

## Hints for Busy Housekeepers.

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

### FISH RECIPES.

**Oyster Pie.**—Line a deep baking dish with a good pie crust. One quart of oysters, the small kind will do. Put a layer of the oysters on the bottom. Season with salt and pepper and a little parsley or use a little celery seed, then a layer of sliced potatoes, then add a layer of pie crust up in small pieces, then another layer of oysters, until the pan is nearly full. Add the liquid. Cover with a crust on top, make several holes in top, and bake about one hour. This is a good dinner with little work and will serve a family of six.

**Baked Oyster Loaf.**—One and one-half pounds of round beefsteak and the same quantity of fresh lean pork, ground fine. Add to the ground meat one quart of fresh oysters, three eggs, and eight soda crackers rolled fine. Salt and pepper to taste. Mix all together into a loaf and bake one hour, with one pint of water. Baste frequently.

**Lobster Patties.**—One cup cream sauce, one cup lobster meat, a slight grating of nutmeg, one teaspoon lemon juice, salt and pepper to taste, one egg yolk. Puff paste patry shells. Make cream sauce by blending in a saucepan two tablespoons of butter with the same quantity of flour; then when smooth add half a cup each of milk and thin cream. Stir till boiling, cook five minutes, and then put in the seasoning and lobster cut into dice. Heat thoroughly and just before serving, add the yolk of the egg. Fill the shells and serve.

**Fish Chowder.**—For a party of six, three pounds of fish, cut into small squares, one dozen potatoes, and six onions, sliced. Fry one-fourth pound salt pork, cut in thin strips; put all into a stewpan and cover with water. Cook slowly until tender. Add one quart of sweet milk and one pound of milk crackers, and let it remain until it comes to a boil. Serve hot.

**Sautéed Oysters.**—Wash and pick over one pint oysters, add one pint stale bread crumbs, salt and pepper to taste, add one egg lightly beaten; let them stand fifteen minutes, then lay by tablespoonfuls into a frying pan with a little hot butter. Brown well on both sides, serve as soon as possible.

**Fish Salad.**—Break cold cooked halibut into convenient pieces, removing all skin, bone, and fat; marinate with tarragon or spiced vinegar and set to one side for an hour; arrange on lettuce leaves and serve with mayonnaise or sauce tartare.

**Shirred Oysters.**—Chop twenty-five large oysters fine, add the beaten yolks of two eggs, two tablespoonfuls of cream, sufficient dry bread crumbs to thicken, and salt and pepper to taste. Fill the cleaned shells with the mixture. Put little pieces of butter on top and bake in a quick oven until lightly browned.

### APPLES.

**Gateau of Apples.**—Stew five or six large apples, peeled and cored, with one cup sugar, juice and grated rind of a lemon; stir until they are a thick, dry marmalade; turn into a mold and leave till cold. Serve with boiled custard and whipped cream.

**Buttered Apples.**—Pare and core some apples without breaking them; put half a pint of water and a cup sugar on to boil; let boil up once or twice, then simmer the apples carefully until tender; lift out gently and arrange on a dish; place a small piece of butter on each and a little apricot jam on top; pour the syrup round.

**Apples à la Paysanne.**—Butter a pie dish, peel as many apples as will go in the dish, core them and put a little butter in each; pour one-half pint water and one glass cherry brandy. Bake one-half hour and serve with powdered sugar.

**Apple Cream.**—Peel and core six large apples, stew with a little water two ounces of raisins and the grated rind of a lemon till quite soft. When cold add a glass of sherry and put in a pie dish; beat the whites of three eggs very stiff, add a little sugar, spread it over the apples, and bake in a slow oven.

**Apple Soufflé.**—For this pare and slice six or seven good juicy apples and stew in a closely covered jar without a drop of water, then beat to a pulp and add two tablespoonfuls of fresh butter and one cup sugar. When cool whip in the yolks of three eggs; whip up the whites (an extra white is an improvement) very stiff and whip into the pulp along with one cup of fine bread crumbs; flavor with nutmeg, cloves, or grated lemon rind; beat all lightly until it looks like frothed cream; bake in a buttered dish in a moderate oven for nearly an hour; keep dish covered until within ten minutes of serving to prevent crust forming. Serve hot in dish it was

baked in. Serve with lemon or custard sauce.

### THE SEWING ROOM.

If you wish to freshen a faded yoke of an evening dress which may be used for the remainder of the season, try painting the figures with oil paints or dyes. A sheer white dress may be treated with a set-dye design in roses.

