

About the House

Useful Hints and General Information for the Busy Housewife

Seasonable Dishes.

Strawberry Cheese.—One-half box strawberries, one ten-cent cream cheese, one-fourth cup double cream. Crush strawberries, mash cheese, add cream and whip all three thoroughly together. If strawberries are not very sweet add sugar to taste. Chill and serve as accompaniment to plain dressed lettuce.

Spinach Cream.—One peck spinach, one-fourth cup butter, three tablespoons grated cheese, two eggs, one cup milk, salt and pepper to taste, cracker-crumbs. Wash spinach thoroughly and boil it for ten minutes without adding any water. Drain, chop fine and cook for a few moments in butter. Add cheese, salt and pepper, well-beaten egg yolks and milk. Mix well, fold in beaten whites, and pour into well-buttered mold dusted with cracker-crumbs. Steam forty-five minutes.

Stewed Cucumbers.—Two large, ripe cucumbers, one sliced onion, one stalk celery, one bay leaf, two tablespoons butter, one tablespoon flour, one cup milk, one teaspoon onion juice, one teaspoon salt, one-fourth teaspoon white pepper and yolks of two eggs, mixed with one tablespoon thick, sweet cream. Pare cucumbers and cut each into eight pieces lengthwise. Remove all seeds. Place in saucepan add onion, celery, bay leaf, salt and stock and cook at boiling point until tender. Put milk into double boiler and when hot add butter and flour, creamed together, and seasonings. Cook to consistency of thick cream. Beat egg yolks, add cream, and then sauce. Beat two minutes with egg beater. Drain cucumbers and place on hot dish. Serve in separate bowl.

Cherry Salads.—Cherries are basis of many refreshing fruit salads. For simple salad mix stoned cherries with equal parts of diced celery, and few chopped nuts. Serve with mayonnaise in which cherry juice replaces vinegar. For another salad, mix chopped almonds and sliced cucumbers with cherries and serve on lettuce leaf with French dressing. Pineapple, hazelnuts and cherries make another delicious combination. This salad should be served with mayonnaise whitened with whipped cream. Bananas, sliced or diced, mixed with pitted cherries and whipped cream dressing, and garnished with either rose or nasturtium petals, make salad that is delicious and out of ordinary.

Stewed Chicken.—Cut large chicken into pieces as usual, wash and put in kettle with cold water to cover. After water comes to boil add two onions and three cloves of garlic, chopped; two laurel leaves and one tablespoon pulverized oregano. Other preferred herbs may be added or substituted for this in small portions. When chicken is tender salt to taste, but do not pepper. If it cooks too dry add water from time to time to keep fowl covered, but not floating. An hour before serving, and when fowl is almost done, add red or green peppers to flavor and one pint each of pitted ripe olives and cherry. (Butter may be omitted.) After adding olives and peppers, cook one hour. When done there should be about one quart of

liquid in kettle. No thickening is need for gravy, except possibly little paste of flour and water.

Southern Shortcake.—Take three cups of flour, half a teaspoonful of salt, two heaping teaspoonfuls of baking powder (or its equivalent of baking soda and cream of tartar), one-half cupful of the best butter and sufficient rich milk to form a soft dough. Sift the baking powder, salt and flour together; rub the butter in with the finger tips and add the milk. Work quickly, handling the dough as little as possible. Roll into a thin sheet and bake in a round greased-pan in a very quick oven. (Brush over with melted butter, before putting into the oven, so that the crust will not harden. While the cake is baking, take two boxes of berries, hull them and divide the larger fruit from the smaller. Slightly crush the smaller fruit and sprinkle liberally with powdered sugar. When the cake is removed from the oven, allow it to cool slightly, then split open, spread with softened butter, and cover with a layer of the large berries. Dust with powdered sugar; pour over half the crushed fruit and syrup, place the upper half of the cake on top and pour over the rest of the fruit. Have the oven moderately warm, place the cake in it for four or five minutes and send to the table covered with powdered sugar. This cake, warm and fresh, eaten with the accompaniment of thick cream, will linger long in the memory of those fortunate enough to partake of it.

Food Thrift.

The importance of economical fare has been much discussed since the outbreak of war, and it is now generally recognized that it is not the quantity so much as the suitability of health and fitness. It is no good adhering to old-established conventions regarding the assumed substantial character of a diet closely allied to meat, and with the advent of warmer weather the produce of the garden may usefully be put forward in preference to animal foods, of which we as a nation have always consumed too much.

