie With Macaroni.—Butter the bottom and sides of a deep earthen pie dish. Fill with a mixture made of the following ingredients: One cup cold chopped ham, two cups macaroni which has been boiled in salted water and cut up in inch pieces, four tablespoons of grated cheese and milk or cream to make it moist. Stir well together, add pepper and salt if necessary. Cover with a rich pie crust which has been rolled quite thick. Bake slowly until the crust is done.

Drawn Butter Sauce.—Three tablespoons butter, two tablespoons flour, one-fourth teaspoon salt, one cup boiling water, one-half tablespoon lemon juice and one-half teaspoon chopped parsley. Melt the butter, add flour and salt, then boiling water, gradually, cook until thick as cream, then add lemon juice and parsley. One hard-cooked egg may be chopped and added to the sauce.

Baking Powder Biscuits. — Two cups flour, four teaspoons baking powder, one teaspoon salt, two tablespoons lard or butter, to make soft dough (about three-fourths cup). Sift flour once before measuring, then again with salt and baking powder. Cut in the fat with two sharp knives or rub between the hands until it cannot be seen in the flour. Then add milk, cutting it in with a knife until the whole mixture is well moistened, but still can be handled without sticking. Toss on a slightly floured board and roll gently or pat smooth with the hands and cut into biscuits. Bake in a hot oven for twelve or fifteen minutes. If more milk is added they may be dropped from a spoon into greased muffin pans. These are called "drop" or "emergency" biscuits.

Cookies.—One cup fat (half lard, half butter), two cups brown sugar, two eggs, one-third cup milk, three teaspoons baking powder, flour to roll (about three cups). Cream fat and sugar until light and foamy. Add eggs and beat thoroughly, then add milk and dry ingredients sifted together. Have the dough as soft as possible without sticking to the board. Put in ice-box to harden fat, then take a small part of the dough at a time, roll lightly until about one-eighth-inch thick, cut and bake quickly in a hot oven. Try to roll one piece of dough as little as possible; repeated handling makes it tough. Do not have loose flour on the board or rolling pin. This makes cookies pale and unattractive.

Rice Custard Pudding. — One-fourth cup rice raw or three-quarter left-over cooked rice, two cups milk (hot), two egg yolks, one-third cup sugar, one-eighth teaspoon salt, two egg whites, one-half teaspoon vanilla. If the rice is raw boil it until soft in a large amount of salted water, then mix with the milk. This is an excellent way to use up a small amount of left-over rice. Separate the eggs, mix the sugar with the yolks and add the hot milk slowly, then cook in a double boiler until the custard thickens, remove from the fire and add the beaten whites and flavoring. When cold serve.

Cocoanut Macaroons. — Sift together one scant cupful of flour and one of granulated sugar. Add a package of shredded cocoanut. Mix thoroughly and fold in the whites of three eggs, beaten stiff. Flavor with almond extract. Drop with a teaspoon in small cakes in a baking pan and bake in a moderate oven until crisp and of a golden brown.

Hints to Housewives.

In laying a table the sharp edges of all knives should be turned toward the plate.

For cleaning windows a new dish mop, kept for the purpose, will be found useful.

Windows and bureau drawers that open stiffly should be rubbed with dry soap.

A dash of ground cinnamon added to chocolate ice cream gives a pleasant flavor.

Have a glass cut to fit shelf on which plants stand, and it will save the wood.

If a small child does not like water, try flavoring it with orange to give it a pleasant taste.

To utilize an old flour sifter, boil eggs in it, simply setting the sifter in a kettle of boiling water.

Nothing as a lining for bureau drawers is quite as good as pure white paper, frequently changed.

Rugs will not slip on a polished floor if a strip of rubber is sewed underneath them at either end.

Boil new earthenware dishes before using them, and they will lose a good deal of their brittleness.

When young children grow restless let them string things—beads or cut straws or short lengths of macaroni.

Save hair ribbons; wash and iron them and they will be found good for occasional facings for collars and cuffs.

Coffee stains may be removed from table linen by rubbing with pure glycerine then washing in luke warm water.

In papering bedrooms it is a good safe general rule to choose light papers with scarcely any design at all upon them.

Curtains will hang straight if a small lead weight is fastened in the lower corners. For silk curtains use a weighted braid.

Use sweet milk and ammonia—a teaspoonful of the latter to a quart of the former—for cleaning white enamel woodwork.

It saves a great deal of time on ironing day if children's dresses are made to open all the way down. Then they can be laid out straight on the ironing board.

