

Hints for Busy Housekeepers.

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

DAINTY DISHES.

Creamy Scrambled Eggs.—Allow one egg for each person served and two extra for every four persons at the meal. Separate the yolks and beat with a half teaspoonful of salt until broken. Whip the whites until stiff; then pour the latter in a hot fryer and add a tablespoonful of melted butter. Pour the yolks on the whites and add four tablespoonfuls of cold water to each six eggs used. As soon as the bottom begins to cook lift it carefully with a fork, allowing the yolks to run down. Continue the lifting process until the eggs are a creamy mass of white and yellow. The cold water, being converted into steam, will make the eggs puffy. As soon as they are done serve on a warm dish.

Sautéed Cucumbers.—Large green vegetables must be used. As soon as they turn the least bit yellow they become tough and will not do. Pare and slice lengthwise, having the slices an eighth of an inch thick. Dust with pepper and salt, then tip in beaten egg yolk diluted with a tablespoonful of milk; cover with flour and fry until tender and brown.

Short-cake.—Rub one cupful of butter into three cupfuls of bread flour, three teaspoonfuls of baking powder and one-half teaspoonful of salt. When the flour is the consistency of cornmeal add enough sweet milk to make a dough soft enough to lift on a floured board, and form into two layers to fit a biscuit-tin greased with drippings. There layers should be half an inch thick. Pat the lower one to fit the tin, having the center much lower than the sides, as the tendency of dough is to rise higher in the center. Spread well with softened butter; then pat the other layer on it. Bake twenty minutes in a quick oven; then split and bake the dough side five minutes to prevent its being underdone. The crust thus formed on both cakes will prevent soaking when the fruit is put in. When the dough is baking pare the peaches by dipping them a second in boiling water, then plunging into cold water, when the skins may be rubbed off, leaving the bluish adhering to the pulp. Remove the pits and cut the fruit into slices. Place between the hot cakes and sprinkle generously with sugar.

Graham Rolls.—Peel two large potatoes and cover with sufficient boiling water to cook them tender; then mash them very smoothly, add two cupfuls of scalded milk and rub through a sieve. Add to the mixture half a teaspoonful of salt, one tablespoonful of sugar and enough sifted graham and white flour to make a stiff batter, using half of each kind of flour. When using warm add half a cupful of yeast or half a cake of compressed yeast, softening the latter in a little cold water. Cover and stand in a warm place until very spongy and light. At this point mix in half a cupful of softened butter and half a teaspoonful of baking soda wet with a tablespoonful of cold water. Mix in enough white and graham flours, sifted together, to make the dough elastic and smooth, being careful to use as little as possible to accomplish this. Cover and let rise again, then knead, and roll out and cut into biscuits; let rise again, then bake about twenty minutes in a quick oven. If eggs are reasonable the white of one beaten stiff may be added to the dough after the soda is mixed into it.

Boiled Rice.—Wash one cupful of the rice in several cold waters to remove the flour, then add it to a kettle with two quarts of water absolutely boiling, and one level teaspoonful of salt. Keep the water replenished as it evaporates, and cook until the grains can be easily crushed between the fingers. Drain it into a sieve and dash cold water over it to remove the gelatinous substance, then return the rice to the kettle, which set in boiling water. Cover the kettle. This method will give a dish of rice absolutely free from mushiness and stickiness.

Stuffed Tomato Salad.—Dip firm ripe tomatoes into boiling water, a moment, then plunge into cold water and rub the skins. Cut a slice from the top and with a small spoon scoop out the pulp. Mince one green sweet pepper. After discarding the seeds and white membrane—a small piece of cucumber and a small piece of celery. Add a teaspoonful of oyster salt and a dusting of sugar. In a bowl mix one teaspoonful of dry mustard, and two spoonfuls of minced onion, two spoonfuls of vinegar. Let stand until ready to send tomatoes to the table, then mix with the stuffing and fill the tomato shells, which have been on ice. The tomato soup may be used for a cream soup or added to beef broth.

Cornmeal Muffins.—Sift together one cupful of cornmeal, one-half teaspoonful of sugar, one cupful of bread flour, two teaspoonfuls of baking powder, one teaspoonful of

salt. Beat one egg thoroughly and mix with one and one-half cupful of milk; add this to the meal mixture, stirring well together. Stir in half a tablespoonful of butter, melted after measuring, and beat to a smooth batter. Fill hot muffin pans two-thirds full and bake thirty minutes in a hot oven.

