

NOTES AND COMMENTS

Has the boy in a village any advantages over the city boy? It has been said often in serious literature and fiction that he has advantages, but Professor Hobson finds there are many features of village life that adversely affect the boy's moral development.

Environment, of course, has much to do with the formation of character, but hereditary inclinations have much also. These may be good or bad, in city or country. In a village or on a farm a boy's opportunities of moral development through healthy contact with nature are greater than in the city, but if he is viciously inclined and neglected he will find it easy to do wrong anywhere.

The city boy has much more in his favor now than he had twenty years ago, for our cities are being made more desirable places of living. Parks and playgrounds are doing much to give the boy a chance to play under wholesome surroundings, and city life is broader than country life. There are compensations for both the city boy and the country boy, and what either becomes is dependent, in a very large measure, on what his home life is. Society is responsible for much, but parents are responsible for more in the shaping of the boy.

A new grain known as black winter emmer has been evolved after years of study by Prof. Buffum, who conducts an experiment farm in Wyoming. It bids fair to solve the forage problem, not to speak of the general food problem of the world. The grain is somewhat larger than wheat, and is a cross of wheat and several other less known grains. It will grow in much drier soil than wheat and four times as much can be grown to the acre. It weighs more to the bushel than wheat, and while hardly so fine as that grain for food purposes, may assist materially in solving the general food problem, owing to its excellence and cheapness as fodder for the animals whose flesh figures on the dinner tables of men.

Emmer itself is not a novelty. It has been raised for many centuries, and has been given much attention by farmers in Russia. It is believed that emmer, or spelt, was the corn of Pliny, which he said was used by the Latins 300 years before they knew how to make bread. It is one of the primitive forms of wheat, but resembles barley in character, as it is bearded, and the grain is tightly held in the calyx.

FIRST COUSINS.

Offspring of Their Marriage Are Liable to Be Deaf Mutes.

The seriousness of the risk run by first cousins who marry is emphasized by Miss Ethel Elderton, a co-worker with Professor Karl Pearson at the Galton Laboratory for National Eugenics, London University. Marriages between near kin, such as uncle and niece, aunt and nephew, or grandparent and grandchild, are forbidden mainly on the principle of resemblance. Miss Elderton therefore determined to see whether cousins are as much alike as any of these pairs of relatives. She studied the cases of no fewer than 6,000 pairs of cousins, with a view to endeavoring to measure the degree of resemblance in health, intelligence, success, temper, and temperament.

The conclusion she came to was this—that the general resemblance between cousins is about half that between brother and sister, and practically the same as that shown by statistics of uncles and nieces and aunts and nephews. "If the undesirability of marriage within certain degrees is founded on the closeness of resemblance," says Miss Elderton, "the law which forbids the marriage of uncle and aunt with niece and nephew should also restrict the marriage of first cousins."

The offspring of cousin marriages appear to be particularly liable to deaf mutes. "There seems little doubt," continues Miss Elderton, "that if there is any deaf-mutism in a stock a cousin marriage, even when both parties are free from the disease, is most dangerous to the offspring."

When a hard working man remains poor his wife says he is too conscientious.

The Home

Notes of Particular Interest to Women Folks

MEATS.

Beef Stew.—Remove the bone from a sirloin steak and cut into large cubes. Roll in flour, season to taste, and fry in hot lard until well browned. Then add one onion, pour hot water over the meat, and stew three-quarters of an hour. Add thickening and serve.

Meat Economy.—For Sunday dinner get a beef, pork or veal roast, and for lunch slice it cold. For Monday dinner the bones and some of the meat make a good soup, or are nice with dumplings. Tuesday dinner it can be used for tomato soup, or cut in slices dipped in egg and fried. Wednesday put it through the meat chopper; add soaked bread, chopped onion, a beaten egg, salt and pepper, and form this into either balls or a loaf, and bake them in the oven.

Spanish Steak.—A delicious dish can be made of a flank steak. Cut off all the fat and fry it brown in plenty of butter; lift out and put it in a baking pan. Sprinkle with salt and pepper and fry a sliced onion brown in butter remaining in the frying pan. Spread onions over the steak and cover it with a can of tomatoes, juice and all. Cover and bake an hour in a slow oven, basting frequently. Make gravy of drippings remaining in the pan and serve hot.

