

Hints for Busy Housekeepers.

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

TESTED RECIPES.

Coffee Moss.—Yolks of five eggs one cupful sugar, one-half cupful strong boiling coffee, one pint whipped cream. Beat the egg light, then add strained coffee and sugar, when perfectly cold add whipped cream. Mix well, pour in mold and pack on ice for four hours.

Perfect Sunshine Cake.—Use the one-half pint cup to measure with, the egg beater, and sifted cake to mix with and bake in a tin with tube in center and removable slides, and perfect cake will result. Measure everything level. Unless one can use both hands at the same time, which can be learned to do readily, two persons are required to mix this cake, one to beat yolks while the other is beating the whites, as the former must not be allowed to stand a moment after they have been sufficiently beaten. Herein lies the secret of perfect sunshine cake. Use the whites of seven large eggs and the yolks of only five, one and one-quarter cups fine granulated sugar sifted once, one cup ordinary wheat flour sifted ten times, one-half teaspoon cream tartar (level), and one teaspoon vanilla. Whip whites to a foam in a large cake bowl, add cream tartar, and whip till stiff. At the same time and with the left hand, if possible, whip yolks in a small bowl with a fork, then add them to the whites, then the sugar beaten in with egg beater, then vanilla, and last fold in the flour with the cake spoon. Adjust the slides in cake tin and pour in cake mixture. Bake in moderate oven from twenty to thirty minutes. Invert cake as soon as removed from oven and leave in tin until cold.

Cream Waffles.—One cup flour, three heaping tablespoons cornstarch, two cups sour cream, one scant teaspoon soda, one teaspoon salt, one egg. Beat egg, then add cream into which soda has been previously beaten, then the flour, previously sifted, with salt and cornstarch. Bake in hot waffle iron and eat with butter and maple syrup.

CAKE.

Favorite Cake.—This cake is a great favorite in any family, equals sponge cake in texture and is more economical. Sift one cupful of sugar, two teaspoonfuls of baking powder, one and one-half cupfuls of flour and one-half teaspoonful of salt into a bowl. Add one-half cupful of shortening and work into the fat ingredients as in making pie crust. Beat two eggs and add gradually with one cupful of milk. Make a stiff batter. Spread about one-half inch deep in buttered pans. Sprinkle top with granulated sugar. Bake one-half hour in moderate oven. If desired may be iced with chocolate or orange and nut icing. Makes a delicious cake.

Fudge Cake.—One-third cup butter, two cups sugar, one cup sweet milk, two and one-half cups sour cream, one-half cup cocoa, three eggs, whites and yolks beaten separately, two level teaspoons baking powder, pinch salt, vanilla to flavor, cream, sugar, and butter, then add well beaten yolks, sift flour, cocoa, baking powder, and salt together, milk and flour alternately, then add well beaten whites. Any good icing can be used.

Irish Cake.—One cup of butter, two cups of sugar (creamed), add yolks of four eggs, beaten. Tablespoonful of cloves, tablespoonful of cinnamon, one-half nutmeg, one-half cup chopped English walnuts, one-half cup chopped white seedless raisins, one-half cup sweet milk, one-half cup of granulated chocolate, one teaspoon of vanilla, one cup mashed potatoes seasoned as for table, two teaspoonfuls of baking powder sifted in two cups of flour, and whites of four eggs beaten and added alternately. Bake in layer and ice with caramel icing, or bake in loaf cake.

STARCHING.

Flour Starch.—Mix first with cold water the flour. Then pour on gradually boiling water and boil till clear. Strain through cloth. Add bluing. For table linen add few tablespoonfuls to rinse water. Clothes keep stiff longer and more satisfactorily than by using regular starch.

Starch Making Recipe.—Two tablespoonfuls of best lump starch, one tablespoonful of powdered borax, one cup of cold water. Stir until starch is dissolved. Two quarts of hot (not boiling) water; stir well while pouring water on the starch. Have the starch as hot as you can bear your hands in it. The clothes to be starched should be dried first. Dip in the starch and wring as dry as possible; wrap in clean damp cloths. They can be ironed at once or set aside over night if desired. When taking an iron from the fire dip it quickly into cold water, wipe off and see how smoothly it glides over the starched clothes. By this

process of starching and ironing wax and worry are banished from the home laundry. Wring napkins out of warm water and when ironing them iron on both sides, then fold. They will be like new. For scorched articles, even white silk ties, use clear water and a clean cloth; rub the starch carefully, and while still damp place in the sunshine. The scorch will entirely disappear. By placing an iron pan over the irons the latter will heat better and you will save the consumption of fuel.