There are many cheap substitutes for the expensive egg and bacon at breakfast, and macaroni, rice and potatoes make good foundations for a number of satisfactory dishes. Pulse foods, oatmeal, macaroni, potatoes, artichokes, cauliflower and other vegetables afford an endless series of dishes in various combinations, with milk, cream or savory flavoring, grated cheese, curry, etc., at a cost less than the cost of a meat ration.

In a recent address on this subject, Dr. Robert Hutchinson said it has been estimated we could save at least 10 per cent. of the amount spent annually on the retail prices of food by the exercise of a little reasonable common sense. Brain workers and those engaged in sedentary occupations can eat less food with advantage. A saving in the consumption of food can be effected if less violent exercise is taken. Cheaper kinds of food can be used. The least expensive source of protein or tissue-repairing material under present conditions are oatmeal, bread,

peas, lentils and skim milk. The last named could be used in puddings. A saving of two pounds of meat per head a month is desirable in the case of most people, and a small dish of oatmeal porridge every day, while being much cheaper, would more than compensate for the energy-producing material thus lost. Despite a foolish prejudice which still lingers, margarine is an excellent substitute for butter, being quite as digestible and nutritious. Cheese has its merits, but it is rather indigestible unless mixed with starchy foods.

Useful Hints.

Never force a baby to sit up or to walk.

Cabbage should always be boiled in two waters.

Asparagus should be served every day during the season.

Lack of system is the chief reason for poorly done housework.

Japanese cotton rugs are excellent for dining and sitting rooms.

Rhubarb and strawberries combined make an excellent preserve, and rhubarb alone is good for marmalade.

There should be a rest period in every housekeeper's schedule.

Salmon salad is delicious with hard-boiled eggs diced and added.

The smaller stalks of rhubarb are much less tart than the large ones.

Pimentos mixed with finely chopped celery makes a good sandwich.

Paste adhesive tape over the holes in overhoses, raincoats and umbrellas.

Fine bone-meal is a great help toward making the lawn green and rich.

The Gravenstein apple is better for jelly-making than almost any crab-apple.

Lemonade made with oranges, lemons, a few slices of banana and sprigs of mint is delicious and refreshing.

A cool and tasty summer dish is cold slaw served in green pepper shells.

Bacon rinds that cannot be boiled with cabbage are good to hasten a slow fire.

A reliable test for mushrooms says an experienced housekeeper, is to put a bit of silver, such as a well-washed dime into a dish in which they are cooked. If it discolors, the mushrooms are unfit for food.

Let your wilted vegetables stand in a pan of ice water, to which you have added the juice of a lemon.

Lemon juice is invaluable about the kitchen for scouring ivory knife handles, whitening potatoes while they are boiling, and as a substitute for vinegar when the latter is not at hand.

Never be without a few lemons in the kitchen.

White straw hats can be cleaned by dissolving two teaspoonfuls of oxalic acid in a pint of warm water, and then carefully scrub the hat with an old nail or tooth brush.

As the scrubbing proceeds, wipe off the discolored water with a cloth. Another good way is to use lemon-juice thickened to a paste with powdered sulphur. Spread this on the straw, allow it to dry and then brush off with a stiff broom. This is, perhaps, better for fine white straws.

PLANING NEW FENCES.

The Barb Wire Fence Is Not Necessary to Keep Animals Back.

In the old days when lumber was plentiful and land of no much value the zig-zag rail fence was very popular. One very serious objection to this fence, quite apart from the space it takes up, is that it makes a fertile breeding place for all sorts of pests. Clean cultivation—keeping the land free from weeds—is one of the best ways to keep the cut worm, and the army worm as well as a host of other farm pests in check. It is impossible when rail fences are used.

There are many good kinds of fences but taking every thing into consideration, some kind of wire fence is the most satisfactory to use. It takes up but little space and makes it possible to plow and cultivate right up to the posts. In connection with wire fences, however, it should be remembered that barbed wire should not be used.

Every year hundreds of animals are injured through getting cut with the barbs. If wire is of good quality and purchased from a reliable firm it will keep cattle and horses back just as well as the best rail fence—and it does not need to be reinforced with barbed wire.—Canadian Countryman.

