

## Hints for Busy Housekeepers.

Recipes and Other Valuable Information of Particular Interest to Women Folks.

### ORIGINAL RECIPES.

**Baked Cranberries.**—One quart of cranberries, two cups of water, three cups of white sugar. Bake one hour. They are very nice and look like cherries when done. Nicer than stewed ones, as the peelings are very tender.

**Attractive Salad.**—To two bricks of cream cheese mix in one bottle of cream to form a paste. Then add a grated medium-sized onion and a half a cup of chopped pecan nut meats and salt to taste. Fill pimentos with this mixture and serve on lettuce leaves with a sprig of parsley placed on top of the pimentos. This will serve six persons.

**English Beef Pudding.**—Three pounds of beef—cheap cut of round—one-half pound of beef suet, one quart of flour, two teaspoonfuls of baking powder, one-half teaspoonful of salt, one and three-fourths cups of milk and water. Cut the meat in pieces about one inch square. Put the meat through the food chopper and mix it with the flour, with which the baking powder and salt has been sifted; add the liquids, roll the dough to about one inch in thickness, having it round in shape. Lay it on the pudding cloth, which has been wrung from boiling water and dredged with flour to prevent the pudding from sticking. Spread over the meat and a little salt (the meat has little fat in it); dust with salt and a little pepper. Roll the dough as for a roly poly, plunge into boiling water and boil three hours, keeping the pudding floating during the entire time of cooking. If necessary to add extra water, be sure that it is boiling. On removing the water open the bag immediately and turn the pudding on to a hot platter. Cut a slit in the pudding, and if it does not seem to have sufficient moisture, pour into it a little stock or drawn butter. Half of the material called for in the above recipe makes a pudding large enough to serve six hungry persons. It forms an excellent substitute for a roast and is much less expensive.

**Nippy Cheese.**—To one cup of grated dry American cheese add one tablespoon butter, generous dash of cayenne, and salt to taste. Work to a smooth paste and add one teaspoon cream. Put into tiny glasses and keep in cold place until used. This is a good way to use up bits of dry cheese of any kind, such as Roquefort, Swiss, etc.

**Egg Lilies.**—Place one egg for each lily in cold water, boil ten minutes, drop into cold water, shell and while still warm cut with silver knife in strips from small end nearly to base, very carefully lay back the petals on a heart of bleached lettuce; remove the yolks and rub them with spoonful of butter, one vinegar, a little mustard, salt, and pepper from one shaped ball, and place on petals, sprinkle tiny bits of parsley over balls, two or three stuffed olives carry out the idea of buds; serve on glass dishes to give water effect. With care this is not hard to make, and its beauty repays all trouble it has cost.

**Chicken Shortcake.**—Make a soft dough, using two cups of flour, two heaping tablespoons butter, one-half teaspoon of salt, two rounding teaspoons of baking powder, milk enough to make a soft dough. Roll out into a sheet one-half inch thick, and cut twice as many rounds as you need shortcakes. Butter these rounds and fold together in pans. Bake in a quick oven. Mix one pint of cold chopped chicken, one-fourth cup chopped mushrooms, and one pint of rich sauce made of one cup of chicken stock, one cup of cream, one tablespoonful of butter, one teaspoon of flour, one-half of a teaspoon of salt, and one egg. When ready to serve, split the short cakes apart, cover the lower half with chicken mixture, replace upper half, and cover with chicken. Decorate with a sprig of parsley and serve at once.

### CAKE.

**Cream Fig Cake.**—One tablespoonful butter, one cupful sugar (scent), two eggs and one-half cup milk, one and one-half cups flour, one teaspoonful baking powder sifted with flour, one teaspoonful vanilla. Cream sugar and butter together, then add eggs one at a time, beating one in well before adding the other, then add milk and vanilla, then flour with baking powder; bake in two large jelly tins in hot oven about fifteen minutes. Filling for above—Take one-half pint fresh cream, whip with an egg beater until stiff. Then add two tablespoonfuls powdered sugar, and one-half teaspoonful vanilla, spread on first layer quite thick, take one-fourth pound egg—cut into small pieces—and sprinkle over cream then put top layer and be with confectioner's sugar, one teaspoonful cold water,

one teaspoonful lemon juice. Pour over cake, top and sides both. A little pink coloring added to frosting improves it.

