

About the House

Useful Hints and General Information for the Busy Housewife

Some Dainty Dishes.

When making pickles, remember that the very best white wine vinegar should be used, and that they should be made in an agate saucepan that is quite free from cracks or blemishes. When made, they must be put up as carefully as jelly in sterilized jars and kept tightly sealed. The jars should not be quite filled with the vegetables, but should have the liquid covering them for at least an inch in depth. The surplus vinegar is good for flavoring minces, hashes and gravies, if used very, very warily.

Now for the recipes:

Pickled Onions.—One quart of small white onions. Remove the outer skin and place in a pan of boiling water. Cook until they look clear, then remove, drain and dry. When cold place in jars and cover with the following mixture: One quart of wine vinegar, one ounce of white pepper, one dessertspoonful of salt. Make hot. Pour over the onions. Seal when cold. The onions must be peeled with a silver knife. A steel knife causes them to blacken. If peeled in a basin of water it will save the eyes.

Lemon Pickle.—Wipe six lemons, cut each into eight pieces. Add one pound of salt, six cloves of garlic, two ounces of horseradish; crush one-quarter ounce of cloves, one-quarter ounce of nutmeg, one-quarter ounce of mace, one-quarter ounce of cayenne pepper, and two ounces of dry mustard. Into these stir two quarts of vinegar. Pour all into a strong fire-proof jar, stand it in a saucepan of boiling water and boil for a quarter of an hour. Set the jar away and stir with a wooden spoon every day for six weeks. At the end of this time put it into small bottles and tie down tightly.

Pickled Beets.—To each gallon of vinegar, two ounces of allspice, two ounces of whole pepper. The beets must be carefully cleaned without breaking the outer skin. Lay them carefully into a pot of boiling water, let them cook gently for about one and a half hours, drain them, and when cold, peel and slice neatly. Put into a dry jar. Let the vinegar boil up for a minute, then stand to become perfectly cool before it is poured over the beets. Seal well. The beets will be ready for use in about a week.

Pickled Red Cabbage.—Slice the cabbage finely and place it in a colander; sprinkle each layer with coarse salt. Let the strips drain for two days, then put in a jar and cover with boiling vinegar. If a spice is used, it must be put in with the vinegar in the proportion of one ounce of whole black pepper and one-half ounce of allspice to the quart.

Pickled Gherkins.—Brine to put on the gherkins: to each quart of water take six ounces of salt. Strip the gherkins of the blossoms, put them in a stone jar and cover with boiling brine. After 24 hours take them out, wipe each one carefully and place in a clean jar with half a dozen bay leaves. Pour over them a pickle made as follows: To every quart of vinegar allow three blades of mace, two tablespoonfuls of bruised ginger, half ounce of black pepper, half ounce of allspice, four cloves, a small quantity of tarragon, if liked, may be added to the pickle. When boiling fast, pour the pickle over the gherkins, cover the jar with a small plate for two days, when the pickle must be drained off and boiled up again. At boiling point the gherkins must be thrown in for two minutes and then placed back in the jar. Seal tightly.

Pickled Mushrooms.—Young butter mushrooms only should be used. Cut off the stalks from a quart of mushrooms, cleansing the skin with a piece of new white flannel dipped in salt. Place them in a deep stewpan and sprinkle over them two teaspoonfuls of salt, one half ounce of whole white pepper, and two blades of crushed mace. Shake them over a bright fire until the natural liquor has been drawn out and has dried up again. Then pour over them as much cold vinegar as will cover them; let it come to the boil for one minute and no more. Pour them into a clean, dry jar and seal.

Pickled Walnuts (Another Recipe).—One hundred walnuts gathered while young enough for a pin to prick them easily. Brine sufficient to cover them, in the proportion of six ounces of salt to one quart of water. Pickle of a full half gallon of vinegar, one teaspoonful of salt, two ounces of whole black pepper, three ounces of crushed ginger, three ounces of crushed mace, one-half ounce of cloves stuck into three small onions, two ounces of mustard seed. Boil up the brine and remove the scum, and when cold pour over the walnuts, stirring them night and morning; change the brine every three days, removing them in nine days. Spread the walnuts on dishes and let them remain in the air until black (about twelve hours). Boil the pickle for a minute, have the walnuts ready in jars, and pour it on them when boiling. When quite cold seal and store in a dry place.

