

About the House

Useful Hints and General Information for the Busy Housewife

Useful Recipes

A delicious pudding is made with cooked and stoned prunes spread over the bottom of a baking dish and covered with a rich biscuit dough. Serve hot with cream and sugar or hard sauce.

Ginger Snaps—One cup lard, one cup sugar, one cup syrup, half cup boiling water, one teaspoonful baking soda dissolved in the water, one tablespoonful ginger, one tablespoonful cinnamon, one teaspoonful vanilla, half teaspoonful salt, a little grated nutmeg and flour for a pretty stiff dough. Cut with cookie cutter and bake quickly.

Codfish Balls—1 pound codfish, 1 ounce butter, 3 1/2 pounds potatoes (pared), 3 eggs, few grains cayenne. Soak fish several hours. Cook in fresh water until it flakes easily. Drain water until it flakes easily. Add to potatoes which have been cooked and mashed. Add butter, seasoning and eggs slightly beaten. Cool and shape into balls and fry in deep fat.

Ginger Fudge—Sugar, two cups; milk, one cup; butter, two tablespoonfuls; vanilla, one-half teaspoonful; salt, a pinch; ginger (crystallized), one-half cup, chopped fine. Put sugar, butter, milk and salt in saucepan together and allow to boil 10 minutes, or until it hardens when dropped into cold water; remove from the stove and add vanilla; beat until creamy, add ginger and pour into buttered pans or plates. Cut into squares with a buttered knife.

Emergency Apple Pudding—One cup of flour (prepared wheat pancake), one cup brown sugar, one egg, one-half cup milk, a little nutmeg, four large apples, peeled and sliced. Butter a pudding dish, lay in the apples and pour the batter over them. This takes only about as long as the ordinary apple pie, and yet it is not heavy or indigestible. It may be eaten with cream or a hard sauce.

To Cook Rice—After washing rice, put it on in just enough cold water to prevent it burning at the bottom of the pot, which should have a close fitting cover, and with a moderate fire the rice is steamed rather than boiled until nearly done; then the cover is removed, the surplus steam and moisture, allowed to escape and the rice turns out a mass of snow-white kernels, each separate from the other and as much superior to the usual soggy mass as a fine, meal potato is superior to the water-soaked article.

White Cake Like China Dishes—Take the yolks of two eggs and a spoonful of salt and as much rosewater, some caraway seeds and as much flour as will make it a paste stiff enough to roll out very thin; if you would have them like dishes you must bake them on dishes buttered. Cut them out into what work you please to candy them. Take a pound of perfumed sugar and the white of an egg and three or four spoonfuls of rosewater, stir until it looks white; and when that paste is cold to it with a feather on one side. This candied, let it dry, and do the other side and also dry it.

Almond Cakes—Take a pound of Jordan almonds, blanch them, beat them very fine with a little orange flower water to keep them from oiling; then take a pound and a quarter of fine sugar, boil to a high candy, then put in your almonds; then take two fresh lemons, grate off the rind very thin and put in as much juice as to make of it a quick taste, then put it into your glasses and set it in your stove, stirring often that they do not candy; so when it is a little dry put it into little cakes upon sheets of glass to dry.

Fondant—To one pound of granulated sugar add a gill and a half of boiling water and stir in a saucepan over the fire only until the sugar is dissolved; then allow the mixture to boil without stirring for about six minutes, or until the syrup spins a thread when held on a fork. When it can be made into a very soft ball between the fingers turn on to a large buttered platter. Do not scrape off the sugar which adheres to the side of the pan. When it is only blood warm stir it with a wooden paddle or spoon until it begins to crumble; then it should be kneaded in the hands like dough. Pack it into a bowl, cover with a thin cloth slightly moistened and set it away until needed.

Fruit Deserts.

Whenever you peel oranges save the peel and parboil it, then preserve in a rich syrup and it is ready for a dozen uses in cookery.

Banana Puffs—After peeling some fairly ripe bananas, sprinkle the fruit with sugar. Prepare a nice short paste, roll it out thinly and cut into strips rather longer and more than double the width of a banana. Inclose the banana neatly, and, after moistening and fastening the edges of the paste, bake the puffs lightly, and after they are a faint brown color they will be ready for serving when cold.

