

Hints for Busy Housekeepers.

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

PANCAKES.

Pancakes.—Three cupfuls of buttermilk, one scant teaspoonful of soda, one-half teaspoonful of salt, two cupfuls of flour, one of corn meal.

Graham Griddle Cakes.—Warm one pint of milk and one pint of water, put half of the mixture in stone jar, add five teaspoonfuls of Graham flour and two cupfuls of wheat flour, one sugar-spoonful of brown sugar, beat until smooth, add rest of milk and water, lastly one cupful of batter before adding one-half teaspoonful of salt and one spoonful of soda dissolved in a little water. Every night mix two-thirds Graham and one-third flour, according to the amount desired; add milk once in awhile when it can be spared—it helps to brown them nicely. Cheaper and healthier than buckwheat.

Best Pancakes.—While doing up the evening work put the required amount of sour (thick) milk into a mixing bowl. Beat in flour enough to make a thick batter. Beat in salt, cover, and set aside. In the morning dissolve soda in cold water. Beat into batter thoroughly. Beat the required number of eggs for amount of batter light. Fold lightly into batter. This will hasten the breakfast getting and you will have pancakes fit for a king.

Cornmeal Cakes.—Sift together one and one-half large cups cornmeal, one heaping teaspoon baking powder, teaspoonful salt, table-spoon sugar. Rub in one teaspoon lard and add enough water to make thin batter. Then add one or two eggs. Beat well and fry on hot griddle. This makes enough for two, and they are certainly fine.

PIES AND FILLING.

Pumpkin Pie.—Two cupfuls of grated pumpkin, four cupfuls of milk, three cupfuls of sugar, three eggs beaten separately, one salt-spoonful of salt, one teaspoonful of nutmeg. Enough for three small pies or two large ones.

Pie Filling.—Beat two eggs light, add one heaping cupful of prepared pumpkin, one scant cupful sugar, one-half cupful of ground nutmeg, one teaspoonful allspice.

vanilla, a little cream, together with half pint of milk. One pint of milk may be used instead of cream. Mix in the order given, beating well, pour into a pie tin lined with rich pastry, and bake from twenty to thirty minutes.

Preparing Pumpkin.—Scrape the hard shell with a piece of broken window glass before cutting. Then cut in half, then into strips, and slice into small squares, after which put into covered roasting pan with a pint of water and place in a moderate oven. Let steam until tender, then remove the cover, and cook down to a dry pulp. Cool and press through a colander. This prepared on ironing day requires no extra fuel and needs less attention than if cooked in the usual way.

CLEANING.

Gasoline Cleaning.—Gloves or neckwear much soiled should soak for some time in gasoline before rubbing. To keep the gasoline from evaporating during the process put it in a glass jar or jelly glass if it is large enough. Cover tightly and let soak until the dirt is loosened. The danger of igniting is removed by having the gasoline in a covered receptacle.

Plumes.—If black plumes are gray, take a little tube of black oil paint and mix in gasoline enough to cover them; dip them in, shake well until dry, then hold over steam or hot air to curl and they will look like new. Paint of any color used in the same way will brighten and clean colored plumes, or white ones, also flowers.

Cleaning Net.—To clean delicate net yokes and waists make a thick paste of flour and gasoline, use the paste with a small stiff brush and rub well. Leave a thick coating of the paste on to dry. When gasoline has evaporated the flour will brush out leaving net clean and white.

Indelible Marks.—Soak the stains in kerosene before putting them in water, then wash in the usual way and the stains will all disappear.

Black Taffeta.—To freshen black taffeta or satin sponge with strong tea to which a little ammonia has been added. Then press on the wrong side over a damp cloth.

CAKE DON'TS.

Don't expect success if you make your cake "by guess."
Don't use strong butter; it is poor economy.
Don't neglect to cream butter

and sugar thoroughly. When the butter is too hard to blend easily warm the bowl, and if necessary the sugar.

Don't melt the butter as this will change the flavor and texture of the cake.

Don't forget that sweet milk makes cake that cuts like pound cake, and that sour milk makes light, spongy cake.