Pear Fritters.—One cupful of milk add to the yolks of two eggs, half a tablespoonful of melted butter, one teaspoonful of salt, and flour enough to make a smooth batter stiff enough to adhere to the fruit. Mix in the whites of eggs, beaten stiff and dry. Dip pared, halved and cored pears in the batter and fry in deep hot fat until they float and are delicately browned. Serve hot.

Lemon Sauce.—Mix one level tablespoonful of flour with one cupful of granulated sugar and add to half a cupful of cold water; mix to a paste and stir into one and one-half cupful of boiling water; cook until creamy, then add a level tablespoonful of butter, the grated rind of half a lemon and the juice of one. Cook slowly until clear.

Escalloped Corn.—Place in a buttered dish alternate layers of uncooked corn from the cob and bread crumbs, adding bits of butter, pepper and salt to each layer. Have the top layer of crumbs mixed with grated Canadian cheese. Pour on enough milk between each layer to moisten the bread, then cover the dish with a pan and bake in a hot oven twenty minutes. Remove the cover and finish cooking until the top is puffy and brown. Serve immediately it is done.

Cold Slaw.—Chop crisp cabbage very fine, then with a potato masher pound the cabbage until it becomes very juicy; add salt, sugar, pepper and vinegar.

Fruit Float.—Cut fresh fruit into small pieces. Whip the whites of two eggs until stiff, then add two tablespoonfuls of granulated sugar and whip again until it will keep its shape when dropped from the spoon. Sprinkle the fruit with lemon juice and place in a dish, alternately with the meringue.

Vanilla Wafers.—Beat one cupful of butter to a cream; add one cupful of sugar and cream again, then beat one egg and add with three tablespoonfuls of milk and two teaspoonfuls of vanilla, to the butter mixture. Sift two teaspoonfuls of baking powder with two cupfuls of flour and stir into the wet mixture; form into a smooth dough, adding more flour if necessary to roll out to a waterlike thinness. Cut into the size of a silver dollar, place on greased tins and bake a pale golden yellow.

Fruit Pudding.—Soak half a package of gelatine in half a cupful of left-over fruit juice until soft, then add one pint of boiling juice and stir until the gelatine is dissolved. Season with enough lemon juice to give it zest, then pour in a fancy mold, and when cool set on the ice to become firm. When ready to serve dip the fish in hot water a moment and invert over a cold dish, and the pudding will slip out unbroken. Garnish with pieces of oranges, shredded pineapple or other fruit. Serve with plain cream.

HOUSEHOLD HINTS.

When clothes have acquired an unpleasant odor by being kept from the air, charcoal laid between the folds will remove it.

Instead of filling the salt and pepper shakers with the tedious means of a spoon, have two small paper funnels for this purpose, which help wonderfully. The funnels are glued to make them firm. To prevent milk from burning, before putting it into the saucepan boil rapidly a few spoonfuls of water (enough to just cover the bottom of the pan), and it will never burn, however fierce the fire.

A quick and effective way to clean white felt hats so much worn now is to make a paste of flour and gasoline, rub it into the hat, and hang in the air. When dry it will look just like new, with all dust and finger marks gone.

One housewife has "an emergency apron" which saves many precious minutes. It is simply a dainty lawn apron in the pocket of which is kept some bit of sewing with scissors, thread, needle, thimble, all ready for work.

Tender Ham.—Have ham cut from one and one-half to two inches thick, according to amount required. Parboil once and then simmer or cook in the fireless until tender. Then bring to a fry. This is not dry or tough as fried ham usually is and has even a better flavor.

Never scrub oilcloths with a brush, and never use soap in cleaning them. Those which have lain in stock for several years are the best to buy, as the paint is thoroughly hardened. Wash with a soft rag dipped in milk and water.

When you want a cheap pudding strain off a cup of the juice

when you are stewing apples for sauce. There is usually some that can be spared if the apples are juicy. Add sugar and boil to a syrup. When ready to use, reheat it and beat into it the juice of a lemon.

It is difficult sometimes, when using essences for cakes, etc., to measure correctly the number of drops required. Try this: Dip the finger in water and wet the rim of the bottle in one place, and the essence will be found to drop quite easily.

Perhaps many housekeepers may not know that it is necessary to peel a pumpkin in preparing it for pies. Wash your pumpkin carefully and remove seeds and stringy portion inside, then cut the shell, skin, and all into small pieces and cook with just enough water to prevent burning till dry and mealy. Rub through a colander and you will have your pumpkin prepared with half the trouble of the old way.

