

# Hints for Busy Housekeepers.

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

## DAINTY DISHES.

Save all cold vegetables, including potatoes, chop them, then fry together with a liberal seasoning of salt and pepper.

**Rice and Raisin Pudding.**—Make a rice pudding in the usual way. When half cooked add a good handful of stoned raisins, stir in carefully, cover the top of the pudding with a thin layer of bread-crumbs, and on it put little bits of butter. Bake till the rice is cooked thoroughly.

**Grape Jam** should be made from fruit grown out of doors. Wash the fruit carefully and stew gently till tender, then pass through a clean sieve. To every pound of pulp allow one pound of loaf-sugar. Bring to the boil and cook fast for twenty minutes. Pour into pots and cover at once with egg-paper. If liked, a little lemon-juice may be used to flavor the preserve.

Savory rice is a very nice change from the ordinary rice pudding. Wash three ounces of rice and boil it in milk till quite tender, adding pepper and salt. Butter a dish, spread half the rice on it, sprinkle one ounce of cheese on it, add the rest of the rice, scatter the rest of the cheese on the top, put little bits of butter over, and brown in a quick oven. The rice may be cooked in stock with a flavoring of vegetables instead of milk.

**Cheese Crusts.**—This is a good way of using up remains of cheese. Toast some thin slices of bread, cut into rounds of equal size, and allow two rounds to each person. Mix together two ounces of grated cheese, a tablespoonful of cream, and half an ounce of liquefied butter, with cayenne and salt to taste. Put a tablespoonful of this mixture between two croutons, press them together. Scatter parsley on each, and if you can spare it some chopped hard-boiled eggs. Make hot, and serve.

**Vegetable Soup.**—Place an ounce of butter in a frying-pan. Slice into it a small onion, one carrot, one turnip, and two potatoes. Stir till all the vegetables are slightly browned, then place them in a stew-pan, add two tablespoonfuls of rice and two quarts of cold water. Simmer gently for one hour and a half and strain through a wire sieve. Return to the saucepan, add two tablespoonfuls of cornflour moistened with cold water. Stir continuously till it boils, then add a seasoning of pepper and salt, and serve.

**Meat jelly** is most nourishing for anyone who has tired of beef tea. Cut two pounds of shin of beef into small pieces about the size of nuts, carefully rejecting all fat; add a little salt, place it in a covered jar, which put into a saucepan of boiling water, and let it stew gently for eight hours, adding more water to the saucepan when required. About an hour before taking it up stir in half an ounce of isinglass; strain and press through a sieve, then put aside for use. Before serving, scrape off every particle of fat that may have risen to the top.

## HINTS ON CAKE-MAKING.

In every branch of cookery the greatest care must be exercised to follow the rules exactly, and ingredients must all be weighed, not thrown in haphazard quantities anyhow, but precisely in the manner indicated. Attention to little things may mean the complete success of the cake.

Everything used in cake-making must be perfectly free from damp, or the result will be heaviness and generally a "psad" condition, as Yorkshire people say.

In mixing sugar and butter heat the latter gently before beginning and in mixing eggs and sugar do not attempt to add more than three eggs without adding a little flour every now and then.

Some fruits, such as cherries, are better when rubbed with flour so as to prevent their sinking to the bottom of the tin.

Flour should be perfectly free from lumps; currants and raisins cleaned and dried.

All tins should be well buttered, and in case of scouring it is a good plan to cover them with a piece of parchment paper.

As much care is necessary in the baking as in the mixing. Sponge and all light cakes, with those small ones baked in party tins, require a quick oven, whilst ordinary cakes of the sultana and seed species are most successful when cooked in a moderate oven. The oven should not be opened until at least twenty minutes after the cake has been put in, and if it has to be closed again it must be done gently.

When the cake appears cooked, insert a knitting-needle, and if it is perfectly clean, then the cake is done.

## USEFUL HINTS.

A little lard in the starch will do much toward keeping irons from sticking to the clothes.

Save the fat from all meats and poultry and use in place of lard, except for pie and biscuit.

Steaming is far better than boiling for fish, fowl, and meat. Try this method and you will be unwilling to give it up.

To stop nosebleed—Place a piece of brown or tissue paper over the teeth of the upper jaw and the bleeding will stop at once.

One housekeeper says she puts a rolled racker into a squash pie for thickening when she has no egg, and the result is good.

