

The Home

Notes of Particular Interest to Women Folks

MEATS.

Dried Beef Gravy.—Take a 15 cent glass of dried beef and shred the beef into small pieces. Heat two cups of milk in a spider and add the beef. Then put the shredded beef into the thickened milk and serve with mashed potatoes. This makes an excellent dish for any meal of the day.

Economy Dish.—This is a very good way to convert meat scraps into a savory dish. Beef scraps always are the best. First chop the meat medium fine and then put it in a skillet with a little hot water on it and let it simmer about fifteen minutes. Then make a rich gravy and put the meat in and cook just a few minutes more. This with hot mashed potatoes makes a good meal for either dinner or supper.

Chicken en Casserole.—Prepare chicken as for frying. Brown in hot butter. Take from frying pan and place in stone crock or porcelain pan. Add to the fat left in pan one small onion chopped fine, two tablespoonfuls carrot cut fine, one-half of a bay leaf; let brown, then add one tablespoonful of salt, one rounding tablespoonful of flour, and two cups of boiling water; add to chicken, cover tightly, and bake in oven.

Pork Chops.—Make a dressing for turkey, shape into a loaf in baking pan, take lean pork chops or shoulder sliced rather thick and lay them on top of dressing, season with pepper and salt and a tablespoonful of lemon juice, and bake in moderately hot oven, turning meat so as to brown well both sides. Bake until meat is done and it is ready to serve.

SALADS.

Unusual Salad.—One-half dozen bananas sliced, one cucumber sliced or celery may be used, one cupful seeded white grapes, halved, one-half cupful English walnut meats, chopped fine. When just ready to use pour mayonnaise dressing over all and serve. It is very pretty and may be made to look nice by placing the grapes on top.

Japanese Rice Salad.—Wash one-half cup of rice and cook in rapidly boiling water for twenty minutes. Mix in a large bowl four tablespoonfuls of vinegar, one-half teaspoon of salt, one-fourth teaspoon of pepper, and one shake of tabasco sauce. Toss the rice after thorough draining with this dressing and add one-half a large onion or one small one, or one tablespoon of cherries, chopped fine.

White Salad.—One cup of celery, one cup of cabbage, one 10 cent can of pimientos, one-half cup of almonds blanched. Cut the above rather fine. One-half box of gelatine soaked in one pint of cold water, when soft add one pint of hot water, one teaspoon of salt, one and one-half cups granulated sugar. When slightly cooled add the juice of three lemons. When gelatine has commenced to congeal add the other ingredients. Mold in pan, cut in squares, and serve on lettuce leaf with a good mayonnaise mixed with half whipped cream. This is delicious.

Twentieth Century Salad.—Take six oranges, peel, cover, and seed them, and cut the fruit in small pieces with a sharp scissors. Skin and seed one-half pound of white grapes and mix the fruit with one-half pound of pecan nuts and one quart of chopped celery. Mix all these ingredients well and stir in a dressing made the following way: Beat well the yolks of twelve eggs, put in an earthen bowl over a pot of hot water and stir them. After the eggs have become warm add one cupful of melted butter and one-half pint of vinegar, which may be weakened with a little warm water if too sharp. Stir the dressing until it is perfectly smooth, being careful not to let it cook too long or it will curdle. Give it time to become perfectly cold. Then add the juice of two lemons, one tablespoonful of sugar, one teaspoonful of salt, and a pinch of paprika or red pepper. Whip one-half pint of double cream and stir it in; then put away for several hours. With the above quantities there should be enough salad for a company luncheon at a moderate cost.

THE SEWING ROOM.

Stitching.—I run a row of stitching about three-quarters of an inch from the closed edge of my pillow cases, forming a sort of tuck. It looks well on the pillow, gives me something to hold to when I'm sitting on and off the pillow, and is a great convenience when turning the case in the laundry. The corners are immediately adjusted without the customary poking, hence my

pillow cases never wear out at the corners. Mrs. W. J. L. Silk Help.—I found that when sewing silks together if one takes a strip of paper and sews it right on with the silk, then the silk will not pucker. The paper is then easily torn off again. I ask the dry goods man to save me the paper he takes off the ribbons. It is handier, as it saves cutting up the newspapers in strips, although one can use any kind of paper. Miss K. G. Sewing on Buttons.—When sewing on buttons, especially on clothing that makes frequent trips to the laundry if the knot is put on the right side of the goods under the button—the buttons will stay in their places much longer.