An easy way to wash a white sweater to avoid shrinking. Add to three pails of cold water three tablespoonfuls of borax; dissolve one-half cake of wool soap in about one cup of boiling water, and add to the above; let sweater soak in this for twelve hours, then put through two cold rinsing waters. Do not wring it out, but gently squeeze it and lay it out in the shade to dry. This is a most successful way to wash a sweater. It comes out like new.

A simple way of making hand tucks in baby clothes and other fine work is to use the tucker on a machine which is not threaded. Attach the tucker set as for regular tucking. The needle leaves perforations, which can be followed in running in the tucks by hand, and the space is made by the marker. Hand tucks made in this way are just as true and as evenly spaced as the machine tucks. This requires very little more work than if done entirely by machine.

To Wash Lace.—First let the lace soak some time in water in which borax has been dissolved in the proportion of a teaspoonful to a pint of water. Then make a nice lather of good white soap, fill a wide-mouthed bottle two-thirds full, put in the lace, and shake it well. If much soiled change the water. Rinse in warm water, then in cold, still in the bottle, so as to handle it as little as possible. By steeping yellow lace several hours in hot sweet milk one can get it back to its original color. Remember that old lace should not be white; a certain creamy tint that comes with age is greatly admired. Valuable lace should never be ironed while wet. Pin it on a board covered with flannel, being careful to pick out all the points. Leave until dry, then take out the pins and press with a moderate hot iron on the wrong side to raise the pattern and it will look like new again.

EGYPT'S WINGED THIEVES.

Kites That Rob Tea Tables and Golf Courses.

Out at Gezira, where all Cairo has its rendezvous at the Sporting Club every afternoon in and out of season, there exist large colonies of kites and crows. No sooner are the tea tables laid out than the former, who have been perched on the quiver on the adjacent trees, start circling round and round. With a sudden dive one of these hawk-like birds will swoop down on the table he has chosen and pick off the bread and butter and cake.

New arrivals in Egypt are always very disconcerted by these antics. It matters not how many people are seated around the tables. The kite is no respecter of persons and on one crowded afternoon last season, when the German Crown Princess was taking tea, I remember seeing no fewer than eight tables swept of their eatables by as many kites in the space of a few minutes, writes a correspondent of the Pall Mall Gazette.

These monster birds add to the terror which they strike to the heart of the new arrival by the fact that their flight is so sudden and the theft is committed without stopping. They describe a curve, the lowest point of which is the plate of bread and butter or cake, and so accurate is their descent that rarely do they leave or drop anything. An amusing factor in this otherwise rather annoying situation is furnished by the crows, who invariably act as scouts for the kites, and the presence of whom, hopping about the grass, always precedes one of these predatory flights.

When the coup has been successfully brought off the crows evidence their pleasure by ear splitting caws, and proceed to follow the plunderer or at a respectful distance possibly in order to express their unbounded admiration in the vain hope of obtaining a few crumbs. On the golf course the kites are a source of endless trouble to the players—and incidentally one of great profit to the golf ball vendors—for it is not unusual thing for your ball to be whiffed off just as you are making ready to put after a record approach.

Fruit-juice derivative manurial beneficial from seaweeds.

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON,
NOVEMBER 19.

Ezra's journey to Jerusalem, Ezra
9. 15-36. Golden Text,
Ezra 8. 22.

Verse 15. Gathered them—The previous part of the chapter is devoted to a list of the heads of the fathers' houses, who went up with Ezra to Jerusalem. Ezra's first step was to assemble his company on the banks of one of the artificial rivers, or canals, in the neighborhood of Babylon, at a place called Ahava. This enabled him to make a review of his forces before actually beginning his march. The interval of three days, lasting from the ninth to the twelfth of the first month, gave him time to secure the services of Levites.

The sons of Levi—Zerubbabel brought back with him 4,289 priests, of whom only 74 were Levites. Ezra has difficulty in obtaining even fewer. The reason seems to have been their absorption in the service of the high places, and other forms of idolatrous worship. In the later reforms this class took a prominent place. They were chosen men of patriotic impulse and religious spirit, who were willing to sacrifice their position in order to serve God.

