

HOUSEHOLD.

COOKING CABBAGE.

It was once considered necessary to cook a cabbage for hours and hours, and even then it was thought to be an indigestible food; now the best authorities agree that less time is essential. Some decide that 10 to 15 minutes is ample time and others still want an hour, Anna Barnard says:

Much depends upon the individual cabbage and the shape in which it is to be served. A whole cabbage will require a long time even to get warmed through, while if it is chopped or pulled apart leaf by leaf, much time is saved.

Cut across the stock so low that the leaves will be held in place; then divide the cabbage in six or eight pieces, leaving it whole. Soak in cold salted water for an hour to draw out any insects.

When ready to cook, plunge in rapidly boiling salted water and cook rapidly, uncovered, until tender, that is, about 30 minutes, provided one-fourth or one-half teaspoonful of bicarbonate of soda be put in the water at the beginning.

The soda aids in softening the cabbage and deadens its powerful odor more effectually than anything else; but the kettle must be kept uncovered and the water boil rapidly, and the cabbage pressed under the water occasionally. Any froth arising should be skimmed off, and the water may be changed once or twice if it appears strong and discolored.

When soft the cabbage should be thoroughly drained. It may be served whole or chopped, eaten with oil and vinegar, or buttered, or with a white sauce flavored with lemon juice poured over it.

COUGH SYRUP.

Steep three tablespoonfuls of flaxseed in enough water to make it a half cup of clear flaxseed tea when strained. Add to this a cup of loaf sugar and the juice of three lemons and cook until a clear jelly like a syrup is obtained. This is not only agreeable to the palate, but will be found most soothing to the irritated throat and lungs.

SOUTHERN WAFFLES.

Whoever has once been fortunate enough to eat Georgia waffles prepared by one of the good old mammy cooks of that state, will rank them like the

Abou Ben Adam's name, "far above the rest" of the waffle fraternity. Two eggs, one pint of flour, one and one-half cupful of milk or cream, butter the size of a walnut and a salt spoon of salt are the requisite ingredients, to which may be added a scant teaspoonful of baking powder, if one wishes to make assurance of lightness doubly sure. Mix the baking powder, if used, and the salt well in the flour by sifting and rub in the butter. Beat the eggs thoroughly, add to the milk, then to the flour, and beat again until about consistency of rather thin paste. Have the waffle iron very hot and well greased and bake immediately. Serve with butter, syrup or honey.

HINTS.

Berry sauces for puddings are easily made of preserved fruit. Drain the preserved berries. Either strawberries or raspberries make an excellent sauce. Beat to a cream half a cup of butter and two of sugar, add a cup of berries mashed and beaten in. Or rub through to sieve a quarter of a cup of preserved berries and put them in a pint of whipped cream.

In frying croquettes, roll in flour, then in egg, then crumbs. Add to this egg, beaten very lightly, one tablespoonful of either milk or water.

If the wood-work is dark, not painted, but hard-finished, go over it with a little oil and turpentine or alcohol mixed, using a hard brush for crevices. If you do not object to the odor, kerosene will do instead of anything else, and pass off in an hour or two.

Cut off the upper fringed part of your heavy window drapery, or portiere, and plait it straight across for a valance, hanging it from the pole. Then suspend the curtain on either side under this, leaving quite a space in the centre to show your thin sash curtains. This makes an exceedingly stylish drapery, besides valances are the rage just now.

GOOD RECIPES.

The School Luncheon.—The packing of the school luncheon box should receive the careful supervision of mothers. Thick bread, lumpy butter and fat or greasy meat are still too often the maid's idea of sandwiches. Sweet sandwiches are both relished and needed by children. Bananas and cucumbers, each with mayonnaise, are appetizing at the moment; nuts chopped and held in a bit of whipped cream; dates chopped and freed from stones; raisins or fruits in a paste of icing; cream cheese, sardines, olives, hard-boiled eggs—the list of fillings is almost as long as that of foods. Little cup custards and tiny individual pans of baked beans are also appetizing with sweet or plain wafers, a piece of cake and some fruit.

