

About the Household

Dainty Dishes.

Blackberry Cottage Pudding.—One-third cup of butter, one cup of sugar, two cups of flour, three teaspoonsful of baking powder, one-half cup of milk, one egg and one cup of blackberries. Cream the butter, add the sugar and egg well beaten. Sift flour, baking powder and salt together and add to the other mixture. Beat well; add the berries. Bake in a buttered shallow cake pan thirty minutes. Serve with blackberry sauce.

Blackberry Sauce.—Beat three-quarters of a cup of heavy cream and one-third cup of powdered sugar until stiff; add one cup of crushed blackberries and one-half teaspoonful of vanilla.

Cabbage Salad.—Take half a head of cabbage, shred very fine, and plunge into cold water until crisp. Drain well and put in a bowl. Make a good salad dressing of half a cupful of cream. Add a tablespoonful of sugar and one teaspoonful of salt. If you like a sour flavor, put in a teaspoonful of vinegar.

Rice Croquettes with Cheese Sauce.—Boil a cupful of rice in two and a half cups of milk. If not tender, add more milk. Season with two tablespoonfuls of butter, a pinch of salt, a dash of paprika, and mix with two beaten egg yolks, and chill. When cold and stiffened mold into cones, balls or cylinder forms. Dip in crumbs, then in egg whites and in crumbs again. Cook the sauce well before adding the cheese. Serve as soon as it is melted.

Carrots.—Peel and cut in rounds, in cubes or long strips. Cook in boiling salted water until tender. Serve with cream sauce or toss the carrots in the following mixture: For two cupfuls of the cut carrots take one tablespoonful of sugar, lemon juice, a little salt and pepper. Pour into a saucepan and shake till the mixture is absorbed. Carrots and peas served together are appetizing.

Browned Chicken in Cream Gravy.—This is an excellent way to cook an old fowl. Clean and disjoint a two-year-old hen, and put to cook in a kettle containing at first only one pint of boiling water. Let simmer at least three hours over the low burner or on the back of the range, watching rather closely. As the water boils away, add more, but only enough to keep the chicken from browning. When half done season with one teaspoonful of salt and one-fourth teaspoonful of pepper. Half an hour before dinner bring to greater heat and brown on all sides, sprinkling with flour lightly as it browns. Just before serving add one teaspoonful of cream and let boil up once.

Gelatin Dishes.

Tomato Aspic.—Two tablespoonfuls of granulated gelatin, half a cup of cold water, three and a half cups of tomato pulp, celery stalk, bay leaf, whole clove, two tablespoonfuls of Tarragon vinegar, paprika and salt.

Dissolve gelatin in cold water. Mix other ingredients, heat and add gelatin, stirring until perfectly dissolved. Strain into ring molds, place on ice and unmold on lettuce leaves, filling centre with mayonnaise to which whipped cream has been added. Or fill with cucumber, cabbage or other salad.

Beef Tongue Molded in Aspic.—Make aspic as follows: Four tablespoonfuls of granulated gelatin, one quart of highly seasoned stock, one and a half cupfuls of cold water, juice of one lemon. Dissolve gelatin in cold water. Add hot stock and allow to dissolve perfectly. Strain and use as desired. Have a beef tongue trimmed and partly sliced. Arrange in deep pan, with garnish of egg-whites, capers, etc. Fill in with aspic and allow to chill. Unmold and serve with boiled mayonnaise.

Stuffed Tomatoes in Aspic.—Have as many peeled and chilled small perfect tomatoes as desired. Chop cucumbers and radish, add mayonnaise, and stuff tomatoes with mixture. Partly fill small custard molds with aspic. Lay in a stuffed tomato, top side down. Finish filling with aspic, and set away on individual lettuce leaves, and garnish with star of mayonnaise.

Grape Sherbet.—One tablespoonful of granulated gelatin, one pint of grape juice, one pint of water, one cup of sugar, two lemons, one orange. Soak gelatin in half a cup of cold water. Boil sugar and water to syrup and add dissolved gelatin. When partly cooled add juice of lemons, orange and grape juice. Freeze and serve in sherbet cups with mint leaf garnish.