A sailor's bag of white canvas makes an excellent laundry bag for a boy's room. Besides being strong and washable, it will prove attractive to the boy and an inducement to keep his room shipshape.

When children's waists become too small or short or too small in the armhole, rip the shoulder seam and set in elastic webbing. This will not only make the waist comfortable again, but will give added length to the petticoat.

When making pieces of hand embroidery try adding a mark of your own. Small cross stitch designs are pretty and not too noticeable.

When sewing one the sewing machine, if the thread breaks easily, soak spool and all in water for about two minutes. This rule applies to any quality of thread.

In making dresses of silk or any light weight material, instead of French seaming them simply baste the seams up in the usual way, then hem them on the foot hemmer. This makes a smaller, neater finish than French seaming, and you have the seam sewed up and finished with one stitching. When one has a number of dresses to make, especially skirts with many gores, this will be found to be an immense saving of time and energy, and will be much nicer than French seaming or overcasting, as the seam will not draw.

### VALUABLE HINTS.

If a quick dessert is wanted, use popovers. As the batter is poured into the tins, add a piece of fruit to each; bread with a simple syrup; these popovers are delicious.

Kid gloves may be cleaned, when slightly soiled, with a small piece of oiled silk wound tightly about the finger and rubbed vigorously over the surface of the glove.

When the head of a hatpin comes off if it is of glass, porcelain or wood, melt a bit of resin, stick the pin into the resin, insert it in the ornament, and it will hold well.

A delicious hard sauce is made with the usual tablespoonful of butter, creamed with a cupful of sugar and two tablespoonfuls of whipped cream beaten in at the last.

For starching muslins, gingham and calicoes, dissolve a piece of alum the size of a hickory nut for every pint of starch. This will keep the color bright for a long time.

When your hot-water bottles leak do not throw them away, but fill with hot sand. Make the sand hot in the oven and pour into the bottle. It will keep hot much longer than water.

When dusting ceilings and walls it is a good plan to fit the broom-head with a bag, provided with a string to draw it close. With this the ceiling and walls can be conveniently dusted.

A good silence cloth for the dining table can be made with a double thickness of white flannel laid with the soft side on the inside and quilted on the machine; edge with a binding of white tape.

Mutton dripping will not set hard and suety, as it usually does, if directly the fat is poured from the baking tin, the vessel containing it is put at the back of the stove and allowed to stay there until the stove itself cools.

When oysters are left over from stews or creamed mixtures they can be chopped and used as salad or croquettes. For the former the eye must be removed, and it is better to do so for any cooking where the whole oyster is not essential.

**Celery Relish.**—Chop in tray with chopping knife all parts of celery not usable on the table as sticks. Pack in pretty bowl and sprinkle over it a sugar-spoon of granulated sugar and dash of salt. Press down and nearly cover with pure cider vinegar. Let stand one day before using.

A good way to save eggs which have been broken through accident is to press the edges of the shells together, then cover with paraffin. If the shell is too badly broken to save in this manner, beat the eggs well, put in a dish, and cover over with paraffin, set in a cool place, and they will keep fresh for a long time.

**Pastry Help.**—To make flaky pie crust save a portion of the thoroughly mixed flour and lard (or butter) to use instead of flour when rolling out the pastry for pie or tart crusts. The crust when baked will always be light and flaky. This is an old and tried recipe.

## THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON,  
APRIL 2.

Lesson I. — Elisha Heals Naaman the Syrian, 2 Kings 5.  
Golden Text, Isa. 45. 22.

Verse 1. By him Jehovah had given victory unto Syria—Naaman is unknown to history except through this story, and we are certain whether victories over Assyria are meant, or conquests of Israel. Either is plausible. Syria had already felt the power of the expanding kingdom of the Assyrians, while Israel, on the other hand, had suffered from the depredations of the Syrians. A well-founded tradition, supported by Josephus, makes Naaman the soldier who, at the battle of Ramoth-Gilead, "drew his bow at a venture," thereby killing king Ahab.

But he was a leper—This more than offset his rank, the honor in which he was held by the people, the favor he had won from Benhadad, and his great courage. The strange thing about his affliction, however, was the fact that it did not cause his isolation, as would have been the case in Israel.

2. The Syrians had gone out in bands—Being little encumbered, it was easy for them to make a raid upon an unprotected section of country and make off with plunder before they could be followed.