Cook in Ashpan.—When you don't want to stay at home from church on Sunday morning on account of roasting meat or chicken, take the ashpan from the base burner stove, insert your roasting pan well covered, leave a small draft, and you will be surprised upon returning to find your dinner cooked to a turn.

Cooking for Small Family.—In cooking for two it often happens that joints are considered extravagant and wasteful, and yet if properly managed they do not need to be more so than a daily supply of chops or steak. Buy a rib roast of one rib, costing about 45 cents. On Sunday have it as a "rare roast," on Monday cold beef, on Tuesday cut some slices, warm in brown gravy with chopped olives, or any desired flavoring, and thin slices of toast. On Wednesday boil the bone (never have the rib bone) for soup, with onions, a little barley, celery, or other vegetables, as taste dictates, and twenty minutes before serving put in small dumplings. On Thursday chicken the remains of soup, vegetables, and scraps of meat cut from bone with butter and flour. Flavor with curry powder; put all in earthen or granite pan; cover with mashed potatoes and bake until potatoes are brown. Besides using the meat in this way you have enough dripping to warm potatoes, and for frying during a whole week.

Frizzled Beef.—Slice off enough dried beef to make a half pint; put drying pan on stove with two table-spoons of butter; put in beef and fry brown or crispy; stir to prevent burning; put one and a half table-spoons of flour in, stir and let brown. Add one pint of sweet milk.

Lamb Stew.—Three pounds breast of lamb; cut in small pieces; remove outside skin; parboil in enough water to cover it for twenty minutes; pour this off to remove any taste of wool; wash and put in a kettle with enough water to cover. Add a tablespoonful of salt and let boil one hour; then add one can of tomatoes, three onions chopped fine, one can green peas, five ordinary size potatoes sliced medium, and a dash of cayenne pepper. Let cook one minute; thicken just a little and serve with hot baking powder biscuit.

FISH.

Salmon Dish.—A fine dish for supper may be made by taking one-half can of salmon without bones, one and a half cups of crushed crackers, one cup of sweet milk, butter the size of a black walnut, and one-quarter teaspoon of Cayenne pepper. Heat milk with the butter; then add other ingredients. Cook five minutes and send to the table steaming hot.

Salmon Roll.—To one can best salmon add one cup fine cracker crumbs, one egg, well beaten, three table-spoons milk, and one teaspoon salt. Drain juice from salmon; pick out all bones and mix fine with a silver fork. Add the other ingredients and mix thoroughly. Press tightly into well buttered tin baking powder can; not on cover; set into a kettle of boiling water and boil one hour. Carefully remove from can and serve hot with plain cream sauce, or cold, sliced thin, and arranged on a bed of lettuce or parsley, garnished with slices of lemon. If directions are followed will slice like chops.

Fish Croquettes.—Boil good sized potatoes until well done; mash them and add one-half can of salmon. Beat one egg and add to salmon and potatoes. Roll some croquettes and mix in. Form into small cakes and dip them in eggs,

which are well beaten, then in rolled crackers, and fry brown in hot grease.

MENDING.

Mend Overshoes.—Rubbers generally are worn out at the heels, when the soles and uppers are still good. To make your rubbers last two or three times as long as before, buy a 10 cent tube of bicycle glue or cement, the kind used for fixing inner tubes in bicycle tires. When the heels need fixing, have them good and dry. Cut a piece of rubber from some old rubber shoe about half size of heel or as large as needed. Put some glue on the heel, also some on the patch; then place the same on heel; press with your hand on the patch a few minutes, and it will stick tight. The glue dries fairly fast, so put the patch on before it gets too dry. Even a leaking rubber can be made water tight. The upper part can be fixed the same way, but scrape off the glossy part around the place to be mended, as the glue doesn't stick well on the smooth surface. One tube is enough for four or five pairs of rubbers and can be bought in the sporting goods department of any large store.