Buttonholes.—I have found this to be the best and quickest way of making buttonholes. Mark the size of buttonhole on material with a soft pencil, then work it, and after it is worked out open with your embroidery scissors or a sharp penknife. You will find your work smooth and even and they will not pull out of shape. This is especially good for working on material that travels easily.

B. B. Dress Help.—When making your little spring dress that requires a lining try one of the new boned corset covers and hook to just meet in the back, then build your waist over it. The arm size may be a little too large, but can easily build it out to suit. We are sure you will find that this will save you a great deal of trouble, for to cut and fit and bone a waist is no easy task.

THINGS WORTH KNOWING.

Kettles may be thoroughly cleansed by mauling a few potato-peelings in them.

Scrubbing brushes should be kept when not in use, in an airy place, with the bristles down. Bread should always be at least a day old before it is eaten. New bread should be avoided.

When about to use a smoothing iron test the heat of the iron with a piece of paper before using. Finely powdered bathbrick cleans knives quite as well as knife polish, and is more economical.

LOOKING FORWARD.

Ten Years Will Probably See Rebuilding of World's Navies.

One Year Hence—Possibly the first transatlantic airship voyage; introduction of an equilibrator for flying machines; possible finding of the South Pole by the Scott expedition, now on its way.

Ten Years Hence—Probable solution of the remaining problems of flight and introduction of large numbers of flying machines; probable rebuilding of the world's navies; probable decision of a great European or Asiatic war; practical application of the monorail; wireless telephone, solid petrol for fuel; development of East and West Africa; probable standardization of harbor depths and consequent limitation of the size of war and merchant vessels. Possible formation of new nations.

One Hundred Years Hence—Probable shifting in the leadership of nations; possible establishment of a world peace; possible fall or reconstruction of old orders of thought; creation of atomic advance to the probable solution of the mystery of electricity; discovery of the radio-active force; advance along the proto-atomic theory; possible establishment or disproving of the primal element; possible communication with another planet; solution of the mystery of Mars; revolution of the monorail and the application of the monorail and the flying machine; probable advance of Asia among the world's powers.

One Thousand Years Hence—Complete reconstruction of the nations, probable retreat of Caucasians races into America and dominance of the great continent by the Mongol; total revolution of the forms of human thought, religion and ethics; a new moral code; arrival of the height of the radio-active age and dawn of proto-atomic stage of human development; possible signs of change in human makeup, denoting approach of evolution into a slightly altered type; possible solution of the secret of life; consequent realization of the alchemists' dream, transmutation of the elements or production of all elements from the primal matter; arrival of hyper-utilitarian age in which man will destroy every-thing inutile; possible discovery of animals; possible discovery of consciousness in plant life; rebuilding of the world; recrudescence of civilization to naturalism; subversion of man's age of poetry.

CRUSHING A BRAVE NATION

WAYS OF RUSSIAN AND GERMAN POLICE OFFICIALS.

By Cruel and Vindictive Acts They Seek to Break the Polish Spirit.

Some ghastly stories of Police tortures in Poland are given in a book, "La Pologne Vivante," by Marius-Ary Leblond, a French writer well-known abroad. Some of the cruelties he accuses the Russian and German police officials of practicing in an effort to break down the Polish spirit are:

Cracking bones of human fingers with giant pinners.

Burning prisoners with white hot pokers.

Breaking arms over soldiers' knees.

Driving villagers into freezing water to remain for hours.

Crippling children and making them half-witted by blows on the head.

Gouging out eyes and cutting off hands.

The author, a traveller in many lands, went into Poland to see, and did not close his eyes. He made personal investigations. He travelled in the Czar's part of dismembered Poland; he travelled in the Kaiser's. On either side of the frontier the tragedy is the same.

Germany has determined that Poland shall forget itself and that the generation now growing up shall forget the language of its fathers. An army is on duty to aid the schoolmaster. The great educational principle is to "beat it in" to them. The rod is always uplifted or falling.