Boiled Coffee.—Use coffee mixed in proportions of one-third Mocha and two-thirds Java. Buy whole grains and grind as needed. Take one large tea-

spoonful coffee for each cup and allow one for the pot. Use the white and shell of one egg, and wet with cold water. Allow one coffee cup boiling water for each cupful of coffee desired. Stop up the nose of the pot with a cloth to retain flavor. Let boil up well three or four times (stirring down each time). Then pour in a half cup cold water and set back on the stove to settle. Pour off into pot in which it is to be served, and serve with rich cream.

Mutton Broth.—Put about four pounds of mutton not lamb, neck piece preferred, in cold water enough to cover. Simmer, not boil, nearly all day, or until the meat is in shreds. Strain through a colander; place liquor in icebox over night. Next morning remove the grease which has risen, being careful not to let any particles remain on the jelly. Keep jelly on ice, and when required for use, take one tablespoonful to one half cupful of boiling water. Salt to taste before serving.

Stewed Beef a la Mode.—Take the desired quantity of round beef, cut into three ounce pieces, and dredge with flour. Fry in the stew pan some beef drippings and a sliced onion. Put in the meat and fry well stirring constantly 10 minutes. Then add gradually enough water to cover the meat, season with salt, pepper, a teaspoonful each allspice, cloves and mace, a bay leaf and a sliced lemon. Let it simmer gently four hours.

Pound Cake.—One and one half cupfuls butter, two cupfuls sugar, seven eggs, one and one half pint flour, one teaspoonful baking powder, one teaspoonful extract of nutmeg. Rub the butter and sugar to a white, light cream; add three of the eggs, one at a time, and the rest two at a time, beating five minutes between each addition; add the flour, sifted with the powder; add the extract; mix into a smooth, medium batter, and bake in a paper-lined cake tin.

Ginger Sponge Cake.—Two cupfuls brown sugar, four eggs, one pint flour, two thirds cup water, one and one half teaspoonful baking powder, one tablespoonful extract ginger, one teaspoonful extract lemon. Beat the eggs and sugar together for ten minutes; add the water, the flour sifted with the powder, and the extracts; mix into a smooth sponge, and bake in quick oven 30 minutes.

Butter Scotch.—Three pounds "coffee A" sugar, one quarter pound butter, one half teaspoon cream tartar, eight drops extract lemon. Dissolve the sugar in cold water and boil without stirring until it breaks when dropped in cold water, then take from fire and add lemon juice. Pour in buttered pans one quarter inch thick, and when nearly cold work off in squares.

Boston Pudding.—One cup sugar, two thirds cup butter or one quarter pint suet minced, one cup sweet milk, three cups flour, two teaspoonfuls baking powder, two tablespoonfuls molasses, one cup seeded raisins, a little salt. Boil four hours. One pint of milk can be used instead of one cup, with bread crumbs soaked in it, and only one cup flour. Serve with rich liquid sauce.

Molasses Candy.—One quart good molasses, one half cup vinegar, one cup sugar, butter size of an egg, one teaspoon baking soda. Boil molasses and sugar and vinegar until it hardens when dropped in cold water, then add butter and the soda dissolved in hot water. Flavor to taste, pour it into buttered dishes and pull when cool.

MAN'S BEST FRIEND.

Some Interesting Stories About Favourite and Celebrated Horses.

From the earliest time of which we have any record the horse has been man's servant and friend. The horse of Alexander the Great, Bucephalus, is as much an individual in history as his master. This fiery horse was of a vicious disposition, but in the end Alexander completely tamed him—so completely, indeed, that Bucephalus, though he would permit nobody except Alexander to mount him, always knelt down for that purpose to his master.

Readers of Macaulay will remember the famous black Auster, the horse of Herminius, and the dark grey charger of Mamilus whose sudden appearance in the city of Tuseulum without his master brought the news of the defeat of the allies of Lake Regillus. Connected with that battle, too, were the horses of the great "twin brethren," Castor and Pollux, coal black, with white legs and tails. But those are legendary. Not so, however, the well-known horse of Caligula Incitatus. This animal had a stable of marble his stall was of ivory, his clothing of purple, and his halters stiff with gems.

He had a set of gold plates and was presented with a palace, furniture and slaves complete, in order that guests invited in his name should be properly entertained. His diet was the most costly that could be imagined; the finest grapes that Asia could provide being reserved for him. William the Conqueror had a favorite horse which he rode at the battle of Hastings, about which almost everything seems to be known except his name. He was of huge size, and was a present from King Alfonso of Spain—such a gift as a prince might give and a prince receive. This gallant horse, however, did not survive the battle, for Gyrrh, Harold's butcher, "loved him with a bill, and he died." Richard I's horse was called Maleck, and was jet black. He bore his master through the holy war and arrived in England before him; in fact, he survived the king several years. The second Richard, too, had a favorite horse, called Roan Barbary, which was supposed to be the finest horse in Europe at that time.

