

About the House

Useful Hints and General Information for the Busy Housewife

Selected Recipes.

Cocoa Nut Cookies—Take one cup of sugar, one-half cup of butter, one teaspoonful of cream tartar, one-half teaspoonful of soda, pinch of salt, one egg, one-third cup of milk, three-quarters cup cocoa, flour enough to roll, one teaspoonful of vanilla.

Eggless Plum Pudding—One cupful bread crumbs, two cupfuls flour, one cupful chopped suet, one cupful raisins, one cupful molasses, one cupful milk, one chopped apple, one teaspoonful soda in little hot water, one teaspoonful cloves, one teaspoonful cinnamon. Steam two and one-half hours. Serve with hard sauce.

Cleaning Copper and Brass—Brass and copper can be brightened by washing in salt and strong vinegar, rubbing until bright, then rinsing in clear, very hot water, and while still hot polishing with a clean chamomile skin dipped in sweet oil and a pinch of whiting or very fine sand.

Vaseline on Linen—Stains on white linen can easily be removed by washing in hot water and ammonia or hot soap. If the linen is colored apply ammonia or French chalk to the spots, allowing it to remain on a day, then brushing off.

Rolling Oats Bread—Put two cups rolled oats into mixing pan, add even mixture spoonful of lard, one cup molasses, one tablespoon salt and four cups boiling water. When lukewarm add one yeast cake and flour enough to mix quite stiff. Let rise overnight and put in pans in the morning. Bake in slow oven.

Buckwheat Cakes—Mix two cupfuls of buckwheat flour, half a cup of white flour or corn meal, half a cupful of salt, two cupfuls of boiling water, half a yeast cake. Let stand overnight. In the morning, add half a cupful of milk in which a quarter teaspoonful of soda is dissolved. A tablespoonful of molasses may be added before cooking.

Date Cake—Three eggs beaten well, one cupful sugar, one cupful flour (rounded), one teaspoonful baking powder, one teaspoonful vanilla, one package dates, stoned and quartered. One-quarter of a pound pecan nuts, quartered. Mix in order given and bake in a low tin (7 by 4 inches) in moderate oven for twenty-five minutes.

Excellent Cake—One-half cup of granulated sugar, one-half cup corn syrup, one tablespoon butter, one egg, one-half teaspoon lemon, three-quarters cup milk, one and one-half cups flour, two level teaspoons baking powder, one-half teaspoon salt, three-quarters cup chopped raisins may be added. Mix in order named and cook thirty-five or forty minutes in moderately hot oven.

Boston Brownies—One cup of sugar, one-third cup of butter, two eggs well beaten, two squares of bitter chocolate, one teaspoonful of baking powder, one cup of nut meats broken in pieces (English walnuts), one-half cup of raisins, one scant cup of flour. Drop by the teaspoonful on waxed paper two inches apart. You can bake them in tiny cup cake tins, placing an English walnut on each before putting in oven. Bake in a moderate oven.

Hot Potato Salad—Wash and cook six medium-sized potatoes without paring; cool, peel, and cut in thin slices. Arrange a layer of potatoes in the bottom of a dish, season with salt and peppers and sprinkle with finely chopped parsley and celery; mix together four tablespoonsful each of vinegar and olive oil, add a little lemon juice and heat just to the boiling point. Pour over the potatoes and cover tightly. Stand in a warm place until wanted, then serve with crisp fried bacon or cold sliced meat.

An Eggless Recipe—Put one quart milk, after cream has been taken, into double boiler. Mix five even tablespoonfuls of cornstarch with four tablespoonfuls of sugar. This may be put into the milk without blending. When it begins to thicken add one-half teaspoonful of salt and either a piece of stick cinnamon or a strip of orange or lemon peel. This should cook—not rapidly—for half an hour. Stir often to avoid a skin forming on the top. Pour into molds that have been wet with cold water. Set aside to cool gradually. May be served with any fruit juice or cream.

Winter Soups.