"It is a common occurrence for one of these German teachers to whip children with straps and rulers until their hands will not close and their backs are striped like a zebra's and then they give them ten, twenty blows on all parts of the body," writes the travel-auditor. "They hurl chairs at them, pull out the hair of the pupils, and make some of their fellow pupils hold some child on a table, while he is strapped. But the children are learning how to bear pain from their elders, and they stand whipping and even burning with groans and resignation. Children who try to hide under tables are pulled out by the ear, and if a child talks Polish while at play he is imprisoned for three days.

MARTIAL LAW.

"But it is when the troops take a hand that the real atrocities begin. A company rides into a town, and the slaughter begins. Not long ago a notice was posted in a village near the frontier that it was under military rule, but that owing to illness among the people the nine o'clock rule would not be enforced. A woman with a dying child sought a physician a few minutes after nine o'clock. A soldier confronted her as she ran through the street and laid her neck open with his sabre. She fell dead at his feet. On another occasion a woman was in the street in the daytime with her infant in her arms; a soldier saw her and as the child nestled to the mother he fired, killing mother and child with one bullet. A brother and sister went to help the wounded, both were shot down on sight. In this way in Yaroslavl alone 4,000 were killed and 5,000 wounded in four days.

"A man takes his life in his hands if he is a wage earner in Lodz. Soldiers stand around the factories at whistle blow, and fog such as do not skulk there along by-paths. A body of workers foolishly resented an attack of this sort, and a score of ears were cut off by the soldiers. Several men had their eyes plucked out. Doctors do not like to be called to cases of this kind, for it is bound to make the soldiers unfriendly.

SETTLING TRADE DISPUTES.

"In a German factory soldiers were called in to settle a wage question. They did it first with the knout and then with the blade. Fourteen day-break funerals followed as a result.

"When a Pole who has influence among his fellows refuses to submit to the Germanizing methods which obtain in his town it is not long before he is talked of for exile. Exile means the frontier. Germany and Russia have the way to the dividing line marked off with signboards. Bayonets are behind the shoulders of the Poles. And then the conscription amounts to 100,000 men in time of peace and 300,000 in time of war, more like proscription than conscription. In Manchuria, in 1904, forty per cent. of the recruits were Poles, although they form but ten per cent. of the empire.

THE EDICT OF TOLERANCE.

When the so-called Edict of Tolerance was promulgated in 1905 the Russian Poles hailed their glorious deliverance. But it was all a delusion and a snare, for, as a student of conditions recently wrote: "In our twentieth century, not yet ten years old, Czarism has deserved and provoked the execration of human kind for its political attitude toward Poland. Since 1904 it has been atrocious, bestial; it has added the shame of cowardice to atrocity and stupidity to barbarity. It is not simply that one soldier has

single district of Plotkow only 498 ever came back home. In the war of 1904 the Poles were placed in the most dangerous positions, and more than one of the Polish regiments was annihilated by the Japanese.

"The persecutions continue mercilessly, the Cossacks exacting all they can of blood and money. One man was fined 1,000 roubles for having music at his father's funeral, and the musicians were imprisoned. Many were punished with 300 blows of the rod. Men have been found dead in their cells in the attitude of prayer. The persecution of the Roman Catholics is most severe. Children are savaged and taken from the arms of their parents and taken to the priests of the Greek (Russian) Church to be baptized. In the village of Ousouev, the inhabitants who refused to accept the religion of the Russians were driven in early winter into a neighboring lake until they stood up to their necks in the icy water.

"With the temperature standing at 4 degrees below zero, Colonel Klemanko at Kurnik commanded all the population to remain in the open, taking the snow off the road and then bringing it back. At night they were compelled to stand with bare heads, while the troops on guard had to be changed every two hours on account of the intense cold.

"Hundreds of Catholic priests have been slain, some have fallen on their way to exile, others have been poisoned, and still others arrested and tried as spies and imprisoned.