LEFT OVERS.

Beef Loaf.—Take one pound of hamburger steak and one-half pound of pork ground. Season with salt, paprika, and onion to taste—make into a loaf and put in a baking pan over which pour a can of tomato soup, basting occasionally and adding a little water. It takes about an hour to bake loaf well. Just before serving add a little flour thickening to tomato sauce and serve. Garnish with parsley. Will serve six people.

Left Over Lamb.—Take the scraps of any leftover lamb, put through the chopper and add a ground green pepper; then put in pan, heat with butter. Heat a rich cream gravy, season with salt and paprika and serve hot on toast.

Take a piece of round steak an inch in thickness. Score well and dredge with flour, pepper, and a pinch of granulated sugar. Have a tablespoonful of lard smoking hot in a frying pan. Sear the steak well until done. Remove to a hot platter, dot with bits of butter, fine bread crumbs, tomato ketchup, and a sprinkling of salt. Add last a tablespoonful of good clear, fragrant coffee. Place steak in hot oven until crumbs are browned. Have ready some crisp parsley. When dish is removed from oven garnish with the parsley greens and serve at once. While steak is browning in oven put a tablespoon of flour in frying pan, stir until blended with fat. Add a cupful of rice milk, stirring fast until well blended. Let come to boil. Salt and pepper. Serve in gravy boat.

LITTLE HELPS.

To Keep Furs.—Every housewife knows what a great worry furs and woollen garments are during the summer months, when moths are so ready to destroy any within their reach. Take a five gallon crock and after sunning and brushing the furs place them in the crock, then cover with a heavy piece of wrapping paper which is glued fast to the crock, making it absolutely air tight and there are no cracks or crevices for moths to enter. This can be kept in a dry cellar all summer, or if you have no cellar or clothes press get a large tin lid to fit the crock and make a cover of cretonne and use for a corner seat in any room, and save all worry over moths for the summer.

Mothproof.—In packing away furs for the summer, and to avert danger from moth, air the furs on a cloudy day. Do not hang them out in the sunshine. If soiled, sprinkle with cornmeal and rub with a cloth the way the fur runs. Shake well, place them in large paper flour bags. Tie tightly and hang them in a closet or put them away in a chest and you will never, never be troubled with moths. No need to pack away with the odorous camphor, moth balls, or tar paper. Experience has proven that the above method is the only safe and satisfactory method of preserving one's furs.

When cooking wild ducks they are often found to taste "fishy." This may be taken away by skinning the ducks before they are cooked. If you would rather not skin them, boil them for fifteen minutes in soda water.

To clean white woollens and have them look white and also keep their shape add a teaspoonful of ammonia to every gallon of water that is used to wash them in.

White Kid Gloves.—Wash gloves with gasoline and ivory soap, using gasoline as you would water. Wash the same as you would a silk glove. Repeat this process three times, using clean gasoline each time, omitting the soap in the last process, then sprinkle with cornstarch and wrap in a towel for a half a day. They will turn out soft and white as new.

A MANICURE PARLOR.

The Blaine public school in Minneapolis, which was the first school to install a bathroom, now has a manicure parlor. By order of the board of education a corner of the bathroom has been partitioned off and here the pupils may repair to brush their hair and manicure their hands. The board employs an attendant to take charge of the baths and instruct the children in the art of manicuring and toilet-making.

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON,
MAY 7.

Lesson VI.—Uzziah, King of Judah, humbled; 2 Chron. 26. Golden Text: Prov. 16. 18.

Verse 1. The people . . . took Uzziah—We are led to infer that there was some dispute over the succession, inasmuch as the people were not ordinarily the determining factor in the selection of a king. As the new king was only sixteen years old, and his father Amaziah was fifty-four at a time of his assassination, it seems likely that there were other claimants, by the chronicler unmentioned. In the King's Uzziah is called Azariah. The two names in Hebrew are much alike, and mean, one, "Jehovah his helper," and the other, "Jehovah his strength."

2. Elath—A seaport in the extreme south of Edom. In the reign of Solomon it was an important naval station. Later on, in the time of Jehoram, Edom became independent, but the port once more passed into the hands of Judah in the reign of Amaziah, who, however, left it unfortified. Half a century later it passed over to the possession of the Syrians.

4. He did that which was right in the eyes of Jehovah—This is a generalization taken from the older account in Kings, and, when there is added, according to all that his father Amaziah had done, the statement seems incongruous, as Amaziah's degeneracy was pronounced. The verse must be taken as a sort of formula, and interpreted according to the judgment of the reader, in the light of all the facts.

