

About the House

Useful Hints and General Information for the Busy Housewife

Appetizing Cheese Dishes.

Cheese is a wholesome food that deserves at least an occasional place on the dining table. It would appear more frequently, perhaps, if the numerous attractive and unusual ways of serving it were more commonly known.

Cheese Salad.—Slightly warm one pound of cheese, then work it until it crumbles. Add one quarter of a teaspoonful of finely minced onion, two hard-boiled eggs, finely minced, two tablespoonfuls of mayonnaise dressing. When you have thoroughly mixed all the ingredients, form the mixture into small balls, and serve them with lettuce leaves on individual plates.

Limpens Cheese (Belgian style).—Cut a small loaf of bread into slices and remove the crusts. Butter each slice, and cover it well with grated cheese, building up the slices one on another in two rounds in a deep baking dish. Boil a cupful of milk, and season it with salt, pepper and a dash of grated nutmeg; when the milk has boiled pour it over the bread; set the dish in the oven and let the mixture bake for a quarter of an hour, mixing the bread frequently with the milk in the pan.

Fried Cheese Balls.—Mix half a cupful each of grated cheese and an equal amount of bread crumbs, add one well-beaten egg and a teaspoonful of a good relish. Roll the mixture into balls; dip them into beaten egg, then into very fine bread crumbs that you have lightly seasoned with pepper and salt. Fry the balls in deep, hot fat. If you like high seasoning, add a dash of Cayenne pepper to the cheese mixture. With a lettuce salad the cheese balls make an excellent garnish for veal.

Savory Cheese Rusk.—These are particularly appetizing as a luncheon dish. Grate one and one half cupfuls of strong cheese, add one teaspoonful of olive oil, one teaspoonful of mustard, and two tablespoonfuls of mild vinegar. Season it slightly with a good relish and with salt and pepper. Add one eighth of a teaspoonful of soda and beat the mixture until it is very light and creamy. Spread it on rounds of rusks or on plain white bread and brown it in a very hot oven. If you wish, you can vary the receipt by using three tablespoonfuls of olive oil and only half a tablespoonful of the vinegar.

Cheese Rings.—Place one cupful of water, half a cupful of butter and half a teaspoonful of salt in a saucepan; when the water boils, add one cupful of pastry flour and stir the mixture until it leaves the sides of the pan. Remove it from the fire and allow it to stand until it is lukewarm, then add three eggs, one at a time, and beat each one thoroughly. Add half a cupful of stale grated cheese and place the mixture in a pastry bag that has a star tube. Line a biscuit pan with paper and shape the mixture into rings upon it. Sprinkle them lightly with grated cheese and bake them in a moderate oven until they are thoroughly done.

Making Use of Stale Bread.
Of all the left-over remnants of food from the kitchen bread is the most common, perhaps, and many pieces are daily thrown away which a little thought would turn to excellent use. If the left-over pieces are not utilized the same day, an excellent plan is to wrap them in pieces of waxed paper and store them in a stone jar. They will keep well for a week in this way.

Dried crumbs for stuffing and meat frying: Put the crusts and small pieces in a baking pan and dry in the oven without burning. They may then be put through the food chopper and stored in clean jars until wanted. They may be used as a basis for meat croquettes, poultry stuffing and other things.

French toast may be made from the whole slices of left-over bread. It is an excellent luncheon pick-up dish. Beat an egg and add a little milk. Dip the slices of bread in this and fry a nice brown in hot drippings. Serve with butter, jelly or marmalade.

Bread custard pudding: Cut the bread in dainty shapes and butter liberally. Make a plain custard of eggs, milk and sugar. Put in baking dish and float the buttered bread on top. Sprinkle with grated nutmeg and bake in a quick oven until done. This is excellent.

To make croquettes for the various uses so much relished in summer, dip the bread in cubes and fry in butter dripping just before serving with the soup. Add five or six to each plate of soup. These are delicious with almost any soup.

Bread jelly for invalids: Scald the stale bread freed from crusts. Mash to a paste until of muslike consistency. Add a little sugar and flavoring, mold, chill and serve with cream.