To Fry Bacon Without Shriveling—Lay strips with edges slightly overlapping in a cold fry pan and fry slowly until crisp.

When the drawers of the dresser, chiffonier, etc., stick, remove the drawer and rub the slides well with paraffin and save your temper.

A strip of emery tacked to a small square board is almost indispensable in the kitchen, for one can quickly sharpen the carving knife on it.

When stewing pears add the juice of a lemon and the grated rind, and two inches of cinnamon to every eight or twelve pears, according to size.

Wide-mouthed bottles are much better for keeping tacks than boxes. Then one can tell at a glance whether the tack is of the desired length.

A good dressing for cabbage is made as follows: One egg, one tablespoon mustard, half cup vinegar, half cup sweet milk, salt and pepper to taste.

Bicarbonate of soda should be found in every house, and in a conspicuous place. For burns there is nothing better, as it quickly relieves the pain.

Hot water in mixing batter has a tendency to make cake whiter. Sponge cake, which should be as yellow as possible, is better made with cold water.

To prevent matting from becoming yellow on the floor, wash off occasionally with a large coarse cloth which has been dipped in a strong solution of salt water.

When eggs are frozen in the winter putting them in cold water will draw out the frost. If a frozen egg must be boiled, put salt in the water and it will not run out of the shell.

Cook a can of tomatoes slowly with several slices of bacon. If already fried, all the better. Add an onion cut fine, bread crumbs, and seasoning. Makes an appetizing change.

When the knob comes off your granite pot lid, leaving a hole for steam to escape and burn your fingers, take a common screw, put up from underside, screw into a cork, and behold a new lid!

Cut new napkins apart; double them lengthwise and dip the raw edges into boiling water to the depth of one inch; then hang them up to dry without wringing. They will fold and hem easily.

Borax, in the first place, is one of the most powerful antiseptics known. When used to wash the head—as much as one can hold in the hollow of the hand to about a quart of water—it d stroy's dandruff.

Most culinary failures come from the habit of guessing. Weigh everything that is to be weighed and measure carefully all the other ingredients. Do this even if you have made the article repeatedly.

The poisonous articles to keep mice away are dangerous if there are children. Mice do not like the smell of peppermint, and a little oil of peppermint spread around their hiding places will keep them away.

Good Furniture Polish—Drain off your leftover coffee, and when you have a quart mix with a tablespoonful of sweet oil. Wash the furniture with this and polish with a dry cloth. If the coffee is strong it will cover all scratches.

If buttonholes have to be made on a material that frays badly, proceed as follows: Mark the position of buttonhole with a thread, then run a line of machine stitching around the thread. Then cut the hole and buttonhole it in the usual manner.

A white felt hat which is required to do duty for a second season, may be easily cleaned with powdered magnesia. Make a paste of it with cold water and lay over the soiled parts. When quite dry brush it off with a clean brush.

# THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, AUGUST 13.

Lesson VII.—Jehoiakim Burns the Prophet's Book, Jer. 36. Golden Text, Isa. 40. 8.

Verses 1-10—Jeremiah's roll dictated to Baruch, and read to the people.

1. The fourth year of Jehoiakim—About B. C. 605. It is likely these events occurred after Jerusalem became subject to Nebuchadnezzar. Jeremiah had already prophesied this disaster and the prolonged captivity which was to follow. The people were in a state of fear, and it was an opportune moment for the prophet to repeat the warnings which he had uttered from time to time for many years.

2. Take thee a roll . . . and write—A similar command came to Isaiah, but in his case the roll was a tablet, covered with wax. Jeremiah's roll was made of pieces of skin stitched together, and attached to rollers of wood on each end. On this, in columns parallel to the rollers, he was to inscribe the words of his prophecies, uttered during the twenty-three years of his public career. These utterances are recorded in the chapters which precede this one. No doubt there is a certain amount of condensation as he would have to rely partly upon memory and partly upon fragmentary records.

3. It may be that the house of Judah will hear—The same offer of pardon as was made previously (compare Jer. 26. 3). The attack by Nebuchadnezzar ought to have intensified this appeal.

5. I am shut up—Not imprisoned (see verse 19), as in Jer. 33. 1 and elsewhere, but restrained by some cause, presumably by the people's indignation over his recent predictions.

6. The fast-day—A day especially appointed in connection with the national danger.

9. In the ninth month—December. It was perhaps the first anniversary of the capture of the city. The only dated legal fast took place in the seventh month.