Don't forget that long beating before the baking powder is added makes fine delicious cake, but don't beat violently after adding baking powder.

Don't measure your flour before sifting, and don't forget to do it after sifting. It means economy in flour and a light cake. Too much flour causes the cake to break open while baking.

Don't hold the flour sifter high and turn rapidly, allowing the lighter baking powder to be blown away.

Don't forget that the smaller the cake the hotter should be the oven. Large, rich cakes require slow baking.

Don't forget to add fruit before putting in the flour, as this will prevent it falling to the bottom of the cake.

Don't walk heavily about the kitchen while the cake is in the oven.

Don't thrust a heavy broom straw into the middle of the cake; it will surely fall if you do.

Don't allow cakes to cool in pans unless the recipe specially calls for it. Such cakes are sure to be damp in the bottom.

LAUNDRY.

Handkerchiefs.—Drop the handkerchiefs, before washing, into cold water to which has been added a little borax and plenty of soap. Boil thoroughly. Rinse in two waters. They will be white as snow and perfectly clean.

Ironing Blankets.—Use a small whisk broom, brushing when dry on the line, not too hard, and in one direction. This raises the nap and they appear like new.

To White Linens.—Put to soak over night in water in which has been dissolved one teaspoonful of

water. When ironed they will be snow white.

Ironing Board.—The ordinary board may be made much simpler for ironing garments of all descriptions, but especially skirts and shirts by the use of the saw, plane and square. Notches are made near the ends to allow the tops of the chairs to pass through, while a clothes basket or some heavy object placed on one of the chairs will steady it.

GINGERBREAD.

Soft Gingerbread.—One-half cupful of butter or lard, three-fourths cupful of sugar, one-half cupful black molasses, one-half cupful of sour milk, one egg beaten light, one teaspoonful of ginger, one-half teaspoonful of cinnamon, one even teaspoonful of soda dissolved in milk, two cupfuls of flour.

Fairy Ginger Bread.—Two table-spoonfuls of molasses, one table-spoonful of milk, one teaspoonful of ginger, one-half teaspoonful of soda, flour enough to make a stiff cake batter. Spread thin on iron sheets or inverted pans, bake in a slow oven, and cut into squares while hot.

CIDER RECIPES.

Homemade Cider.—Wash, wipe dry, and quarter apples. Put through meat chopper, using the finest knife. Place in muslin bag and put in a fruit presser.

Boiled Cider.—Boil three gallons of perfectly sweet cider down to one gallon and bottle while hot. Superior to brand for fruit cake or mince meat. Skim carefully and see that it does not scorch while boiling. Copper, brass or agate should be used, never tin. A brass kettle thoroughly cleaned with vinegar and salt and washed in clean water is about as good as anything you can use.

HOME HINTS.

Never rub soap directly on the hair when shampooing, as it is very hard to wash out. Always use soap in a liquid form.

When darning stockings run a thread round each hole before beginning, and draw until the edges lie flat. This makes the hole appear smaller, and it will be much easier to mend.

Pork is not good for children, as it is too rich; but bacon-fat is good for them with bread. It acts like cod-liver oil in strengthening the system. Beal should not be given to young people, as it is difficult to digest.

An ingenious bed for a baby can be made from a clothes-basket covered with a bright color, with a frill round and a sofa pillow for a mattress. The handles could be tied with ribbon to match the valance. A baby can be easily carried about in this.

It is not generally known that common alum melted in an iron spoon over hot coals forms an exceedingly strong cement for joining glass, china, metal, or breakages of any kind. Articles mended with this cement may be washed without fear of coming apart again.

A small block of pumice-stone should find a place on every washstand, for nothing more effectively removes stains from the fingers or better keeps the scarf-skin from encroaching on the nails. The finger-tips should be rubbed every day with pumice-stone.

When babies are teething they suffer very much from thirst, which is caused by feverishness. To allay the thirst it is a good plan to give a teaspoonful or two of pure cold water several times during the day. It is wonderful how this will soothe and quiet a fretful baby when everything else has failed.