Some one has said that there are as many soups as there are days in the year. Probably there are more, but only a very small number of them appear on the dining table of the average family. Among the following receipts are some that are little known, but they are especially appetizing on cold winter evenings, when a hot, rich soup seems the most appropriate beginning for a meal.

French Onion Soup—Chop two medium-sized onions, and fry them to a rich brown in two ounces of butter over a moderate fire, for onions burn quickly. To them add a quart of boiling soup stock of any kind, or simply water or milk, and cubes of lightly toasted bread. When the soup is ready to serve, add a little grated cheese, and season it with salt and white pepper.

A Flemish Soup—To two pounds of washed and picked Brussels sprouts add ten potatoes, two onions, two leeks, salt and pepper. Cook all

gently until the vegetables are tender; then pass them through a sieve. Force as much of the vegetable pulp through as possible. Add one quart of beef stock and serve the soup very hot.

Cream of Potato and Chestnut Soup—Boil one cupful of diced potatoes and one half cupful of chestnuts in salted water until they are tender. Drain them and add one quart of scalded milk; season the mixture with a dash of nutmeg, salt and Cayenne pepper; thicken it slightly with a tablespoonful of cornstarch and moistened with a little cold milk, and add one tablespoonful of minced parsley when it is ready to serve.

Pot-au-Feu—Choose a good-sized beef bone that has plenty of meat on it, cover it with water and boil it for three hours. Remove the bone and cut the meat into bits. Let the stock cool, then remove the fat, add the meat to the stock, return it to the fire, add one large onion that has had ten whole cloves imbedded in it and has been roasted until it is brown, add one pint of cooked tomatoes, one half cupful of rice, and one quarter cupful each of chopped potatoes, carrots and cabbage. Cook the whole until the vegetables are tender, and add salt and pepper. Just before you serve the soup, add one teaspoonful of white sugar burned to a good-brown color. That adds to the flavor of the soup and gives a rich color.

Things to Remember.

Bread not thoroughly baked is very indigestible.

Corn bread with raisins in it is an agreeable change.

Remove rust from garments by boiling in cream of tartar water.

Keep the fat hot if you would have the whites of fried eggs fluffy.

Household refuse is better cremated than disposed of in any other way.

Save candle ends and melt together to use as paraffin covers for jelly.

Raisins will be easy to stone if they stand in hot water a minute or two before stoning.

Economical frying is possible only when the fat is carefully saved after use.

Whenever soup is an important part of a meal, as a luncheon, it should be thick and nourishing.

Brown bread can be used for bread pudding just as white can, but it should be flavored with spices.

Stale bread will make good hot cakes if it is soaked soft in milk and made up as you would muffins.

If the cookies are not very rich, cut them in animal shapes and the children will be just as pleased.

Plain boiled rice, liberally sprinkled with raisins and served with hard sauce, makes a nourishing dessert.

Don't imagine you're the most unlucky person that ever lived. Other people have had troubles and setbacks to overcome that the world never knew about. You can do as well as they. Keep on trying.

Soap and water rubbed on zinc only make a bad matter worse. First wipe off the zinc with a dry cloth. Next rub with kerosene. Let that stay a few hours. Go over it then with a cloth wet with kerosene, and polish with a dry cloth.

Seems natural to leave the wet umbrella wide open till it dries. It isn't the best way, though. First thing you know the covering will be stretched all out of shape. Shut it and stand it up, knob down, till the water runs off and it dries out.

See if the wood above the furnace or behind the stove is charred. If it is, a sheet of zinc or tin should be put there, not in contact with the wood; a sheet of asbestos is better yet. Clean the pipes and look for cracks.

Make a list of all the spring sewing you must do, then check off each garment as it is made and put away. There is no time to stop and make a forgotten garment after house-cleaning and other spring work has commenced.

DREAMS.

Bright dreams of the past leave relics of joy That time in its flight can never destroy; Like a vial Attar of Roses contains, Though shattered to fragments, the perfume remains.