Be Ready for Darning.—Buy a paper of crewel needles, numbers 5 to 10, one ball each of black, white, and tan darning cotton. No. 3. While friends are chatting, or when otherwise idle, thread the needles, putting them in needle book in order. Thread the finest with one thread, some with two threads, and many of the largest with four threads, to be used according to the weight of the stocking to be darned. Then when the work's wash of stockings comes up it will be found no work at all to darn them as one looks them over.

To Repair Carpet.—Make an ordinary fur carpet; boil and be sure it is free from lumps. Take any old piece of wool carpet that will cover the worn part in the carpet you wish to repair; wet thoroughly with paste and spread smoothly over worn part, over the thin or worn part. Be careful not to get paste through on right side. With a little trouble you can give new life to a worn carpet.

For Worn Carpet.—When changing a Wilton, Brussels, or tapestry carpet to other rooms one finds places which are out of fitting or worn part. Be careful not to get paste through on right side. With a little trouble you can give new life to a worn carpet.

KITCHEN.

To Cook Asparagus.—Asparagus should be boiled standing end upward in a deep saucepan; nearly two inches of the heads should be out of the water, the steam being sufficient to cook them, as they form the tenderest part of the plant. The hard, stalky part is rendered soft and delicious by the longer boiling which this plan permits. Cooking thirty or forty minutes on the plan recommended will render a third more of the stalk delicious, while the head will be properly cooked by the steam alone.

To Skin Fish.—An easy way to prepare fish, especially those that have to be skinned, is to dip the fish into scalding water and then into cold water, and the skin and scales all will peel off and the fish is ready to cook.

Clear Gravy.—Place a piece of ice the size of an organ in a jelly bag and bring gravy or soup to a boil. Plunge the ice in and stir it around and the grease will adhere to the bag.

Keep Range Clean.—Put a newspaper under the burners and on the tray of a gas range. The paper will catch all the grease and dirt that usually fall on the tray. The paper can be taken out and burned and a clean one put in its place. It will save much cleaning, and is easier than cleaning the tray.

Convenient Shelf.—Over a kitchen table or back of a gas range put up a shelf about six inches wide and have a board the same length as shelf directly under the shelf. Into this board screw little hooks and hang such things as spoons, strainers and skimmers that are in use constantly about a stove or table. On the shelf keep salt, pepper, etc. It will be a great convenience and save many steps.

Pastry Cook's Idea.—Keep cans of the same size in the flour bin and sugar jar. You will find them handy in making pies, cakes, puddings, or anything where these articles are used in cupsfuls.

Aerated Boiled Water.—Water

boiled for drinking purposes can be greatly improved by beating rapidly just before using with a Dover egg beater. The peculiar lifeless taste is removed by the rapid beating. Boil a Cracked Egg.—Eggs sometimes crack upon being immersed in boiling water, or are found to be so when required for use. To prevent the contents from oozing out gently rub the crack with moistened salt, allowing a little time for it to penetrate, then it will boil as well as an uncracked egg.

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, JANUARY 7.

Lesson I.—The birth of John the Baptist foretold, Luke 1: 5-23, Golden Text, Heb. 11: 6.

Verse 5, Herod, King of Judaea.—The first of six Herods mentioned in the New Testament and founder of an Idumean family which furnished a number of kings and other rulers for Palestine and adjacent countries. He is known also as Herod the Great and reigned from B. C. 37 to 4.

Zacharias.—A common Jewish name, meaning literally "remembered by Jehovah." Since the time of David the Jewish priests had been divided into twenty-four groups or "courses," each of which in rotation was responsible for the temple services for one week. Each group would thus officiate twice a year, at an interval of six months. The course of Abijah was the eighth, and is said to have officiated in April and October.

Daughters of Aaron.—Lineal descendants of Aaron, the brother of Moses, and founder of the priesthood in Israel.

Righteous before God.—Good, pious Hebrews, scrupulous in their observance of the Mosaic law.

The custom of the priest's office was to decide by lot the several functions which each of the group of officiating priests was to perform. Some would officiate in the court of the temple at the altar of burnt offering, Zacharias' lot was to enter into the temple and burn incense.

The whole multitude of the people.—The worshippers in the temple courts.

