

Household Notes.

WARM weather having returned. one of the most perplexing questions arising in the mind of many a good ousewife is how she may succe making her table as dainty and inviting as possible. During the heated term many persons are more or less troubled with loss of appetite, and yet the cure may be easily effected when a dainty dish is unexpectedly presented.

Some of the following recipes may help the troubled ones out of their difficulties; but that success may be attained, one point is quite essential-that the ingredients are always carefully measured. The following brief explanations will be found useful:—By a cupful is always meant the half pint measuring Eight rounding tabfespoonfuls are equivalent to a cupful. There are three teaspoonfuls in a tablespoonful and there are four saltspoonfuls in a teaspoonful. A speck is one-thirty-second of a teaspoonful, or is as much as can be measured on point of a penknife.

Flavorings and seasonings are always measured level, while all other measurements are rounding, that is, fust as high above the spoon as the

Nowadays the desire for meat is naturally less, owing to the warm weather and the exorbitant prices, yet soups are always necessary for some tables. Soups made without stock, such as cream soups, are considered less heating. These are much more delicious when made of fresh vegetables, rather than canned Peas, asparagus, tomatoes, etc., 'all give delicate flavors.

Salads also are cooling, palatable and wholesome during the summer and these are within the reach of all.

STRAWBERRY SHORTCAKE. -In making a sweet cake use two tablespoonfuls of butter, one cup of three eggs, half a saltspoonful of salt, two and one-half cupfuls of flour, one (generous) cupful of milk and two teaspoonfuls of baking

powder. Cream the butter and add the sugar; beat thoroughly, then add the beaten eggs and beat again Sift the flour and baking powder together three times; add this, alternately with the milk, to the butter, Give the mixture sugar and eggs. a final beating and divide it in three shallow cake pins. Bake about fifteen minutes in a good oven.

Wash and hull three pints strwaberries; cover them well with sugar and let them stand for an or more. When the cake is done lay it wrong side up to cool slightly. Put one-third of the berbetween each of the juice. Cover ish with some of the berries, or knife, it comes out free from the mix-merely sprinkle the top with powderthe top layer with a meringue, garned sugar. This may be served with or without whipped cream.

alt, two tablespoonfuls of sugar, milk and stir until smooth

strawberries, mash them slightly sley in the top of each and serve at and sweeten to taste. Sift the flour, once. then add sugar, salt and baking powder; rub in the butter and add fficient milk to make a soft dough; mix quickly and handle as little as Flour the board and roll out half an inch thick; divide in two equal parts, placing one half of this in a biscuit pan. Sprinkle with flour and then place the second layer of the mixture on top. Bake about ffteen minutes in a quick oven. When cooked separate the layers and pread generously with butter, then atural and supernatural order. a layer of the sweetened berries and juice, cover with the second

It is claimed by some authorities layer of crust and pile the rest of Every individual has a place to that this poison has the property of the berries on top. Serve hot. fill in the world and is important in dissolving the blood on the would ambipped cream may be served with some respects whether he thooses to be so or not.

STRAWBERRY SNOW. - One cup of sugar, half a box of gelatine, one pint of strawberry juice, half a pint of boiling water, four eggs.

Cover the gelatine with cold water and let it stand for one hour to soften. Pour on the hot water and add the sugar, and stir constantly until dissolved; then add the strawberry juice and strain all into a large bowl. Place this in a pan of cracked ice and let it stand is well chilled and quite thick, stirring occasionally. Beat to a stiff froth and add the well beaten whites of four eggs; beat to a stiff and add the well beaten whites of four eggs; beat all until smooth; turn into moulds and set in the refrigerator for several hours to stiff-

BOILED CUSTARD .- One pint of milk, yolks of four eggs, half a saltspoonful of salt, half a teaspoonful of vanilla, three tabfespoonfuls of

Scald the milk, beat the yolks, the sugar and salt and beat well. Pour the hot milk slowly on the eggs, and, when well mixed, pour all back into the saucepan. Stir con-stantly till smooth and thick as Strain, and when it is cool add the flavoring.