After sweeping a room, leave it a little time for the dust to settle; then take a clean damp cloth and wipe the furniture, polishing afterwards by rubbing well with a dry duster. In this way the dust is really removed, not merely scattered, as is generally the case. Do not overlook the top of high pieces of furniture.

KAISER'S NEW CASTLE.

It Deserves Rather to be Called a Fortress.

The German Emperor's new palace in Posen—it deserves rather to be called a fortress—is nearing completion. It was designed by the German architect, Frans Schwechten, not merely as an imperial residence, for the Kaiser will not spend more than a few days each year there, but as an imposing sign of the German Government's determination to maintain its grip on Prussia-Poland, of which Posen is the capital, and carry out unflinchingly its policy of Germanizing an alien and hostile people.

The castle is expected to cost from five to seven million dollars before it is finished. It confronts in granite grimness the stranger as he leaves the Posen railway station, his eye being at once attracted by its central tower, over 220 feet high. Smaller towers and bastions relieve the sombre effect of the high tran-

shooting guns fired by the full armament of the ship were used in the seventeenth century, as it is said: "Now every gun is empty and we are unarmed." Blank salutes became the eighteenth century fashion, but like many other customs of that polished, formal period, were carried to a ridiculous extreme.

Custom varies in European countries. King Edward and Queen Alexandra are saluted with a salvo of fifty-one guns, and members of the royal family and important state and military personages receive a fewer number, the details of which are of course set by law. Kaiser Wilhelm outranks any other contemporary sovereign, being saluted by the largest amount of one hundred and one guns. This is the standard for emperors and for some kings. The birth of an heir to the throne of state is signalled by one hundred and one guns also, as happened only recently when the little Princess of Holland was born.

TURBINE LOCOMOTIVE.

Experiments With One Being Made in Glasgow.

The North British Locomotive Company are carrying out an experiment at their works in Glasgow which may lead to the turbine system—which has revolutionized steam propulsion on the Atlantic—being applied generally to railway engines.

The company have at present under construction an electric locomotive on a self-contained principle—that is to say, it will generate its own motive power as it travels and be altogether independent of such familiar and cumbersome adjuncts as rail slots, storage batteries, or charged cables. This arrangement has been made possible by an ingenious application of the steam turbine to the work of generating electric energy while in motion.

Steam will be got in the ordinary way from a copper-tubed boiler, but after doing its work in the turbines it will be condensed and pass direct again to the boiler instead of up the funnel. A great reduction in the coal bill will be the result. The turbine will work at a speed of 3,000 revolutions, and be directly coupled to a dynamo which will supply the electric energy. The engine is intended for express passenger main line work, and comparisons of its actual working alongside locomotives with ordinary reciprocating engines will be made.

A REASON.

"Why do they want to preserve the great forests?"
"So that they can have forest fires, my son."

ORIGIN OF SALUTES.

Showed That a Person's Intentions Were Peaceable.

The custom of firing a salute in honor of Admirals, Captains and other naval dignitaries as well as other forms of greeting originated in the desire to show to the person saluted that the saluting person was unarmed and could do the other no injury.

This was a very important matter in the olden days when most people went armed and violent encounters were quite common. When any one approached another it was necessary to assure the latter that no harm was intended, and this sign of good faith was made by the newcomer's handling his weapons in such a way that they would be useless for immediate action.

The present courteous raising of the cap or hat had its origin in the removal of the basinet, or small metal helmet, an act which showed an absence of fear by leaving the head of the wearer open to attack and which likewise occupied his right hand, so that he could practically make no assault.

The dropping of the swordpoint to the ground now, as when the sword was in more active and ready use makes the weapon temporarily of no service, says St. Nicholas. The bringing of arms to "present" in salutation of superiors is a custom of precisely similar origin.

The ancient custom of entering the presence of royalty uncovered likewise originated in the desire for safety. So also did that of retiring backward from the royal presence. In either case the person admitted to the throne, with his sword-arm occupied in holding his helmet, could not easily reach or use his weapons. These precautions in mediaeval times were very necessary, when it is considered that the King, Prince or Duke, being seated, would not be able to defend himself immediately or even readily against sudden attack.