Potatoes boiled in their skins are very nearly as good as baked potatoes, but pains must be taken to have them taken off the fire at precisely the right moment.

Any woman whose work requires much sitting should wear an apron that goes around the back as well as the front. Black satine or alpaca are good materials.

If the pantry shelves have no doors put a window shade on a roller in front of them and pull down the shade when not in use. It will make a real protection against dust.

THE GERMAN POLICEMAN.

Photographer Gets Month in Prison for Staring at Him.

A remarkable case is reported from Breslau, where a photographer was sentenced to a fortnight's imprisonment for insulting a policeman "by staring at him in a vexatious manner."

The incident is by no means surprising in Germany, where officials are not "servants of the public," and where the official grade is divided by a sharp line from that of the ordinary civilian. There are reckoned to be about 3,000,000 officials in Germany, or, say, 5 per cent. of the population. The law is severe in regard to offence against them, because they are held to represent in their persons the dignity of the State. This applies to postmen, railway officials, clerks, and, in fact, all the personnel of the bureaucratic system. The German brought up under the official system accepts it placidly, regulates himself by it, takes everything as "nach vorschrift," and, though he encourages "officialism" by his ready acceptance of it, he finds it no inconvenience because he keeps well within the code.

Such a system is bound to have its amusing side, and innumerable instances might be quoted. The Bavarian police last March threatened to eject a man and his wife from a train because on meeting they kissed each other in public, and in Berlin only last February a code of police rules was issued regulating housewives' shopping customs. Under these rules it is forbidden to touch carp to see if there is any roe or to handle a fowl to test the market-woman's praise of its plumpness. At Bilensbach a year ago a thief dressed as a gendarme presented himself at the public treasurer's office and demanded to inspect the accounts. These were submitted, and, after declaring that they were incorrect, he pocketed $100 and told the chief official to appear next day at Heilbronn. He then decamped, but on being pursued he arrested a tramp on the road, and with this evidence of identity passed several danger spots. After releasing the tramp he went to Geupenbach, where he informed the police that he was on the track of the swindler, requisitioned the official bicycles, took the best that was offered, and disappeared, never to be heard of again.

PSYCHOLOGICAL MEDICINE.

An African Traveller's Experience With the Natives.

As might be expected, the African native is a person of great "suggestibility" in respect to health and disease. If he thinks he is going to die, says Mr. Stewart Edward White in "The Land of Footprints," die he will, and very promptly, even if he has the most trivial complaint. If he thinks he is going to get well, he is apt to do so in face of extraordinary odds.

Three things were likely to be the matter: too much meat, fever, or pus infection from slight wounds. To these, in the rainy season, would be added the various sorts of colds. That meant either Epsom salts, quinin, or a little excursion with the lancet and permanganate. The African traveller gets to be a very proficient medicine-man within those narrow limits.

No matter what the matter was, the proper thing for the sufferer to do was to throw a red blanket over the head and to assume as miserable an attitude as possible. A sore toe demanded just as much concentrated woe as a case of pneumonia.

Sick call was cried after the day's work was finished. Then M'ganga, our head man, lifted up his voice.

"N'gonjwa! n'gonjwa!" he shouted; and at the shout the red cowls gathered in front of the tent.

They all squatted miserably, oh, very miserably, in a row. The head man stood over them rather fiercely. We surveyed the lot contemplatively, hoping to heaven that nothing complicated was going to turn up. One of the tent boys hovered in the background as dispensing chemist.

"Well," said F. at last, "what's the matter with you?"

The man indicated pointed to his head and the back of his neck, and groaned. If he had a slight headache, he groaned just as much as if his head had been splitting. F. asked a few questions, and took his temperature. The clinical thermometer is in itself considered big medicine, and often does much good.

"Too much meat, my friend," remarked F. in English, and to his boy in Swahili, "Bring the cup."

He put in the cup a triple dose of Epsom salts. The African requires three times a white man's dose. This, therapeutically, was all that was required; but psychologically, the job was just begun. Your African can do wonderful things with his imagination. Therefore the white man desires not only to enliven his patient's internal economy with Epsom's salts, but also to arouse his faith. To this end F. added to that triple dose of medicine a spoonful of chutney, one of Worcestershire sauce, a few grains of quinin and a crystal or so of permanganate to turn the mixture a beautiful pink. This assortment the patient drank with gratitude—and the tears running down his cheeks.

A big Kavirondo rose to his feet. "Homa—fever!" whined the man.

F. clapped his hand on the back of the other's neck.

"I think," he remarked, contemplatively in English, "that you're a liar, and want to get out of carrying your load."