**Weary Willie White Cake.**—Put whites of two eggs in measuring cup unbeaten, then add soft butter to fill the cup to the half measure, the butter must be soft but not melted, then fill the cup up with sweet milk. Sift one cup of granulated sugar, one and one-half cups of flour, and two level teaspoonfuls of baking powder together three times. Put this in mixing bowl and then put in the eggs, butter, and milk—which are all together—and beat seven minutes. Bake in moderate oven in loaf. Icing—Four tablespoonfuls of sweet milk and one cup of sugar. Boil slowly five minutes, remove, and beat to a cream.

**Devil Food Cake.**—Two cups darkest brown sugar, one-half cup of butter, two eggs, one-half cup of sour milk, three cups of flour sifted three times, a pinch of salt; mix thoroughly. Take one-half cup of boiling water, stir into this one teaspoonful of soda and one-half cup of grated chocolate. Filling—Two cups dark brown sugar, one-half cup of butter, one-half cup of sweet milk or cream, cook until it threads.

**Fig Cake.**—Two cups of sugar, three-fourths of a cupful of butter, one cupful of milk, three cups of flour, two teaspoonfuls of baking powder, whites of seven eggs, cream, butter and sugar. Add milk slowly so as not to separate, then two cupfuls of flour, then part of the eggs, last cupful of flour with baking powder sifted in and the rest of the eggs. Flavor to suit taste. Filling—One pound of figs chopped fine, one and one-half cupfuls of sugar, one-half cupful of water. Cook to paste.

**Gypsy Cake.**—Make or buy a good sponge cake; cut it open and spread between jam or any sweet preserves you may have on hand.

Now get a few small macaroons. Cut the cake and put into the dish you are going to serve it in. Place the macaroons around and between the cake and steep the whole thing in port or sherry for two hours. Now make a boiled custard or sweet cornstarch pudding, not too stiff and flavored with vanilla, will do. Pour this over the cake and then on top of that pour whipped cream and stick on top either blanched almonds or candied cherries. This is rich and delicious and will serve in custard cups or small dishes twelve people.

**Spice Cake.**—One-half cup chopped figs, one cup seeded raisins. Pour over these one cup boiling water in which one level teaspoon soda has been dissolved. Stir and let cool. One cup granulated sugar, one-half cup butter, one and one-half cups flour, one level teaspoon baking powder, yolks four eggs, whites two eggs, one teaspoon cinnamon, one-quarter teaspoon allspice, one quarter teaspoon cloves, one and one-half teaspoons nutmeg, one-half cup chopped nut meats. Mix together except flour and fruit, which should be added last. Bake as solid or layer cake. Is excellent.

**Mock Angel Food.**—This recipe requires only the whites of two eggs, but it will make cake that will melt in your mouth. You cannot fail if you follow directions carefully. Set one cupful of milk into a pan of boiling water and heat to boiling point. Into a sifter put one cupful of flour (no more), one cupful of sugar, three teaspoonfuls of baking powder, pinch of salt; sift all together four times; into this pour the cupful of hot milk and stir smooth. Then put in the well beaten whites of two eggs. Do not stir or beat eggs into mixture. Fold them in carefully, drawing the spoon through mixture toward you, then showing it back with the back of the spoon. Then draw the spoon from right to left and shove mixture back with back of spoon. Repeat this until the whites of eggs are evenly folded into batter. Do not grease tin or flavor cake. Bake in moderate oven. Ice with water icing made by sifting one cupful of powdered sugar and adding water and flavoring until it will spread.

### THINGS WORTH KNOWING.

A piece of soft flannel is better than a brush for removing dust from silk.

To prevent the washboiler from rusting, dry it and then rub the inside of the boiler with a bar of laundry soap.

Spots on plush will disappear if rubbed lightly and rapidly with a clean, soft cotton cloth dipped in chloroform.

When about to sweep a carpet, wet into a paste coarse commercial layer and be with confectioner's sugar, one teaspoonful cold water,

all the dirt when swept, without filling the room with dust.

The cheapest way of cleaning a white felt hat is to rub prepared French chalk well into it, and then brush off with a hard, clean, white-bristled brush. Black magnesia well rubbed in also cleans white felt successfully.

When frying potatoes have the fat very hot, if not actually boiling, before the potatoes are put in. Have each slice wiped quite dry, and when each is browned take it out and place on a paper before the fire to dry.

New lamp wicks if boiled in vinegar and thoroughly dried before using will not smell bad when burning.

A wet solution of turpentine poured down the water pipes once a week will drive the water bugs away.

To rid your cellar walls of mildew try burning a little flour of sulphur in a tin plate. Paste up the door with strips of brown paper after you have set light to the sulphur and leave for at least twenty-four hours before re-opening the door.

To remove grease from silk or wool place the grease spots between blotting paper and press with a hot iron. The blotting paper will absorb the grease and the most delicate shades can be cleaned like new in this way.

