

About the Household

Selected Recipes.

Savory Roly-Poly Pudding.—Make a plain suet crust with three-quarters of a pound of flour and a quarter of a pound of suet, finely minced; roll it out rather thin and cover it, first with a layer of finely sliced or minced raw potato, on this put a layer of finely chopped meat of any kind, with a very small quantity of minced onion and a seasoning of salt and pepper. Wet the edge all round, roll up, tie in a scalded and floured cloth, and boil for two hours.

Yorkshire Tart.—Line bottom of deep baking dish with pastry, and spread on it one layer of preserved peaches or peach jam, mixed with a little preserved ginger cut into small pieces. Weigh two eggs, take their weight in sugar, in butter and in flour, cream butter and sugar, add the eggs, whipped light, and put in flour, mixed with one-half teaspoon baking powder. Pour this mixture over preserves in dish, and bake good brown. A few minutes before taking turn from oven rub top of paste with butter or with raw egg.

Butter Balls.—Select young fresh green peas, and, after podding them, put to boil in the usual way. Sift into a bowl a cup of flour, a pinch of salt and a pinch of baking powder; rub into this one tablespoonful of butter, mix with cold water as for dumplings, break the dough into bits and rub into tiny balls between well-floured hands. Flour the balls again lightly, and when the peas are tender and still boiling drop the butter balls among them. Boil a few minutes, cover and serve.

Fish Balls.—Take half a pound of cooked fish, free it from skin and bones, and then chop fine. Have six potatoes nicely boiled and mashed, mix the fish with these, add a little melted butter, some beaten egg, a teaspoonful of anchovy sauce and a teaspoonful of finely chopped parsley, with pepper and salt to season. The mixture should be of a workable consistency, and it is then made into balls with floured hands, brushed with egg, and tossed in fine breadcrumbs. The balls are then fried in deep smoking fat until of a pretty golden color, and when drained served hot and piled on a hot ash on which a doily has been placed.

To Prepare Cauliflower.—Prepare cauliflower as for boiled cauliflower and steam until soft. Separate in pieces and pour over the following sauce. Mix one and one-half teaspoonful of mustard, one and one-quarter teaspoonful salt, one teaspoonful of powdered sugar, one one-quarter teaspoonful of paprika. Add yolks of three eggs lightly beaten, one-fourth cupful olive oil and one-half cupful vinegar. Cook over hot water until mixture thickens. Remove from fire and add two tablespoonfuls butter cooked with one teaspoonful finely-chopped parsley.

Old-fashioned Ginger Bread.—Sift one teaspoonful of baking powder and half a teaspoonful of salt twice, with two cupfuls of flour. Stir to a cream, half a cupful of butter, the same of sugar and the same of molasses. Warm the mixture slightly and beat light before adding a well-whipped egg, a half teaspoonful of ginger. Dissolve half a teaspoonful of baking soda in a tablespoonful of hot water; stir this into half a cupful of sweet milk; lastly, stir in the flour, beat hard for one minute, and bake in two shallow pans, well buttered or in pate pans.

Banana Cream Pie.—Two cups milk, three eggs, three-fourths cup granulated sugar, one-fourth cup cornstarch, one-fourth teaspoon salt vanilla, two bananas, three tablespoons powdered sugar and pastry. Scald milk and stir into sugar, cornstarch and salt well mixed. When smooth and thick cool a little and stir in one whole egg and two egg yolks beaten together slightly. Flavor with one-half teaspoon vanilla and pour into plate lined with pastry. Oven should be hot at first, then moderated to prevent boiling. When pie is done slice peeled bananas (after carefully removing bitter threads) over top, cover with meringue of egg whites, powdered sugar and one-fourth teaspoon of vanilla and bake ten minutes in slow oven.

What Salt Will Do.

Salt will revive a dying fire. Salt will remove stains on marble. Salt—coarse—is a good cleanser of floors. Salt in water or other fluid retards the boiling. Salt mixed with soda is a remedy for bee stings. Salt and water makes an excellent throat gargle. Salt and hot water will thaw a frozen drain-pipe. Salt will remove tea stains from delicate china cups. Salt spread in black beetle haunts will kill the pests. Salt added to snow makes the mixture much colder. Salt and water, warm, will stop chilblains from itching. Salt thrown on a fire will extinguish a burning chimney. Salt and lukewarm water is an excellent lotion for styes. Salt and warm water is an emetic in cases of poisoning. Salt mixed in cold water will remove bloodstains from linen.