Pickle of Small Vegetables.—Take young cauliflowers, cut into small pieces, nasturtium pods, string beans, or young runner beans, and lay them in a stone jar, pouring over them a

boiling brine composed of six ounces of salt to a quart of water. The next day drain them off, shake gently in a clean cloth and put them in a dry jar. Pour over them the following pickle, which must have come to the boil and have remained boiling for one minute: To each quart of vinegar put one ounce of black pepper, one ounce of crushed ginger, one ounce of shallots, one ounce of salt, one ounce of allspice and a pinch of cayenne. Cover the jar for two days, drain off the liquor, boil it up and throw in the young vegetables for a minute. Replace them in a jar and cover tightly.

Things Worth Remembering.

When dusting have the duster slightly damp and finish off with a dry one.

Always rinse black stockings in blue water, and they will keep a good color.

When turning hems in napkins, rub well with soap, and then you will have no trouble to hem them.

When using a double thread draw it over a piece of laundry soap and you will never have a snarl.

Paste some soft blotting paper on the bottom of flower bowls and they will not mar polished surfaces.

If the brass polish gives out do not worry, but instead go to work at the brass with lemon juice.

To keep meringue from falling, beat a saltspoonful of baking powder into it just before putting it on the pie.

Before squeezing the juice from the lemons put them in a hot oven for a minute. You will get twice as much juice.

To clean linen blinds rub them with a clean cloth dipped in oatmeal, changing the oatmeal as it gets dirty. When enclosing stamps do not stick one corner to the letter. Put them in loose. They can't get out of a sealed envelope.

To shade an electric light in a sick room make a little bag of thin green silk with a draw string large enough to slip over the bulb. Take a catsup bottle with a top that will screw on. Then hammer small holes in the top. This will make a nice clothes sprinkler.

To remove odors of onions or fish from cooking utensils, boil a little vinegar in the utensils after they have been washed.

A coating of thick castor oil applied with a soft flannel cloth to tan shoes whose color is too vivid will tone them down considerably.

Paper bags which accumulate from the grocery store are very useful to slip over jars and various other articles to protect them from dust and flies.

Mud spots may be readily removed from dress skirts, trousers, rubber coats, or from children's clothing by rubbing the spots well with sliced raw potato.

Strong ammonia water is excellent for removing iodine stains, and blueberry stains may be removed by washing at once with cold water and white soap.

To get longer service from scrim or muslin curtains, hem both ends alike, and this permits you to reverse them when rehanging each time after being washed.

To prevent damp and rust attacking the wires of the piano tack a small bag of unsalted lime inside the instrument just underneath the cover. This will absorb all the moisture.

Pin the sheets at the foot of the bed together with several safety pins. They will not pull up, and this will add to the comfort of the night's sleep. This hint is all right—except for a tall man.

If the hems of each pair of stockings are pinned together with a small safety pin when they are washed it will save time and trouble of sorting; also they can be hung on the line more quickly.

To destroy flies in the summer simmer together one pint of milk and a pound of brown sugar and 2 ounces of pepper. Then place the mixture around in saucers. It is instant death to flies, and is harmless.

If you would have your summer supply of white silk stockings remain white, always see to it that they are dried in the shade and washed in lukewarm water, as heat turns them yellow.

To obtain a true bias place the material flat on the cutting table and with a ruler or yard stick laid across one corner draw a line with chalk or colored pencil. Use this line for a guide in cutting.

To remove a stain made by lemonade and root beer, from a changeable taffeta dress. Wet the spot with a mixture of equal parts of alcohol and ammonia. Afterward sponge gently with alcohol until the stain is removed.

To remove sunburn, dissolve one tablespoonful of epsom salts in one pint of warm water and wash the afflicted skin in this mixture. Rinse in clear water of the same temperature, then bathe freely in glycerine diluted with warm water.