Kingdoms may flourish in brightest array And vanish again e'er the light of the day, No rule can be made, no bound can be set— Dreams have no limit, in any respect.

Then let our dreams, in the stillness of night, Fly swift to the realms of endless delight; Let the pain and the care each day brings to view, Be cancelled in sleep, when visions come true.

Sweet dreams of the past—some never fulfilled; Yet sweet as the breath of roses distilled, With faith, hope and trust, then look to the light And dream golden dreams in the darkness of night.

F. TALLING, Vancouver, B.C.

THE SUNDAY LESSON

INTERNATIONAL LESSON FEBRUARY 4.

Lesson V. Jesus The Saviour of The World—John 3. 1-21. Golden Text John 3. 16.

Verses 5, 7, 16, 17, 18, 19, 20, 21.—This repeated Amen was a characteristic phrase of the Master's. Only John has preserved the doubled form, which reminds us of his own precept of the doubled yes and no, which are to be our only form of emphasis (Matt. 5. 37). Water and—There is some textual doubt about these words. If genuine, they mean that the forerunner's gospel is an integral part of the Lord's own; by the door of repentance and forgiveness must men enter the new world where the Spirit reigns. That the water is more than a symbol never occurred to anyone in the age of the New Testament.

6. Flesh.—See the note on John 1. 14 (January 7). Paul enlarges on this antithesis more than once, as 1 Cor. 3. 1.

7. Ye.—Emphatic—ye Jews who think the kingdom of God is yours by mere physical descent from Abraham. That even such required spiritual cleansing was the essence of John's message. Anew.—That the word does mean again here, and not from above (as in verse 31), is sufficiently proved by Nicodemus's astonished answer in verse 4. A further proof is Peter's clear allusion to the doctrine (1 Pet. 1. 23) where he uses a compound verb which is unambiguous, a compound of the verb used here.

8. The Wind bloweth.—As in the Old Testament, the word Spirit retains its original meaning, which opens the way for a parable. (The margin The Spirit breatheth is less probable.) We may imagine a gust of wind sweeping up the silent street and giving the Lord his illustration. The saying is clear allusion to the doctrine (1 Pet. 1. 23) where he uses a compound verb which is unambiguous, a compound of the verb used here.

9. The bewildering is natural to one brought up in a ritual religion, in which the way of salvation was rigid and external. Such religious tend to produce "physical" men, who "receive" the things of the Spirit of God" (1 Cor. 2. 14)—men in whom the spiritual faculty is dormant and there is nothing higher than the intellectual, and not very much of that!

10. Israel—How great the destitution of God's people, when their very teachers could not understand the A B C of spiritual knowledge!

11. We.—The Lord links with himself the prophets who spoke in the name of God, just as in John 9. 4 ("We must work") he links with his humanity all other servants of God. It is not likely that he means "I and my Father" for there is no context to suggest it, and it would be a mere riddle. We know.—The word is that denotes the possession of knowledge (as in 1 John 5. 18-20 three times, the fourth), as distinguished from that which describes the getting of it (as John 17. 3). Ye receive not.—As in verse 32—a recurrent note in this Gospel. It starts from "the Jews" historical rejection of their Messiah, a fact that had been ever with the writer for sixty years.

12. Earthly things.—The necessity of a new birth. Compare Heb. 6. 1: Heavenly.—The mysteries of his own Person and eternal Sonship.

13. There were many who undertook to tell of secrets of heaven. But the only one qualified to speak had told them far less advanced truth and they would not believe. The Son of man.—The title depends mainly on Dan. 7. 13—he speaks as the future judge (see John 5. 27). Who is in heaven.—Probably not certainly genuine. The words remind us that heaven is wherever God's will is perfectly done; he came therefore "trailing clouds of glory" that never left him.