5. Zechariah—A prophet otherwise unknown. There are no less than twenty-nine persons in the Old Testament with this name. The statement that he had understanding in the vision of God is also rendered, "gave instruction in the fear of God," either one of which indicates that he was a man rich in spiritual things and an able teacher.

6-15—The military and industrial prosperity of the reign of Uzziah. These verses, as well as the five which follow, are peculiar to the Chronicles.

6. The Philistines—They were Semitic immigrants into Palestine, whose origin is uncertain. The best estimate makes them out to have come into the lowlands of the Mediterranean from Crete or Cyprus. From earliest times they were in conflict with the children of Israel. Four times they oppressed Israel (compare Judges 3. 31; 10. 11; 13-16; 1 Sam. 7; 13). With the death of Saul, the Philistine power became supreme in Israel. But David threw off the yoke, and even reduced these ancient foes to vassalage. Then, with the disruption, the Philistines regained their independence, but they never regained their lost glory. There were five chief cities in Philistia, of which Gath and Ashdod were two. Jabneh, better known by its Greek name, Jamnia, lay twelve miles south of Joppa, four miles from the sea. After the fall of Jerusalem the Jewish rulers removed there, and it was for a while the center of worship for the Jews.

7. The Arabians—These "people of the desert," in the Chronicles, were the strong kingdom south and southeast of Judah. Gurbal has remained unidentified. The Meunim, or last people, were an Arabian people from Mount Seir.

8. The Ammonites—A specially cruel people dwelling on the east of the Jordan.

To the entrance of Egypt—Probably not more than 150 miles from Jerusalem.

9-10. Built towers—These were for the protection of the cattle, and husbandmen and vine-dressers. The cisterns were something more than wells. From early times artificial reservoirs were hewn out of the rock for the storage of water.

11. Went out to war by bands—This may refer to the custom of attacking an enemy by means of marauding expeditions, but more likely it describes the careful organization of the army.

12. The heads of fathers' houses—That is, the troops were assembled by families. The whole number, three hundred and seven thousand and five hundred, was about the same as that of his father's army (2 Chron. 25. 5), but smaller than the armies of Jehoshaphat and Asa. But this army was superior to Amaziah's, since Uzziah did not rashly depart from his own people to hire troops from Israel, as his father had done.

14. Shields—The enumeration of fighting implements used in the army of Uzziah is more detailed than that of any previous king. The invention of war engines marks an advance in military science. The chronicler speaks of them as "engines engineered by the ingenious" (15). By means of them the Hebrew soldiers were as well equipped as the Assyrians with their battering rams and catapults.

16-23—The tragic conclusion of Uzziah's reign. The book of Kings tells us simply that "Jehovah smote the king," but remains silent as to the sin thus punished. The chronicler, however, many years after, adds what he believes to have been the cause of this catastrophe; namely, the presumptuous exercise, on the part of Uzziah, of the sacred prerogative of the priests, of burning incense, and the anger with which the king withstood them.

16. His heart was lifted up—Of how many of the kings of Israel was it true that they could not stand up under the terrible temptations that came with prosperity!

To burn incense upon the altar—An especially sacred act, and belonging exclusively to the seed of Aaron (Exod. 30. 1-10). Anyone usurping these functions was liable to the penalty of death. The rest of the story speaks for itself. Azariah the priest is not mentioned in any other connection (17). The suddenness of the outbreak of the leprosy reminds us of the case of Gehazi.

21. A separate house—Like all lepers, the king was consigned to a place of absolute isolation, being deprived of royal functions and the privileges of the house of Jehovah.

22. Isaiah the prophet—His relation to the reign of Uzziah comes to view in the next lesson. This reference may be to some fuller record of the reign than the meager statement in the present Isaiah.

23. They buried him with his fathers—Not in the tombs of the kings lest these should suffer defilement from a leper's body, but in the adjoining field.

Jotham—He reigned as coregent during the fourteen years his father remained a leper, and then continued two years as sole king, pursuing the aggressive policy of Uzziah.

THE DOLL'S FESTIVAL.

Annual Holiday Dedicated to Them in Japan.