STRAWBERRY SHERBET. -One quart strawberries, one pint sugar one pint water, juice of one lemon one generous tablespoonful of gelatine.

Cover the gelatine with cold water and let it stand for one hour. Mash the berries through a colander. Let the water come to a boil; add the sugar and gelatine and stir until both are dissolved; add the lemon juice and strain all over the crushed

When cool, turn into the freezer and freeze the same as ice cream. Half a pint of cream may be whipped and added just before the sherbet is packed down, and if it is used it should be thoroughly stirred up

EGGS TIMBALES. - Seven eggs, two cups of milk, one teaspoonful of salt. quarter of a teaspoonful of white pepper, two teaspoonfuls of chopped parsley, half a teaspoonful of chopped onion.

Beat the eggs with a spoon until well mixed: add the salt and pepper the onion, chopped vey next the milk, and see that all the ingredients are well blended. Chop the parsley quite fine; butter some timbale moulds and sprinkle with the chopped parsley; fill about two-thirds full with the egg mixture. Set the moulds into a pan of hot water, letting it come three-quarters of the way to the top of the moulds; place in a moderate oven and steam fifteen or twenty minutes, till in the centre, or until, tried with a The Indians, when bitten by snakes

of butter, two tablespoonfuls of flour, one pint of mifk, half a teaspoonful of salt, eighth of a teaaonful of white pepper.

STRAWBERRY SHORTCAKE, Heat the milk and add the season-WITH BISCUIT CRUST. — One ings. Cream the butter and flour quart of flour, one teaspoonful of well together; and this to the hot SHORTCAKE, Heat the milk and add the seasonand three tablespoonfuls of butter, two creamy. Strain on a hot platter, generous tablespoonfuls of baking sprinkle with chopped parsley and powder and about one pint of milk. turn the timbales from the moulds and hull two quarts of into this sauce. Stick a bit of par-

> PINEAPPLE AND CELERY SA-LAD.—From a can of pineapple strain off the juice and cut it into small pieces. Wash and scrape an equal amount of celery, cut into pieces the same size as the pineapple. Mix together.

Pointers in Cases of Accidents

"What to do for the stricken in case of accidents while waiting for the doctor" is the subject which Dr. George F. Shrady discuss article in the New York "Herald."

ORDINARY ACCIDENTS. -In the case of an ordinary accident what is the most effective aid which can be rendered by an ordinary person with ordinary appliances?

estion cannot be too often repeated. The judgment of non-proessional persons in such matters is likely to be unscientific, and popular advice is more or less misleading. In the army and navy and on our rail-roads men are regularly educated to stimulant. make the best in emergencies of the appliances at hand.

With our railroads and car lines and the machinery so plentiful everywhere, accidents of one sort and an other are common. The most alarm ing cases to the layman in such matters certainly those which arouse most concern-are those caus ing a flow of blood. The sight of blood is of itself ghastly, and the flow, if profuse, is likely to cause death in a few minutes. Mishaps which cause loss of blood are more likely to occur than any other class of accident.

The general advice for such emer gencies to stop the bleeding is familiar. There are two ways of check ing the flow of blood-by direct pressure of finger or thumb on the open vein or artery or by means of a pad and a firm bandage over the entire wound. The treatment depends the location of the injury and its seriousness. In bandaging a limb the pressure should, of course, be applied at a point between the hear and the wound. The simplest plan is usually to place a snugly applied bandage between the points

If the wound, for example, be in the hand, the constriction should be applied at the wrist or somewhere around the arm above the elbow. The philosophy of such treatment is very simple. The heart pumps the blood and the pressure merely shuts off the current.

A FAINTING PERSON. - To re store a fainting person first lay the body in an easy position on back and loosen all the clothing Give him plenty of air and keep him as quiet as possible. The practice of dashing cold water in the face is an excellent one, as it tends to excite respiration. The same effect is sometimes produced by gently slapping the front of the chest, applying smelling salts to the nose. If more treatment is required the physician is the only one who can safely apply it.