10. Gemariah—He was brother of the friendly Ahikam, mentioned in the last lesson. The place of reading described was one that would be most likely to bring the message within the hearing of all the people coming in from the cities of Judah at the new gate.

11-19—The roll also read in the presence of the princes.

11. Micaiah—It was in the door of his father's chamber that the book was read, and the son carried the news of what had taken place to his father, who was otherwise engaged in another chamber with the princes of Judah. For the position of these leading men, see last lesson.

12. He went down—From the temple to the king's house, which stood on lower ground. Elnathan was spoken of in the last lesson.

15. Sit down now, and read it—There are several evidences that the princes looked with favor upon Jeremiah and his attendant. Baruch's position was the one ordinarily assumed by an Oriental teacher (see Matt. 5. 1).

17. How didst thou write?—They desired to know precisely how much responsibility rested upon Baruch, and how much upon Jeremiah, in order that they might give a true account to the king.

20-26—The reading of the roll before the king.

21. Stood beside the king—Literally, "above the king," he being seated, while the princes were standing.

22. The winter-house—Both summer and winter houses were enjoyed by these people of the East. But they were almost always separate parts of the same house. In general, the inner, or protected portion of the house, was used in winter, while the external (often upper) and airy part of the house served for summer.

23. The brazier—A depression was built in the centre of the room, and this was filled with charcoal (much like a warming pan) for heating purposes. Jehudi had unrolled only a few columns (leaves) when the king, in spite of the intercession of some of the princes, ruthlessly cut the roll into shreds with a scribe's knife (penknife), and threw it into the fire.

24. They were not afraid—The king's contempt for Jehovah's message inspired them with no terror. How different had been the conduct of Jehoiakim's father, Josiah, when the Book of the Law was found. With a sad heart he rent his garments. Through this act was proclaimed the nation's impenitence and the sealing of its doom. It was God's final proffer of mercy.

27-32—Jeremiah bidden to rewrite the roll, and to add a threat concerning the destruction of the city.

29. The king of Babylon shall

certainly come. This, of course, does not mean that the Babylonian king had not come already. His attack upon Jerusalem in the first instance, a year or so before this, was by no means as severe as that which Jeremiah here predicts. The fulfillment took place in a few years, in the reign of Jehoiakim's son, Jehoiachin, and still further in the wasting of the city at the end of the reign of Zedekiah.

30. None to sit upon the throne of David—Jehoiachin, within three months from his accession, was hurried away a captive to Babylon. No child of his succeeded to the throne.

His dead body shall be cast out—The assertion in 2 Kings 24. 6 that he "slept with his fathers" is in no way contradictory to this prophecy. The same account is silent concerning his burial. The fact that Baruch included this in Jeremiah's prophecies, after the death of Jehoiakim, shows that he felt no difficulty as to its fulfillment. Kings and Chronicles both give only brief accounts of these times.

32. Another roll—Its contents are doubtless preserved for us, to a large extent, in the book of Jeremiah as we have it, chapters 1-35.

## MODERN IDEAS ABOUT SLEEP.

Many Persons Take Too Much of It—The Nature of Dreams.

Sleep is no longer indefinitely considered a wandering abroad of the soul, writes Fred W. Eastman in the Atlantic, but is now known to be a temporary poisoning of the brain cells by the waste products resulting during the day from the activity of the body in general.

Thus when a muscle cell or a nerve cell acts nutritive material stored within its walls is broken down into substances that are of no value and merely impede further action of the cell unless removed. Normally these waste products are washed out by the blood stream which at the same time provides new cell food, and is finally itself purified by the excretory organs, the lungs and the kidneys.

In the course of the day, however, production is in excess of removal and then the clogging effect of these substances is manifested by fatigue, in muscles and brain, the extreme degrees of which result, in the latter organ, in the inability to act, which we now know to be due to an accumulation of waste products. The third of our time thus spent out of commission is therefore really due to the inadequacy of the excretory organs for purifying the blood.

Perhaps, on account of popular opinion and personal habit, we waste much time in a jellyfish condition that would be more profitably spent in active pursuit of our ambitions. The answer of course depends upon the nature of our occupation. If there is much muscular effort involved with a corresponding large amount of waste in the cells and blood, eight hours or more are probably necessary.

But if our work is of a sedentary nature and mainly of the brain there is naturally a smaller quantity of accumulated waste and less time is required for its removal. Many are the instances of great men, past and present, who have lived healthfully and worked unceasingly and strenuously on only four or five hours sleep, or half the laborer's portion.