14. Lifted up.—In this Gospel the verb always has a note of "exaltation" about it. It is the verb which Paul uses in Phil. 2. 9, with a "super-" before it. It was not so easy in those days as in ours to see that the supreme splendor of Jesus was not in the dazzling glory of the Resurrection,

but in the night of Calvary; his glory was in his shame! The serpent—Num. 21. 9. The "fiery serpent of brass" was an image of the instrument of God's punishment; its use was a concession to the universally prevalent idea that a cure may be found in something belonging to the cause of the mischief. In the symbolism it is significant that the Son of man is thus "exalted," for that is his title as Judge. In both cases, therefore, God's judgment becomes mercy when men receive it in faith on God's terms.

15. Eternal life, in this Gospel, is not future, but present (see John 17. 3). The adjective connotes time without a visible end; and in this phrase, by the very nature of the definition quoted, there is no end at all possible.

16. With this great verse begins the Evangelist's meditation on the wonderful saying he has just reported. It is in a sense his own comment; but he would certainly have said that he heard it spoken within him by the same Voice that gave the text of it to Nicodemus long before. So—"When God loves, he loves a world; when God gives, he gives his Son." The World—Which in this Gospel regularly denotes the world as it is, rebel to God's authority. Only begotten—So John 1. 18, "God only and begotten" (margin). We are God's sons, but this eternal Sonship is unique. Believeth on him—The Greek significantly differs from that in verse 15.

17. To Judge—Which in this Gospel always assumes the guilt of the prisoner at the bar. Believers are "not judged," as the next verse tells us.

KING GEORGE'S 300 COUSINS.

His Majesty Is Closely Related to All Warring Nations.

As far as the crowned heads of Europe are concerned, this war may virtually be called a civil war, says London Answers.

The Royal Houses of Europe are inextricably inter-related, and many an anguished and tortured heart must be beating now in the palaces of this continent.

As Queen Victoria was the grandmother of Europe, and as King Edward was its uncle, so is King George the cousin of Europe. He has cousins in Prussia, Denmark, Greece, Russia, Norway, Sweden, Belgium, Spain, Portugal, Austria-Hungary, Italy, Holland, Rumania, Bulgaria, Montenegro, Wurtemberg, Saxe-Meiningen, Schaumburg-Lippe, Hesse, and Brunswick.

In fact, it has been estimated that his first and second cousins, all told number close on three hundred.

His most famous cousin is, of course, the Kaiser, whose mother was King Edward's sister. It is not generally known that the Kaiser stands twentieth in the order of succession to his throne. Fortunately, however, King George has five sons, so that even the Crown Prince is not likely to get a look in.

And while on the subject of succession, it may be mentioned that the present heir to the throne of Rumania has, as far as descent goes, a better title to the British throne than any member of our own Royal family. Prince Carol of Rumania, who is now twenty-two years of age, can trace his descent in a direct line from Henrietta, the youngest daughter of Charles I.

King George's cousins also include the Tsar and Tsarina of Russia, and, incidentally, King Constantine of Greece. King Alfonso is a cousin of King George by marriage. Another cousin is King Christian of Denmark, but he married Princess Alexandrine of Mecklenburg. The sympathies of King Haakon of Norway, however, should be strongly pro-British, inasmuch as he is a nephew of Queen Alexandra and married one of King George's sisters.

Conscientious.

Mrs. Jones had a new maid, who appeared at the door of the library one afternoon, where her mistress was reading.

"There's no coal, mum," said the domestic, "an' the fires are goin' out."

"No coal!" cried the mistress, in surprise. "Why didn't you tell me before?"

"I couldn't tell you there was no coal, mum," replied the girl, "when there was coal."

DRUNKENNESS AND ITS REMEDY

Christianity is The Religion of Redemption, The Living Force That Will Save The World.

"Be not drunk with wine, wherein is excess; but be filled with the Spirit."—Ephesians, v. 18.

Drunkenness and inspiration—what an extraordinary juxtaposition! Yet there is meaning in it. There is one thing in common between the condition of the sot and the condition of the saint. Both are conditions of enthusiasm. Both are states of exaltation. In both the universe is bathed in a rosy glow of expectation, and progress through it appears like a triumphal march.