"Torquemada's books of rules for torture offers nothing new to the keepers of prisons to which Polish prisoners are sent. Suspected political offenders and those that do not crook the knee to authority are the worst victims. Bone-cracking pinners are popular devices for punishing. The hot poker is al-ways within reach. Teeth are knocked out with small hammers or extracted with rude forceps. A favorite form of punishment is to throw a prisoner on the ground, place a thin plank on his breast and stomach and pound it with hammers. The planks prevent any marks showing, though the pain is the same.

INGENUOUS TORTURES.

"One of the prisoners showed the marks of his teeth in a wooden table where he had bitten in agony as he was beaten. They try to devise the most ingenious tortures that will leave no marks. A working man is arrested, fed on salt-herring for several days, and then water is placed in full sight, but beyond the bars of his cell.

"Political suspects are imprisoned with thieves and other reprobates. Young girls have their hair torn out, and are beaten by vicious women in their cells. At Kalisz two squadrons of soldiers were made half drunk with brandy and then taken to the prison to 'correct' political prisoners. They struck on all sides, tore out their eyes, hung up the men by ropes and beat them with straps and sticks. One soldier broke the arms of two prisoners across his knee. This amusement lasted from 7.30 p.m. to 2 a.m., June 17 and 18. Seventy-two prisoners had to be taken to the hospital afterwards.

"When the lawyers were asked why they did not defend their clients more effectively they replied that they had to look out not only for their clients but for themselves as well. If they were too eloquent they risked their own liberty. The defending of a Pole against an accuser, particularly a Russian, is no simple task.

"It is no unusual thing for prisoners to lie in jail a year or two before being examined. When in 1903 the Czar ordered greater expedition in trying prisoners, it was interpreted to mean shorter trials. In one instance, where thirty-six prisoners were to be tried, one hour was given their lawyer to consult his clients, gather witnesses, etc."

It was on this occasion that the judge commended himself for having done a good day's work. The system of spies is most elaborate, thousands being placed in the prisons to catch the unwary. When a troop of soldiers enters a town both officers and men expect the limit of hospitality and entertainment. If this is not generously provided someone must pay dearly. They found this out at a village called Czenstochwa, where they have no fondness for men in uniform. When the hoof-clatter was heard the villagers quickly sought their cottages. On a street two little girls were at play. A corporal cut off their hands. At Yaroslavl soldiers and police went about with clubs cracking forearms bones of boys and girls.

Many methods of treatment have been tried, the Yersin serum, colargol, the new "606" serum and others; but none has proved effectual. Of the crowd of patients Haflkine himself has treated in the course of a fortnight not one recovered; and the majority of the sufferers are men from 20 to 40 years of age, and those who have the slightest tubercular tendency become the easiest victims of the disease.

The work is made more difficult of course by the fact that the disease cannot be detected in its early stages. The period of incubation is six or seven days, and in that time an infected person may travel far, carrying the disease with him quite innocently. The best authorities do not think it likely that the epidemic will spread to distant countries. The danger would be greater if the epidemic worked its way stage by stage, gradually nearer. The season of the year too makes this less probable, for unlike cholera epidemics, which flourish in the summer, great epidemics of plague have always

DEVELOPED IN THE WINTER.

A diminution of an epidemic by the return of warm weather does not necessarily mean its suppression, however. It is found that in spite of every precaution plague does not entirely disappear from a locality in which it has once been seriously epidemic, as in the case of bubonic plague, has been seen in India and Egypt.

The principal method of resistance to the infection that is being employed in Manchuria is a double inoculation with bacilli that have been subjected to intense heat, a method introduced by Dr. Haflkine, who used it in India. After the first infection several members of the medical corps died, but after the period of incubation that followed the second inoculation, the patients so inoculated of course, being kept from all contagion during this time, all the 130 people who were thus treated had remained free from infection from the last week of December, when the inoculation took place, until the tenth of this month, when the circumstances were reported, notwithstanding that they were constantly exposed to contagion in the performance of their duties.

Some curious facts about the tarbagans mentioned by Prof. Chantemesse are told in the London Journal of Tropical Medicine by Dr. James Cantlie, one of the foremost English experts on Eastern diseases. He says that the tarbagan plays the part of disease carrier in Siberia just as

THE RAT DOES IN INDIA.