An egg beater never should be left to soak in water, as the oil will be washed out of the gears, making it hard to turn.

Turpentine is a powerful disinfectant and will dispel all bad odors. Add a teaspoonful to every bucket of hot water used in scrubbing or washing utensils in a sickroom.

Don't pour water in which cabbage or other green vegetables have been boiled down the sink. The unpleasant smell that arises is likely to be decidedly unhealthy.

Never stand on the edge of a chair when reaching up for anything. You may quite easily over-balance and have a nasty fall.

Don't, however fond you may be of it, have very much brass or copper about if you have to clean it yourself. To keep it clean takes up a lot of time and strength, and you don't want to wear yourself out looking after your household goods.

### HIGHEST RAILWAY STATION.

**Tielio in Peru Has an Elevation of 15,665 Feet.**

The distinction of being the highest railway in the world is claimed by the Morococha branch of the Central Railway of Peru, a wholly broad gauge line operated by the Peruvian Corporation. The altitude of the rails is here exactly 15,665 feet above sea level.

Tielio, the western portal of the Galera tunnel and the point of junction of the Morococha branch with the main line, is the highest railway station in the world, at 15,665 feet.

To reach this point from sea level the line passes through fifty-seven tunnels, over a dozen principal bridges and utilizes thirteen switch-backs, but has no gradient up to 4.2 per cent, nor does it resort to rack propulsion.

A handcar started at Tielio will run unaided to Colloa, the seaport, and as a matter of fact such a car equipped with safe brakes, runs before each passenger train, carrying an inspector on the look-out for fallen rocks or other dangers. The grandeur of the scenery along this route cannot be imagined.

### THE PROOF.

"You're very contradictory, my son."

"No, I'm not, pa."

"It's difficult to secure a welcome that is guaranteed not to wear out."

How one woman must hate another when she speaks of her as "that thing."

It sometimes happens that in marrying a good cook a man gets a poor wife.

It is always safe to bet your money on another man's game—for the other man.

If you want honest criticism of anything you do tell your friends it is the work of another.

There are times when the average man would like to write a little unwritten law for himself.

**IMPOSSIBLE.**

Lady—"Can't you find work?"

Tramp—"Yessum; but everyone wants a reference from my last employer."

Lady—"And can't you get one?"

Tramp—"No, mum. Yer see, he's been dead 28 years."

**INQUISITIVE.**

She—"This piece of lace I wear around my neck is over fifty years old."

The Brute—"It's beautiful. Did you make it yourself?"

## THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON,  
FEBRUARY 12.

Lesson VII.—Elijah's victory over the Prophets of Baal, I. Kings 18, 1, 2, 17-40. Golden Text, Josh. 24, 15.

Verse 1. In the third year—that is, of the famine in Samaria (2). It lasted three years and six months (Luke 4, 25 and James 5, 17). Elijah, at this time, was for all we know to the contrary, at the house of the widow of Zarephath.

2. And Elijah went—The drought had done its work, and it was time for the prophet to follow up this terrible calamity by a public demonstration of the supremacy of Jehovah. To go before Ahab at such a time required both faith and courage, for the king no doubt attributed the famine to the meddlesomeness of Elijah. In fact, the royal wrath burst into flame as soon as he set eyes on this troubler of Israel (17). But, when he pointed to Elijah as the source of the trouble, he simply evaded a guilt which he knew was his own and his people's. His bad conscience is evidenced in this weak acquiescence in the plan proposed by his accuser. A strong king, sure of his innocence, would have taken the prophet into custody at once.

18. Thou has followed the Baalim—Elijah doesn't mince matters. The sole cause of the famine was the idolatry of the king and his people.

19. Gather to me all Israel—It is more than a challenge. It is a fearless command, the audacity of which masters Elijah as one of the most masterful men of the Old Testament, as well as the most picturesque. Carmel was a fitting place for the proposed contest. Rich in arboral growth, commanding a splendid view of the surrounding hills and plains, it became in Old Testament literature, and elsewhere, the type of lofty grandeur and fertility. The mountain still bears the prophet's name (Mar Elias) and the spring of water which resisted the drought and "Elijah's grotto" are still pointed out. "The whole mountain murmurs with his name."

The prophets of Asherah—They do not appear in the story again. Their eating at Jezebel's table means that they were maintained at the queen's own expense.

21. And Elijah—On one side everybody else—priests, king, people. The prophet of God stands alone. His first appeal is to the people. It stirred the patriotic pride of Elijah to see his own people feebly limping along in indecision. Their answering him not a word was an open acknowledgment of guilt. Their course had been one of vacillation, now a service of Jehovah, now a service of Baal.