The hour of incense.—Either morning or evening, since incense was offered twice daily on the golden altar within the temple proper, and immediately in front of the veil of the Holy of Holies.

An angel of the Lord.—Literally, a messenger. Angels were thought of as superhuman beings, intermediate between God and man. Belief in them was common except among the Sadducees, who were skeptics on many points of faith in orthodox Judaism.

Meaning literally "the favor of Jehovah." Fuller notes of John the Baptist will be given in Text Studies for February and March.

Greatness in the sight of the Lord is by the angel associated with abstinence from wine and strong drink. The positive element contributing to the child's greatness is indicated in the next sentence, he shall be filled with the Holy Spirit. The negative element with the positive would have been incomplete.

Go before his face.—The face of Jehovah, signifying his presence. It was to be John's function to announce the nearness of Jehovah to his people and the approaching manifestation of his presence in the birth of the promised Messiah.

The spirit and power of Elijah were those of a sturdy and fearless prophet of righteousness. For the Old Testament prophecy alluded to, compare Mal. 4, 5, 6.

I am Gabriel.—Two angels only are mentioned by name in the Bible. These are Gabriel, referred to in Dan. 8, 16; 9, 21; and Michael, mentioned in Dan. 10, 12, 21; 12, 1; Jude 9; Rev. 12, 7.

Silent and not able to speak.—A sign, and at the same time a rebuke and punishment for unbelief.

Marveled while he tarried.—Or, at his tarrying. Priests were expected to perform their duties with promptness and precision and then retire from the sanctuary.

Had seen a vision.—Had been vouchsafed some unusual revelation in the temple.

When the days of his ministration were fulfilled.—At the end of his week of service in the temple.

In order to appreciate fully the charm and beauty of Luke's introductory narrative covering the childhood period of the life of Jesus, one must read at a sitting the first and second chapters of the Gospel. Our four lessons for January are devoted to these two chapters. This makes possible their repeated reading, both separately and in conjunction with Matthew's narrative covering the same period (Matt. 1 and 2). Each Gospel mentions a different series of events according to the peculiar interest and purpose of its author.

LAND OF PERPETUAL YOUTH

DISCOVERY PROBABLE SOME OF THESE DAYS.

Old Age a Germ, not Merely a Wearing Out of the Human Machine.

That terra incognita the land of perpetual youth, or something like it, which exists in the mythology of nearly every race and country will be discovered one of these days, according to Prof. Elis Metchnikoff, noted microscopist. Before a society in Paris called the Optimists Prof. Metchnikoff told of experiments conducted by himself which led to the conviction that old age is a germ and not an inevitable condition of the body. His experiments in his membership many persons distinguished in science, philosophy, literature, diplomacy, medicine and art, and also soldiers and aviators. Mme. d'Agincourt is the high priestess. The object of the society is to indicate, is to look on the bright side of things. Prof. Metchnikoff certainly adhered to that fundamental principle in holding that old age is a germ, not a wearing out of the human machine. Prof. Metchnikoff is a Russian, and he has been in Florida for some time, and he is becoming more and more convinced that the land of perpetual youth is a reality.

A SPECIFIC GERMS

According to what Prof. Metchnikoff told the Optimists, old age, which is a germ, is a new form and physical decay in the reason. The animal had extended the term of its life for many years. Prof. Metchnikoff, a Russian, and he has been in Florida for some time, and he is becoming more and more convinced that the land of perpetual youth is a reality. He has a mass of material which he has convinced him that old age is a germ, not a wearing out of the human machine, but a specific germ. Prof. Metchnikoff, a Russian, and he has been in Florida for some time, and he is becoming more and more convinced that the land of perpetual youth is a reality.

Prof. Metchnikoff worked out his theory into the conviction that the kidneys and the main digestive tube are the principal seats of the germ. He further prepared serum with which he treated anthropoid apes. The outcome of this treatment, he said, confirmed his conjectures in every particular. The young monkeys showed symptoms of old age after a short period of the administration of his serum, but this was not accompanied by any acute disease in any organ. After a month or so a nine-month-old monkey had all the appearance and actions of an old monkey.

