

About the House

Useful Hints and General Information for the Busy Housewife

Simple Facts About Cocoa.

Cocoa which is really a corruption of the word "cacao," has become a permanent food supply. Not every one knows that the cocoa of powdery familiar form is a residue from the manufacture of chocolate. Both cocoa and chocolate are taken from the bean or seed found in a pod in a most odd-shaped gourd-like pod which grows on the bark and trunk of the cocoa tree. These huge pods are cut from the bark and the bean taken out. The beans are then treated to various processes of sweating and drying and roasting, and a final process of grinding. This ground material is full of oil. When this ground material is allowed to solidify at a proper temperature it forms the bitter chocolate of commerce which we generally use for icings and candy.

But in making cocoa a great deal of the oil is separated from the ground portion, and we thus have a dry substance or powder which we call cocoa. Thus cocoa is far less rich in fat than chocolate, although it has the familiar chocolate flavor. It contains a property similar to the stimulating theobromine of tea and coffee, but its nutritive value is very high—an average bean containing 49 per cent. of oil, 18 per cent. of protein, 10 per cent. of starch and other carbohydrates.

In Various Forms.

In 1910 more than 115,000,000 pounds of cocoa beans were used in the United States. Besides the familiar powdered cocoa, there is the so-called "cocoa nibs," which is merely the cracked cocoa bean. This is often recommended, especially for children because it gives them the natural

lemon juice, and then add one egg white beaten stiff.

Fig Pudding—Run three ounces of beef suet and one-half pound figs separately three times through meat chopper and work thoroughly with the hands afterward. Have ready two and one-third cups stale bread crumbs which have been soaked in one-half cup with milk thirty minutes, two well-beaten eggs, one cup sugar and three-fourths teaspoon salt. Combine mixture. Butter individual molds, garnish bottom of each with four strips of figs radiating from center. Fill molds two-thirds full, place on trivet in kettle containing boiling water and let steam one and one-half hours. Water should reach two-thirds of way up side of molds. If steamed in one large mold time required is three hours.

Fig Paste—Chop 1 pound figs coarsely and reduce to a pulp by boiling in 1 pint of water. When soft pass the whole through a fine sieve; add to it 3 pounds powdered sugar; mix well and evaporate the whole over boiling water until the paste becomes quite stiff. While evaporating process is going on make a mold that will hold it by removing the nails from the sides of a wooden box, tying the parts minus the bottom together with string. Stand this on the marble slab or dish and pour the warm fig mass into it, letting it remain until cold; then remove the strings and open the frame, leaving the paste in square mass. Now with a sharp knife, cut the mass into squares and roll them in powdered sugar.

The end of the rib roast can be sawed off and corned. If boiled with cabbage it will make a good lunch dish.

To insure the creamy sauce being smooth, always rub the butter and flour together until smooth and add to the hot milk.

When a window is difficult to raise, pour melted lard between the frame and the casing and put a little also on the cord.

Do not allow moths to breed in your house. It can be prevented by eliminating the garments that have had them in and by keeping a watchful eye on all closets and chests.

Don'ts For Parents.

Don't always be saying "Don't!" It is better to take a little more trouble to prevent trouble than always to be devising pains and penalties.

Don't forget that your child must always be doing something.

Don't fail to find new outlets for their super-abundant energy.

Don't let them grow up thinking that they can't do wrong.

Don't make a habit of distrusting your boys. Distrust is often the cause of deceit.

Don't forget the potent power of suggestion. Keep on telling the child he is bad or wicked, and he will become so.

Don't treat all children alike. Don't forget that each child has an individuality, each one keyed up to a certain pitch.

When a child exhibits an irritating trait, just pause and reflect about the law of heredity before chastising him. Don't forget the bairn's origin.

Don't forget a child needs persuasion; an ounce of encouragement is worth a ton of birch-sticks.