22-24. The conditions of the contest. Elijah was the only prophet of Jehovah left, the rest having been either slain or silenced. He therefore must stand as the representative of the old form of worship, while he is opposed by the four hundred and fifty prophets of Baal. For each a bullock is to be provided, and this is to be prepared for sacrifice. Dean Farrar suggests that the condition relating to fire was a precaution against "priestly trickeries." As Baal was the god of the sun it was fair that Elijah should challenge them to call upon his name in the hope of securing fire from heaven. Elijah had appealed to the people, and there was nothing left for the priests but to comply with these conditions, for the people declared the speech well spoken. Then, as now, and always, the people wanted a God who could do things.

26-29. The predicament of the priests of Baal. 1. They cried with incessant monotony from morning till noon, O Baal hear us. But there was no voice. "There lay the dead bullock putrescing under the burning orb which was at once their deity and the visible sign of his presence. No consuming lightning fell, even when the sun flamed in the zenith of that cloudless sky."

2. They performed a heathenish dance, with wild gesticulations and shrill cries. 3. The taunts of Elijah. Until the sun had reached its highest point he kept silent. But now, with stinging references to the possible preoccupations of the sun-god, he holds them in derision. 4. Cut by the sarcasms of the man of God, the four hundred and fifty priests resorted to the extreme measures of their worship, and began slashing and mutilating their bodies in terrible frenzy. Meanwhile, until time for the evening offering of meal, they kept up their weird jargon of cries (prophesied). But all in vain.

30-35.—The preparations of Elijah. With an orderly calm that stood out in impressive contrast to the noisy confusion of the priests, the prophet made ready. 1. With one stone for each of the twelve tribes of Israel, he repaired the old altar which the queen had doubtless torn down. 2. He built next a broad trench capable of holding about five

gallons. 3. He drenched with water the bullock which he had cut in pieces and laid upon the altar with the wood, and filled the trench also with water, so that there could be no possible deception.

36-37.—The prayer of Elijah. It was a simple, fervent prayer, free from unavailing repetitions and accompaniments of frenzy. Thrice he invoked the name of Jehovah, and with a single purpose—that the God of Israel might be vindicated and his name exalted among the people.

38-40.—The results: 1. The utter consumption of all that was on the altar, together with the shattering of the stones and the licking up of the water in the trench. 2. The effect on the people. With one accord they fell on their faces and cried, in the expressive Hebrew tongue, "Yahweh-hoo-ha-Elohim, Yah-weh-hoo-ha-Elohim," convinced that Jehovah, and not Baal, was the true God. 3. The slaughter of the priests: Unnecessarily cruel as this seems, viewed in the light of our higher Christian ideals, it doubtless accorded with the rude ethics of those far-off days.

## IN MERRY OLD ENGLAND

NEWS BY MAIL ABOUT JOHN BULL AND HIS PEOPLE.

References in the Land That Reigns Supreme in the Commercial World.

During 1910, humming birds' skins to the number of 37,603 were sold in London.

Prices have advanced \$1.20 per cwt. on all useful qualities of hops in London.

A fine otter has been killed while swimming across the Thames at Cookham.

Medical officers in Islington are to be supplied free with diphtheria antitoxin serum.

Sir John Aird, head of the famous contracting firm, died recently at Wilton Park, Beaconsfield.

Important alterations are pending in the statutory regulations concerning the education and examination of chemists and druggists.

Prizes for good teeth were competed for by the Wickham School Children. Some 42 youngsters took part, and of these the girls were winners.

The voluntary aid detachments to be formed by the British Red Cross Society in Sussex now number 16, with a total membership of 1,459.

Southampton is stirred up over the "dangerous aliens" question, which has seriously affected that port for some time. Many undesirable have landed here.

Recent stormy weather having caused a scarcity of fish, cod fish were sold at Scarborough for \$2.16 each, skate for 96 cents, and soles at 44 cents per pound.

Robert Coles, of Croydon, a Crimean veteran, who was 103 on Christmas Eve, drew his first old-age pension a few days ago, with one for his wife, who is nearly ninety.

A total of 1,779 cattle, 144,005 sheep and lamb carcasses, 3,008 boxes of meat, and 44,865 quarters of beef landed at Liverpool from 10 steamers during the first week in January.

Between \$10,000 and \$15,000 worth of jewels that were stolen from a firm of Hatton Garden diamond merchants were returned unexpectedly through the post to the rightful owners.