Sterilized bread crumbs are especially valuable for the young children in the household. A jar should be kept filled with these. They may be heated when wanted and sprinkled in soups, stews, milk, fruit juices and, indeed, anything eaten by very

young children where fresh bread is often positively dangerous. Dried bread is also valuable for mixing with various other foods for feeding the household pets.

Miscellaneous Recipes.

Green Tomato Sweet Pickles.—One peck of green tomatoes. One dozen large white onions. Six red peppers, coarsely chopped. One cup of sugar. One tablespoonful of ground all-spice. One tablespoonful of ground cinnamon. One tablespoonful of ground mustard. One tablespoonful of whole cloves. Three pints of vinegar. Slice the tomatoes the day before pickling. Sprinkle them thoroughly with salt, but not too heavily. In the morning drain off the liquor. Have ready the onions coarsely sliced. Take a kettle and put in a layer of tomatoes, then a layer of onions, and sprinkle between each layer the sugar and all the spices. Pour over them the three pints of vinegar, or enough to cover the whole well and boil gently until tender. The onions can be left out if the flavor is objectionable as the pickles are equally good without them.

Pepper Hash.—Twelve large red peppers. Twelve large green peppers. Fifteen onions. Take seeds from peppers. Chop fine in food chopper and pour over boiling water. Let stand five minutes and then drain. Make a weak solution of vinegar to two parts water (three-fourths pint vinegar to one and one-half pints water for the above amount of peppers and onions). Put in the chopped peppers and onions. Let boil, then drain again. Add one pint of vinegar, two and one-half cups sugar, three tablespoonfuls salt. Let all come to a boil, put in jars and seal.

Pickle Grapes.—Take ripe grapes, remove all imperfect and broken ones, divide large bunches. Put in earthen jar a layer of grapes leave (the tannin in leaves helps preserve the firmness of grapes). To four-quarts of vinegar take two or three pints of white sugar, or more if desired, one ounce of cinnamon, half-ounce cassia and cloves, boil vinegar, sugar and spices together a few minutes, and when cold pour over grapes. By pouring the vinegar over the grapes you will avoid chacking them, and they retain their natural color.

Grape and Apple Jelly.—Take half-ripe grapes, stem and wash. To one quart of stemmed fruit add two medium-sized apples, core, but do not peel apples. Cover with water and boil until mushy. Strain through jelly bag. Let juice stand overnight, as this prevents formation of tartaric acid crystals. To each cup of juice add one cup of sugar; boil; while boiling take out from time to time a small quantity of the liquid and set to cool, and repeat this process until the samples set to the desired thickness. Put in glasses, and when cold cover the top with a thin layer of melted paraffin.

Household Hints.

Every tidy housekeeper would like to keep her cooking stove clean and new looking. She can do so if she will wash the stove while it is warm with a sponge dipped in soap and water.

Charcoal on the shelf of the refrigerator will keep the refrigerator sweet and pure. Then there is the silver that will tarnish. If the good housewife will lay a little camphor in the drawer where she keeps her silverware, she will at least help the trouble. In the event that she wishes to clean her silver, a mixture of equal parts of whiting and ammonia with a flannel cloth will do the work satisfactorily.

She will perhaps avoid falls when she goes to the cellar if she will paint the lower step white so that she can better see it.

As to sweeping, let her soak a newspaper in water, unfold it and lay it in the center of the room. Much of the dust will be absorbed. A little milk added to the water will give a polish to an oilcloth. A little turpentine in closets and drawers will prevent moths. A little sweet oil in the scratch of furniture will improve the bruisé.

When you iron, if you will place your iron on a hot brick while you are ironing it will stay hot longer. If your irons are not clean, rub them on emery paper. If you will keep a paraffin candle with a white-lawn cloth over the end and rub over the iron occasionally, you will thereby add luster to your linen.

Played "Home, Sweet Home."

A soldier who has been twice wounded on the last occasion of injury was in the trenches when suddenly a man by his side was hit in the wrist. Clipping his hand upon the wound, he exclaimed:

"Got it! I've been waiting for this since last August." Then, putting his left hand into his pocket, he pulled out a mouth organ and played "Home, Sweet Home."