Orange Cream—One-half cupful orange juice; one-half cupful sugar; a small amount of gelatin; one-fourth cupful cold water; one and a half cupfuls cream; orange rind. Heat the orange juice and one-half cupful of sugar, over the hot water. Beat the yolks of eggs, add the rest of the sugar, stir and cook in the hot mixture, until the spoon is coated with custard. Add the gelatin, softened in cold water, a grating of orange rind, and stir over ice water, until the mixture begins to stiffen.

Orange Snow—Take six fine oranges, the whites of four eggs, one pint whipped cream, half cup powdered sugar. Slice the oranges after peeling, remove seeds, sprinkle sugar over them before adding the snow cream, which is made thus: Beat the whites of the eggs until foaming, then add by degrees the sifted sugar. Whip the cream, which must be very cold from standing on ice. When very stiff beat in the orange slices and juice, adding as much as the cream and the meringue will hold without becoming soft. Place in glasses and serve very cold.

Cider Apple Butter—Use sweet cider of good quantity and apples that cook easily. Boil the cider down one-half. Wash, peel, quarter and core the apples, carefully cutting out all decayed spots. Boil together equal quantities of apples and boiled-down cider. Boil the apples rapidly until they become so tender as to be mushy, otherwise they will sink to the bottom and scorch. Continue the cooking more slowly. If the quantity is small, run the apples through the colander, place the pulp in a stone crock and cook it in a slow oven, stirring it at intervals of fifteen minutes; otherwise stir it constantly from time to time to prevent it scorching and to make it smooth. If the butter is not smooth when it has the right consistency, add a little cider and continue the boiling and stirring. Add sugar at any time if butter is not sweet enough to suit the taste.

Useful Hints.

An hour should elapse after a meal before taking a bath.

A linen case to hold a pair of rubbers is an excellent gift.

There is no use telling a boy to stop doing something he ought not to do, unless you show him better to do in its place.

Earthy roots should be well scrubbed before peeling.

Green vegetables should always be cooked in salted water.

To clean plaster-of-paris figures, sprinkle them with a thick coating of starch and water. When this is dry the dirt will brush off with the dry powder.

Clean your sewing machine frequently if you would have good service. Kerosene oil and absorbent cotton are admirable for the purpose; follow with a good lubricator.

"I haven't enough suit hangers to hang my clothes." Roll up a thick section of the newspaper, and tie a string around the middle with a loop. That will do just as well.

To soften brown sugar that has become lumpy place it in a cloth sack and hold the sack over the steam from a boiling tea-kettle. This is easier than rolling it on the bread-board, and takes less time.

To do away with the smell of fresh paint, put a pail of water into which an onion has been cut up in the newly painted room over night. If windows and doors are closed the odor will be absorbed by morning.

Belts made of colored calf leather become shiny in places. To remedy this, get a piece of fine glass-paper, hold the belt taut, and lightly rub in one direction with the glass-paper, when the "bloom" will be restored.

Buy from the stationer's a package of strong manila envelopes, size about 4 x 6 inches, and start a collection of clippings. Use one envelope for each subject, and you will soon have a valuable depository of information. It is much more convenient than pasting clippings in a book.

THE SUNDAY LESSON

INTERNATIONAL LESSON
JANUARY 21.

Lesson III.—First Disciples of The Lord Jesus—John 1. 35-51
Golden Text John 1. 43.

Verse 35. Two—Who Andrew's companion was, of course, we do not know. The new reading in verse 41 weakens the suggestion that it was John.

38. Turned—The picture reminds us of John 21. 20. Abided—They wanted to find where the Master was staying, that they might stay with him.

39. We may conceive his inviting them in words such as the disciples used to him at Emmaus (Luke 24. 29). Tenth—This Gospel is the only New Testament book which names any other of the twelve divisions of daylight except third, sixth, and ninth—which only mean morning, noon, and afternoon; Matt. 20. 6 is an exception that only proves the rule. It is characteristic of the Evangelist's eye for detail, for only unusual powers of observation could approximate to the hours in the absence of a sundial.