HAS ANTI-ZEPPELIN BULLET

Englishman's Device Breaks Into Sparks When Fired

After many months experimenting, J. A. Sambrook of Ellesmere Port has invented a bullet which travels at a tremendous velocity; it emits a trail of sparks, which, he asserts, will pass through a Zeppelin like a comet through space and instantly blow it up.

The invention consists of an ordinary sized bullet charged with a special preparation which ignites with its passage through the air.

The bullet can be fired from an ordinary rifle, and is easily adaptable to aircraft and machine guns.

Hottest Place on Earth

Muscat, the capital of Oman, on the Persian Gulf is called the "hottest place on earth" by a writer in an ancient capital the thermometer registered 125 degrees Fahrenheit. To escape the midday heat the inhabitants resort to underground shelters called "serdabs," sunken windows of which are stuffed with brush that is sprinkled with water so as to establish a current of cool air. As for the centre of the date trade, Muscat is in frequent communication with America.

THE SUNDAY LESSON

INTERNATIONAL LESSON,
MARCH 12.

Heroes and Martyrs of Faith—Heb. 11. 1 to 12. 2. Golden Text: Heb. 12. 1, 2.

Verse 1. Assurance—Of various renderings of this somewhat doubtful word—which occurs in Heb. 1. 3 as "substance"—the best seems to be suggested by a legal use found in papiri. The docket of papers in a public office, bearing on the possession of land, was called by this word, which answered etymologically to the Latin substantia: the papers "substantiated" a claim. Faith accordingly is the "title-deeds" of our promised possession. Throughout this chapter we find it describing the spiritual faculty which enables its possessor to treat the unseen and still future good as a present reality, when guaranteed by God's promise. This is quite distinct from Paul's use of "faith" as trust, or James's as creed. Conviction—"Test" (margin). The Greek is *elenchos*, which became a technical term for the method of Socrates, who exposed sham knowledge of cross-examination. Faith is accordingly the faculty which can sift things unseen, and select those which are real. The chapter is to show how the men and women of the canonized past—immensely different in character and spiritual achievement—exhibited this faculty in living promises truly verified acting upon the world.

2, 3. Author and perfecter—For the faith is "begun, continued, and ended" in him whose earthly life was the supreme example of it, and his living Spirit the one power that can produce it in us. Hence the human name Jesus, for we are to realize the Unseen as he did in the days of his flesh. The lesson of Calvary here is that the joy of our Lord, in the present reality of redeemed humanity, a new heaven, and a new earth, empowered him to endure the most appalling torture man's fiendishness ever devised, and to treat as nothing the scorn and contempt with which men regarded the sufferer. Every example of faith recounted in the last chapter is only a broken light of him. Note that the supreme agony of the cross was the "gainsaying of sinners against themselves" so margin, beyond all question the right reading—the knowledge that men for whom he died would not let him same them. So if he despised shame it was not through proud indifference to men's thoughts of him. It was for their sakes that he cared, not for his own.

word recurs in Heb. 11. 25.

38. No worthy—For the subconsciousness of worthiness which prompts to be cruellest to men and above its own standard.

39. Witness borne—The verse 2, repeated at the end of the chapter, is now proved. —For the best is always only imperfect religion in the golden age in the past.

40. The thought—The word is attached closely to the keyword of the last chapter, great names there have received from inspiration that they may stand on the roll of examples to mankind. In their turn they witness of the power of that faculty by which they did their deeds. Lay aside—The figure of the footrace in this verse is a link with Paul, whose perpetual use of it is characteristic of his lively sympathy with everything that was healthy in other people. The weight is hardly superfluous fat, of which a modern athlete would think; it is rather clothing, which a Greek gymnast (as the word itself implies) put away altogether. The sin is similarly pictured as a graceful robe which "closely clings to us" (margin). Patience—Rather, endurance, which should be substituted everywhere except in places like James 5. 7, 8, where a word describing "long-mindedness" occurs. It is important to keep the close connection with endured in verse 2.

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BURDEN OF THE WAR.

Britain Can Finance a Debt of Twenty-five Billion Dollars.