To whiten handkerchiefs, fine waists and other lingerie, wash and dry in the usual manner, then to one pint of cold water add two tablespoonfuls of granulated sugar, stirring until thoroughly dissolved. Let handkerchiefs, etc., soak in the water one-half hour. Dry in the open air.



Lancashire Lasses Are "Doing Their Bit" By Making Glass When the Men are Away Fighting. THE lasses of Lancashire are now assisting in the making of glass at St. Helens, and do all kinds of labor, even to working the overhead cranes. There are many secrets in the trade, and before the war the Belgians were the chief producers. The photo shows some girls carrying a huge sheet of glass. They have adapted themselves to the various processes.

THE SUNDAY LESSON

INTERNATIONAL LESSON AUGUST 20.

Lesson VIII.—The Riot at Ephesus.— Acts 19. 23-41. Golden Text. 1 Timothy 6. 10.

Verse 29. The theater—A vast open amphitheater capable of holding more than fifty thousand. It was a regular place for public meetings. Gaius—About as distinctive a name as "John." His comrade in danger, Aristarchus, is named in Acts 20. 4, but the "Gaius of Derbe" named there, is, of course, a different man. Aristarchus appears in Acts 27. 2; Col. 4. 10; Philem. 24. He was a staunch follower, a credit to the church at Thessalonica.

30. Paul seems to refer to this occasion in 2 Cor. 1. 8, and more precisely in 1 Cor. 15. 32, which suits it exactly, since wild-beast shows were connected with the building. It would be just like that indomitable man to insist on facing the mob. One may conjecture that he went in, tried vainly to get a hearing, not being recognized by a mob which knew little of the subject of the shouting, and was saved by the preoccupation of the Jews with getting their spokesman forward. Luke was at Philippi, and as no harm came to Paul he never heard that Paul had "ventured himself" after all. The apostle referred to it in his letter to Corinth for a special purpose, and had no particular reason for telling Luke.

31. Asiarchs—There were ten officials, elected by towns in the Province Asia, who celebrated at their own cost games and religious festivals. His friends—Though officials of a "heaven" religion! It gives us a side light on Paul's sympathetic temperament: an Asiarch was not likely to make friends with a mere Jewish bigot, incapable of seeing anything but the heinousness of idolatry! Besought, like suffered in verse 30, is in the imperfect tense, and does not imply anything as to their success.

32. Here and elsewhere in this vivid narrative the Gentile Luke gives play to his sense of humor.

33. [Some] of the multitude instructed (margin)—It is hard to choose between this and the text. If this is right, one imagines the Jews carefully keeping in the background, their spokesman telling some of the crowd that he wanted to denounce Paul, and these people urging him on to put in a word for the tradesmen. Alexander—The name occurs four times in the New Testament, and as it is common we have no evidence for identifying any two of them.

34. Perceived—By physiognomy, and perhaps by dress. From the crowd's point of view, Jew and Christian were all one. Great is—Another reading, which is plausible, leaves out "is" and makes it an invocation of "the Great Artemis" (verse 35). The goddess was not the Huntress Queen of Greek religion, but an Asiatic goddess of fertility, called Artemis (margin) as the nearest equivalent. The Roman Diana is a step still further away.

35. Townclerk—Keeper of public records, which he read in the assembly. Temple keeper—As Ephesus is often called in local inscriptions. From heaven (margin)—Worship in Asia Minor often centered on meteoric stones; in early times, even in Greece,

an artistic representation mattered little, and many of these images were shapeless. If we may judge from modern India, these were decidedly more artistic than some that had been "graven!"

37. Robbers of temples—From Rom. 2. 22 we infer that some Jews were so righteously indignant at idolatry that they would steal from an idol temple—no doubt paying tithe on the proceeds! Nor blasphemers—Which, according to Demetrius (verse 26), Paul himself certainly was. The artful artist was translating into blunter language what Paul said in inoffensive argument (compare Acts 17. 29).

38. Court [days] are kept (margin), and there are proconsuls—There are such institutions as fixed assizes and judges on circuit. There was, of course, only one proconsul of the Province Asia at a time.

39. Regular—This was a mere fortuitous concurrence, not a regularly summoned meeting of the legislative assembly. Assembly—The Greek word or a popular assembly, with certain legislative powers permitted, was taken over by Christianity to be the name of the "church."