IN CASES OF A FIT.-A similar treatment should be followed in the case of one suffering from a fit. It is a mistake to chafe the hands of the unconscious victim. The custom of forcing salt down an epileptic's throat is a mistaken kindness. The best thing to do is to make him as and comfortable as possible and leave him to work his fit alone An epileptic, notwithstanding his apparent suffering, is always unconscious during the attack. The natu ral sleep which follows is the best possible restorative.

DOG BITE.-The best treatment for a dog bite is to control the circulation in the affected part. It is quite safe, for example, wound if it be done immediately. The more freely the wound bleeds, if there be any poison in it, the better. it will be remembered, plunge the cted part in running water

The wound should be cauterized, but until this can be done by an expert hand it is well to make every effort to cleanse it

The bite of a rattlesnake, which is the most venomous we are likely to receive in this latitude, should be treated in a similar way. First get rid of the poison if possible. It is well to place a ligature about arm or leg, above the bite, until the latter can be cauterized.

THE STINGS OF BEES, hornets and similar insects are scarcely serious enough to call for more than passing attention. At worst pain is likely to pass off in a few minutes. The old fasioned of applying a poultice of mud the wound is evidently based on the ! indications to exclude air and cool the part. A light wash of ammonia or soda will give almost immediate relief. The reason for this appears to be due to the fact that the cause of the pain and swelling is an acid is claimed by some authorities

son paralyzes the coats of smaller vessels and produces a local congestion favorable to a fuller meal than under ordinary conditions. the case of the mosquito bite, which has been studied with much care of late, there is evidently a combination of these phenomena. In the case of a series of stings it is well, after local applications have been

fic observers it is claimed that th

shock has passed off. An immense amount of whiskey has been consumed with the excuse of curing bites or stings. In the great majority of cases of snake bites in our northern latitudes the patients would get along quite as well, perhaps better, without the

to give stimulants and keep the pa-

tient as quiet as possible until

Whiskey, however, is excellent as a stimulant when the shock the snake poison is overwhelming and attended with severe prostra-The bite of certain tropical snakes, for example, produces such a shock that death is likely to follow before the body regains its normal condition. It is well to bear in mind that generally a small dose whiskey, at regular intervals, more effective than large single

HEAT PROSTRATION .- Heat exhaustion is a comparatively common accident which every one should be able to deal with effectively. first thing to do is, naturally, to get the victim of a sunstroke out of The coolest and the sun. quiet place should be selected. Next try to relieve the heat of the surface, which is very great in such victims. The perspiration is checked and the temperature is very high. The patient should always lie on

his back and in the most comfortable position possible. Cold water should be thrown on the bared head and chest, and, if possible, cracked ice placed on the head. A teaspoon ful of whiskey should also be administered at intervals, care being tak en not to give too much. There is nothing more that can be done with safety to the sufferer until the physician arrives. It must be borne in mind that a high degree of humidity is a leading contributory cause of sunstroke, and extra precautions should be taken against accidents under the circumstances. When a person who is either working in the sun or indoors becomes dizzy, faint, nauseated or suddenly feverish from lack of perspiration he should rest at once, have cool applications the head and chest and be as free as possible from all nervous excitement. Often this simple and timely treatment may prevent a more serious seizure, as the latter may come quite suddenly and without further warning.

EVER OPEN CHURCH DOORS.

Divine is found-a refuge sheet, Where careworn hearts may find sur-

Of toil and kneel at Jesus's feet. The ever open door of love,

Where sinners seek their Mother's breast And, praying, plead that God above

Will absolution give and rest. The ever open door of hope

Where the poor outcast comes and Where wounded, sin-blind wretches

grope, Seeking the Sacrament that heals. Oh, blessed door, to us a sign

Of God's kind care, a counterpart Of this unchanging love divine That gave to us his Sacred Heart. Oh, blessed door, through day and

The sinner may have entrance there make it bleed as freely as possible. And ever find God's presence bright And offer up a fervent prayer. -Henry Coyle.