The drunkard, then, is not a despicable glutton. He does not drink to gratify his palate. He drinks to expend and heighten consciousness. His drinking is a protest against the dullness of an uninspired life. The number of gifted men who have fallen victims to this particular vice suggests that it has a peculiar temptations for those who under better auspices might have climbed higher and further and more daringly than their fellows—men who fret and chafe at limitations, desiring to break bounds and to excel.

Days of Miracles Not Over.

And this, in turn, suggests the remedy. Such men are not to be reclaimed by votes, denunciations and penalties. It is against the negations of life that they rebel. Let them be reclaimed then, by something which is positive enough to arouse and enlist their loyalty; some power of enthusiasm; some power of hope.

For this we turn to religion. Men and women are religious in the very constitution of their natures. Their thirst for stimulants is due to a profound misconception. What they are really athirst for is heightened life, quickened consciousness, intensified feeling, all the setting free of latent powers and dormant energies that the apostle has in mind. The remedy for drunkenness is conversion and

inspiration. Over and over again we have seen it prove a remedy. We have seen it in some little rescue mission station, where broken wretches came drifting in, attracted by the light and warmed—many disappointments, many gleams that flickered and died down again. The workers were sometimes so discouraged that they were on the point of closing up and moving out. But then, in the tenth case, or in the hundredth, there was a different story.

A word of the preacher, a verse of Scripture, the singing of a familiar hymn—something has pierced its way through sullen torpor and sordid misery, and there is change, conversion, that mystery of new creation which reminds us that the days of miracles have not yet passed.

The Mission of Christianity.

Days of such miracles will never pass. While there is life there is hope, and where hope is God is not far absent. Christianity is no conventional, cut and dried religion. Its mission is to exalt and to redeem. In churches and cathedrals, where decorous, respectable people meet for worship, according to His Promise, Christ is present to the faithful. Often His presence glows there with a soft and steady light as of a sanctuary lamp. But there are other places where at times it shines with blinding splendor. There are places of shame, of need, of broken hearted penitence, where the light of it shines back from faces that have been lifted up from life's abysses; men and women who were going down into the pit, then caught at the hem of Christ's garment and were saved. Christianity is the religion of redemption. It is the faith whose keynote is the resurrection. It is the living force, the conquering energy, that has it in its power to save the world.—Rev. Howard Chandler Robinson, D.D.

Health

Heart Strain.

By heart strain we mean a temporary dilation of the heart caused by some excessive muscular effort—usually made by a person of sedentary habits unused to hard labor. The heart may have been already in a weakened state through disease of one of its valves or fatty degeneration of its muscular wall, although it may have been apparently healthy; or, although not actually diseased, it may have been weakened and made irritable by excessive tobacco smoking.

The dilation is brought about by a sudden increase of blood pressure in the heart cavities, which is in turn the result of the obstruction to the flow of blood through the tissues or in the lungs that attends the strong contraction of the muscles and the holding of the breath. Lifting a very heavy weight, running after a car, or any other sudden increase in muscular effort may be enough to strain the heart. The affection is not uncommon in boys who return to school or college after the summer vacation and resume their athletic contests before they have got back into training; sometimes it occurs in the well trained when they are temporarily run down with a "cold" or a bilious attack.

The signs of heart strain are great shortness of breath, pain or distress in the region of the heart, and a marked feeling of weakness or faintness. The front of the chest, where the beat of the heart is to be seen, is usually tender to the touch, although steady pressure with the flat of the hand is grateful. The pulse is irregular and rapid. It is not possible to say how long such a condition will last, for its duration depends on the intensity of the strain, the state of the heart before the strain and the treatment the condition receives. Generally, complete rest in bed for a day or two and staying quietly at home for another day or two will bring back tone to a normal heart; but if the strain was very severe, a heart tonic may be necessary to help the organ to recover its strength and poise.