The clinical thermometer showed no evidence of temperature.

"I'm pretty near sure you're a liar," observed F., in the pleasantest conversational tone, and still in English, "but you may be merely a poor diagnostician. We'll see."

So he mixed a pint of medicine.

"There's Epsom's salts for the real part of your trouble, and here's a few things for the fake."

He then proceeded to concoct a mixture, the awfulness of which was the exact measure of his imagination. The imagination was only limited by the necessity of keeping the mixture harmless. Every hot, biting, nauseous horror in camp went into that pint measure.

"There," concluded F., "if you drink that and come back again for treatment, I'll believe you are sick."

Without undue pride, I should like to record that I was the first to think of putting into the draft a peculiarly nauseous gun oil. Thereby I acquired a reputation of making tremendous medicine.

BIG EGGS IN CHINA.

Hardy Hens Lay Them That Weigh Five to the Pound.

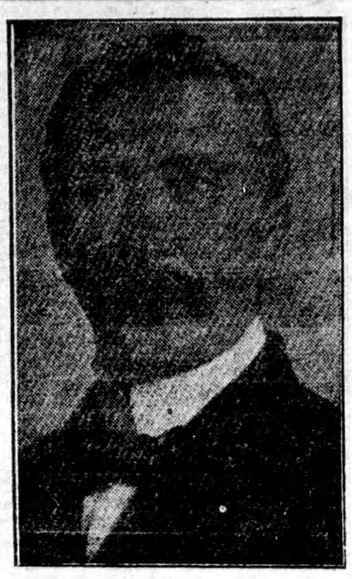
China has long been known as an egg-producing country, writes United States Consul Williamson from Antung. Manchuria does not seem to figure in these calculations, yet if the testimony of tourists and residents of China is reliable the best eggs are to be had in that region, at least in south Manchuria. I have frequently heard visitors remark that the eggs served in south Manchuria are twice as large as those of south China, and I have investigated the size of the eggs sold here. The hardy hens of this region lay eggs that average, according to the hens, from five to seven to the pound, and six to the pound is common and usual.

It may be of interest to breeders and egg farmers to know that I have seen within the last week eggs weighing over four ounces, produced by an ordinary hen of no particular breed, fed on corn and kept in a confined enclosure. This, however, is not a daily performance. The fowl referred to is a black hen, resembling a Langshan. She lays an egg weighing four ounces or over at least every day for about a week or ten days, when there occurs an interval of two or three days during which no eggs are laid. The smaller eggs average six to the pound. The shell is brown, with a circle of dark spots near one end.

Other hens bought in the market average six eggs to the pound with white or brown eggs, there being no standard, of course. What these hens could do if fed and cared for scientifically cannot be told, but they should do wonders.

It is common to buy from Chinese eggs that will average six to the pound, though smaller ones are also plentiful, but the chicken business is not yet understood by the Chinese, and the hens get practically no care or attention. They forage and care for themselves. They get little protection from a temperature frequently falling below zero (Fahrenheit) and occasionally 10 degrees or even 20 degrees below zero.

The largest eggs I have seen here averaged four to the pound, some being slightly below four ounces and others slightly over, some even four and a quarter ounces. These were from a hen kept by a man in Antung, whose hens get more attention and better food than the Chinese kept hens. The best hen referred to was bought in the market for killing, but escaped that fate and has established a local record.



Hon. Frank Cochrane,
Minister of Railways and Canals.

BRITISH PAUPERISM.

How the Old-Age Pensions Have Decreased Scourge of Poverty.

The returns of pauperism issued recently, have been supplemented by the annual report of the Local Government Board of Poor Law Administration, says the London Post. The board points out that the prosperous trade and comparatively small amount of unemployment recorded in the year ended in March last, are reflected in the returns of pauperism. On the first of January, 1913, the rate of pauperism to population was 21.7 per 1,000, a rate lower than that of any previous year. The mean number of paupers of all classes relieved was 738,916, or 21.5 per 1,000 of the population. This number is slightly in excess of the number for the preceding year, but the figures for July were exceptional owing to the occurrence at that time of the trouble in the transport trade. The unfortunate disputes in this and the coal trade, which took place a little earlier, made the year a very difficult one for many Boards of Guardians. The monthly returns of pauperism show that from April to July, 1912, when these disputes were in progress, the number of paupers exceeded those at the corresponding periods of the previous years by from 13,704 to 28,630.