Even if Britain should end the war with a debt of £5,000,000,000 (approximately \$25,000,000,000) the burden would not be crushing according to Lord Inchcape, the English financier and statesman.

Such a load, said his lordship at a National Provincial Bank of England stockholders' meeting over which he presided recently, would mean an annual charge of only \$300,000,000 (about \$1,500,000,000) reckoning 5 per cent. interest with a 1 per cent. sinking fund.

To this his lordship added an estimated £100,000,000 (\$500,000,000) annually in pensions. Before the war, he remarked the country's annual expenditures were £200,000,000 (\$1,000,000,000) making the total:

Interest and sinking fund	£300,000,000
Estimated pensions	100,000,000
Fixed charges on pre-war basis	200,000,000
	£600,000,000

Present English taxation, continued Lord Inchcape, is bringing in nearly £400,000,000 (\$2,000,000,000) annually. He explained that this would mean another £200,000,000 (1,000,000,000) would have to be provided every year and expressed the opinion that this could be done either by "additional taxes or by a reduction in extravagant expenditures not only private but public."

His Lordship appeared to think a \$25,000,000,000 debt a possibility but about the maximum.

Tired of It.

The men about whom London Answers tells the following story were the roughest, rawest lot of recruits the sergeant had ever had to tackle. He worked hard at them for three hours, and at last thought they were getting into some sort of shape. He decided to test them.

"Right turn!" he barked. Then before they had got fairly under way he gave the order: "Left turn!" One burly yokel slowly left the ranks and mad off toward the barracks room.

"Here, you!" yelled the sergeant angrily. "Where are you off to?" "Ah've had enough," replied the recruit in disgusted tones. "Tha doesn't know tha own mind for two minutes more!"

"What a distinguished-looking man your father is. His white hair gives off a glow like a aristocratic look." The Dissipated Son—"Yes, and he thank me for it."

The Fashions

FUR STILL IN EVIDENCE.

For taffeta and the printed silks which are now so high in Fashion's favor, for the crisp organdies and daintily figured voiles and crepes, there is no more practical or effective trimming than cording, smocking or shirring.

Many of our dance frocks for summer will be of organdy or net; an unusually pretty imported frock of net, shown recently in one of our exclusive shops, made with an extremely full skirt, gathered at the waist, equally wide top and bottom; the skirt was hung over a crinoline hip stiffening, and the entire dress was trimmed effectively with quaint, pleated ruffles. Another effective summer evening gown displayed at the same time was of white Georgette crepe beaded with opaque white beads. The bodice was cut in bolero effect, and the skirt was a charming contrast to the full skirt of the net dress, being pleated to fall straight and narrow-looking from waist to ankles. A narrow beaded girdle encircled the waist and caught up a straight panel in the back, to carry out the bolero effect.

Fur Trimmed Costumes.

The velvet suit, combined with faille or broadcloth, is a general favorite, and fur is still its trimming. The notion of combining cloth and silk or velvet is a practical and effective one; often, as in our illustration, the lower section of skirt is of broadcloth. This

show a bit of wear near the end of the season, and such an addition will freshen it and make it serve the season out.

The second suit illustrated is fashioned of dark blue gabardine. It is a simple, youthful model which could easily be made at home. The high collar with turned-back revers, which may also be closed if preferred, is a new touch which is becoming and smart.

One of the most effective suits is of dark blue velvet, with a knee-deep flounce, and chin collar, and muff cuffs of moleskin. A broadcloth or faille costume with flounce, cuffs and collar



Serge Suit With Novel Collar.

of velvet would also be effective and much less expensive. These patterns may be obtained from your local McCall Dealer or from The McCall Company, Dept. W., 70 Bond St., Toronto, Ont.

Any coward can get married, but it may take a hero to stay married.

Trouble never disappoints the chap who is looking for it.

Some people know a lot, most of which isn't so.

And sometimes love's young dream dies of old age.

Money may present power, but the less money a man has the quicker will the doctor cure him.

The fear of failure keeps more people from trying than the difficulty of winning.



The New

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