ROUND THE WHOLE WORLD.

WHAT IS GOING ON IN THE FOUR CORNERS OF THE GLOBE.

Old and New World Events of Interest Chronicled Briefly—Interesting Happenings of Recent Date.

Single eyeglasses worn by women is the form taken by the latest London fashionable insanity.

All of the New Testament has been translated for the first time into one of the Australian native dialects by two German missionaries.

King Charles I.'s pale blue silk under-shirt, worn by him on the scaffold and stained with his blood, brought \$1,022 at auction in London recently.

Queen Victoria has conferred on the Twenty-first Lancers, who made the charge at Omdurman, the designation of "The Empress of India's" Lancers. They were known unofficially as the "Dumplings."

Municipal honors have fallen on the British peers. Only two—the Earl of Sandwich and Lord Forester—have accepted mayoralties this year; three years ago the office of Mayor was filled by eleven peers.

Two crocodiles in a circus at Bayaux, France, got into a fight in which a hind leg of one of the beasts was badly lacerated. A veterinary surgeon was called in, who amputated the leg successfully, the crocodile being as lively as ever.

President Faure's daily mail is said to contain on the average 700 letters of which 250 are begging letters, 150 petitions on political matters, 100 petitions from criminals, 100 complaints against officials, 80 anonymous insults, and 20 threats of death.

Major Count Stolberg-Wernigerode, who killed a Sergeant with a blow of his sabre last fall on account of a hitch in the camp cooking, has been sentenced by court-martial to be dismissed from the German army and to be imprisoned for forty months.

Japan with a population of 45,000,000 has 220 towns that have more than 100,000 inhabitants. In 1896 the number of such towns was 117. Osaka has increased from 360,000 to 510,000 inhabitants in ten years, Yokohama from 89,000 to 180,000, Kobe from 80,000 to 183,000. Tokio has now a population of 1,300,000.

A license for stage plays, granted to the Cripplegate Institute, is the first such permission ever given by the Lord Chamberlain's office to a place within the limits of the city of London. The old City of London Theatre stood outside the boundaries, while in Shakespeare's time the Lord Chamberlain had nothing to do with the theatres.

Attinghausen, a village in the Swiss canton of Uri, as one of the homes of William Tell tries to keep up its reputation for shooting straight. Out of 500 inhabitants, 181 men and women, are skilled rifle shots. The first prize in the last Schutzenfest was carried off by a 15-year-old girl. Her father, seven brothers and three sisters all shot, the family taking nine prizes.

Birmingham has received the offer of several important modern English paintings on condition that a suitable gallery be built for them. They include George Frederick Watt's "Aspiration" and his portrait of Burne-Jones, Holman Hunt's "The Triumph of the Innocents," and Burne-Jones's "The Merciful Knight," "The Garden of the Hesperides" and the "Pygmalion" series.

Mrs. Ann Smith of Worcester, England, 110 years of age, has spent over a hundred years of her life in travelling from fair to fair in a van. She has had sixteen children, and one of her daughters, now 80 years of age, has also had sixteen. Mrs. Smith eats four meals a day, drinks sparingly of intoxicants, smokes a clay pipe steadily, and attends to all her household duties herself.

An English defaulting bank manager, who had eluded the police for three years by staying in a seaside village near Plymouth has been discovered by a strange accident. While strolling on the beach with a young woman watching the warships a sailor on board a cruiser, who happened to come from the town whence the defaulter had absconded, looked through a telescope, recognized him, and informed the police.

Following on the Mohegan wreck comes another strange disaster on the Cornish coast. The cargo steamer Bluejacket, bound from Plymouth to Cardiff, on a clear night ran into the Longships Lighthouse at Land's End. The ship first struck the rock on which the lighthouse stands and was then pushed directly under it. While waiting for the lifeboats to come to their assistance the sailors conversed with the lightkeepers above them.