40. Accused of riot concerning this day (so read with margin)—The Roman government was always extremely suspicious of irregular meetings.

MAKING ARTIFICIAL LIMBS.

Great Advance in Science in Equipment of Maimed Soldiers.

"The only thing I dread is losing a limb—I'd rather be killed!"

These words must have been echoed a thousand times by our gallant fighting men who, while willing and ready to lay down life itself, if necessary, on the sacrificial altar of the freedom of nations, have, very naturally, shrunk with horror from the terrible prospect of a helpless existence and the utter lack of precious independence which the loss of a limb suggests.

It is a fear which many of us to whom it has been expressed have found it very difficult to allay.

This thought was certainly uppermost in my mind (says a correspondent to the London Times) when I first passed through the gates of Queen Mary's Convalescent Auxiliary Hospital (for soldiers and sailors who have lost their limbs in the war) at Roehampton, in the County of London; for I, too, had failed fully to recognize the wonderful progress of science, and had very little real conception of the rapid and marvelous strides which have been made in the creation of artificial limbs.

In the beautiful Roehampton House, generously lent for the purpose by Mr. Kenneth Wilson, with its peaceful grounds, our mutilated soldiers and sailors can obtain a new lease of life. They receive there the best possible artificial appliances and instruction in their use—an exceedingly important work, for in the past many a man has cast an artificial limb aside for the want of a little instruction as to its working.

These artificial hands are taught to grip. The men learn to walk with their new legs as well as they ever did.

Just a year ago the hospital was opened, and how urgent the need has been is very evident from the fact that up to the 25th of last month over two thousand cases had been treated and discharged, fitted with artificial appliances! Over two thousand men of our fighting forces—from the Mother Country and the Overseas Dominions—who had entered the hospital, regarded themselves useless cripples and mentally placing themselves "on the shelf" of life, have,

after a brief period, varying between four and six months, passed out recreated. Men who had both legs amputated and never expected to walk again have walked out with the aid of a stick alone!

Yesterday dozens of maimed soldiers were making application for their reception into the hospital. In April last the waiting list numbered nearly 2,000, and notifications are pouring in at the rate of over 300 a month. The 550 beds are always occupied.

The great rooms, with their handsomely painted walls and ceilings, converted now by the necessity of war into bright wards, were a wonderful sight. Over each bed I noticed the name of the donor (£50 maintains a bed for a year, and many are taking advantage of this as paying a fitting tribute to some dear one who has fallen in action). At the foot is pasted the name and rank of each temporary occupant. Such cheery patients they are too—some anxiously awaiting their new appliances, others proudly displaying the wonderful adaptability of theirs.

His Chance
When doctors disagree
About their dope,
A patient's apt to see
A ray of hope.

Ignoring the Bride.
"Fine way for one girl to speak of another girl's wedding."
"How's that?"
"She says the church looked lovely."

A miser is a great lover of generosity in everybody except himself.

THE SECRET OF HAPPINESS

To Exercise Our Bodies and to Exert Our Minds Is Real Pleasure

"She is a tree of life."—Proverbs, III. 18.

Solomon, the wisest of men, here unfolds the secret of happiness. By wisdom one can pluck the choicest fruit of the tree of life. The Bible narrative of Paradise shows that man's impulse to seek happiness is divine. And the failure of so many to attain it, the fact of so many broken and wretched lives, comes from false ideals and mistaken aims.

Happiness first, then, is found in work. The thought that it consists in ease, idleness, luxury, is an error that has ruined myriads of lives. Wrote Carlyle, "Happy is the man who has found his work. Let him ask no other blessedness." "Those best loved by the angels," says another, "receive not thrones, but a task." Every man's task is his life preserver. To know that we live to a purpose, that we fill a niche in the edifice of society, defends us from ennui, whiles away time with rapid step and fills us with the joy of achievement. Happiest he who is not placed above the necessity of work. Hard labor means health, sound sleep, length of days.