3. Would that my lord were with the prophet—This is a commentary upon the attractive character of Naaman, which made a little girl fond of him, and a king furnish extravagant sums for his cure, and the servants solicitous of his welfare (verses 5 and 13).

4. A letter unto the king of Israel—He took it for granted that the king could command the services of this man of God. Little did he know of the independent spirit of the prophets. The gift which he sent along with the letter was an immense one, no less than \$50,000 of our money.

5. The king . . . rent his clothes—Nothing was said in the letter about the prophet, and Jehoram could see in the message only an occasion for a quarrel, and there was nothing he dreaded more than the hostility of his warlike neighbor.

It seems strange that the thought of Elisha did not occur to him, for the invasion of Moab had brought him into special prominence before the king, and even a little maiden knew about his works of wonder and believed he was equal to an incurable disease like leprosy.

11. Naaman was wroth—His pride and patriotism had both been hurt. First, he was made to stand as a suppliant at the door of the house of Elisha (9). Then, instead of being received by Elisha in person, as his rank would seem to demand, he was greeted by a messenger (10). But the prophet was determined to humble still further this man who came with such show of worldly pride (compare verses 5, 6, 9). Let him bathe in the Jordan if he would be clean. This was a climax of offensiveness. Why was it necessary to take this long journey of thirty miles and to wash in a muddy stream like Jordan, when his own Damascus was famous for its clear and beautiful streams, its Abanah and Parpar (12)? Naaman had expected to be received with great deference and cured by some sort of magic (11).

13. My father—An unusual term of affection and respect. Surely, they reasoned, a man of such courage would not have shrunk from some great and difficult test. Why, then, should he refuse this easy and humble one?

14. His flesh came again—There was no thaumaturgical power in the waters of the Jordan, but there was power in God, and that power became available to Naaman, because he obeyed in humility of spirit.

15. The cure had two immediate results: (1) Naaman's acknowledgment of Jehovah as the true God, and his remarkable decision to give himself to the service of Jehovah. (2) His gratitude which impelled him to return the entire distance and urge upon Elisha the acceptance of a present. And now, thoroughly humbled (notice his words, thy servant), Naaman is admitted into the presence of Elisha, and the latter's hope is realized, that this warrior should know that in Israel was a prophet, a man of God, and not a mere cunning necromancer like those in Damascus (compare verse 8).

16. He urged him to take it, but he refused—Such gifts were customary at heathen oracles, and were not prohibited in the case of the prophets (2 Kings 4. 42). But Elisha, living as he did a life of few wants, could afford to abjure all rewards in the solemn language. As Jehovah liveth before whom I stand, I will receive none. This would impress Naaman with his superiority to the soothsayers, as well as his disinterestedness.

17-19. These verses present two points over which there has arisen some controversy: (1) The meaning

of the two mules' burden of earth. It seemed to Naaman that even the soil presided over by such a God must be sacred. It was a universal belief that the god of each land could be worshipped only on his own soil. Similar superstitious feelings are not uncommon to-day. (9) Naaman's wish to be forgiven when he attended his king as heretofore in the temple of Rimmon to worship there. This was a real difficulty. The captain of the king's host had made up his mind to serve only Jehovah, and yet, in the prosecution of his official duties, it would be necessary for him to follow the king's example and bow down before the image of the Syrian god of thunder. The answer given by Elisha shows that he took the correct view of this request, looking upon it as the sign of a fine conscience rather than as a compromise with evil. There is a warning here, however, that we must beware of an external conformity to a system in which we do not believe.

20. My master hath spared this Naaman the Syrian—The words are uttered in contempt. The foreigner had received an enormous boon for nothing, and the narrow, covetous spirit of Gehazi rebelled against such fanatical sentimentality.

As Jehovah liveth—By using the same religious symbol which his master had employed in refusing the present, he adds blasphemy to meanness. Sacred words become degraded when uttered lightly to no purpose.

21-24. Having stifled the voice of reason and of conscience, it was not hard to pass on to lying and fraud, and a treacherous act that compromised his master and friend and did much to annul the high-mindedness which had prompted him to spurn the offer of money.

25. Stood before his master—Once more the servant of Jehovah confronts the evildoer like an accusing conscience (compare the case of Elijah and Ahab).

27. He went out . . . a leper—The punishment was terrible in its appropriateness, but it has supplied a lesson for all time of the wretched results of a base cupidity.