BERRY-PICKERS CAUSE FIRES.

Carelessness Results in Destruction of Forest Resources.

Many causes are responsible for Canada's heavy forest fire losses. Some of the earliest and greatest offenders have come to realize that destruction which their negligence was causing and have adopted systematic measures to overcome the loss.

Several causes of forest fires have not, however, received sufficient attention. Dr. C. D. Howe, in Forest Protection in Canada, 1913-1914, states that in the settled areas, one of the chief classes of persons responsible for fires are berry-pickers.

Smouldering camp fires, or sparks caused by smoking, fall into dry grass or brush, starting small fires; fanned by a high wind the fires rapidly become uncontrollable, spreading from the berry patches to the larger timber.

With the berry season at hand, it should surely be necessary only to draw the attention of berry-pickers to the destruction which their carelessness or indifference is causing to secure an immediate reduction in the number of forest fires for which they are directly or indirectly responsible.

THE SUNDAY LESSON RUNNING WATER IN THE HOME IS A

INTERNATIONAL LESSON JULY 2.

Lesson I.—Paul At Thessalonica And BEROEA.—Acts 17, 1-15. Golden Text, Acts 5, 31.

Verse 1. Passed through.—The original verb suggests travel along the great Roman road from the west, the via Egnatia. Apollonia was about halfway to Thessalonica, thirty miles southwest of Amphipolis, which was near the mouth of the Strymon River. Thessalonica, still called Saloniki, is of course, a very familiar place to-day. It seems to have been the only one of the three places to possess a synagogue. Verse 10 shows how, even after such terrible danger, Paul clung to his principle of going first to the synagogue. He must at any cost find men prepared for the gospel by loyalty to the Old Testament. Such men were not to be found in Thessalonica, but he found them in Beroea.

3. "The Messiah must suffer"—the Jews instantly into two camps. The royal Son of David was the national ideal, and the recognition of Jesus in such a connection was very bitter to the Jews. In preaching this doctrine the disciples were only enforcing the Lord's own "must" (Luke 24, 26). Paul 16 was mainly in mind as the proof of the resurrection. It was a true application; how could God "allow his Beloved One to see corruption?" And well might the apostles apply that first to the Beloved, and through him to all whom God loves.

4. The large following.—It is to be noticed everywhere that the Jews were of necessity people who hungered after a Living God. The Jews gave them small encouragement. It was a very secondary phase of the Jews' great hindrance, the pride, and attracted by the utility of the gospel, which still the Jew to "jealously," they proved good soil for the seed of the world. Chief women—Compare Lydia's story.

5. Jason.—A well-known name in Greek mythology from the Thessalian hero Jason (see William Morris's telling of his story). But sometimes Jews named Joshua (Jesus) used to as a Gentile substitute, and this Jason may have been a case.

6. Rulers of the city.—The Greek politarch is a title almost exclusively connected with Thessalonica, several of whose inscriptions show it. The word, upside down—A colloquial verb, used by Paul in Gal. 5, 12, in vernacular documents, but apparently beneath the dignity of classical Greek; it is characteristic of the Testament freedom from artificiality. The World, as in Luke 2, 1, a title for the Roman empire; the rest of the world was hardly known.

7. Another king.—These Jews are reviving the city that sent the Master to the cross (Luke 32, 2). If the empire had realized the rivalry of this "other emperor" as soon as the Jews did, Christianity might have been quenched in blood before it was more than a tiny sect. But Providence deferred the war between the two empires until the church was too powerful and too universal to be crushed.

8. Troubled.—As elsewhere, the example, John 14, 1, this word is too weak a rendering.

9. The actual accused being out of reach, they could only exact bail, presumably for their being sent away.

10. Beroea.—Some forty miles southwest.

11. Readiness.—A strong word, suggesting eager attention.

12. The influential position of the ladies of the upper class is characteristic of Macedonia. This verse distinctly suggests that among the Greek population the trend of public opinion depended largely on them. It often happens, they were more seriously disposed toward religion than the men.

14. Throughout this narrative we see the effect of the Master's command (Matt. 10, 23). To stay and face the danger would have been foolish; Paul could do more for the gospel at Beroea by leaving for another field and so saving his life.