The little animal is much sought after by the Siberian Buriats for the sake of the fat which accumulates chiefly in the abdomen toward the tail, and just before it retires into hibernation. The tarbagan, it seems, is in some years attacked by an epizootic with the following symptoms: The animal becomes languid and ceases to bark; its gait is unsteady and under one shoulder there sometimes appears a reddish, tense swelling; if far from its hole the animal fails to find it, and if it reaches its hole the other healthy animals refuse it admittance, when it falls a prey to wolves, who have a great liking for marmot, whether healthy or diseased.

THE PULMONARY PLAGUE.

The marmot does not contract the disease from eating the marmot, and this scavenging by the wolves is considered the chief reason why men escape so frequently from the disease as they do. Should, however, people handle a marmot dead of the disease, sickness is almost sure to follow, and death as a rule occurs in a few days.

The disease, which is epidemic in the district referred to, is now recognized locally as identical with plague, but its spread is confined to the family of the person first attacked. It would seem probable that the fleas of this animal communicate the disease to the members of the household and that only those bitten by them are attacked by the disease.

A DIPLOMATIST.

As Mr. Compton looked down at his waistcoat he discovered that it lacked a button. "And I asked my wife to sew it on more firmly, last night," he said to his commutator neighbor. "I don't see how she forgot it."

"Don't ever ask her to mend anything," said his friend. "I learned a better way before I'd been married a year. When I want anything mended, say a shirt, for instance, I take it under my arm, all mussed up, and open the closet door, and sing out to my wife, 'Where's the rag-bag, Peggy?'"

"What do you want of the rag-bag?" she'll ask me.

"Oh, I thought I'd throw this away," I'll tell her, and squeeze it a little tighter under my arm.

"Let me see what you have there," she'll say, and I'll mutter something about "worn-out old thing!" while I hand it over to her.

"Why, James Holland!" she'll say, when she's spread it out and looked it over in a hurry. "I am surprised at you! This is perfectly good. It doesn't need a single thing except—"

"And then there she sits down to mend it, looking as if I'd made her a present."

To clean soiled wall paper, dip a whitewash brush into hot vinegar and brush all over it quickly. When the paper is dry it will appear as fresh as when first hung.

To remove rust from steel articles rub them with kerosene oil and let them soak 24 hours. Make a paste of emery dust and kerosene and rub on to give a polish.

To prepare breadcrumbs most quickly, dry the bread in the oven after the crust has been removed, then run through the meat chopper, sift and out away in glass jars.

plilled and outraged, even murdered out of greed and lust, but of ficers, drunk and greedy, have given orders and the signal of attack themselves descending to the most brutal cruelty, pretending to gain glory from the massacre of unarmed men, women and children."

In 1908 orders were given, "Risk nothing in killing fugitives, but slay as many as you can." Make an impression upon the people, signed, General Skalon, Varsovia, May 6, 1908."

In striking contrast to these ghastly figures of conditions in Russian and German Poland is that of Austrian Poland, where the inhabitants have all the rights of other subjects of the Emperor-King; where they are free to speak their language, to teach their children Polish. Thus Austrian Poland is one of the happiest and most prosperous provinces of the Austrian Empire, as the author of the book does not fail to point out.—Manchester Chronicle.

PLAGUE CAUSED BY MARMOTS

FACTS ABOUT THE DISEASE IN THE FAR EAST.

It Was First Communicated By Animals to Fur Hunters in Manchuria.

An interesting paper on the plague in Manchuria was read a few days ago before the French Academy of Medicine by one of the leading French medical scientists, Prof. Chantemesse, who had prepared it in collaboration with his equally famous colleague Dr. Borel, writes a London correspondent.

Prof. Chantemesse attributed the outbreak of the plague to the hunting of a species of marmot, known locally as the tarbagan, in Western Mongolia, to the east of Lake Baikal. This animal, which is found in great numbers and is sought after for its fur, is peculiarly liable to attack by the plague virus.

In their haunts along the Siberian rivers these animals infect each other constantly. In the fall of last year a number of trappers were hunting tarbagans, and toward the end of October six of them, who had killed a large number and had handled their skins, were attacked in succession by an illness that began with violent fits of coughing which were followed by expectoration of blood and then by death. This was

THE PULMONARY PLAGUE.