40. Andrew—Note his Greek name, like Philip's. In "Galilee of the Gentiles" Greek was much at home. It is very noteworthy that this Gospel tells us details of several of the twelve—Andrew, Philip, Judas son of James, Thomas—of whom the Synoptics have not a word, except that Andrew is named as with his brother and the sons of Zebedee. Matthew is named in the first Gospel at the story of his call. Otherwise, Peter, James, John and the Traitor are the only apostles of whom we hear more than their names in the list.

41. First—Our oldest authority, the second century Syriac Gospels discovered by Mrs. Lewis, has enabled us to recover a much more probable reading, early [next] morning. We picture Andrew spending the last hours of daylight with Jesus, and probably much of the night, and then hurrying away with the dawn to fetch his own brother; the term suggests the special tie that binds this quiet, helpful man to the powerful personality of his brother. The Messiah—See note on verse 34, Lesson 11. It is impossible to reconcile this as a literal report with the Synoptics, which show that the Messiahship was a secret not revealed till near the end (see especially Mark 8. 29). But if Andrew actually said (for instance), "We have found the Prophet," it is easy to understand the Evangelist's translating the term into the permanent title which when the revelation was complete meant the same thing.

42. Looked—The record of these looks of Jesus is a very vivid feature of Mark's Gospel (thus 10. 23-27), but Luke 22, 61 is yet more impressive. One who had seen them might well picture the glorified Lord as having "eyes as a flame of fire" (Rev. 1. 14). Cephas—The crowning application of the name is given in Matt. 16. 18. It is not given him for what he was by nature; it is a splendid paradox that it falls on one who so often shows himself "unstable as water." But in the presence of a Divine Christ water can become firm as rock (Matt. 14. 29).

43. He findeth Philip—His record suggests a timid, self-distrustful man, not likely, like Andrew, to "find" Christ, and needing therefore to "be found of him."

44. Bethsaida Julias, in the north-east corner of the Lake.

45. Nathanael—Often supposed to be identical with Bar-Tolmai, who is named next to Philip in the lists of the twelve; the "son of Tolmai" presumably had a name of his own. But we must not too confidently assume that these called disciples were all meant to be of the twelve. Moses . . . and the prophets—Virtually meaning "the Old Testament." Jesus

—An extremely common name, for the memory of Joshua, and the reminder of the "Divine Deliverance," were specially near faithful Israelites' hearts at this time. The full designation was needed to identify.

46. Nazareth is wholly unknown before this period, a fact that does not surprise us. This remark of Nathanael's may imply that it had some note, but nothing to its credit. Its failure to appreciate Jesus after his long residence (Luke 4. 29) is certainly suggestive.

47. Israelite—The father of the "sons of Israel," the guileful Jacob, received this name as a token of a great change. Hence it was appropriate as the name of privilege.

48. It is suggested that the words recall some occupation—meditation and prayer most probably—which marked this resting beneath the fig tree: Nathanael thought himself unobserved.

49. The "true Israelite" knows his King. The temperament which finds faith easy is impressively contrasted in this Gospel with that which finds it hard: see John 20. 24-29. But Thomas reached the same goal.

CANNOT TRUST GERMANY.

Russia Resents Underhand Approaches of Huns for Peace.

Russia resents Germany's insidious and repeated attempts to negotiate a separate peace with her, says the Providence Journal. She realizes that the greatest menace to her ambitions is embodied in the eastward schemings of Berlin. She is bitterly hostile to the German desire to dominate the Slavonic peoples of the Balkans.

She remembers that Teutonic aggression in Serbia was the immediate cause of the continental war. Moreover, she distrusts Teutonic diplomacy. Like the rest of the world she appreciates the difficulty of binding faithless Germany to the faithful performance of her future engagements.