Who but an English Tommy could or would do that?

THE SUNDAY LESSON

INTERNATIONAL LESSON
OCTOBER 1

Lesson I.—A Plot That Failed—Acts 23. Golden Text. Jer. 1. 19.

Verses 14. Chief priests—More exactly, high priests, a close oligarchy including, besides the acting pontiff living, ex-high priests and priests belonging to the two or three families from whom the government selected the new one. Of course in Jewish eyes the office was for life, but they had to be content with keeping it in the families which held it since the Maccabees. Curse—Greek, anathema; the formula would be, "God do so to me, and more, also if I eat or drink before we have killed Paul."

15. With the council—The Sanhedrin, which contained many well disposed to Paul, was only to be asked to pass a resolution requesting Lysias to give them a further opportunity of examining the case. Signify—Rather too peremptory a word; it only implies putting a suggestion before the officer, who, of course, could grant it or refuse it as he pleased. Comes near—The Sanhedrin therefore would not be suspected of complicity.

16. Paul's nephew is the only relative of whom we hear. He must have been deeply interested in his uncle, and employed great shrewdness in getting this information: a relative of Paul's was the last person to pick it up casually. The case with which he secured access to Paul shows that the apostle was no longer in rigorous confinement.

17. Young man—The term used in verses 18 and 22 is slightly different. Paul speaks of his nephew to the centurion with less familiar tone.

18. Lysias's interest in Paul, and his determination to see fair play, becomes apparent.

20. As though thou wouldest—It is better to follow one of the two greatest MSS., and by altering one letter read as though it (the Sanhedrin) would, etc. This agrees with verse 15. Lysias would not take Paul down to the Sanhedrin because he wanted to get more exact knowledge; he would question him in the barracks.

21. The information of their amiable intentions no doubt cost these forty zealots some delay in getting their dinner. But there were casuists ready to extricate them from a vow so praiseworthy, when it failed of its object.

23. A very large escort for one prisoner, but Lysias was determined that a Roman citizen should not be murdered by these hated sectaries. A Roman cohort would include a contingent of all kinds of troops—regular infantry, cavalry, and miscellaneous native troops. The exact meaning of the word rendered sparsmen is not known. Caesarea, on the coast, was the seat of government.

24. Felix—Antoniou Felix, procurator of Judaea from about A. D. 52. He and his powerful brother Pallas were freedmen. Tacitus says that he "wielded royal power with the spirit of a slave, with unbounded cruelty and lust."

There may be such a thing in the world as pure unselfishness, but nobody seems to be able to locate it.

Every man imagines that it would be a fine world if we were alike and he was the sample.

Beauty is said to be only skin deep, but many a woman's beauty depends upon the size of her balance in the bank.

THE FASHIONS

A Forecast of the Fall Styles.

Before very long, thin summer frocks and light suits will have to be put away for the heavier fall-garments to take their places. It often happens that the first chill winds catch us unprepared, and certainly there is nothing more upsetting than to realize that we had not given a thought to the coming of fall and were, consequently, not ready for the change in the weather.

The autumn styles are already well established, so no one need be afraid to make her selection in suits and gowns early, for there is no danger that they will not be in good style later. The suit models that have come over from Paris are as attractive as they can be. The coats are mostly three-quarter length and some of them are shorter. They reach to the hips, the fingers, tips or the knees. The skirts are quite full; just as full as they were last fall, but not so flaring. The lines are straighter, as a rule, and the skirts just a trifle longer than they have been worn in the past seasons. Strictly tailored suits, of course, do not have very wide or long skirts.

Among the coat styles there are some Russian effects seen, which most women will be happy to learn. One of the favored models is fitted above the waist and quite full below it, and there are many variations of this idea. A suit that gives promise of being very well liked on account of its generally becoming lines is illustrated here. It has deep pockets which are cut in one with the fronts of the coat,



Long Suit Coats are Fashionable.

and a narrow belt going around the sides and back, but not the front. The skirt that completes this suit has pockets corresponding in cut to those on the coat.