Salt sprinkled on a range will absorb all grease splutterings. Salt, warmed, and rubbed on a soiled light coat, will clean it.

Salt added to the rinsing water prevents clothes from freezing. Salt placed under baking linen in an oven prevents their burning.

Salt stops neuralgia if sniffed into the nostril on the affected side. Salt will quickly clean a discolored bath or enameled utensils.

Salt—a lump of—placed in the sink will keep the drain wholesome. Salt placed first in the frying-pan prevents grease from spluttering.

Salt and water rubbed into the scalp is good for falling hair after illness. Salt and water removes the lime in new curtains, and makes washing easier.

Salt and water cleans all crockery more easily and better than plain water.

Salt—a tiny pinch—added to the whites of eggs makes them froth more quickly.

Salt, thrown on the fire once a day, prevents the accumulation of soot in the flues.

Salt—a teaspoonful to a pint of warm water—rubbed into weak ankles strengthens them.

Salt and water will prevent the red borders in towels, etc., from running if the towels are steeped in it for twenty-four hours.

Salt added to potatoes when nearly done ensures flousiness and prevents them going to pieces.

Salt sprinkled over carpets before sweeping preserves the colors and keeps away moths.

Salt rubbed on to an inkstain on a deal table, after the spot is damped, removes the mark.

Salt thrown on fallen soot prevents the carpet marking, and enables the soot to be swept up cleanly.

Salt sniffed into the nose in the early morning, and the mouth then washed out with warm water, cures catarrh.

MORE WHEAT IN BRITAIN.

Increased Production Urged by Lord Milner's Committee.

Following the report prepared by Lord Milner's Committee on the Home Production of Food a strong campaign is being waged for the further development of wheat cultivation in the British Isles. Lord Milner's committee was appointed on the assumption that the war may last beyond the harvest of 1916.

Experts have established the fact that Great Britain produces in an entire year sufficient wheat to feed its people for about ten weeks of the fifty-two. It is pointed out that price is the ruling feature in determining the wheat area, or in other words the extent of land devoted to cultivation. The main recommendation advanced by the committee is that farmers should be assured that they would receive a minimum price for the crop during the next four years. The price suggested was 45 shillings a quarter for wheat, but the Government has already announced that it will refuse to incur such a liability.

The committee concludes that the only method of effecting a substantial increase in the gross production of food in England and Wales for the harvest of 1916 and later consists in restoring to arable cultivation some of the poorer grass land laid down since the '70s. This increase of the arable area with proper farming would add to the wheat crop without diminishing the capacity to maintain existing live stock and the output of meat and milk.

A VERY SINGULAR METAL.

More Marvellous and Mysterious Than Radium.

In Central Russian Asia, and precisely in the territory of Ferghana, a local explorer has discovered a new metal even more marvellous and more mysterious than radium. The scientist, put his hand by chance on a soft, heavy, of a considerable weight, of opaque color. This, being absolutely unknown, readily absorbed his attention. The new metal was carried to the Moscow chemical laboratory, and subjected to minutely careful experiments, which afforded surprising results. In the presence of an acid it developed so intense a cold as immediately to reduce to powder, without gas emanations and without explosions, the receivers of glass, iron, and particularly thick granite, into which it was successively introduced. Treated with alkaline matter the substance, which has not a name yet, and which remained refractory to all the analytical processes, lost one-fifth of its weight. A sufficiency of it has now been collected for the purpose of systematic observations, which will have to be conducted with very great care, and will reveal, it is hoped, the true importance of the discovery, which the Russian scientists incline to regard as superior to that of radium itself. Meanwhile the surprising fact is the loss of weight undergone by all objects placed in contact with the new metal.

Madge—"You shouldn't say he's a confirmed bachelor unless you know." Marjorie—"But I do know; I confirmed him."

THE ALLIED ARMIES ARE WELL FED

THE PRINCIPAL FOODS ARE MEAT AND BREAD.

British Forces are the Best Fed Ever Placed in the Field.