Much of the decrease in the numbers of persons relieved by the guardians is stated to be due to the operation of the Old-Age Pension Act. The diminution is mainly in the number of persons over seventy who were in receipts of outdoor relief, and a comparison of the figures of March, 1906, with those for January, 1913, shows a reduction of 95 per cent. Other recent legislative changes, such as the Unemployed Workmen Act, the establishment of Labor bureaus, the feeding of school children, the medical inspection and treatment of school children, and the unemployment and health insurance schemes, have in some degree modified the problem with which the guardians have to deal, but for the most part it is as yet too early to trace their effect in the statistics of pauperism.

Statistics furnished in the report show that on the 1st of last January 661,664 persons were in receipt of relief, these figures being exclusive of paupers classed as insane or casual paupers, which bring the total up to 794,227—a decrease of 7,654 on the previous year.

Our London Letert

Princess Mary Earns $1,250.

Princess Mary has earned $1,250 in eleven months with her own little hands in the cause of charity. Several charitable institutions are benefiting by the labors of the young Princess, and one portion of the money has been expended on two hundred pairs of boots, which she will give to other organizations this Christmas.

What Princess Mary, who is only sixteen, has earned by her own unaided efforts for charity within the last half dozen years would make a very comfortable amount. A large proportion of the money was made by the sale of Venetian glass bead necklaces which Princess Mary made. She was given a quantity of Venetian glass beads by the Queen, and with these she started to make necklaces. Princess Mary worked with a will, and by her industry soon made a number in a wide variety of designs and styles. These were soon sold for sums ranging from half a dollar to a dollar and a half. Some of the necklaces took longer to make than others, but on an average each occupied Her Royal Highness two hours.

But Princess Mary's work did not stop with the beads. She is a youthful vice-president of the London Needlework Guild, in which the Queen takes so great an interest, and she also has spent a considerable time in sewing for the poor. Both the Queen and her daughter have made a large number of stitched or knitted garments for them.

When any important ceremonies have taken up most of the Queen's time Princess Mary has made it a point of working harder so that the guild should not suffer. The youthful vice-president, too, not only makes the garments but is quite proficient in the cutting out process, and can, moreover, make a first rate choice of materials to be used. In her official capacity, too, Princess Mary, in addition, has collected three thousand garments for distribution this Christmas.

Some of her own work includes a dozen dainty little woollen petticoats crocheted by herself. These pretty little pink and blue garments are to be sent to as many children's hospitals as there are petticoats.

Cupid at the South Pole.

The tragedy of the Scott expedition has been followed by a perfect epidemic of marriages and engagements among the surveyors. Six or seven of the naval petty officers and men of the Terra Nova have been married and quite a number of others have become engaged since their return from the polar expedition.

32,250 Umbrellas Found.

Carelessness seems to be a growing habit in London, for the report of 1912 of the Commissioner of Police just issued shows that the lost articles sent to Scotland Yard numbered 64,876, an increase of no fewer than 11,258 on the previous year. The articles included: Bags, 10,154; jewelry, 2,233; opera glasses, 748; purses, 3,423; sticks, 2,002; umbrellas, 32,250; watches, 765. Of these 55,865 articles, valued at $200,260, were restored to their owners.

Bars Morganatic Marriages.

The visit of the Archduke Francis Ferdinand and his consort, the Duchess of Hohenberg, has set every one talking of the ever fascinating subject of morganatic marriage.

Though morganatic marriages are not permitted by English law London has become familiar with the idea by the residence in this country of the Grand Duke Michael and the Countess Torby, prominent in London fashionable circles. The Countess Torby herself is the offspring of another morganatic marriage; she is the daughter of the late Prince Nicholas of Nassau and the Countess of Menenberg.

The late Duke of Teck, Queen Mary's father, was the only son of Duke Alexander of Wurtemberg and his morganatic wife, the Countess Claudine Rhedey. Their married life was short, for the bride died at the end of five years; but it was believed in Wurtemberg to have been ideally happy, and after the death of his wife Duke Alexander lived a widower for nearly fifty years.

The present reigning Prince of Lippe is also the son of a morganatic marriage, though in his case, notwithstanding this impediment and in spite of the opposition of a very exalted personage, he was allowed to succeed to the throne of the principality—a living proof that morganatic descent is not an absolute bar to succession among German royalty.

Aberdeen to Honor Byron.

Aberdeen is to do honor to Byron by erecting a statue to his memory. Though he was born in London—in Holles Street, Cavendish Square—the poet's early days were spent in Aberdeen; and he was always proud of his connection with the Gordons.

London, Dec. 15, 1913.

WOULD YOU LIVE A CENTURY?

British Physician Thinks It Is by No Means Difficult.