With the Scientists.

EARTHQUAKES IN AUSTRIA .-Since 1895 earthquakes in Austria have been recorded by instruments installed under the direction of a Government commission. In 1898, 209 shocks (mostly small) were not ed; in 1899, 190, and in 1900, 169 Reports are regularly received from a large number of volunteer observers, and several complete seismold gical observatories are maintained. At one of them instruments are installed not only at the surface of the earth, but also at a depth 1,100 metres in a deep well. The study of earthquake phenomena too much neglected in the United States, the Lick Observatory being, it is believed, the only station provided with complete recording ap-

THE AGE OF FISH .- The scales of fishes as an index or age have lately been the subject of study by the English Marine Biological Association. The scales of many fish show a series of parallel eccentric lines which indicate successive incre ments of growth. The lines of growth are more widely separated in that part of the scale formed during the warm season of the year than in the portion formed in the cold season The alternation gives rise to the indicate the age of the individual fish in years. It appears that it is often possible to determine the age of individual fish of certain species with considerable precision - which is a conclusion of considecable practical, as well as scientific importance.

ABOUT LIGHTNING .- Prof. John Trowbridge of Harvard has lately made a series of experiments with electric sparks six feet which he thinks show that lightning never strike the surface of the His experiments were undertaken with a view to volatizing water for the purpose of obtaining strong spectrum of water vapor. But he found that his sparks, of high electromotive force and as far as possible resembling lightning, always refused to strike the surface of the water, and passed instead the edges of the vessel containing it. He also found it extremely difficult to pass powerful sparks from one stream of water to another. An interesting conclusion which he draws "it does not seem probable that lightning cischarges pass through regions in the air of heavy rainfall."

The Coronation of King Edward

The London correspondent of the New York "Herald" writes :-

Where is the great crush of people London was to have during corona tion week?

Is there going to be a great slump such as occurred during the Diamond Jubilee?

These are the questions which are agitating Londoners interested the event from a pecuniary standpoint.

The owners of the great stands with seats priced at from two to fifteen guineas, and who have paid huge prices for their sites, still seem confident of the outcome, but where are the people who are going to buy the seats?

I have been impressed with this question from conversations I have had during the last few days with men who are in the business of, bringing the people to London ers of railroads

Everybody who has traveled across

the Atlantic this spring knows empty some of the boats seemed compared with last year. I was told vere forty per cent. behind. rally, the greater portion of those who will line the streets on the day of the greas event will be fr

It is a fact, however, that yet the railways have not plans to handle the traffic. This was told to me in the offices

of three big railway systems "We do not anticipate extrem large crowds," said one We are taking a lesson from the Jubilee. People expect the crush will be terrific. The prices of seats are high, and comfort is impossible. Therefore many of them will stay at home. We have had very few inquiries for rates.

"Of course, we will run some ex-tra trains early enough to get the people here in the early morning, but the making of extraordinary preparations would be foolish."

RICH RAG-PICKERS.

Four dust-begrimed rag-pickers fell nto the clutches of Officers Bates and Driscoll on High street, Boston, and were later in the dock of the Municipal Court, charged with disturbing the contents of garbagewhich, in the eyes of the law made by the Board of Health, is a misdemeanor.

The customary search was made by the arresting officers, and everybody in the room felt as if there was a volcanic eruption in Boston when a roll of bills containing \$515 was taken from the pocket of the youngest ragman in the crowd. This plutocrat gave his name as Johan Nero, his age as nineteen, and his occupation as junk collector.

The men with him were Salvator Catini, Michael Seamin, and Antonio Cetaza, and each had money enough to pay carfare to Chicago. In court the quartet assured the Judge that they intended no wrong, and each man had a fine of \$3 imposed upon him. Nero and Catini paid, but the others thought it was economy to be boarded by the city at the island for a few days to work out the sum imposed.-Boston Herald.

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