No branch of the non-combatant services of the British army has won greater praise from soldiers at the front or more admiration from the public at home than has the Army Service Corps. It is only owing to the untiring efforts of this little army of provision merchants that the British forces have gained their reputation as the best-fed army that has ever been placed in the field.

The knowledge of this splendid provisioning of the army has unconsciously given rise to the theory that the soldiers of the other Allies are comparatively more or less insufficiently supplied with ammunition for the inner man.

These impressions, however, are entirely erroneous, and a comparison between the official rations allowed to the soldiers of the allied nations will prove that the Frenchmen and the Russians are, like the British soldier, among the best-fed fighters in history.

In each of the allied armies—British, French, Russian and Belgian—the principal foods are meat and bread. A glance at the following figures, which indicate the daily allowance of meat and bread to every man of the four armies, will show that the fare of the others compares very favorably with that of the British:

	Meat, lbs.	Bread, lbs.
British	1 1/4	1 1/4
French	1	1 1/4
Russian	0 1/2	2 1/2
Belgian	0 3/4	1 1/2

How Russians are Fed.

The Briton, it will thus be seen, actually receives less bread than any of his comrades; but, on the other hand, his allowance of meat is considerably larger.

In examining the soldiers' menus more closely, that of the Russian may be taken first, since it is the least known. In every case the allowances have been translated into English terms in order to make a comparison easier.

The Russian breakfasts later than any of the allied soldiers. He does not receive his first ration until just before 8 o'clock. These are:

Half an ounce of Tehai (tea), Three ounces of sugar, Three fnt (2 1/2 lbs.) Cherni Chieb (black bread).

The tea and sugar have to last all day. The bread is usually served out on alternate days, six fnt, (a little less than six pounds) each time.

For dinner, which generally takes place just before noon, each group of ten soldiers receives a large dish of "Borsht." This contains cabbage and potatoes mixed in various gravies. The ten men sit around the dish, each with a big wooden spoon, and all help themselves at once.

After this comes the national dish "Kasha," a kind of porridge. This the men eat in the same fashion as "Borsht." "Kasha" is very cheap in Russia, and soldiers can have as much as they want. When this has been disposed of the meal finishes with an allowance of half a pound of meat per man. The meat is cooked with the "Borsht."

The third and last Russian meal is served about 6.30 in the evening and consists of more "Borsht," together with a quarter of a pound of meat.

It often happens that the Russian soldier receives more bread than he needs, and the surplus he is allowed to sell in order to increase his meagre pay, which, it may be interesting to add, amounts to 50 kopeks, about a shilling, a month.

The Belgian Soldier is allowed nearly 1 1/4 pounds of bread

per day. This is known as "pain gris," a mixture of white and black bread. His meals are:

Breakfast, 6.30 a.m.—Bread; coffee, containing milk and sugar. As a general rule butter has not been served, though it is expected to be added to the rations in future.

Dinner, 12 noon.—About 2 pints of soup, to which plenty of salt is added; 1/4 of a pound of meat, which is boiled with the soup and afterward taken out and served separately; 2 1/2 pounds of mashed potatoes, in which bacon and vegetables are mixed; sometimes pudding.

Supper, 6 p.m.—Two pounds of mashed potatoes, with other vegetables, and bacon, which is added to make the vegetables a little fat.

This mixture of vegetables and bacon forms the principal food of the Belgians. Frequently the soldier, after his morning coffee, gets no other beverage but water. Upon going into the trenches he is usually given a ration of condensed meat, equal in proportion to the daily ration.

The daily allowance of the French soldier is somewhat similar to that of the Belgian.

THE SUNDAY LESSON

INTERNATIONAL LESSON, OCTOBER 31.

Lesson V.—The Boy Joash Crowned King, 2 Kings 11. 1-20. Golden Text: Prov. 14. 11.

I. Jehoiada, the Priest, Pledges the Soldiers to Fealty (Verses 4-8).

Verse 4. Fetched the captains over hundreds.—The usual sub-division (see Deut. 1. 15; Exod. 18. 21, 25; and especially 1 Sam. 8. 12; 22. 7; 2 Sam. 18. 1).