The familiar saying that "he who makes the people's songs has greater power than he makes their laws" may with justice be parodied by putting "dolls" in the place of "songs." In Japan there is an annual holiday dedicated to these miniature playfellows of the Japanese children. Of them, Miss C. F. Gordon-Cumming writes in her book of "Memories":

Fascinating as are even the commonest kinds of Japanese dolls, I was tantalized by accounts of the delightfully quaint doll army that holds sway throughout the land for one day in every year, namely, the third day of the third month. It is known as the Hina Matsuri, that is to say, "The Dolls' Festival." The dolls in question all represent historical or mythological characters—gods and demigods, mikados and shoguns, warlike heroes, empresses, and other ladies of note, minstrels, courtiers, priests. They vary in size from tiny things to about twelve inches in height, and are made of good wood or baked clay, but all alike are beautifully dressed in correct costume.

Two dolls are presented to every baby girl at the first festival after her birth, and as they are carefully treasured from year to year, and fresh dolls are occasionally added, the family doll-house requires to be capacious. When a girl marries she takes her original brace of dolls with her to her new home, as an early offering for her prospective family. The dolls are provided with miniature properties of all sorts, tiny but exquisitely lacquered tables, with complete dinner or tea-sets, all requisites for the toilet and for painting, and for making music.

Well-brought-up little Japanese maidens begin their festival by making formal offering of sweet-meats and rice wine to the dolls who personate the Mikado and the Kogo, and then devote the whole long, happy day to play with the delightful companions who at night will be hidden from them, not to be seen again for twelve long months. I have had the luck to be shown some of these precious dolls, but they are offered for sale only at the proper season.

WILL SAVE MANY LIVES.

Lungmotor Restores Many Apparent Deaths.

A wonderful contrivance which provides a method of preventing deaths of hundreds of persons annually overcome by inhaling gas, by drowning or electric shock has been brought from Germany by officials of the United States Bureau of Mines and made a part of the equipment of all of the government's mine rescue cars.

Where there is a spark of life left in the body this machine, which is known as a pulmotor, or lungmotor, will restore the victim by causing the natural movements of inhalation and exhalation, at the same time giving a carefully measured supply of oxygen to the lungs. Officials of the Bureau of Mines report that during the brief time the machine has been in use by the Government fifteen men have been restored who apparently were dead.

A New Anecdote About King George

One bank holiday some few years ago the King, Queen Mary and their little daughter Princess Mary, were motoring in the neighborhood of Windsor, when they came upon the scene of a strange accident. A party of holiday folk had hired a landau to enjoy a drive in the country, and all had gone well until within a short distance of Windsor Park. Then, by some mischance, the horse had caught one of its hind legs in the front of the carriage with such force that it seemed inextricable.

The occupants had scrambled out in terrified haste, fearful lest the poor animal's frantic efforts to free itself should capsize the vehicle. Its wild plunges were fruitless, and it fell to the ground exhausted, its feet still imprisoned. The driver and his fares exchanged exclamations of dismay, and eyed the smart motor car-bearing down upon them with cynical uncertainty as to the view its occupants would take of this predicament of commonplace bank holiday makers. With the courage of despair, however, the driver held up his hand as a signal of distress, apparently determined to believe that human hearts might be found even under the disguise of aristocratic motorists.

The car slowed down; its dignified owner stepping out. Approaching the disconsolate-looking driver with a cheery manner that promised much, he said, sympathetically: "You have a nasty accident, I see." "You're right, sir," responded the man, shaking his head dismally, but with a gleam of hope creeping into his eyes at the kindly tone. "It beats me to know how we are to right things."

The noble stranger cast a comprehensive glance over the scene—the prostrate horse—the damaged carriage—the disappointed pleasure seekers standing helplessly around. Then he spoke in a brisk, business-like tone that put courage into all.

"If you will just follow my directions," he said, "we will try and extricate this poor creature," and turning to his chaffeur he bade him bring the tools belonging to the car.

Off went the motorist's long coat, and with a sailor's ready wit and skill our Sailor Prince set to work, while his wife and little daughter left the car and joined the small crowd which had gathered to watch with them the results of his efforts.

The tools, however, were found inadequate to the task; something stronger was needed. What was to be done? The difficulty was met in a way which made the bystanders wonder who the stranger could be, for, calling a man, he directed him to go to the park lodge and there make known his requirements. Evidently he must be well known at the palace to venture on such a step as that.

The necessary tools were brought; the frightened horse was set free; but it lay panting and trembling, exhausted almost to death. In vain willing but ignorant hands sought to raise it; the poor creature was powerless to respond. At this fresh crisis the noble carpenter assumed a fresh role—that of veterinary surgeon. "Water!" he commanded promptly; and when it was brought it was from his compassionate hand the refreshing stream was poured upon the fainting animal's head, the result being that in a very short time it revived and was able to struggle to its feet.