ADVANCED YEARS.

To these statements Prof. Metchnikoff added the assertion that his experiments had progressed to a point where only a step or two was required to find the remedy. He expressed the belief that inoculation would give immunity from these diseases so the lower animals could be freed from the ravages of age and the human animal could have his life prolonged beyond the usual period by protective serum. Not that his life could be prolonged indefinitely in man, he explained, but he believed that a span of considerable length could be added.

Prof. Metchnikoff has been a persistent advocate of the theory that life could be prolonged through artificial means and his advocacy of a preparation based on sour milk for that purpose was followed by a great vogue of this preparation and kindred lactical foods in England, America and the continent of Europe.

SIXTY-SIX IN FAMILY.

Many Other Large Households Shown by Chinese Census.

The recent census of Wei-Hai-Wei shows that the Chinese give much credit to a large family which is able to live together without dividing the family property. The fact that a family living together is large is regarded as a proof of good temper and correct course of path to prosperity.

There are many undivided families in Wei-Hai-Wei, the largest being that of a widow in the village of Mang-Tao, whose family consists of all of sixty-six, making, with one servant, sixty-seven mouths to be the common meal. She is 69 years old, and has nine sons and numerous grandchildren and great-grandchildren.

In the territory there are two other families of more than forty members, fifteen between 30 and 40, and over a hundred between 20 and 30.

Mrs. Neulich—"Did you notice how loudly our daughter swept into the room at Mrs. Puppson's reception last night?" Neulich—"Sure, I did. When it comes to sweeping into a room Mamie wins in a walk; but when it comes to sweeping out a room she goes lame."

Fashion Hints

BLACK VELVET TAM.

The black velvet Tam O'Shanter is a late shape, or rather an old one revived, with some differences. In these later ones there is a close fitting band about the head, completely covering it except for the fringe over the forehead, and on the left side this is a full inch wider than on the right. As a rule, fur covers this band, or if that is too heavy several rows of fringe of the velvet, the last row serving as an edge, which hangs over the hair. The crowns are perfectly flat, for the present style of hairdressing shows nothing on the top of the head, and whatever hair there is is tucked snugly away under the crown at the back. Of trimming there is scarcely any worth mentioning, for it generally consists of a feather, an aigrette, or some sort of an ornament pushed into the crown at the left side and standing erect, or falling over the band as the case may be. All these trims are large, much more so than those formerly worn, and they are becoming looking, and are surrounding the face.

HELMET TOQUES.

The helmet toques are extremely chic, and they are also the smallest of any being worn. Generally the crown is of some fur, preferably sealskin, and the narrow brim of folds of velvet and the trimming, which should be high, is of osprey feathers, or some kind of made plumes. Stiff wings, flowers, bows, and rosettes are for the moment out of fashion, and in their place are all the soft, wavy effects in feathers, ostrich plumes, wings, and ornaments made of chenille or fringe, and a plentiful supply of flowers made of the largest wools and in enormous sizes.

Hats naturally suggest hair, and the mode of dressing it, and as before stated, the fashion this year is worn most simply. The real Parisian is doing her hair in a manner that would make the average woman despair of ever accomplishing anything that remotely resembles it. It is waved, but slightly, drawn about the head and over the ears in broad flat strands, one over the other, without any apparent beginning or end. Its greatest size is at the back, just beneath the crown of the head, and here the hair swirls round and round, and yet lies flat and quite in place.

One is strongly tempted to believe that the entire structure is arranged on the dressing table and carefully adjusted to the head, with due regard to its shape and outline, but there is no question but when finished it is flattering, and, because it is the mode, it is chic.

A FIRST START.

It is the custom to sneer at New Year's resolutions, and a very silly sneer it is. Surely if ever the New Year is a time when we should take stock of the past and make good resolves for the future. The New Year spreads before us a clean white page as pure as the snow that covers the landscape. We may write on this page the record of high endeavor, of noble achievements, of holier lives. Even though we may not quite attain our fair ideal, we are more likely to rise on stepping-stones of our dead selves to nobler things than if we did not make the resolve.