Man Is a Social Being.
Moderation, again, is the secret of happiness. Temperate living, the golden mean between abstinence and excess, is true wisdom. Care, stress, nerves all a-tingle, burn life's candle at both ends. John Burroughs, well and happy in his eighty-first year, writes:—"My nature has been equable and self-poised. I have aimed to live a sane, normal, healthy life." That life's morn, noon and sunset may have

the glow of beauty, harmony and splendor we must say with St. Paul:—"I have learned in whatever state I am therewith to be content."

The selfish man fails to pluck the best flavored fruit of the tree of life. Man is a social being. Happiness is found in brotherhood. To live for the home, to serve the community, to help the unfortunate, brings the sweetest and rarest of joys. When Job could say, "The blessing of him that was ready to perish came upon me," he exulted even amid his trials. Had the nations at war practiced the Great Teacher's maxim, "Thou shalt love thy neighbor as thyself," this deplorable world tragedy would have been averted.

Comfort of Faith and Prayer.

But the rarest fruit of the tree of life is religion. It offers the truest happiness. The soul needs God to elate it with joy. Those make the greatest mistake who think religion is austere, harsh and narrow. Contrariwise, religion is a spiritual thing, brings liberty and deepens and enlarges life. It reveals the fatherhood of God, and offers the strength and comfort of faith and prayer. He utterly misrepresents religion who interprets it in a narrow, ascetic, Puritanic or fanatical spirit. True religion means freedom, life akin to that of God and the angels.

The care, the misery, the ruined lives of which the world is so full are altogether abnormal. Happiness is man's universal birthright. All should enjoy this earthly gift—a foretaste of the bliss of the eternal.—Rev. Junius B. Remensnyder, D.D.

HEALTH

Cerebrospinal Meningitis.

Almost every case of meningitis, wherever it begins, eventually becomes cerebrospinal, but physicians generally use that term to denote an acute infectious disease, caused by a special germ, that occurs in epidemics as well as sporadically.

It is not highly contagious, although it is wise to keep other members of the family out of the room that the patient occupies, and to sterilize by boiling all the table utensils and linen he uses. We do not know just how the disease spreads, although we believe that it is often disseminated by the secretions of the nose and throat that are thrown into the atmosphere by sneezing and coughing. As with most infectious diseases, mere exposure is not sufficient to bring on an attack. You must also be susceptible to the specific virus, and your power of resistance must be somewhat below par.

The symptoms of the disease vary in different cases, and there is no one symptom by which we can distinguish epidemic cerebrospinal meningitis from other forms of meningitis. During the course of an epidemic, however, the diagnosis is usually not difficult. The disease begins with headache, chill, fever (usually not very high), rapid pulse, vomiting, general aching, and a sensitiveness of the skin so great that a mere touch may cause the patient sharp pain. The neck is often rigid, and sometimes all the muscles of the body are stiff. There may be spasms of individual muscles and, more rarely, convulsions. Occasionally there is an eruption of small purplish spots, although that is not so common as physicians formerly supposed when they named the disease "spotted fever."

These symptoms may appear with great suddenness and violence, or they may be mild. In the severe forms death usually occurs in a day or two, but the milder cases may drag along for weeks, and even become chronic. Spontaneous recovery does occur, but an untreated case usually goes on to a fatal termination, and even if the patient recovers, deafness, blindness, paralysis, or some form of mental trouble is likely to follow. Indeed, before the discovery of anti-meningitic serum a perfect recovery was rare.

That serum is now the mainstay of the treatment, combined with the usual measures to relieve pain, quiet the nerves, induce sleep and keep up the strength. The hopelessness with which doctors used to regard the disease has been much lightened by the discovery of the serum, yet there are cases that it fails to cure.—Youth's Companion.

Don't Dodge Draughts!

Laugh at draughts and throw physics to the dogs!

Most of us have been brought up to believe that to get into a draught is to risk sudden death. But now we are told that draughts are necessary and beneficial.

Our frantic endeavors to escape draughts by shutting all doors and windows is wrong. Stuff, dusty rooms, crowded trains, and picture shows, which are kept "warm and comfortable," are merely nurseries of disease germs.

It is only when the atmosphere is bad, and consequently crowded out with millions of invisible "creepy-crawly" disease germs, that draughts are fatal.