15. Paul's decision to remain at Athens alone for a time is referred to in I. Thess. 3, 1; but this implies that Timothy had quickly responded to Paul's request, Silas presumably staying on at Beroea, unless the "we" that passage is to be referred to Paul and Silas, instead of to Paul alone, which is perhaps more probable. Paul's craving for companionship is strongly marked throughout; there was something in his temperament, or his circumstances (of health, for instance), that made solitude peculiarly hard to bear.

The optimist generates a lot of hope that never comes out.

A man dropped his wig in the street, and a boy picked it up and handed it to him. "Thanks, my boy," said the owner of the wig. "You are the first genuine hair restorer I have ever seen."

The Pneumatic System May Be Installed in a Farm Moderate Cost.

Providing a satisfactory waterworks system for the home is something of a problem. In far too many farm residences no better provision is made to supply water than the pumps of well and cistern, perhaps many yards from the kitchen. Of course the cost of installation has always stood in the way—hence the problem aforementioned. But now since different excellent systems have been devised especially for the farmer, comparatively cheap, easily operated and very efficient, the expense is not so troublesome a factor. Certainly the benefits derived far outweigh the cost.

Few, perhaps, but are scions of the advantages of running water in the house. But too often the investment possibilities are not considered. It says, of course, to purchase a binder or build a silo because crops couldn't be cut or stock fed economically otherwise. The labor-saving and feed-saving possibilities are so apparent that few doubt them. Hence binders and silos are accepted as improvements over old methods that must be adapted as matters of course.

An Investment that Pays.

But when it comes to an improvement in the house! Well, the old way accomplishes its end—the family is supplied with water—and that's often the end of it. It pays in comfort, of course, but it doesn't appear to be a paying investment in dollars and cents. And yet it is logical to suppose that the wife and mother can be efficiently helped by employing methods and using machinery her mother did before her? It doesn't stand to reason. And efficiency is a matter of money, whether it be developed in the house or in the fields.

A waterworks system will promote the health of the family, will save time and headaches, and will make life more pleasant. That's argument enough for it.

The advantages are too numerous to make a long list. Cleanliness, economy, and convenience are some of them.

Let us now turn to the question of installation.

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much of it and would be a better bathing accommodation. Helps to Swat the Fly.

Among other hygienic advantages there need be no kitchen and laundry slops thrown about the yard. This produces a breeding ground for flies. If slops be thrown continually in one place, especially if it be shaded, malarial or typhoid are often germinated. The sanitary toilet in the bathroom removes another cause of these same troubles.

There are various devices in use, by means of which the rural home may enjoy the advantages of a domestic waterworks system. Some of the older schemes have been improved upon. There is the windmill system, which is not entirely satisfactory on still days unless precautions have been taken. The elevated tank into which water is pumped by hand, windmill hydraulic room, or other power, is a good system. The disadvantages are that the tank must be elevated, in attic, haymow, tower or on high land. In the latter the water is liable to freeze. The attic is generally used, but there is danger of leaks causing damage. Then, too, in the elevated tank, soft water has usually been used, so that the pressure and supply are at the mercy of the season.

In recent years the pneumatic tank or compressed air system has been giving entire satisfaction in thousands of homes in Canada. The large steel tank is placed in the cellar or stable, or underground, so that damage from leaks and freezing in winter are avoided. The airtight tank is fitted with a water glass and pressure gauge. These register the height of water and the pressure, so that when the water falls, it is pumped in. The tank is placed upright or horizontal.

With the pneumatic system the water is pumped into the tank at the bottom, and it rises into a small space at the top. When a tap is opened the

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ACHIEVEMENT WINS SUCCESS

The Demand of This Day Is For a Christianity That Serves and Fights.

"One Thing."—This phrase occurs several times in the Scriptures. Anybody at all familiar with the Bible will recall its association with something needful or something lacking or something to be desired or some definite belief or some pat practice. Combining all these ideas into one, the one thing without which Christianity is not and a Christian is found wanting is self-realization. To realize one's self is to reflect clearly the divine image and to measure up to the standard of the fulness of the stature of Christ. Beneficial as is self-abnegation, it is never more than a means to an end. Self-realization is the end in itself, the realized product of a life hid with Christ in God.

He who gave His life a ransom for many gave it that others might have life and have it more abundantly. The teaching and the living of Jesus Christ was, on the whole, the duty of realizing one's self. Self