Dreams are due to an increase of sensation and circulation over that which exists in profound sleep. Observations made upon patients with cranial defects show that when we are dreaming the brain is greater in volume than in deep sleep, and less than when we are awake.

Thus this intermediate stage that dreams are an intermediate wakefulness, and their incomplete and irregular intelligence would indicate the same thing.

This increased circulation is usually due to sensory stimulation affecting the vasomotor centre and causing a return of blood to the head, with resultant increased consciousness. Contrary to popular belief dreams in themselves do not contribute to light or broken sleep in which they are present.

Such a condition is due to the ever present stimuli, which according to their strength, or the degree of irritability of the cells maintain even in sleep a varying degree of consciousness, of which the dreams are merely a manifestation. Therefore the fatiguing effect often also attributed to dreams is not due to them but to the lighter degree of sleep and less complete cell restoration which they accompany, and which are due to some irritation.

## LONDON'S GREAT PUR SALES.

An interesting sight in London is one of the great periodical sales of raw skins and furs held at a fur warehouse in the city. The magnitude of the trade and the vast amount of money involved would surprise any one who visited one of these sales for the first time. At the premises in Great Queen street one can wander from floor to floor piled with thousands upon thousands of skins until one begins to wonder where all the creatures they once clothed lived.

# MAKING SAFE INVESTMENTS

DISTRIBUTION OF RISK FIRST AIM OF WISE INVESTOR.

Investing Not So Easy as It Sounds—Why Farm Investments are Not More Popular—Return Too Low—Reason Small Investor Should Try Something Else.

There is, in Canada, a growing amount of capital which is seeking investment. The experience of the United States during a similar period of its existence, when sharpers of the "get-rich-quick" type stole hundreds of millions of dollars from the savings of millions of dollars from the publisher of this paper, has prompted the following article to devote to the publication of investment information. To one of the foremost financial writers in Canada to fill this column each week of general information on financial subjects in the hope that it will prove useful in helping our readers to judge for themselves the merits of investments. The following article is introductory in nature. During the next few months the various kinds of investments will be dealt with and their good and bad points pointed out. For example the merits of mortgages will be contrasted with those of bonds and investment stocks of various sorts. The proper sort of investments for women will also come in for consideration. But will not be dry, technical and may save you from putting your money into losing ventures at some future time. The impartial and reliable character of the information in this column may be depended upon. The writer and the publisher of this paper have no other interests to serve in connection with this matter.

(By "Investor.")

The man who remarked, "Almost any fool can make a fortune, but it takes a wise man to keep it," was much more than half in earnest when he spoke. Keeping a fortune, or even a modest amount of savings, does not mean merely keeping it safe. A well-chosen hole in the ground will do that. But, so to invest ones money that it not only remains safe, but also brings in a substantial income, is a problem which takes much thought.

To the average man, the term "investment" has no very clear meaning. As often as not, we hear men state that they have "invested" in a mining stock, when even the term "speculation"—which involves taking a certain amount of chance—would be much too mild a word. To others, investment at once brings up thoughts of mortgages. Yet between these two extremes—the well-secured farm mortgage on the one hand, and the highly speculative mining stock on the other—lies a great field of opportunity supplying a variety of investments to suit all tastes and all requirements.

## WHAT ARE INVESTMENTS?

Now, as to what constitute investments.

Strictly speaking, an investment is anything which we may buy that will bring us in an income, and retain its value, i.e., can be disposed of without material loss. Thus, the purchase of a good farm which may be leased or worked so as to bring in a good return on its cost, is an investment. But this is a very small and relatively unimportant field for the investment of our money. Not everyone has sufficient capital to buy a farm, and, as a rule, the rental of a farm is not a high enough return on the investment to make it worth while. For one must remember that out of this return sufficient must be laid away each year to rebuild all buildings at the end of, say, thirty years. Part of the return from rent represents a payment for depreciation on buildings, etc., which, despite repairs every year, come that much nearer the time when they must be rebuilt. Perhaps if they are well constructed, thirty years is too short a time to allow, but it is never unwise to err on the side of safety.