Of the Carites and of the guard.—This word is used only here and in verse 19 and in 2 Sam. 20. 23. In 2 Sam. the reading is "Cherethites." The marginal reading here is "executioners." The Carites were a particular sort of military bodyguard.

5. He commanded them.—Jehoiada wanted, first, to protect the young prince's life and, secondly, to guard the palace. Athaliah would have attempted to take the life of Joash had she known he was alive; and the troops of Athaliah might attack the king's party. Hence the particularity of the priest's orders.

6. At the gate Sur.—The gate of the foundation (see 2 Chron. 23. 5). At the gate behind the guard.—The guard here means the swift runners who were kept very near the royal palace. If they were favorable to Athaliah, in this case, it was very necessary to have a special company of men at hand to keep them in check.

8. He that cometh within the ranks.—See 2 Chron. 23. 7.

II. Joash is Crowned King (Verses 9-12).

9. Did according to all that Jehoiada the priest commanded.—Jehoiada was "the prime mover," and so carefully had he prepared the movements that both the priestly and military guards carried the plan into successful execution without any confusion.

10. The spears and shields that had been king David's.—Those David took in war from his enemies. This was the custom of using captured war implements (see 1 Sam. 21. 9; 2 Sam. 8. 7).

12. The king's son.—He was so designated to indicate that he was the rightful heir.

Gave him the testimony.—A part of the law of Moses (see Exod. 16. 34; 25. 16, 21). This was in token of his authority (see Deut. 17. 18, 19).

Clapped their hands.—See Psa. 47. 1; 98. 8.

Pat's Joke on the Bank.

"Sure, O'll write me name on the back of your note, guaranteein' ye'll pay ut," said Pat, smiling as he endorsed Billup's note, "but Oi know we won't pay ut. We'll have a laugh at th' expense of the bank."

Thrilling Game of Life

Difficulties Needed to Teach Skill and Patience, Dangers to Elicit Courage.

"So run, that ye may obtain."—I. Cor., ix., 24.

Paul, like his Master, was a man of the people. He mingled with them, saw their activities, their amusements and their temptations. Here he is present at their Olympian games and notes their enthusiasm, their arduous efforts to win and the joy and honor of the victor as he gains the prize.

And in this scene Paul finds a symbol of the far more thrilling game of life. Now, they do it to obtain a corruptible crown, but we an incorruptible. It is a game that has been played for untold ages, every man and woman of us being one of the two players in a game of his or her own. The chessboard is the world, the pieces are the conditions of our time and the rules of the game are the laws of nature.

The forces on our side are our higher self, conscience, a noble ambition and faith in God. Those against us are our lower physical self, the love of riches and pleasure, the world temptation in winsome guise, and doubt of the good.

The True and Eternal.

The stakes for which we are playing are a worthy manhood or womanhood, usefulness, the respect of our fellow men, the approval of God and eternal life. Or, losing, our career will be one of weakness, failure and miscarriage of this life and of that which is to come.

Let no one protest on account of this hazardous game. For it but gives zest to life, and shows the Creator's wise design. This world is fuller of great souls, history shines with more

heroic records and civilization is on a far higher plane because men and women have had to play this game at their peril, have had to stand up against floods, to be purified through fire. By this means is our world a theatre of moral heroism and does the brightest splendor of humanity shine from sacrifice and the cross.

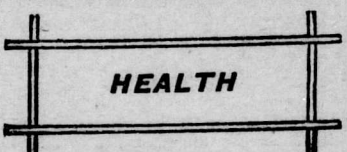
How shall each one play this crucial game so as not to lose? He must be truly master of himself. He must be the real pilot of his soul. He must have all his powers well in hand. The fiery steeds of passion must be guided by the cool reins of judgment.

No Failure Must Dishearten.

The will must be strong and free. There is a force, a principle, a personality of evil against us, tempting us to false moves and fatal steps. But a greater, beneficent power is on our side. God is for us. And He gives us the means of victory. Yes, God is with us by His Spirit, by His Son, by His holy angels, by His word, His church and grace.

Says the great dramatist:—"All the world's a stage, and all the men and women merely players." Against many the odds are greater, the fight harder. But with not one is it left to accident or chance. But doing his or her best and looking to our God and Father, every player in this eventful game can win. There is no man, woman or youth but by piety, virtue, industry and unselfishness can make life a victory, success, joy and blessing. And to such God will give not a fading but an incorruptible crown.