The principal tramway scheme on foot at present in London is the four-mile line from the Marble Arch to Cricklewood, which has already been the subject of so much controversy.

The new battleship to be laid down at Devonport will be named the Centurion. The navy estimates provide for \$483,615 to be spent on the ship during the current financial year.

Twelve hundred of London's poorest children selected from the Ragged School missions, dined at the Guildhall recently as guests of the Children's Sunbeam Society of South Australia.

A nursemaid named Emma Rosser, aged nineteen, of Neath, Glamorganshire, was killed by a runaway horse the other day while saving the life of a child of whom she was in charge.

Birmingham city council applied the other day for authority to proceed with a town-planning scheme embracing 2,330 acres in the parishes of Quinton, Harborne, Ed-baston, and Northfield.

Appeal is made for help to raise \$10,000 for the ten widows and thirty children of the fishermen, belonging to Brixham, South Devon, who lost their lives in the gale of December 16, in the Bristol Channel.

The Home Office authorities have ordered the destruction in his Majesty's prisons of certain descriptions of iron used in the restraint of prisoners, retaining for museum purposes a few of the old specimens.

## AIRSICKNESS IS THE NEXT

ILL-EFFECTS OF JOURNEYING THROUGH THE AIR.

When Mechanical Difficulties are Solved Can Human Frame Stand It?

Seasickness is a terror to many people and the chances are that airsickness will be worse. Most persons, again, have experienced the unpleasant feeling in a lift when it commences its descent or in a swing when, like a pendulum, it swings back. Not a few people refuse to stand close to the edge of a cliff or to trust themselves to look down into a vast chasm of space immediately beneath their feet, owing to the vague feelings of giddiness, fears of falling arising out of a sense of a jeopardized equilibrium.

### THE LANCET SPEAKS.

And yet these same people, says the London Lancet, converse glibly about the nearness of the day when aero traffic will be an accomplished fact and point in support of their view to the enormously rapid advances which motor traffic in the streets has made. When the question is carefully considered in detail it will be conceded that there is hardly anything that is comparable between the air motor and the land motor from the point of view of attaining practical success.

### A HARD PROBLEM.

The problem in the case of the former is complicated by the first requirement, the conquest of that great force which, do what we will, pulls us back again to earth the moment we dare to rise from its surface. No special motor appliance is required to keep afloat on the sea or to keep a stable position on land, but we can only gain support in the air by means of moving machinery analogous to the wing of a bird or by utilizing a buoyancy substance which is much lighter than air and upon which therefore tends to float upon it. The machinery in the former case must obviously be well-nigh perfect and incapable of breaking down, while the difficulty in the case is the enormous bulk of floating gas that must be used.

### UNCERTAINTY AS YET.

In short, the advances yet to be made in order to bring aviation within the practical affairs of daily life must still be very far reaching. Then, assuming the great consumption has been reached, will the human organization be able to stand aviation? This is by no means certain, having regard to the constant changes of atmospheric pressure, with their marked effects upon the respiratory and circulatory processes which a journey the air must entail.

### ARMY BALLOONS.

Long List of Fatalities Will Not Deter Trials in England.

Progressive development in connection with the army balloon school and the army balloon factory go to prove that the long list of aerial fatalities in 1910 will not deter the military authorities from pushing on with the formation and extension of the Army Air Corps. Both the Beta and Gamma airships are ready for commission, and the Lebaudy, which ripped while entering the balloon shed a few months ago, has been restored. Although Salisbury Plain will furnish the chief flying grounds for heavier-than-air machines, the scope offered for short practice flights on the Long Valley and Mattan's Plain is evidently not to be ignored. A Farman biplane has just been delivered to the balloon school on Falsborough Common. This is the third type of aeroplane which has been added to the stock at Farnborough, for the original Wright machine presented by Mr. Rolls was supplemented a few weeks ago by an original biplane, the invention of a young civilian now enrolled on the balloon factory staff. Several officers have returned from Continental schools possessed of flying certificates.

### BONUS FOR TEMPERANCE.

Speaking of present conditions in Scotland recently, the Laird of Skibo told of distilleries lying idle. "Not a man on our estate," Mr. Carnegie declared, "not a butler, a gamekeeper or a chauffeur, even to the captain of our yacht, but he is a total abstainer. On the first of January each year, a bonus of 10 per cent. is paid to every employe of the estate who can truthfully say that he has not tasted liquor in the past twelve months except by order of his doctor. That is the most eloquent sermon for temperance that has ever been preached in Scotland."

### SOME MEN ARE ALWAYS TRYING TO

get a finger in the pie in order to spoil the appetite of others for the pastry.