16. Then sent I for Eliezer—The proposition here has a peculiar value, the meaning being, apparently, not that Ezra summons these leading men into his presence before sending them upon a definite mission, although the English says so much; but, that he actually commissioned them, on the spot, the following verse giving the details of their mission. The marginal reading of verse 17, "I gave them commandment," is in that case preferable to I sent them forth.

17. Iddo—He held some position of authority, perhaps over the young Levites, and Nethinim (a body of temple servants who were detailed to do the more menial tasks, such as drawing water and hewing wood). At Casipia, a small settlement in the vicinity of Babylon, there may have been a kind of college of these young men. We need not suppose, however, that Iddo belonged to this second class of mere drudgers. The text is difficult at this point. But the meaning must be that Iddo presided over all these young men, the brethren mentioned being the Levites.

18. The good hand of our God upon us—This is a frequently occurring phrase in the chronicles of these times. It signifies the merciful favor of God. In times of adversity, the hand of God is represented as turned against his people. It is looked upon as a providential occurrence that a man of discretion (which, as the margin suggests, may be the name, Ishsehel, of this otherwise unnamed descendant of Levi), together with thirty-eight Levites and two hundred and twenty Nethinim (19 and 20), are found to accompany the Jews on their journey. Although these were all mentioned by name on the list before the writer, he does not think it worth while to take up space with their names.

21-26. Events of the journey, including preparations, and a description of the journey itself, and the arrival at Jerusalem.

21. A fast—That it was a strictly spiritual exercise is evident in the language used to describe its purpose. It was a symbol of humble submission before God, a season of prayer for a course free from dangers and hindrances.

22. A band of soldiers—Such as Nehemiah had (Neh. 2. 9). The enemy in the way was not any specific foe, like the Samaritans, but bands of robbers in the desert. Ezra had confidence that, if they sought the Lord with faithful hearts, they would need no help of kings and armies, for the Omnipotent hand would be upon them for good. The great leader had already intimated this to the king. If now they were unequal to their foes, it would be an evidence of the wrath of God turned against them for forsaking him.

23. Twelve . . . priests—It is difficult to decide which is meant, whether that priests mean Levites (margin), and that there were twelve of them, including Sherebiah and Hashabiah, who have already been mentioned as Levites; or, that there were twenty-four in all, one group consisting of twelve priests, besides (margin) which there were the two Levites named and ten others.

25. Weighed—Money was reckoned largely by weight. The offering of silver and gold and vessels, made by the king and others, has already been described in Ezra 7. 13-19. The sum has been estimated at about five million dollars.

28. Holy unto Jehovah—The priests and Levites were by this act separated unto the sacred service of the Lord's house. The solemnity of this votive offering was intensified by an appeal to their hereditary connections. The mere men-



SIR J. P. WHITNEY,
Premier of Ontario.



N. W. ROWELL,
Leader of Ontario Opposition.

tion of the God of their fathers would cause their memories to turn back upon a past in which the hand of God was evident.

29. Watch ye, and keep them—They are precious treasures, consecrated to a high purpose, and are to be vigilantly and jealously guarded.

Chambers—Storerooms (1 Kings 6. 5) connected with the outer buildings of the temple.

31. Departed . . . on the twelfth day—The actual march did not, therefore, begin until this day. Ahava was simply a convenient place of assembling and taking preliminary steps for the long journey. The first month was Nisan and corresponds to our March-April.

32. We came to Jerusalem—This was on the first day of the fifth month, or about the middle of July. In all about 103 days were consumed in going a distance of not less than 900 miles. It was in the midst of the heated term, the company was large and the caravan was heavy.

33. Weighed . . . into the hand of Meremoth—He and his three companions were doubtless chosen by the leaders to receive the offerings, after carefully determining if they corresponded with the written lists, and to convey them to the treasury. There were two priests and two Levites, corresponding to the two groups commissioned by Ezra. The number (34) of the vessels and gifts, and the weight of the silver and gold were exactly inventoried, and the list preserved.

36. They furthered the people—This was a new turn in events. It was a great thing to have officials like the satraps, and governors beyond the River Euphrates, helping instead of hindering. The royal edict determined everything. The king's commissions are set forth in Ezra 7. 21-24.

TEA AND COFFEE.

Moderation in Their Use Advised for All.