Reader, whoever you are, how are you playing this mighty game?—Rev. J. B. Remensnyder, D.D., L.L.D.



The Mouth in Ill Health.

One of the first things a doctor does when he is called to a patient is to look into his mouth. That is because it is the quickest and easiest way to examine an internal cavity of the body and observe the signs of health or disease there displayed. The mouth is lined with mucous membrane which is quickly affected by many disorders; and the tongue, which is simply a mass of muscle wrapped up in mucous membrane, is a veritable horizontal guide post.

Since it is a muscle, its general size and shape and its susceptibility to proper control, inform the physician of the muscular condition of the patient; and the state of the mucous membrane that covers it indicates the general systemic condition. A person who suffers from fever of any degree will generally show a "furred" tongue. The word graphically describes the condition, and it is not necessary to be a physician in order to recognize it.

In a long-continued fever like typhoid, the fur accumulates until the tongue is covered with a thick, brown mass that shades off to a lighter tint at the edges. In scarlet fever the tongue is often covered with a white fur dotted with little red points. That is called the "strawberry" tongue.

When the stomach is badly out of condition, the tongue shows a thick white or brown fur; and those who are suffering from tonsillitis, or from any other inflammation of the throat, may show a layer of thick, creamy-white fur all over the tongue. Sometimes, when the patient is much exhausted, the tongue will not be furred, but dry, red, and raw.

"Thrush" consists of small white patches raised above the surface, and although not serious in itself, gener-

ally shows that the constitution is weak.

One strange thing about the tongue is that, although it so often betrays the state of the stomach to the physician, yet in two of the most serious stomach troubles—cancer and gastric ulcer—the tongue is generally very clean.

The tongue in health is always under the muscular control of its owner, and should be perfectly steady when it is put out. A tremulous tongue denotes weakness, and the tongue that is coated and tremulous in the morning, but that grows steadier through the day, is generally the result of too much alcohol.—Youth's Companion.

The Bedroom.

It is strange how little thought is paid to the proper care and ventilation of the bedroom in many households. Windows in the dining and living rooms will often be regularly opened, and perhaps only an hour or two of each day spent in those rooms, but in the bedroom, where at least eight hours of the twenty-four are passed, the air can generally be depended upon to be stale and unhealthy. It is possible that in a good many cases this undoubted fact is due to the now exploded idea that night air is unhealthy.

Windows in a bedroom should never be closed completely, but both day and night should be open a few inches from the top. In the mornings the windows should be opened as much as possible, and the bed clothes spread that a fresh current of air sweeps over them. The mattress, too, should be turned up so that this article may share in the hours' supply of fresh air.

Fortunately, for health's sake, valances and hangings generally about a bed are rapidly losing their popularity, and a hindrance to the proper ventilation of a room thus removed. The window curtains should not be too thick so as to impede the current of incoming air.

THOUGHTS FOR THE DAY.

Friendship is the greatest bond in the world.—Jeremy Taylor. Our greatest glory is not in never failing, but in rising every time we fall.—Confucius.

To travel hopefully is a better thing than to arrive, and the true success is to labor.—R. L. Stevenson.

Leaving the door unlocked does not palliate the guilt of the burglar. The ease with which it is committed is no excuse for the crime.—Sir Thomas Barclay.

Our grandfathers drank to excess. It was the fashion, and they had to do it. It is no longer necessary to drink to excess. You may ask for a glass of milk in public and not be remarkable.—C. H. Babington.

Mothers and Maidens, believe me, the whole course and character of your lovers' lives is in your hands; what you would have them be they shall be, if you not only desire to have them so, but deserve to have them so; for they are but the mirrors in which you will see yourselves imaged.—Ruskin.

There will soon be a shortage of food in the whole world, and it is necessary that we should plant a great deal more. It is necessary that we should yield more per acre than now, and it is necessary that there should not be plough and spade idle in our country if the world is to be fed.—President Wilson.

WHEN THEY FOUGHT FOR COMMAND OF PERTHES



The above pictures are scenes at Perthes which has again been the scene of desperate fighting. The picture at the left the soldier is standing over the graves of brave French stretcher-bearers who were killed while carrying the wounded.