### SENTENCE SERMONS.

Man's best possession is a sympathetic wife.—Euripides.

Ignorance of one's misfortune is clear gain.—Euripides.

Try first thyself, and after call in God.

For to the worker God himself lends aid.—Euripides.

Who so neglects learning in his youth, loses the past and is dead for the future.—Euripides.

Not by years but by disposition is wisdom acquired.—Plautus.

I am a man, and nothing that concerns a man do I deem a matter of indifference to me.—Terence.

There is nothing so easy but that it becomes difficult when you do it with reluctance.—Terence.

To do two things at once is to do neither.—Publius Syrus.

We are interested in others when they are interested in us.—Publius Syrus.

1904, and which has been especially reckoned of no account.—Publius Syrus.

Hypocrisy is the homage vice pays to virtue.—Francis Duc de Rochefoucauld.

The pleasure of love is in loving. We are happier in the passion we feel than in that we inspire.—Francis Duc de Rochefoucauld.

We always like those who admire us; we do not always like those whom we admire.—Francis Duc de Rochefoucauld.

Revenge is a kind of wild justice which the more man's nature runs to the more ought law to weed it out.—Francis Bacon.

Discretion of speech is more than eloquence; and to speak agreeably to him with whom we deal is more than to speak in good words or in good order.—Francis Bacon.

Laundry Bag.—One of the best laundry bags I have seen hung in a boy's bedroom was made of heavy crash over a smooth coat hanger. The wire slipped through an eyelet in the top, and thus hung easily on the hook. An opening was left in the centre by which soiled linen could be inserted.

R. M. E.

Where the family washing is large much time, labor, and fuel can be saved if the following method be used. Take laundry or kitchen table, see that same is clean; first shake out beds, towels and spread evenly on table, then hand and roller towels, next pillow covers last; fold bed sheets, placing over all, and then cover with ironing sheet; bring table close to stove, so as not to lose time getting hot irons; then commence and iron all underwear, stockings, table cloths, napkins and handkerchiefs, all except starched clothes; then remove ironing sheet and all the flat work underneath will be as smooth as if sent to laundry; fold same and place on clothes bars to air.

## NEWS FROM SUNSET COAST THE TWO BRITISH SPIES

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told In a Few Pointed Items.

There are 80 licensed bars in Vancouver.

Churches may soon be taxed in New Westminster.

Fernie will soon have an up-to-date fire alarm system.

Fernie is economizing by cutting down the police force.

Cranbrook, B. C., expects a year of great industrial development.

The hotel license in Didsbury, Alta., have been raised to \$200 a year.

One hundred and six building permits were granted in Calgary during February.

The protest against compulsory vaccination continues loud and long in Vancouver.

Chilliwack, B. C., will have a brass band this year. It already has two newspapers.

W. H. Voight, who recently died in Merritt, went to British Columbia more than 50 years ago.

The Kosmos liner Uarda recently brought 600 tons of nitrate for the Victoria Chemical Works.

In agriculture and stock-raising there is remarkable progress in all parts of the Kootenay district.

The Harris Bros. of Rossland have refused \$110,000 for the American group of claims, near Hazelton.

The Fraser river valley has been pestered with hoboos this winter more than in any previous year.

In Creston, B. C., business men pay \$5 a month for telephones. This was the rate in Ontario 30 years ago.

A gypsum plant, costing \$200,000, is to be built at Spotsam, B. C. The plant will turn out 300 tons a day.

From a mine in Alberta there was taken the other day, a single piece of coal weighing over 1,200 pounds.

There is some talk of building a wagon road from Chilliwack to a group of mining claims on Tomahoy creek.

It has been conservatively estimated that nearly 2,000 men could find employment through Winnipeg agencies to-day.

A shortage of hay in the Lethbridge district is reported, and hundreds of tons, it is reported, are being shipped from outside.

With a population of just over 200,000 Winnipeg consumes approximately 40,000 pounds of butter and 30,000 quarts of milk daily.

In the northern part of the Kootenay Valley they are now engaged in getting out millions of feet of timber, also millions of ties.

Calgary city council will likely appropriate \$1,000 to assist in entertaining the Dominion Trades & Labor Council there next fall.

Different Boards of Trade met in Edmonton the other day for the purpose of working out a scheme of co-operation in publicity work.

Nine carloads of large pipes from Pittsburgh, Pa., arrived over the Great Northern consigned to the Powell River Paper Works at New Westminster.