In the other suit shown here, there is a suggestion of the Empire style, the return of which we have been hearing so much about lately. It comes in a modified form, having a panel in the front and back, and is certainly most attractive.

A wonderfully smart suit from Paris was made of navy blue gabardine, with a very long, full coat. The skirt also was very full. It extended

up above the normal waistline, where it was attached to a blouse of brown and black checked silk with small checks. The coat was lined with this silk, and when thrown open the effect of the whole costume was very striking.

Suit Fabrics and Colors.

There are charming suit materials for fall, which will perhaps make it difficult to decide on what to get. Besides the old stand-by serge, there is its staunch companion, gabardine; then there are wool poplin, wool velours, broad-cloth, cheviot, mixtures, and many fancy twills and suitings. For dressy wear, velvet, velveteen and satin will be very much in the foreground. The checked wool velours are very stylish in two tones,



A Modified Empire Style.

For instance, black and brown, tan and brown, and gray and brown. They are most practical, too, for they wear very well. The fashionable self bones are navy blue, dark brown, green, taupe, gray, burgundy, and black.

Fur for Trimming.

Did any woman fear that the fur on her suit last winter would not be fashionable this year? If so, let her fear be turned into joy, for fur is to be used even more lavishly than it was last winter. The bands of fur on skirts are wider, the fur collars on coats just as high and the cuffs on the sleeves just as deep. Rabbit and skunks, are the furs most commonly used, and there are also Hudson seal, beaver, fox, lynx, minkskin and ermine, all of which were used last winter.

These patterns may be obtained from your local McCall Dealer, or from the McCall Company, 70 Bond Street, Toronto.

Things you can't understand are generally done of your business. Sometimes people ask you for advice just to be pleasant to you.

HEALTH

Bruises.

A bruise, or contusion, is caused by a blow or by strong compression of the soft tissues. It is an actual wound of the subcutaneous tissues, and is less serious than an open wound only because the unbroken skin usually prevents it from being infected. That does not mean, however, that a bruise is a harmless thing. Blood can carry infection, and if germs lodge in the lacerated tissues they will cause inflammation.

The first result of a severe bruise is pain; next comes swelling and discoloration. That is owing to the escape of blood from the torn vessels, and it is usually more marked where the tissues are loose; that is why a "black eye" often follows a blow that would leave no mark on the chest or back.

The pain of a bruise is best relieved by sponging with very hot water or by hot fomentations; sometimes an electric-light bulb will give enough warmth to relieve moderate pain. The hemorrhage, which is the cause of the swelling and discoloration, can be reduced by applying pressure at once over the injured part. Fold a handkerchief or napkin so as to make a smooth pad and keep it firmly in place by a bandage or by a towel tightly pinned. When you cannot make a pad work well hot water may arrest the bleeding and prevent discoloration.

Ice-cold applications have the same effect, and they are better than hot ones for a black eye. It is a good plan also to compress a bruise under the eye by a mass of cotton or soft cloths—or by the traditional raw beefsteak.

If the pain of a bruise persists and there are signs of beginning inflammation, apply cooling lotions, such as lead and opium wash, salt and diluted vinegar, equal parts of alcohol and water or extract of witch-hazel. Arnica is often used, but it is better to try something else, for it sometimes causes a rash or even gives rise to symptoms of general poisoning. If the inflammation persists and an abscess forms, the surgeon must be called.

Health Notes.

The most important feature in giving comfort to a person burned or scalded is to keep the air from the burn.

All bacteria do not make trouble and doctors' bills. Some of them make butter milk, and butter milk is a friend to health. It is a cheap beverage and a good one, and is an excellent food besides. Its nutritive value is high. Two quarts of butter milk being equal to about one pound of steak. It has a good medicinal effect. The lactic acid bacteria that help in the making of butter milk are, therefore, man's friends and protectors.

"Can you keep a secret?" "I am silent as the tomb." "I need to borrow some money." "Don't weary, old man. It is as though I never heard it."