Household Hints.

If peas are a trifle old, try boiling them with a lettuce leaf and a tablespoonful of sugar in the water.

Summer bed spreads should be made of material that is easily washed. There is nothing prettier than the inexpensive dimity.

Tin is an undesirable material for a coffee pot. Tannic acid acts on such metal and is apt to form a poisonous compound.

To iron raised lace, place it between blankets. Or do not iron it at all. If not ironed it should be stretched, while wet, with a pin at each point.

A very satisfactory way to mend shirts that are worn around the collar band is to sew a narrow yoke to fit the neck and to come just below the worn place.

If the fire is running low and a quick oven is needed, try opening the oven door, filling it with cool fresh air. Then close the oven door, and it will heat much more quickly.

To remove water spots from a dress dampen it in lukewarm water. Place a piece of cloth over water spots on right side and press until both pieces of material are dry.

When making baked or boiled custard, the milk to be used should be scalded and set aside to cool. Then

make the custard in the ordinary way, and it will be perfectly smooth.

To remove iodine stains from a garment, mix cold starch with water and put the garment to soak in it. Let it remain in this mixture until the stain has entirely disappeared.

For those who are going to buy a large quantity of potatoes for winter use, a much more economical method than repeated small purchases, it should be noted that a dry, dark place is needed for storage, and that all shoots which appear should be broken off.

To fry bacon so as to have it straight, light brown and crisp, invert a perforated pie tin over a larger pie tin, lay slices of bacon smoothly over the perforated tin and place in oven. An even brown color is obtained as the grease trickles into the plate below. This method prevents any spattering of the stove. The bacon is evenly cooked and the grease is perfectly clear for frying eggs. This method is a great advantage when one uses oil or gasoline, especially as the cooking of the bacon can be combined with the baking of muffins or other things.

Zinc is often the hardest thing in the house to clean, especially under kitchen stoves, where it becomes badly discolored. One of the simplest and surest methods is to dry thoroughly the zinc and then go over it with kerosene oil, which must be allowed to stand over night. In the morning this should be wiped with a soft cloth, and more kerosene applied. The oil eats out all the grease and dirt which adheres to the zinc and makes it white and spotless. Zinc-lined sinks or bathtubs can be treated the same way, but must be thoroughly dried afterward.

THE SUNDAY SCHOOL

INTERNATIONAL LESSON, AUGUST 1.

Lesson V. The Queen of Sheba Visits Solomon. 1 Kings 10. 1-10, 13. Golden Text, Prov. 8. 11.

Verse 1. The Queen of Sheba—Sheba is sometimes pronounced Seba, and Seba, the place where Solomon's visitor lived, is confused with the Ethiopian kingdom of Seba in Egypt. Sheba, however, is in Arabia, not Africa. The gifts she brought Solomon were Arabian, not African. The Arabian Sheba was a great spice country. The gold of Sheba (sometimes used as synonymous with Arabia) was noted in Old Testament times (see Psa. 72. 15; Isa. 60. 6).

The fame of Solomon—Caravans passed to and from between Palestine and Arabia. The fame of Solomon (his buildings, his wisdom, his religious fervor—in the beginning of his reign) would soon spread.

Hard questions—Riddles. To put riddles was a pastime among the Orientals. See Samson's riddle (Judg. 14. 12ff.). The Greeks also amused themselves in this. The Queen of Sheba wanted to test Solomon's wisdom by her riddles. But she had a deeper purpose. She wanted to learn through him something "concerning the name of Jehovah."

2. A very great train, with camels—The large number of animals indicates that Palestine was rich in both provender and water.

Precious stones—Arabia now yields the onyx and the emerald. In ancient times she is reputed to have produced the following gems: "adamant, amethysts, chrysolites, hematites, sapphires, sardonyxes, and several stones for which modern jewelers have no names."

3. Solomon told her all her questions—There was nothing too subtle in her questions for him to grasp nor too deep for him to discern.

4. The queen's astonishment knew no bounds. And when she saw all that he had done and everything he possessed, there was no more spirit in her. She could no longer compare anything she had with what Solomon had. She came prepared to criticize; she was soon lost in admiration.