This sentiment of suspicion crops out in the comment of the President of the Duma, who says: "We cannot trust our adversary. He is a worn-out felon." An official of the Foreign Office declares that the lack of sincerity in the German proposal is evident. A Duma resolution, unanimously adopted, characterizes the offer as hypocritical. The Foreign Minister, addressing the Duma, brands Germany as deceitful. The German Government cannot ignore the extraordinary—the worldwide—emphasis put upon its duplicity.

Russia's sturdy opposition to Germany's desire to control the Balkans is a reminder that in the final settlement of the present conflict it will be futile to ignore racial and religious lines. So far as possible nationality and tradition must be respected. Trieste and the Trentino must go to Italy because they are, by every test except that of government, Italian. The national ambitions of the Bohemian Slavs cannot be evaded. Bohemia's age-long aspirations for liberty must be given fuller play—or else peace will be but a travesty on the world.

Soldier's Long Sleep.

Professor Verger has described to the Medical and Surgical Society the strange case of a soldier who was at the battle of the Marne, disappeared, and was found afterward in Brittany. The soldier has been asleep for 27 months, eyelids closed, respiration regular, but pulse rapid. It is possible to administer liquid food and Professor Verger says that the case is one of hysterical lethargy, and that it is likely the man will eventually awake and resume his normal occupation.

The wise man always looks before he leaps—then instead of leaping into the fire he stays in the frying pan.

Teacher (during geometry lesson)

—Why are these angles corresponding? Pupil—Because they are friends.

TRUE JOY IN WORK

To Give Ourselves, Our Very Best, To Throw Our Virtue Into Our Work, is to Win Happiness.

"Throw Yourself Into Your Task," which is quite commonly heard today, about hard work. All work ought to be hard; that is, demanding of the utmost of energy, if it is worth anything. Easy things amount to little.

Hard work never hurts a man if he obeys the laws of health for his body and keeps his heart happy and his mind free from worry. Indeed, it is this last—worry—that wears people out, not work. No man ever died from over-work. It was his anxiety, his doubt, his gloom that killed him. Work is a friend.

Fervent in Spirit. The spirit must be fervent. That means that men must love our tasks, not hate them. There should be no such thing as "necessity" in a true man's career; "opportunity" must drive necessity away, for we are free, not ruled by any taskmaster. "I love to," is the cry of God's child. Ah, how that gives the elastic step and the singing heart! The burning spirit longs to have its share in the work God is doing; it counts the days as creative; it gives its fire to light the lamp of progress and of its warmth to drive away gloom and fear. Singing, laughter, worship and praise have much to do with healthful toil. We have no right to make machines of ourselves when we may be splendid living forces, throbbing vitality into the task of hand or head. The very difficulties of our toil should lead us to draw new life from the spirit, and that life will tell us that nothing is impossible and that some time surely the effort we make will have a crown.

Perhaps the third direction of St. Paul is the finest and most inspiring of all. We are serving the Lord as we work. He has given us our task. Man may seem to be the taskmaster, but behind him stands the Lord of the Universe, our dear Friend.

Work gains its everlasting significance from Him Whose we are and Whom we serve, for He has placed us here. He has allotted our tasks and He works with us, and without Him we could do nothing. —W. W. Tomkins.

Away With Laziness

Enthusiasm, zeal, courage, love and cheerfulness can do more to bless and help than even human knowledge. I cannot but think that men are in exciting knowledge and deriding feeling. Enthusiasm may go to an extreme and not accomplish a great deal in the struggle, and yet it has a power which the greatest intellect can have to soothe and comfort. The heart and the head should not be enemies, but friends, yet the heart should be in many cases the deciding power. We are to love God with all our heart first; then come the soul and the mind. And the heart is the well from which flow enthusiasm, zeal, courage and cheer.

St. Paul gives us three characteristics of work: Not slothful, fervent and consecrated to the Lord. We must not be lazy. Slothfulness is one of the deadly sins—that is, it kills all good in us if we let it control us, and brings a host of other sins in its train. I have little patience with the cry,

HEALTH

Proper Ventilation.

The question of proper ventilation during the winter months is one which it is quite difficult for many persons to solve.

It is apparent to almost everybody that the admission of pure air is necessary if efficient work is to be performed in office and school and if refreshing sleep is desired by night. The fresh air does not depend upon the temperature and can be supplied by a proper heating and ventilating system.