The word "salute" itself has the idea of "safety" in it, as it comes directly from the Latin *salus*, signifying "health," then "welfare." To "salute" is to wish health and safety. The root of the word goes back to the Sanscrit *sal*, which meant to "protect" or "guard."

Naval salutes are interesting to landmen as well as to jack tars. The artillery salute is the survival of one of those ceremonial practices which formerly had some definite meaning, and is meant to signify not only an honor to the flag or representative of a friendly nation but also that the vessel saluting

ELECTIONS IN OLD ENGLAND.

Liquor an Item—Overcoming the Residence Law.

Liquor was a very serious item of oldtime unreformed election expenses. For an election dinner in Dorsetshire in 1830 the Hon. S. Wortley paid: Ginger beer, 6s.; brandy, 20s.; champagne, £30; claret, £21; gin, 20s.; ale, 16s.; brandy toddy, £2; gin toddy, £1; dinner, £4 10s.; Maderia, £17 10s. Total, £69 2s. From July 21 to Sept. 15 his bill from the same landlord amounted to £209 5s. 10d.—every item with the exception of that £4 10s. for dinner and £4 7s. 6d. for suppers, being for liquor. If the nation has been known to "drink itself into solvency," certainly electors used to drink candidates into Parliament.

As a contrast to our instances of enormous sums spent at certain elections, a correspondent quotes a case in the reign of Queen Elizabeth, referred to in Sir Edward Coke's "Institutes," where one Long, member for the Borough of Westbury, obtained his seat by the simple method of bribing the returning officer with £4 to return him as member. But some one got to hear of it and the member was unseated, while the returning officer was fined and imprisoned. And in another case in 1623, cited by Sir John Glanville, a certain Mr. L. was sent to the Tower because "some money, though very little, had been given in his behalf to grant him votes."

As to the corruption at elections, says a correspondent, it had other forms besides the gift of money. The Borough of Seaford, for instance, saw an ingenious plan for securing the election of the desired candidate in 1790. It was doubtful which way the polling would go unless a receiving officer could be found willing to pass some twenty-six persons who still wanted seven days to complete the six months residence required by law. Accordingly it was arranged that the candidate should insist on all the six oaths demanded by statute being administered to each voter individually; and this, together with the time spent in dealing with every frivolous objection raised by counsel, making it impossible to poll more than four votes a day, the twenty-six were duly qualified by the time their turn came to vote.—London Chronicle.

CLOSING THE NORTH SEA.

The British Admiralty's Plan to Shut It In.

The London Daily Chronicle of November 8th, publishes the following from "Lloyd's News"—A new strategic base of the first importance is to be created by the Admiralty at Scapa Flow, in the Orkney Islands, for the use of the home fleet.

Scapa Flow is a basin lying principally between the islands of Hay, Walls, South Ronaldshay, Pomona, and Burray. It is a magnificent harbor, fifteen miles long and eight miles broad, and from it extends an opening, known as Scapa Bay, two and a quarter miles long and a mile and a half broad at the entrance. A strong base here will effectively prevent a hostile fleet getting into the Atlantic by the Scottish passage.

With the home fleet spending most of its time at Scapa Flow, the North Sea will be effectively bottled.

The advantages of Great Britain of being able to confine a possible conflict to the North Sea are: first, we can bring into action the huge number of battleships not actually of the first class which we possess, and which would be useless for long-distance steaming or fighting; second, it would be impossible for the enemy to attack our trade; thirdly, the war would probably be over after one or two pitched battles, instead of drawing itself out to the great detriment of trade, infinite expense, and loss of life.

A DUSTY SPOT.

A school inspector, noted for his idiosyncrasies, happened to notice that a terrestrial globe in one of the class-rooms was very dusty. This annoyed him, and, putting his finger on the globe, he cried out, "There's dust here an' inch thick!" "It's thicker than that, sir," calmly replied the new teacher. "What do you mean?" asked the inspector sharply. "Why," came the answer, "you've got your finger on the desert of Sahara."