5. Happy are thy men, happy are these thy servants—Those who were in a menial position, as well as the immediate surrounding of Solomon, were blessed because they all could hear the words of his wisdom.

6. Blessed be Jehovah thy God—The Queen of Sheba did not look upon Jehovah as her God. She could think of him only as a tribal God, the God of Solomon and his people. But she is unstinted in her praise of this "heavenly" God. Compare the confession of Hiram (1 Kings 5. 7; 2 Chron. 2. 12) and Cyrus (Ezra 1. 3).

7. A hundred and twenty talents of gold—This gift has been variously estimated at between one million and a quarter and four million dollars of our money. King Hiram of Tyre gave Solomon an exactly similar amount: "sixscore talents of gold" (1 Kings 9. 14).

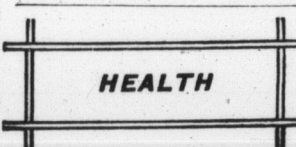
8. Solomon gave his visitor all she asked for and then added something on his own account. "He gave her this, not because she had desired it; not for her heart's seeking, but out of his heart's wishing to bestow." This was the "royal bounty," the added gift, "the best of all; that upon which she would think with greatest pleasure, and of which she would speak with the greatest pride" (Alexander McKenzie, The Open Door, page 39f.).

London Bridge has been burned down six times.



Italians Use Bulls to Charge Defences.

During the attack on the fortifications of Monte Corvado, the Italians employed savage bulls, which were rushed against the barbed wire with their horns lowered. This novel method of attack was completely successful, and the infantry, following up, carried the fort which was being attacked. The garrison, after a short resistance, threw down their arms.



HEALTH

Ulcers. An ulcer is a sore on the surface of the skin or on the membrane that lines the inside of the body. It spreads by the gradual death of the living tissue along its edges, and shows little or no disposition to heal naturally. As the tissue dies, a depression appears in the centre of the ulcer, with a slightly raised edge where the healthy tissue ends. The depressed centre or "floor" of an ulcer is covered with "granulations," which are little masses of cells at work making connective tissue. When the ulcer is getting well, and the granulations are not interfered with, the connective tissue gradually draws the edges of the ulcer together. When the healing process has started there will be a blue line to show how far the healing has gone.

Ulcers may be local or constitutional. Local ulcers are confined to one part of the body, although there may be several at a time, whereas ulcers that are of constitutional origin often appear in different parts of the body. In persons who, for some reason, are unable to set up a vigorous healing process, a local ulcer usually follows an abrasion of the skin. In some cases poor circulation causes an eczema, which, in its turn, leads to furious scratching; that breaks the surface of the skin and results in an ulcer that may take weeks and months to heal. That may be seen in various ulcers of the leg, and in the ulcer that follows a broken-down chilblain. When the surface of a healthy person's skin is broken it tends to heal quickly; when the healing does not take place, but a long-standing sluggish sore remains, a low degree of vitality is indicated. The low vitality may be the result of some disease or constitutional taint, such as tuberculosis, diabetes, or scrofula; or it may come simply from the weakness of old age, or from the debility that follows typhoid fever or grippa.

One of the most important things in the treatment of an old ulcer is to give it complete rest. An ulcer of the leg will never heal while the patient persists in walking about, but healing will usually begin at once if the patient stays in bed. Everything must be done to improve the general vitality so that the system shall have the proper material with which to carry on the work of healing. The physician in charge should direct the local antiseptic treatment. Youth's Companion.

To relieve inflamed eyes, bathe them in water that has been poured boiling hot on the pith of elder. A dash of lemon juice in water is an excellent tooth wash; it not only removes tartar, but it sweetens the breath.

Be sure never to pour medicine back into the bottle. Never fail to shake the bottle before taking a dose of the contents. If there be any sign of sediment, shake it more. A potato poultice is an excellent substitute for linseed. Boil the potatoes in a bag for this purpose, and when they are soft bruise them into a mass and apply them in the bag to the patient.

As a rule, one mile of railway takes 270 tons of rails.

The Reaching Toward God

No Life Can Be a Failure Which is Consecrated To Him.