There is, however, in addition to the small return and the risks of a dishonest or unfortunate lease, one very sound reason why a person with limited capital should not invest in farm real estate, unless, of course, he is a farmer, who intends to operate it himself, and in this case a high return on the amount invested represents to no small extent the payment to the farmer of his own salary—though many do not realize this fact—and varies in proportion with his skill as an husbandman, as any farmer knows. Everyone knows the old adage, that it is foolish to put all one's eggs in one basket; the same applies to investments, but with greatly increased force. One should never, under any circumstances, so invest money that, should a fire, a failure, or other unforeseen accident occur, all would be lost. Our capital, even if it is very small, should be distributed over a diverse field. And in this distribution, it should be remembered that not only in class of investment, but in location. In this manner, for example, the failure of crops in Central Ontario would not affect mortgages held in that part of the Province; depression in Canada would not affect municipal bonds. Many other examples can be easily thought of. Therefore, in invest-

ing always aim to divide the risk. This "distribution of risk," as it is called, is the first step of the wise man who aims to keep his "fortune" big or little.

## TRIALS BY WATER.

A Distinctly Unpleasant Way of Proving One's Innocence.

Throwing people into the water to let it determine their innocence or guilt was widely in use in the seventeenth and eighteenth centuries. A Synod of West Prussia forbade its use in 1745. Sporadic cases, however, occurred during the whole of the nineteenth century.

Prof. E. P. Evans wrote in 1896 of its use in Dalmatia, where in some districts it was still customary to throw all the women into the water on a specified day to see whether they would sink or swim.

A rope was attached to each in order to save from drowning those who proved their innocence by sinking, while those believed to be guilty because they floated were also rescued and made to promise to forsake their evil ways on pain of being stoned.

A traveller has described a modern survival of the ordeal used in detecting thieves in southern Russia, says the Dietetic and Hygienic Gazette. All the servants of the household where the robbery occurred were assembled and as many balls of bread were made as there were suspected persons.

A sorceress then addressed each one of the number, saying that the particular ball of bread which she held in her hand would sink on swim as the party addressed was guilty or innocent. She then flung it into the water.

Boiling water was used in ordeals by the Persians and it is referred to in the Avesta. It contained both the sacred elements, water and fire, suggesting the deluge past and the fiery doom of the future. In the simplest form of the hot water test the bare arm was plunged to the wrist in trivial cases, and to the elbow in more serious trials, usually to bring out rings or coins thrown therein.

In Tibet plaintiff and defendant settle their cause judicially by plunging their arms into boiling water containing a black and a white stone, when he who brings up the white stone wins the verdict. A King of the Goths in the seventh century, with the sanction of the Council of Toledo, recommended the boiling test for crime.

## INTERIOR OF THE EARTH.

Hardly as Much Known About it as About the Stars.

The interior of the earth is scarcely more accessible than the stars to direct experimentation, and is less known through valid indirect evidence. Some information is given by earthquake shocks which, though local in origin, shake the whole earth. By collating the records of seismographs in various places it has been learned that the velocity of the earthquake wave is three or four miles per second in the upper strata of the earth and more than ten miles per second in the central nucleus.

The earth, as a whole, may be compared to a great spherical bell which when struck makes only two or three complete vibrations per hour. As the note emitted by a piano string depends on its length, thickness, and tension, so the "note" of the earth bell and the velocity of waves in its different parts give some indication of the state of the concentric strata of which the earth is composed.

The information thus obtained is very incomplete, and scientists have endeavored to fill its voids by means of various plausible hypotheses. A review of our present knowledge of the earth, recently presented to a French Scientific Society, contains two remarks of especial interest, concerning the variations of gravity and pressure in the earth's interior.

If a shaft were sunk vertically to the centre of the earth and an object, suspended from a spring balance, were lowered down the shaft, the weight of the object, as indicated by the dial of the balance, would at first increase, as the descending object approached the deeper and denser strata. After passing a certain depth, however, the weight would begin to diminish to the centre and it would continue to diminish to the centre of the earth, where its value would be zero, because the object would there be equally attracted in every direction.

The pressure increases enormously with increasing depth below the earth's surface. It must be about 200,000 atmospheres at a depth of 400 miles (1-10 the earth's radius), 4,000,000 atmospheres at 2,000 miles (half the radius), and more than 1,000,000 atmospheres at the centre. At such pressures the materials of the earth though heated above their melting points, are probably quasi-solid and as rigid as glass or steel. Hence the velocity of propagations of vibrations must exceed the velocity of sound in ordinary solids, such as cast iron, in which it is 20,000 feet per second. Scientific American.