Prof. Grassi's discovery that the Roman malaria is spread by a particular species of gnats has been verified in a curious manner at the Santo Spirito Hospital at Rome. All attempts to communicate the disease to animals had failed when a patient in the hospital volunteered to have the experiment tried on himself. He was exposed to the gnats, developed the fever, his blood showing malaria bacilli, and was then treated with quinine. The doctors think that they are now in a way to discover a serum that will render people immune to the malaria.

A school has been adjudged to be a nuisance by Mr. Justice Romer of the English Chancery Court. A schoolmaster took a house at Tunbridge Wells on the assurance that there was nothing to prevent its being used as a school. He afterwards discovered in his lease a covenant that no trade or business should be carried on in the house which would cause any noise, injurious or disturbing to the neighbors, and asked to be released. Justice Romer directed the rescinding of the lease, as there was no doubt that an action against the school as a nuisance would succeed.

Princess Henry of Prussia, the Kaiser's sister-in-law, is about to make a sea voyage half way around the world against her will. The Kaiser called on her recently and told her that it would be a good idea for her to spend Christmas with her husband in Kiao Chou. The Princess thought he was joking, and said that she was content to suffer the lot of other sailors' wives and live without her husband for a while. Wilhelm II, however, declared that he meant what he said, and that Prince Henry would not be recalled till the fall of 1899. The Empress was called in to use her influence, and Princess Henry was obliged to submit.

A FEARFUL CURSE.

Weird Story of Strange Predictions That Came True to the Letter.

Paul Beupre, or Bo Peep, as he was nick named, is making more stir in French-Canada than any man since his death than he ever did with his snake-skin charms and inspired prophecies while in life.

Four years ago, he was taken ill with pneumonia while staying at a camp on the East Branch and died inside of a week.

Before his death, he expressed a wish to have his body taken to Montreal for burial, pronouncing a fearful curse upon those who neglected to obey his last request. Among other catastrophes that were to follow a denial of his wish were the sudden death of the camp foreman, the loss of the year's cut of logs, and the burning of the camp. He also said that if he were buried in the woods a living cross would grow up from his grave, which should serve as a perpetual warning to all unbelievers.

Beupre died in November, 1894. His body was sewed up in new blankets and carried to a rocky point above Grindstone, where the bearers placed it under the roots of a great yellow birch, tree which had lately been overturned in a gale. When the remains had been duly disposed of in the stony opening one of the men chopped off the fallen tree trunk with an ax, allowing the stump to fly back, thus filling the hole and burying the body under tons of earth.

Two weeks later the camp boss was killed by a falling limb. The following spring the logs were hung up for want of water, and while they were lying on the shore waiting for rains a forest fire swept through the woods, burning the hogs and the camp where the men had worked. This fall a party of Frenchmen who had been hunting deer stopped at Peep's grave and were surprised to find that the yellow birch which covered his remains had sprouted from the stump, sending up three shoots which had interlaced so as to form a cross about 10 feet tall. When they saw that the last of the dead man's predictions had been fulfilled they came out and circulated the story all over Eastern Maine, since which time the grave has been visited by scores of French-Canadians, all of whom believe that a miracle has been wrought above the dead.

A MOTH-DESTROYING PLANT.

A plant is cultivated in New Zealand with great care and on a large scale, which has the singular property of destroying the moths which infest vegetation. This valuable plant is the Auragia albena. It is a native of South Africa, but is easily acclimated wherever there is no frost. It produces a large number of whitish flowers, of an agreeable odor, which attracts insects. On a summer evening may be seen bushes of the Auragia covered with moths, which by the following morning have quite disappeared. The action of the flower is entirely mechanical. The calyx is deep and the nectar is placed at its base. Attracted by the sight and powerful perfume of this nectar, the moth penetrates into the calyx and pushes forward its proboscis to get the precious food, but before it is able to do this it is seized between two solid jaws that guard the passage, and that keep the insect a prisoner until it dies.

THE WORK OF A SUNSPOT.

On the 9th of last September an immense sunspot which, with its attendant smaller spots, had unexpectedly made its appearance more than a week before, crossed the central meridian of the sun's disk, and that same night magnificent displays of the aurora borealis were seen. At the same time magnetic needles were disturbed. This is one of the most striking instances in recent years of the connection between spots on the sun and the magnetic disturbances on the earth. While the great spot was crossing the sun, uncommonly warm weather for the season was experienced on both sides of the Atlantic, and some have suggested that this, too, was a phenomenon connected directly with the solar disturbance.