Subject: "Making Life Worth While." St. Luke xii, 13-23.

There is no more miserable cry that ever escaped the lips of a discouraged man than this: "Life is not worth living!" It is a cry which shows that ignorance and laziness have gotten hold of the man and that he fails to realize his divine birth and his divine opportunity. It is a sad thing in this world when a man, through his own fault, has no communication with his father; but it is a sadder thing when a man has no communication with God, his Heavenly Father. No man can really know God and think that life is not worth living. Moreover, a man with energy and character desires to make his life count for something. He wishes to have it accomplish some lasting good and therefore he puts forth every effort and seizes every opportunity in order that his life may, as it were, fulfil itself. Such a man, however, unless he hears God call and knows himself to be God's servant, can hardly reach the highest and best. The inspiration of life comes from the knowledge, first, that I am God's child placed in the world to do a work for Him, and, second, that the opportunity afforded by the world around me calls forth my love and excites my zeal. There is not much difference between the man who works only for himself and the man who says that there is no work to be done, and that existence is a fraud. One may appear a little higher than the other in the measurement which is human, but in God's sight they both fail to realize the exact truth of living.

The Worth-While Life. The worth-while life, first of all, defines its boundaries. It cries intelligently, "I came from God, I go to God, I am here to serve God." If a man is a mystery to himself he can hardly bring other men to use life as they ought. If a man is ignorant concerning his origin, he cannot meet and solve the problems of life. But how simple life becomes, after all, when these three great declarations bound it! All the confusion and complexity weaken, as it were, before the majesty of this threefold divine truth concerning man. Again, the worth-while life seeks for certain graces in order that it may accomplish its work. It strives after unselfishness, generosity and kindness in dealing with men. It seeks to develop hopefulness, and cheerfulness, and courage in connection with its own actions. It has faith, and a vision, and endurance as regards God. All of these graces it seeks to put on and make a part of itself in order that it may do well the work committed to it. We must not fail to clothe ourselves with these necessary virtues, for without them we cannot live as we ought, nor can we accomplish that which is before us.

Once more, the worth-while life strives after high and splendid ideals. It does not neglect little things, but at the same time it bravely reaches after big things, that is, things which are of great moment. Faithfulness in the little duties of everyday life is fine, but it ought to lead normally

"A little gold amidst the gray,
That's sunshine;
A little brightness on the way,
That's sunshine;
A little glimpsing of the blue,
A little widening of the view,
A little heaven breaking through,
That's sunshine.

"A little smiling through the tears,
That's sunshine;
A little faith behind the fears,
That's sunshine;
A little pressure of the hand,
A little yielding of demand,
A little grace to understand,
That's sunshine.

Floyd W. Tomkins.

Gray's immortal "Elegy" took him seven years to write.

Four blast furnaces are now in operation at the Dominion steel plant at Sydney, N.S.

Mrs. Mary Jane Stephens of West St. John, N.B., has three sons and a son-in-law in the 26th Battalion, now in England.

FAMOUS BEAUTY WAS GERMAN SPY

GAVE ELABORATE DINNERS AT LONDON HOME.

Kept a Coffin With an Engraved Nameplate as a Mascot in an Upper Room.

Thousands who had never heard of Mme. Bertha Trost knew her quite well by sight. The curious relic of bygone days regularly drove in the park, dressed in figured silks worn over an ample crinoline, and a poke bonnet perched on bunches of white curls, which she wore on each side of her beautifully tinted cheeks.

Mme. Trost, with her early Victorian getup, was ostensibly a beauty specialist with an exceedingly aristocratic clientele, who patronized her "Beauty Shop" in the West End, and many of her clients even visited her at her beautiful house at Marlborough Gate, Hyde Park.

The "business" was in reality merely a blind. Mme. Trost was for over twenty years in the pay of the German Government, and utilized those wonderful parties at 4 Marlborough Gate for strictly "political" purposes. There she mingled freely with many people who were in a position to give information such as she needed and was skilled in extracting.

The "Lady of the Crinoline," as she was called, has been unmasked, and London will see no more of her Victorian gowns and poke bonnets. She has been deported as an undesirable alien.