A SURPRISE.

"I never was so surprised in my life."
"What's the matter?"
"I just overheard one of my twenty-dollar-a-week clerks telling a friend that I was paying him \$3,500 a year."

Visitor—"Can you tell me where Mr. Greenock's cottage is?"
Country Youth—"I can for five cents."
Visitor—"Here you are; now, where is it?"
Country Youth—"It's burned down."

FASTING IS INJURIOUS

REASONS ADVANCED WHY IT IS DANGEROUS.

Theory That it Purifies the Blood is Fallacious—Clumsy Method.

Whenever a drug or a method is found beneficial in any case, experience seems to show that there will always arise, sooner or later, a prophet to proclaim that this drug or this method is a cure-all. Those who eat too much (and their name is legion) are benefited by fasting and so we might have expected voices to be raised in advocacy of a "fasting cure" for all ills. In Good Health, Dr. J. H. Kellogg gives some reasons to show why fasting cannot be thus universally beneficial, and why it may even be injurious and dangerous. He says:

"The fasting fad is growing. Perhaps it is not doing much harm, as on the whole we eat far too much, and the total abstinence of a few will bring the average amount of food consumed per capita a little nearer the rational standard. But many spend money and time, to say nothing of the inconvenience experienced, only to meet disappointment in the end. I am constantly meeting patients who have fasted one to four weeks without experiencing relief of any sort.

AVOID THE FAST.

"There is benefit to be gained by fasting. There is no doubt of that. But there are some dangers and inconveniences which may well be avoided if possible. Hence it is well to avoid the fast as a routine measure and to seek to accomplish the same ends by better and more rational means.

"It is held (by advocates of the fasting cure) that the blood becomes impure through overfeeding, and that hence fasting is the rational remedy. This theory has the virtue of simplicity at least! But unfortunately it is not backed up by either authoritative laboratory research or reliable clinical observations. Such sweeping generalizations are always hazardous and most never justifiable unless warranted by wide investigations and most profound research.

"It is, of course, true that the blood is the healing agent of the body, feeding and cleansing the tissues. It is also true that the blood is replenished by the ingestion of food. But the supposition that fasting is the only means of purifying the blood is

A SERIOUS ERROR.

Indeed, there is evidence from the experience of fasters that fasting actually increases the pollution of the blood.

In fact, the fasting cure consists, Dr. Kellogg assures us, in producing acute intestinal poisoning by crippling the action of the intestines, then sitting down to wait until the body in some way or other manages to overcome the obstacle. He goes on:

"Think of waiting for forty days for the tongue to clear off and a malodorous condition of the body to disappear. By proper management of the anti-toxic method of diet and treatment this should be accomplished in a week or two and without the risks and hardships of the fasting method. The number of cases of 'biliousness' and allied maladies cured by this method without fasting is many thousand, which is a sufficient demonstration of the value of the method.

"The object claimed for the fasting method is that it cleanses the body and the alimentary canal in particular, by withholding food and

FARMER VINCENT'S SAYINGS.

How apt we are to think any old stuff that spoils about the house is good enough for the hens. It isn't though. Feed only good clean feed. Clean the coops thoroughly before you put them away. Get them under cover, too, if you can. They will last so much longer.

If any of the pullets look as if they never would amount to much better let them go. Keep only the very best ones.

Wood ashes are good in their place, but that place is not in the hen-house.

One reason why hens do not do well is because they are kept too long on the same ground. The very earth gets foul and full of insect pests. Change about every two or three years. It will pay.

New corn is not a safe feed for fowls of any kind. Let it get fairly seasoned before you begin on it.

The fight against mites and insects must be kept up till the last one has been driven out. Your birds cannot do well so long as they are afflicted with these enemies.

Keep busy—this must be the motto in every poultry yard. A lazy hen will soon be a sick hen. Make her stir around. Too heavy feeding is apt to cause breaking down behind.