Tea and coffee are classed among the stimulating beverages and as stimulants which are "liberators of latent energy." Giving scarcely anything at all to renew or restore the energy utilized, their use needs constant supervision. There no tangible evidence that moderation in the use of tea and coffee causes ill effects in entirely normal persons, and it does not seem justifiable to deprive careful indulgers in these beverages except for very good reason. With persons, however, of irritable, impressionable, nervous systems, tea and coffee are harmful and their use must be carefully regulated or entirely prohibited.

Tea and coffee are valuable beverages, medicines, and, if used unwisely, poisons. Used moderately they are often beneficial to active persons who are much out of doors, but are likely to injure the young, nervous and impressionable, those with poor digestions and those leading sedentary lives.

It is best for young people and those especially susceptible to abstain from the use of tea and coffee, and it is wise for all to keep within the strictest limits of moderation.

The effects of the abuse of tea and coffee are in most respects identical. Tea is more apt to produce constipation and indigestion, while coffee is more apt to produce headache and cardiac hypertrophy. Both tea and coffee cause troublesome insomnia as a characteristic symptom of their overindulgence.

With regard to what constitutes the limit of permissible indulgence in tea and coffee, no definite statement can be made, as it varies with the following factors: the richness of these substances in active principles, the quantity employed for the infusion and the duration of the latter process, the nervous temperament and age of the subject. The kind of life led by the individual. Fontanella was a great coffee-drinker, but died almost a centenarian, on the other hand there are some persons who are hypersensitive and in whom a daily dose of a cup or two of tea or coffee will cause toxic symptoms.

The risk of a tumbler breakfast when observed with boiling water is reduced by first placing a tea spoon in it.

PEARL FISHERS' RISKS.

The Penalty Sometimes Inflicted on a Thieving Diver.

At one time pearl shelling as an industry was native to Great Britain, and pearls are still found in mussels got from Irish rivers. But the chief centre of pearl shelling has long been the tropical region around the north of Australia and the East Indies. Thence comes nowadays the bulk of the world's supply of pearl shell and of pearls, says the Empire Magazine.

It is a common mistake to suppose that a pearl shelling fleet seeks gem pearls as the sole source of its profits. That is by no means so. The chief quest indeed of the diver is not the gem-pearl but simply the pearl shell oyster, which yields "mother of pearl," a material used extensively for ornamentation, for the handles of knives and for buttons.

The pearls are really incidentals of the industry. On a good patch of pearl oysters a fleet would make handsome profits if never a pearl were found in the mollusks. It is estimated that on an average a pearl of value (that is worth over \$1) is found in every 4,000 shells. But almost all these shells would be valuable otherwise for their mother of pearl, and when the oyster shelters a large pearl of good shape or a curiously colored pearl its value may run to hundreds or even thousands of pounds.

The divers are always alert to thieve pearls. They are said to know an oyster which is likely to contain a pearl by a little bulge on the outside shell. To guard against theft by the divers is one of the cares of the pearl sheller.

Gruesome are the stories told of the punishments inflicted on dishonest divers by their overseers. In a pearling fleet working in savage seas, with the men engaged mostly savages, no civilized law runs. Punishment follows quickly on the heels of crime or the suspicion of crime. Neither judge, jury nor form of trial is needed. Who is to know if a diver or two has disappeared?

The methods of the industry makes easy one form of deadly punishment. The diving is now mostly in deep waters, the shallow reaches of pearl shell beds having been exhausted. So with all possible care cases of divers' paralysis are common enough through the pressure of the water on the man at work at the bottom of the sea. Wilful negligence—in leaving him a little longer than should be under water—and his death is practically certain. That, they say is the penalty of the thieving diver.

THE LEADER IN FRONT WINS.

Man in the Middle of Road Is Not Likely to Be a Fighter.

The middle of the road is no place for a fighter. You will always find the man who has not the courage of his convictions making for the middle of the road. You will always find the trimmer who wants to favor both sides or to oppose neither walking in the middle of the road.

The middle of the road is the place for a man who has no settled convictions. It is the place for the man who is looking for favors from both sides and dare not oppose either.

No great battle was won by any general who stood in the middle of the road. He had to lead, he had to have followers, and something besides camp followers.

It is the middle-of-the-road man who leaves on the jury when a criminal should be convicted. It is the middle-of-the-road man who obstructs a great public policy because someone raises a doubt as to its expediency. It is the man in the middle of the road who knows that an evil confronts him, is afraid to say so, because he may hurt his neighbor's feelings.

No great victory was ever won in the world by the middle-of-the-road man. The man in front wins, the leader holds and aggressive, much to the advantage of his cause.