EXAMPLES GOOD AND BAD

Character Specifies the Sort, Substance and Condition of Life's Doings.

Follow not that which is evil, but that which is good.—III. John, 1, 2.

The great model from which specimens are drawn to illustrate the original of anything is nature and its own akin. Since existence follows the order of nature, as effect does cause, there is no product to precede it. Nothing, in fact, compares with nature. To imitate nature is to get close to it, to be natural in what we say and do. Every achievement of glory, sculpture, painting, or whatever else may be accomplished after the manner of men, new and perfect in themselves, becomes at once a sample pattern, example, the form for others to represent and reproduce. To busy ourselves with fac-simile work that accords with what nature reveals to us is to be true to nature.

Apostolic Examples.

If a touch of nature makes all the world kin, the kinship we bear each other in whatever succeeds will relatively pass to benefit mankind. It befits men in all walks of life to acquire acts of faith, hope and love. Opposed to them may be observed the sad, harrowing exhibitions of folly that overshadow nearly every surrounding. Examples good and bad qualify character. We find nothing new in substance, nothing old in form, yet quantity measures both. Weighing in the balance, vice, contrary to virtue, is always found wanting. There is no rest for the weary obsessed with crime. The mission to teach and do exactly what was exemplified and taught the apostles by the Great Master infers a hearing and implies the request for the holding of that commission on the part of men and nations to whom the twelve were sent to preach and obey as commanded; that they in turn should be the specimen copies, exhibits, apostolic example, in repeating all they had heard and seen done. Nothing less

or more was expected of them other than to be what Christ was to them.

As such men would know they were the disciples of the Lord. The disciple is no greater than his Master any more than a copy is greater than the original. To learn the Master's meekness and humility of heart was to reproduce in themselves the same only as found exemplified in Him. Theoretic preaching alone would not suffice, as more was wanted of them to be in habit and practice exemplars of the Saviour's virtues. The ideal nicety of virtue and happiness appeals to all. Still there can be no denial that they who know and thrive upon the evil of the world dress vice in its most alluring form. Aware of its own hideousness vice dissembles itself in the garb of the true and the good to conceal its blots and blemishes.

Precept and Injunction

are excellent methods to adopt in teaching, but demonstration is more effective to obtain results. "Suffer little children to come unto me," is explanatory of the Saviour's mode of instruction when, lifting the little child to His arms. He declared such like innocence and simplicity must be found in men before they come to the abiding place of His Father. Good principles practised at work or play make for righteousness. Hence the good we promote will uplift and add to the betterment of all classes to higher stages of perfection, at the same time being conscious of personal errors to be always and ever considerate of the failings and misfortunes of others. Then:—

Speak of a man as you find him. Censure alone what you see; If a man errs remind him, For of faults there's none of us free.

—Rev. George T. Donlin.



A True and Pretty Story of a Sympathetic Queen.

THE other day, Queen Amelie of Portugal was visiting one of the hospitals for French soldiers. After having spoken with practically every man in the different wards, she was taken to a room in which a little "pouli" lay dying. The doctors and nurses were greatly worried, because the poor man was to have been decorated that day, and the officer who should perform the ceremony had not yet arrived.

The "pouli" might lapse into unconsciousness at any moment—what should they do?

The Queen, on being informed on the cause of their anxiety, asked simply: "Shall I decorate him, before it is too late, though it is not correct under the circumstances?"

The doctors decided in the affirmative and Queen Amelie speaking lovingly to the brave little "pouli" pinned on the much coveted military cross. Then turning to the doctors asked if she might not also give him the "accolade." And gathering the dying man in her arms, she kissed him tenderly and lovingly on each cheek—and he? Well, he died that same night—happy and smiling peacefully, for had not a Queen and above all a mother, lightened his last hours of darkness? And the Queen? Well, on leaving the hospital she met the officer whom she had misplaced officially for a few moments, and told him in a frank and simple words what she had done. He, though at first surprised, was so charmed by her kind and sweet manner that he could only say "she had done the right thing, and that he was glad she had been there to do it."