Last December she moved to the house at Marlborough Gate, where she lived in considerable style, with a staff of seven servants, including a butler, whose dignity of mien was the envy of the neighborhood.

It was about this time that madame suddenly removed all external signs of her manuring operations from her "shop" and displayed an elaborate fascia indicating that she was "Bertha Trost, dealer in antiques."

House of Mystery. But the real centre of interest was the mysterious house at 4 Marlborough Gate. Here the beauty specialist installed furniture and hangings of a most elaborate kind. Everything was decorated in rich tones of pink, and the paying guests were conducted from room to room, sometimes by girl pages attired in rich robes of the Louis XVI. period, what time Mme. Trost was in her favorite pose as Marie Antoinette.

Some say that she actually claimed to be the reincarnation of the French Queen. Certainly nothing pleased her better than to parade her magnificent rooms and display to her guests, oftentimes a curiously diverse assembly, a gorgeous silk gown, an exact copy of that worn by the unhappy Queen.

Dressed in this striking fashion she would drive through the streets in a landau drawn by two Shetland ponies. Later she favored a pair of perfect grays.

But the finest touch of the bizarre about Madame Bertha was her "vault," as the irreverent servants called an upper room. This room was hung with sombre black curtains, and in the centre, mounted on a dais, was the most elaborate coffin that undertakers ever made. It was of polished rosewood, finely worked and fitted with massive silver mountings. On the name-plate was delicately engraved "Bertha Trost."

Her favorite entertainment was a reception "to view my mascot," as she termed the coffin, and she explained to the startled guests that she kept it near at hand to reconcile her to the idea of death.

Was Still Handsome. Speculation as to the origin of Mme. Trost was always rife, but she never gave details of her early years. Although fifty-five years of age, she still retained signs of the extreme beauty that was hers in youth. It was rumored that, for certain reasons, she was told some years ago by the Austrian authorities that London would be a more desirable home for her than Vienna.

She came into special prominence a few weeks since by driving wounded officers out in the parks, and the police then warned the hospitals and military against her. Mme. Trost filled her house night after night with dinner parties at which the guests were usually rich men and young and pretty girls. Nothing was lacking that could appeal to the voluptuary, and it was some of these orgies to which officers on leave from the front were sometimes invited. It was this which first attracted police attention.

You don't need bank references in order to borrow trouble.

Color blindness is more than twice as common in men as in women.

There are more ducks in China than in all the rest of the world.

Bamboo trees do not blossom until they attain their thirtieth year.

An Army baker has to be capable of making 400 lb. of bread daily.

When a Parsee dies a dog is brought in and made to look at the body.

An official song-book is issued by the Lords of the Admiralty for the use of bluejackets.

Lord Tenyson, Darwin, Gladstone, and Oliver Wendell Holmes were all born in the same year.



Washable Clothes the Tiny Tots will Need. 8691-8902.

Particularly in summer must the children have a copious supply of sturdy, cool, washable dresses. The two shown above, Ladies' Home Journal Patterns 8691 and 8902, are excellent examples of the variation in the waistline in children's clothes, the former having an Empire and the latter a French waist. Pattern 8691, a Girls' Empire Dress, is suitable for challis, lawn, batiste, or any soft material, with yoke and sleeves cut in one, a shield opening in front, a turn-down collar, three-quarter length sleeves with band and turn-back cuffs.

Pattern 8902, a Girls' Long-Waisted Dress, opens in front, has turn-down collar, full-length sleeves, with turn-back cuffs and a four-gored skirt with inverted box-plaits at each seam. The first is made in sizes 2, 4 and 6 years, requiring in size 4, 2 1/4 yards 27 inch, 1 3/4 yards 36 inch, or 1 1/2 yards 42 inch material, with 3/4 yards of 24 inch contrasting material. The latter is made in sizes 4 to 12, requiring in size 8, 4 yards 27 inch, 3 1/4 yards 36 inch, or 2 1/4 yards 42 inch material.

Patterns, 15 cents each, can be purchased at your local Ladies' Home Journal Pattern dealer, or from The Home Pattern Company, 183-A George Street, Toronto, Ontario.