The malady spread with great rapidity. The Mongolian peasants, terror-stricken, fled from the villages, and many of them, making their way to Harbin, carried the disease in Manchuria. There the Chinese received the infection and suffered in enormous numbers, but they did their best to conceal the existence of the epidemic and through this precious time was lost in which it might have been possible to suppress the scourge there and then.

When at last the Russian authorities the alarm to the Russian authorities the vigorous measures that were taken—the isolation of the infected, the burning of the dead and of contaminated dwellings, the institution of quarantine stations for those who had been liable to infection—could no longer cope with the epidemic. The Chinese peasant rebels against all attempts at isolation, and local conditions are peculiarly favorable to the spread of the epidemic.

Dr. Matignon, describing the condition of things in Manchuria recently, pointed out that in the winter the dwellings are crowded, every room accommodating a large number of people. Every door and window is kept tightly closed, and every opening is blocked with paper.

They are heated by everybody as a kind of camp bed. Amid such surroundings any complaint that can be propagated by expectoration or through the instrumentality of parasites can hardly fail to

SPREAD RAPIDLY.

Characteristic of the epidemic is the extreme virulence of the germ, and very few people who are attacked by it recover. In Manchuria, according to Dr. Paul Haffkine, pulmonary plague is produced by a bacillus that does not differ in species from that which produces bubonic plague.

Many methods of treatment have been tried, the Yersin serum, colargol, the new "606" serum and others; but none has proved effectual. Of the crowd of patients Haflkine himself has treated in the course of a fortnight not one recovered; and the majority of the sufferers are men from 20 to 40 years of age, and those who have the slightest tubercular tendency become the easiest victims of the disease.

The work is made more difficult of course by the fact that the disease cannot be detected in its early stages. The period of incubation is six or seven days, and in that time an infected person may travel far, carrying the disease

with him quite innocently. The best authorities do not think it likely that the epidemic will spread to distant countries. The danger would be greater if the epidemic worked its way stage by stage, gradually nearer. The season of the year too makes this less probable, for unlike cholera epidemics, which flourish in the summer, great epidemics of plague have always

DEVELOPED IN THE WINTER.

A diminution of an epidemic by the return of warm weather does not necessarily mean its suppression, however. It is found that in spite of every precaution plague does not entirely disappear from a locality in which it has once been seriously epidemic, as in the case of bubonic plague, has been seen in India and Egypt.

The principal method of resistance to the infection that is being employed in Manchuria is a double inoculation with bacilli that have been subjected to intense heat, a method introduced by Dr. Haflkine, who used it in India. After the first infection several members of the medical corps died, but after the period of incubation that followed the second inoculation, the patients so inoculated of course, being kept from all contagion during this time, all the 130 people who were thus treated had remained free from infection from the last week of December, when the inoculation took place, until the tenth of this month, when the circumstances were reported, notwithstanding that they were constantly exposed to contagion in the performance of their duties.

Some curious facts about the tarbagans mentioned by Prof. Chantemesse are told in the London Journal of Tropical Medicine by Dr. James Cantlie, one of the foremost English experts on Eastern diseases. He says that the tarbagan plays the part of disease carrier in Siberia just as

The little animal is much sought after by the Siberian Buriats for the sake of the fat which accumulates chiefly in the abdomen toward the tail, and just before it retires into hibernation. The tarbagan, it seems, is in some years attacked by an epizootic with the following symptoms: The animal becomes languid and ceases to bark; its gait is unsteady and under one shoulder there sometimes appears a reddish, tense swelling; if far from its hole the animal fails to find it, and if it reaches its hole the other healthy animals refuse it admittance, when it falls a prey to wolves, who have a great liking for marmot, whether healthy or diseased.

The marmot does not contract the disease from eating the marmot, and this scavenging by the wolves is considered the chief reason why men escape so frequently from the disease as they do. Should, however, people handle a marmot dead of the disease, sickness is almost sure to follow, and death as a rule occurs in a few days.

The disease, which is epidemic in the district referred to, is now recognized locally as identical with plague, but its spread is confined to the family of the person first attacked. It would seem probable that the fleas of this animal communicate the disease to the members of the household and that only those bitten by them are attacked by the disease.