

# About the House

## Useful Hints and General Information for the Busy Housewife

### Selected Recipes.

**Tapioca Snow.**—Four ounces of tapioca should be soaked in a pint of cold water, flavored with strained lemon juice. Simmer the tapioca until it is quite clear, mix it with three or four tablespoonfuls of red currant jelly, pour into a glass dish, and leave to become cold. Just before serving cover with beaten white of egg, sweetened, and, if desirable, more lemon juice may be added.

**Broth for the Family.**—One cupful of pearl barley should be poured into three quarts of cold water, and then put into a saucepan and allowed to boil. Remove all fat from about two pounds of mutton, either neck or loin, and cut the meat into small pieces. Add to the barley, and boil gently for one hour, skimming occasionally. Grate a carrot, cut two small turnips into dice, and add these, with a little onion. Boil for one hour longer, skimming occasionally, and adding a little hot water if necessary to keep up the required quantity. When cooked, strain, season with pepper, salt, and a little chopped parsley. Serve very hot.

**Hot-Pot.**—Take the remains of cold beef or mutton and slice it thinly. Slice up sufficient onions and potatoes. Put in a pie dish a layer of meat, one of potatoes, one of onions, seasoning them with pepper, salt and chopped parsley. Continue this until the pie dish is full. Put in about half a pint of water and a little butter, cover with another dish, and put into a slow oven for one and a half to two hours.

**Roasted Potatoes.**—Take one cupful of milk, one spoonful of butter, salt and pepper to taste. The butter should be put in a small frying-pan, and when hot, but before it browns add enough flour to thicken, stir till smooth, and gradually add the milk. Have cold boiled potatoes ready sliced, turn them into this, and let them gradually heat through; a very little nutmeg grated over the potatoes before frying improves the flavor. More salt and pepper may be added, if desired.

**Cold Meat Pudding.**—Two ounces of suet, three pounds of chopped cold meat, two ounces of bread crumbs, two eggs, one onion, pepper and salt to season, one teaspoonful of sauce, one teaspoonful of chopped parsley, gravy. Hard boil the eggs and cut them into slices, chop the meat, onion and parsley, and soak the bread crumbs in boiling milk; season to taste and mix all the ingredients well together and bake in a basin for one hour; then turn out and serve with good gravy.

**Cinnamon Toast.**—Cut the bread about 1/2-inch thick and toast quickly, watching carefully that it may not burn. Score lightly while piping hot and spread with enough butter to sink in; then cover over with powdered cinnamon and granulated sugar mixed in the proportion of 1 spoonful of cinnamon to 2 of sugar. Remove the crusts and cut into fingers; put in a

very hot covered dish and serve at once.

**Scotch Tea Scones.**—Half-pound flour; 1 teaspoonful baking powder; 1 ounce butter; 1 cup milk; 1 teaspoonful sugar. Rub the butter into the flour, add the sugar and baking powder; mix with the milk into a soft dough, roll out and cut into three-cornered scones. Brush over with milk and bake in a quick oven.

**Butterscotch Pie.**—One large cup of light brown sugar, two tablespoonfuls of flour, yolks of two eggs beaten light, one cup of cold water, pinch of salt, two tablespoonfuls of melted butter. Mix sugar and flour, add egg, water, salt and butter and stir smooth. Cook to a cream in a double boiler; add half teaspoon of vanilla. Let it cool a little; pour into a baked crust; make a meringue from the eggs whites. Beat light, add a level table-spoon of white sugar for each egg and five drops of lemon extract. Whip light and bake brown in a moderate oven.

### With Strawberries.

Nearly every one agrees that the luscious ripe strawberry dipped into powdered sugar and eaten from its stem, cannot be improved upon as a dessert, but there are times when it is necessary to make one box of the fruit go a long way. Some new recipes for this purpose may be appreciated.

**Strawberry Ice.**—Fill two cups of sugar and one-half cup of water together, without stirring, for three minutes; then cool. Add the juice from one box of strawberries and the juice of one lemon, then add one cup of ice water and freeze. When partly frozen stir in the white of one egg, beaten stiff.