Since a strain untreated or wrongly treated may result in a permanently injured heart, or even in death, it is advisable to seek medical advice immediately in all such cases.—Youth's Companion.

Expert Explains Values of Foods.

In a recent address, W. Earl Flynn told his audience that the body contained sixteen elements, the same as those of the soil, and that it shared the need of the soil for scientific treatment. For anemia, especially in children, he prescribed foods rich in calcium and potassium, whole wheat bread, rye bread, fruits, vegetables, dates, figs and raisins.

For nervous irritability, magnesium is the proper salt. Eat apples, oranges, grapes, lemons, grapefruit, tomatoes, onions and lettuce.

For insomnia, eat onions, cabbage, lettuce and celery. For skin diseases and boils, eat strawberries, prunes, spinach, lemons and green vegetables. If your hair is falling out, you need sulphur, silicon and flourine. Eat green vegetables and fruits.

For heat energy eat butter, cream,

bacon, nuts, olive oil and ripe olives. Oleomargarine can be substituted for butter, but it is harder to digest, according to Mr. Flynn. For iron eat spinach, strawberries and prunes. For silicon and sulphur eat grass and green vegetables. For phosphorus and chlorine eat beans, peas, lentils. For iodine eat all sorts of green vegetables.

THE LORD MAYOR'S CHAIN.

Holder Must Enter Bond for Its Safe-keeping.

The Lord Mayor of the City of London wears the most costly badge of office in the country. It contains diamonds to the value of £120,000, and each holder of it during his term of office is called upon to enter into a bond for its safe custody before he is sworn in, and thus becomes entitled to its possession. The jeweled collar worn by the Lord Mayor of London is of pure gold, composed of a series of links, each formed of the letter "S," a united York and Lancaster rose, and a massive knot. The ends of the chain are joined by the portuculis, from the points of which, suspended by a ring of diamonds, hangs the jewel.

The centre collar contains 28 "S's," 14 roses, 13 knots, and measures 64 inches. The jewel contains in the centre the City Arms cut in cameo of a delicate hue, on an olive ground; surrounding this a garter of blue, edged with white and gold, bearing the City motto in gold letters.

The whole is encircled with a costly border of gold "S's," alternating with rosettes of diamonds set in silver. The jewel is suspended from the collar by a portuculis, but when worn without the collar is hung by a broad blue ribbon.—London Tit-Bits.

SOLDIER MUNITION-WORKER.

Heroes All Are They Whether In Khaki or Not.

A young man, fired at the beginning of the war with patriotic ardor, joins up. He sees himself covering his name with glory while striving to uphold the country's prestige and honor. Then one day the unexpected happens on parade.

"Private Jones!"

"Sir!"

"Your occupation before the war?"

"Turner, sir. I worked on a big screw-cutting lathe, too, sir."

No more is thought of that until, a month after, an order comes through: "Private Jones to proceed to munition factory at—"

There is the end of his ambitious dream of glory. Glued to a lathe inside a building for twelve hours a day (all the war ends! The wonder is these men are not going down under the need of the soil for scientific treatment. Why do they keep up and struggle on with it? They are heroes, that is why! Heroes, whether seen or unseen.

At the same time, we must not forget the men not in uniform who are struggling along in munition factories all over this country of ours. To those who have not been in such a factory I would say that the men may not leave to join the Army; they have to work twelve and even more hours per day, whether they wish to or not. It is quite impossible to realize the noise and strain to be endured for such a long time each day, and the whole body of men are heroes, whether it be the much-admired khaki or not.



Switzerland's President and Vice-President. Left, Edmund Schulthess, new President of Switzerland; right, Felix Calonder, new Vice-President. Should a peace conference be held in Switzerland or one be held in which Switzerland would take part, the two men pictured above will play prominent parts. Mr. Schulthess, President of Switzerland, has just affirmed the intention of his country to maintain strict neutrality. A peculiar law of succession obtains in Switzerland. To-day's President will next year automatically step into the Presidency. The term of office is for one year only, and to become President a man must first sit as Vice-President.