Meanwhile the driver stood sadly contemplating the half-wrecked carriage, for the horse's hoof had been literally cut out of the woodwork. What sort of a reception could he expect from his employer at the livery stables?

Just then a Guardsman came in sight cycling along the road. He glanced with indifferent curiosity at the little crowd gathered around the scene of the late disaster, until his eye fell upon the motor car. Then his expression suddenly changed to one of vivid interest. Leaping from his machine he looked searchingly around and caught sight of the motorist just as he turned towards him. He saluted with a promptitude and reverence that made the bystanders stare in greater astonishment than ever. The Royal Guardsman received some command, and, saluting again with profound respect, remounted his bicycle and rode off in haste towards Windsor. His errand was not discovered till later. But the mystery of the motorist's identity was cleared up before the Guardsman was out of sight.

The stranger, having completed his self-imposed task, once more donned the long grey coat, and, going up to the coachman as he stood a little aloof, his amazement struggling with the thanks he found himself powerless to utter, the Prince held out his hand, saying with a genial smile: "Accept a little present from the

Prince and Princess of Wales."

Then, before the recipient could finally recover from his bewilderment, the Prince had stepped into his car, where his wife and daughter were already seated, and had glided off. The bystanders, however, had taken in the situation, and they cheered wildly, again and again, congratulating themselves on their good fortune which had made this bank holiday a red letter day to them for the rest of their lives.

But more good fortune was in store for the coachman, for when he arrived at the livery stables, he was surprised to find his master on the look-out for him; but supposing that already his mishap had become known through wayside tattlers, he approached with a dismal apprehension of impending catastrophe, which even the remembrance of a Prince's kindness and generosity could not dissipate. For it, as seemed certain, he should receive his dismissal, even the Prince's gift would not go far towards alleviating the consequences.

It was at this moment that he discovered what had been the errand on which the Prince had sent the Royal Guardsman. Incidentally, also, he discovered something of the depths of that kindly heart. Not content with rendering "first aid" to man and beast on the spot, the Prince had bethought him of the coachman's future. With the foresight of a naval commander he had sent word to his employer that he had been in no way to blame for the unfortunate accident, and that his character as a driver was not thereby impugned.

This certificate from the Prince of Wales naturally reversed his position in the eyes of his master, and no doubt he was regarded in the light of a hero. The injury to the carriage, too, was overlooked in the happy realization that the life of the four-legged hero had been saved, and that by royal skill and kindness.

It was fitting that this charming story of our present gracious king should be revised at this juncture for it assures us that the lustre of the Imperial Crown, which has since descended to him, will remain undiminished, since he has proved himself so staunch an upholder of the noble traditions of his house, that "Mercy becomes the throned monarch better than his crown."—Cactus, in the Ladies' Field.

RADIUM CLUE TO CANCER.

Secret May Be Unearthed By London Physicians.

While it is not yet possible to say that a cure for cancer has been found, some very tangible results have been obtained from the experimental work of which the Middlesex (England) Hospital is the chief London centre. Here cancer research is chiefly concerned with the remarkable fact that human tissues contain varying quantities of radium-like substances and that there appears to be some connection between the presence of these and the origin of cancer. It is well known that radium and its congeners give off X-rays, and these rays, under certain circumstances, are known to lead to the production of cancer. Hence, it has been suggested at the Middlesex, according to the medical correspondent of a London paper, that the secret of cancer is probably to be found in the occasional overcharge of certain tissues with radium-like matter, for under such circumstances surrounding parts would be subjected to the continuous action of tiny doses of X-rays, which, although minute, might in the course of time, be able to exert their cancer-producing effect. It will be remembered that it is only when human tissues are exposed for a very long time—say, for many hours a day and months at a time—that they are able to bring about such a result.

Up to the present time a number of important facts have been discovered which appeared to confirm this view, and it is not improbable that this remarkable and lengthy investigation will eventually throw light on many of the obscure problems which surround the cancer question. Although no starting or sensational deductions have yet been made in the laboratories, a vast number of facts are being steadily accumulated in regard to this connection between radium and cancer, which, no doubt, will some day be made to fit into their proper place in a new theory of the cause of the disease.

One important advance that has lately been made at the Middlesex is the discovery of certain tiny granules in normal tissue-cells, which are not found in cancer-cells, and it is hoped that this discovery may ultimately lead to a valuable method of settling the question as to whether any growth of doubtful appearance is cancerous or not.