WHEN TO EAT YOUR DINNER.

High Authority Upon an Important Question of Daily Life.

Hard-working men, especially if the learned professions, are often puzzled as to the right hours for their meals, and the right diet to be taken at their meals. The much graver question of stimulants also interests them personally. The fear of a midday meal is very common among brainworkers. A good luncheon is apt to interfere with inspiration, especially if any form of alcohol be taken. Tea, very popular with scholars, is less objectionable as to its immediate effects especially among scholars, who like workmen, nearly always take too much, and prefer their tea to be strong, "red as blood," as Garrick used to say. The chief danger in taking too light a midday meal is that the student is at his worse, physically, just before dinner time. Hence dinner is rendered a fresh source of dyspepsia, and if he strolls about before the evening meal he is apt to take cold.

The special stimulants of great men have been recorded in their memoirs. One of the most remarkable records of this kind has come to light in Aubrey's "Brief Lives," founded on notes taken by the author in the middle of the seventeenth century. Few drinks are more distrusted among brainworkers in these days than ale, but Prynne seems to have thought otherwise. He was a voluminous writer, and his pamphlets lost him his ears, and endangered his head. Aubrey informs us that "About every three hours his (Prynne's) man was to bring him a roll and pot of ale to refresh his wasted spirits; so he studied and drank and munched bread, and this maintained him till night; and then he made a good supper. Now, he did well not to dine which breaks of one's fancy, which will not presently be regained."

The danger of a priori reasoning may be seen from the above quotation. Those who have forgotten about Prynne would take him from this note of his diet to be a Bohemian of a well-known old-fashioned type; yet he was a stern uncompromising Puritan, who suffered mutilation and the pillory, and had a violent and very un-Bohemian prejudice against the stage. The diet does not then proclaim the man. We doubt however, if the serious student of the end of the nineteenth century would do well to "refocillate his wasted spirits" by drinking a pot of ale every three hours. Prynne was perhaps wise not to dine, which meant to lunch in those days and implied a very meal. But the munching of rolls all day and the good supper" were questionable. His style was very caustic; perhaps because of the misdeed of Charles I, but possibly, also through dyspepsia, which also had so disastrous an influence on the literary temper of Thomas Carlyle—British Medical Journal.

THE NEW TESTAMENT.

A noteworthy fact is that the two sides of the leaf containing the St. Matthew are numbered a and b, and it is also worthy of notice that the verso is uppermost.

As the arrangement is the quire of the two leaves forming the sheet is wholly uncertain, the question what relation, if any, the beginnings of the three lines on the other leaf have to the St. Matthew fragment cannot be determined.

The difference in the handwriting and the greater margin above the three broken lines distinguish them from the text of St. Matthew, though they may have formed a title of some kind.

The facsimile of the verso from "The Oxyrhynchus Papyri" is given, by permission of the hon. secretary of the Egypt Exploration Fund.

The condition of the recto is not so good, the writing in some parts being entirely effaced.

THE SUNFLOWER.

In 1842, a Russian farmer named Bokareff conceived the idea of extracting oil from the seed of the sunflower. His neighbors told him it was a visionary idea, and that he would have his labor for his pains. He persevered, however, and from that humble beginning, the industry has expanded to enormous proportions. To-day more than 7,000,000 acres of land in Russia are devoted to the cultivation of the sunflower. Two kinds are grown, one with small seeds, which are crushed for oil, and the other with larger seeds, that are consumed by the poorer people in enormous quantities.

MISUNDERSTOOD.

A class was being examined in spelling the other day at a well-known school, when the following episode caused much laughter:

Mabel, said the teacher, you may spell kitten.
K, double i, double t, e-n, said Mabel.
Teacher—Kitten has two i's then, has it?
Mabel—Yes, ma'am; our kitten has.

HIS WINNING WAYS.

Fuller—What do you kick at everything for when you strike a restaurant? It makes me nervous.
Gradley—Impoliteness pays. The wheel that squeaks the most gets oiled the oftenest.

CONJUGAL REPARTEE.

Mr. Crossly, in the heat of the quarrel—Bah! I only married you because I was the only person in the world that pitied you.
Mrs. Crossly—Well, everybody in the world pities me now.