At Bull River, the Bull River Power and Mining Company are harnessing the Bull River Falls to furnish power and light to every city and town in the district.

The Dominion Government has decided to supply flax seed to homesteaders, and the distributing points will be Bow Island, Winnipeg, Irvine and Medicine Hat.

At New Westminster, Elsie Gieschen, a three-year-old child, had her left arm and leg partially paralyzed, and her head injured, by being struck by a piece of blasted stump.

Three flocks of gray geese flew over Winnipeg northward the other morning. Old timers say this is a sure sign of an early spring. The geese are a month ahead of their season.

A statement just prepared by the coal mines department shows that in 1910 three million tons of coal were mined in Alberta. In the previous year the total was 2,175,600 tons.

TRENCH AND BRANDON IN GERMAN FORTRESS.

They Have Been Assigned to Agreeable and Comfortable Quarters.

With the exception of the organs of the Pan-German League, the German press is trying to make the four years' sentence meted out by the Leipzig court to Capt. Bernard Trench and Lieut. Vivian Ronald Brandon as pleasant as possible. One writer, Herr Reinhold Cronheim, even gives his own reminiscences of his incarceration for three months at Glatz, where Capt. Trench has been assigned to "agreeable and comfortable quarters, from which he is able to enjoy the magnificent view offered by the surrounding mountains."

Meanwhile, Lieut. Brandon, from the window of his apartment at Wesel, "has a beautiful view of the Rhine, which flows past the town." Both English prisoners have plenty of room for outdoor exercise in their respective fortress prisons, while they are privileged to enjoy the pleasures offered by the library, gymnasium and other conveniences at Glatz and Wesel.

Here is Herr Cronheim's interesting account of his three months' "honorable custody" in Glatz:

### EXCELLENT HOTEL.

"I arrived at Glatz from Berlin and went to an excellent hotel, where I slept before presenting myself to the commanding officer of the fortress, Gen. . . . Next morning I expected to meet a 'freed' but instead of that I saw before me a benevolent-looking, chivalrous old man, who looked at me through his eyeglasses. The General said to me: 'Your arrival was announced, but I cannot yet put you up in the fortress. I thought you would come to-morrow or the day after, and have not yet had your room heated. It is extremely cold in the fortress now. Just wander about the town to-day meanwhile I will have all preparations made for your reception, and toward evening everything will be ready for your visit.' The General then mentioned several regulations, saying that whenever allowed leave beyond the fortress boundaries prisoners must not go beyond a radius of two miles.

"Toward evening I ascended a steep hill to the fortress, and knocked at the heavy portal, whereupon a sentry appeared, I said: 'I am a new prisoner,' and the sentry replied, 'I know everything; your room is well heated, and the lamp is lighted.' I was ushered into an immense room lighted by a petroleum lamp suspended from the ceiling. In the background was a camp bed, and near it a stove, a small table, two chairs and a washstand. Since that time the conditions have changed radically, and now prisoners in the fortress have much more luxurious quarters. A few minutes later another soldier entered the room, saluted, and reported himself for service. Up till this moment I had not fully realized the luxuries of 'honorable custody' in the fortress. This soldier had come to place himself at my disposal and to act as my valet during my period of detention.

THE FIRST EVENING.

"That first evening I sent my visiting card by my soldier valet to all the other gentlemen in 'honorable custody' in the fortress, and begged them to return my call personally, and without delay. It would be improper for me to mention the names of my guests at the banquet which ensued, because many of them are to-day occupants of high offices and have been recipients of notable marks of distinction, but that liberal measure of freedom allowed us by Gen. . . . Certainly the fortress is not an ideal place of residence, but since I was there I have often been seized with a longing once more to be there and to enjoy that magnificent outlook over the mountains which presents itself to the lover of nature. In winter and spring one can have a fine time at Glatz, even if one be a British captain convicted of espionage."

### MAKING A GARDEN.

It was the busy hour of four. When from a hardware store. Emerged a gentleman who bore

1 hoe,

1 spade,

1 wheelbarrow.

From thence our hero promptly went

Into a seed establishment.

And for these things his money spent:

1 peck of bulbs,

1 job lot of shrubs,

1 quart of assorted seeds.

He has a garden under way

And if he's fairly lucky, say,

He'll have about the last of May

1 squash vine,

1 egg plant,

1 radish.



"GOING DOWN THE PIKE."