The decrease in the death-rate during the last century has been remarkable, but, as every well-informed physician will tell you, it has been brought about chiefly by lessening the number of deaths among infants and persons under 35 years of age. After the latter age the danger of death is greater than ever, in spite of all that medicine and surgery can do.

The famous British physician, Sir James Sawyer, believes it is by no means a difficult matter for any human being to live to be 100 years old. He has recently declared that anybody can attain this age, unless killed by accident, if he or she will religiously observe the following eighteen "commandments of health":

1. Eight hours' sleep every night.
2. Sleep on your right side.
3. Keep your bedroom window open.
4. Have a mat at your bedroom door.
5. Keep your bed away from the wall.
6. No cold bath in the morning but a bath at the temperature of the body.
7. Exercise before breakfast.
8. Eat little meat, and be sure that it is well cooked.
9. Drink no milk. (This applies to adults only).
10. Eat plenty of fat to feed the cells which destroy disease germs.
11. Avoid intoxicants, which destroy the cells that combat disease.
12. Allow no pet animals in your living rooms, for they carry disease germs.
13. Live in the country if you can.
14. Watch the three D's—drinking water, damp and drains.
15. Have change of occupation.
16. Take frequent and short holidays.
17. Limit your ambition.
18. Keep your temper.

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON, DECEMBER 28.

Lesson XIII. A Day of Decision—Review. Golden Text, John 3.16.

Before the School.

Such is the character of these lessons, and so great is the amount of material in them, that almost anything in the work set down for classes may be used for the general review. Do not fail to provide a map for tracing the journeys of Israel. As the various stopping places are reached a pupil may give a brief recitation of what happened here. The leading themes of the lessons may be recited in the same way, as also certain psalms and such poems as "By Nebo's Lonely Mountain." An entire programme may be made up thus, and it will be found of unfailing interest.

The Blackboard. Looking backward, we have five scenes in the life of Moses here, and we may also look forward over the life of Joshua, the study of which we have begun. Counting the alternative lesson for Christmas day, we have five scenes in his life also. Call these out by question and answer, connecting each with its numerical lesson, and adding the remaining three. Have the Golden Text recited in concert.

Responsive Review Service.

Superintendent. What is the Title and Golden Text of Lesson I?

Boys. Moses' Cry for Help.

Girls. The effectual fervent prayer of a righteous man availeth much.

Supt. Lesson II?

Boys. Jealousy and Envy punished.

Girls. Love envieth not; love vaunteth not itself, is not puffed up, doth not behave itself unseemly.

Supt. Lesson III?

Boys. The Report of the Spies.

Girls. If God be for us, who can be against us?

Supt. Lesson IV?

Boys. The sin of Moses and Aaron.

Girls. Let the words of my mouth and the meditation of my heart.

Be acceptable in thy sight,
O Lord, my strength and my redeemer.

Supt. Lesson V?

Boys. Balak and Balaam.

Girls. A doubleminded man is unstable in all his ways.

Supt. Lesson VI?

Boys. Abstinence for the S[illegible] of Others.

Girls. It is good n[illegible] flesh, nor to drink w[illegible] thing whereby thy b[illegible] bleth.

Supt. Lesson VII?

Boys. The Death of Mose[illegible]

Girls. Precious in the sight [illegible] the Lord is the death of his saints.

Supt. Lesson VIII?

Boys. Joshua, the New Leader.

Girls. Be strong and of a good courage.

Supt. Lesson IX?

Boys. Crossing the Jordan.

Girls. Fear not, for I am with thee.

Supt. Lesson X?

Boys. The Fall of Jericho.

Girls. All things are possible to him that believeth.

Supt. Lesson XI?

Boys. The Sin of Achan.

Girls. Be sure your sin will find you out.

Supt. XII?

Boys. The Word Made Flesh.

Girls. And the Word was made flesh, and dwelt among us.

Origin of Diamonds.

Recent scientific authorities are inclining to the belief that all diamonds came to the earth in meteoric showers. The theory is the diamond fell to the earth as a meteorite at a late period of the earth's formation. Places where diamonds are found contain meteoric masses which have penetrated the earth more or less deeply. Recent discoveries in the western states, especially in Arizona, seem to indicate further the "heavenly origin" of our most brilliant stone, for over the broad and open plains for areas of miles in diameter several thousand masses of metallic iron have been scattered. These masses have undoubtedly been meteoric showers.

Stout Constable: "Well, my boy, you seem very interested in me. Are you thinking of joining the force?"

Boy: "Why? Has the chief superintendent resigned?"