Still it is well to learn from even a captious critic. A whole sack full of good resolutions will do us little benefit if they leak out by the way and leave us only an empty bag at last. If we have wasted time let us waste it no longer, if we have made mistakes let us, by God's help, try and correct them. Putting our hands trustfully in his, we may go forward where he leads us in the sure and certain confidence that he will lead us by a way that we know not and bring us to the "ear's end and our lives' end" in perfect peace.

Showman.—Walk in, ladies and gentlemen, and see the Aztec giants, descendants of a long-extinct race!

HEALTH

PETS AND PENALTIES.

It is always with fear and trembling that one strikes the note of warning against the dangers that menace through the family pet; but now and then it has to be done, and all the more because of the fact that the dearer the pet the greater the menace. It is hard to prove to people who adore their cats that this lovable, huggable, kissable animal can be, and often is, a carrier of the worst kinds of disease-germs. They say, "Why, our cat is the daintiest, cleanest thing in the world. She washes herself all the time"—and it is quite true, she does, only unfortunately she has no knowledge of the germ theory, and those fastidious passes of hers over the surface of her fur, although very satisfying to her own sense of cleanliness, have no effect whatever on the microbes she may be unconsciously harboring.

The germs of nearly all the epidemic and local diseases flourish upon the family cat, although the animal itself may not be subject. In some cases it can both spread the disease and have it itself—diphtheria is a case in point. The thick fur, so tempting to stroke, can hold the germs of typhoid fever, scarlet fever, measles, whooping-cough or smallpox. Besides these and many others, ringworm and tapeworm can be spread in this way, as well as other forms of skin disorders.

It is dreadful to reflect how often a convalescing child is given the family cat to keep it company in its exile from its playmates, and then, when the animal is turned loose in the house without being boiled first, people are quite astonished that the influenza should spread through the entire family—after all their care.

Of course the cat is not the only culprit. Dogs, horses and canary-birds come under the same condemnation, except that dogs are often given thorough baths, especially house dogs. It is difficult to hug and kiss canaries, and horses seldom are allowed to sleep on the foot of the bed. But whatever the nature of the pet may be, it is safe to make the rule it should not be handled much, especially if it is the long-haired kind; then, if parents will see to it that any animal allowed in the house, or approached by the children, is kept scrupulously clean, much of the danger will be eliminated. It ought not to be necessary to add a word of protest against the altogether unwise habit of kissing or being kissed by animal pets, and yet this breach of decency is often committed by otherwise fastidious people.—Youth's Companion.

CAMPFORS FOR PNEUMONIA.

It is a well demonstrated fact that when one has fasted for several days, reducing his weight below the standard and eliminating the waste matter in the system, which supports all disease, says a noted specialist, it is impossible to contract a cold. Therefore, the germ is not the cause of colds, although specific germs (with certain other conditions) differentiate cold, typhoid, pneumonia and other diseases. If the system is overloaded with waste matter, produced by wrong diet, bad mental conditions and defective elimination, resulting from defective action of the skin, kidneys, lungs, liver, bad diet, insufficient exercise, bad mental conditions—all interrelated—"cold," typhoid, pneumonia, or other disease, is established when vitality is lowered beyond the point of successful resistance, but the essential fundamental cause of germ diseases is defective nutrition, with lowered resistance and certain other contributory factors.

A BIRD'S NEST OF STEEL.

In the Museum of Natural History at Soleure, in Switzerland, there is said to be a bird's nest made entirely of steel. There are a number of clock-making shops at Soleure, and in the yards of these shops there are often found lying disused or broken springs of clocks. One day a clockmaker noticed in a tree in his yard a bird's nest of peculiar appearance. Examining it, he found that a pair of wag-tails had built a nest entirely of clock springs. It was more than four inches across, and perfectly comfortable for the birds.

PRACTICAL ADVICE.

"Speaking of etiquette, did you send the dollar for those advertised instructions on 'What to do at table'?" "Yes." "And what did you get?" "A slip with one word printed on it: 'Eat!'"

A man may not be able to recognize some of his lady acquaintances if he happened to meet them with their complexion off.

There are few shade trees in the average man's field of labor.