The opening of windows, while it admits the fresh air, often causes drafts which are uncomfortable, not to say injurious. Where a number of persons are occupied in a room it is often a cause of subjecting one or two to exposure if the windows are opened to secure ventilation. This can be avoided by an ample supply of warm air.

Numerous devices, more or less expensive, have been placed on the market, but are not always satisfactory. The most economical and at the same time probably the most efficient ventilating device is one made of glass or wood eight or ten inches in height and made the width of the sash. This should be laced under the sash, with a slant from the bottom to the top at an angle for forty-five degrees, leaving an opening at the top covered with cheesecloth.

Ventilators of this sort are so simple that they can be made at small cost anywhere and the covering can be readily replaced. They are suitable for office and school room, living rooms and bedrooms. They permit reasonable ventilation without too great a loss of heat, and prevent that stuffiness of atmosphere which is dangerous to health and destructive to real comfort during the winter months. This device leaves an opening between the upper and lower sash through which the used air of the room may escape.

Nature Cure For Burns.

A new method of treating serious burns that involves the use of air and sunlight has been put into practice at John Hopkins Hospital and already in a number of cases has been successful.

"Nature cures" have been recognized as the most practicable in a rapidly increasing list of ailments. The general idea back of all these methods is that nature, with a fair chance, will do more for the sick body than will drugs or surgery.

In treating burns a small part of the injured surface is exposed directly to the sun and air . . . of doors. The best results are obtained in temperate weather, when the patient can lie at ease . . . hours under the direct rays of the sun and the influence of the air. In older weather only more indirect exposure is possible and then the results are not rapid.

As a result of the treatment skin grafting will not have to be used in a number of cases. The effect of the air and sunshine sure is to keep alive much of the burned tissue and in time this tissue grows out over the burned surface.

A DAY A MONTH.

Feature of the Canadian Patriotic Campaign.

The men in the trenches are fighting for us three hundred and sixty-five days in the year.

Why shouldn't the poorest of us work at least one day a month for the families of these men?

That is not much to ask—twelve days a year, as against three hundred and sixty-five, especially as the three hundred and sixty-five are spent in constant danger of death from bullets, bombs or exposure to weather.

The imperative character of the call made by the Canadian Patriotic Fund is denied by no one. A campaign for contributors to it will be begun in this town in a short time. Why not make one of the features of this campaign the plan adopted with success in other places, namely, the contribution of wage-earners of one day's pay a month?

The idea has "caught on" in other towns. In many factories and stores the employees have acted unanimously, and either instructed the employer to deduct one day's pay a month, or appointed one of their own number to make the collection monthly.

The average payment to each family by the Canadian Patriotic Fund is sixteen dollars a year. A day's pay a month will go a long way towards helping some such family to get through 1917 in comparative comfort.

HIGH PRICES AND WAGES.

Increase of Wages Does Not Necessarily Mean Jump in Prices.

The notion is somewhat widely current that the raising of wages in a period of rising prices simply keeps up the action of a vicious economic circle; that you make wages higher to meet the high prices, and that then you have to make the prices still higher to meet the high wages, says New York Post.

In some particular instances, the highest wages do cause the rising of prices; but broadly speaking, the idea is quite false. The process is one of readjustment to a new scale of prices; those who carry on various business enterprises reap an abnormal profit through the rise of prices, and when they have yielded up some of this to the workers, things have simply gone back to a condition of equilibrium.

When wages are raised in the steel industry, for example, in such conditions as exist to-day, that is not in the least a factor tending to raise prices; it merely affects the distribution of the surplus (over normal return), which existing prices yield.

When it comes to solid comfort there is very little to choose between an easy conscience and an easy pair of boots.



A Potato Day for the Belgian People.

One of the central potato depots in Belgium established by the Germans. From here the people of the country are fed just so much a day—usually a potato has to suffice twenty-four hours. In this way the food supply is being kept track of. Even for a potato a ticket has to be shown. The Belgians have to dig the potatoes and then turn them over to the Germans, who dole them out.