**Delicious Mousse.**—Mash one box of berries. Dissolve one teaspoonful of granulated gelatine in a little of the juice. Boil one-half cup of sugar and one-half cup of water till it threads and then pour it on the stiffly beaten whites of two eggs. Add the gelatine, set the dish in a bowl of ice water and stir till it is cold. When it has begun to set add one and one-half cups of cream, which has been whipped, and the berries. Turn into a mold, pack in salt and ice and let stand for three or four hours before serving. Garnish with whole berries.

**Strawberry Whip.**—Soak one table-spoonful of gelatine in a little cold water for 10 minutes and then dissolve it in one cup of boiling water. Mash one box of berries and add the juice and two tablespoonfuls of lemon juice to the gelatine. Put in a cool place. When it begins to set whip with a Dover egg beater till light. Serve in sherbet glasses, garnished with a spoonful of whipped cream and a berry.

**Strawberry Tapioca.**—Hull a box of berries in a large glass bowl and sprinkle with sugar. Soak three-quarters of a cup of tapioca in cold water for two hours, then drain and cook in a double boiler with two and one-half cups of boiling water till

transparent. Cool and pour over the sweetened berries. Serve with sugar and cream.

**Strawberry Cheese.**—A delicious hot-weather dessert may be made by stirring a few crushed berries into a cream cheese and serving it with saltines. This tastes like strawberries with Devonshire cream, and is particularly good for porch teas.

**Strawberry Sauce.**—Bread or rice pudding may be made into a real company dessert, if served with strawberry sauce, made by creaming one-third of a cup of butter with one cup of powdered sugar, into which a half cup of crushed berries is stirred. Make it just before it is to be eaten.

### Household Hints.

Allow five hours for cooking corn-meal in a fireless cooker.

Improperly kept food exposes the family to ptomaine poisoning.

A piece of fungus broken from an old tree is a splendid buffer for mahogany furniture.

Always cut off and gristle, fat, skin or any browned parts before reheating meat.

Water in which potatoes have been boiled is the best thing with which to sponge and revive a silk dress.

To clean coffee or tea pots boil a little borax solution in them twice a week for 15 minutes and it will purify them.

A generous pinch of salt added to flour for thickening, before mixing with water, tends to keep it from being lumpy.

When trying to thread the sewing machine needle in a poor light hold something white on the opposite side of the needle.

An old refrigerator which has a lining of tin may be made to look cleaner by applying two coats of white paint and then two coats of white enamel.

Old stockings will be found to make excellent and useful polishers for furniture. Cut off the feet and then join them up, two together for rubbers.

Take an ordinary catsup bottle with a screw top and punch holes in the cover. When filled with water this makes a very handy clothes sprinkler.

Copper pans should be cleaned by scouring with a cut lemon dipped in salt. Then rinse thoroughly in pure water, dry, and polish with a soft cloth.

Stains in table linen are easily removed by plunging the articles in pure boiling water. The addition of soap or soda would have the effect of fixing the stain.

Use a stump of a candle instead of a cork for the glue bottle and it will not stick.

Whiting spread on a damp flannel cloth will remove all spots from painted wood without hurting the surface and without tiring the arm which applies it.

After washing and dyeing black cotton stockings smooth them out well with the hands, for the frequent use of a hot iron makes them fade and become brown.

The application of lemon juice will sometimes cause warts to disappear. Touch them several times during the day with a camel's hair brush soaked in the juice.

Dirty marks on wall paper may be removed by rubbing them with stale bread. Cut a thick slice of bread and rub the paper downward as evenly as possible.

### BY A GIRL'S GRAVE

By George Herbert Clarke

Under this immobile stone  
Lies a little girl, alone.

It was a joy her life to see,—  
So glad, and virginal, and free!

Her laughter gave the birds of spring  
Sweet phrases for their musicking.

There is no laughter now, nor song,—  
Silent she lies here, all day long.

All day the roses over her  
Blossom and blow; the wind's murmur;  
She hears them not; she does not stir.

A little girl, so soon at rest,  
The secret longing unexpressed  
Wakened, then paled within her  
breast.

God knows I loved her; and I know  
(E'en though she never whisper'd so)  
Her heart was mine, for well or woe.

And now—she lies beneath the roses,  
While man his thousand tasks dis-  
poses;

And the day breaks, and the day  
closes.

—Canadian Magazine for June.



A Punny Bird.  
"H'm, that funny bird's eggs make  
an awful noise when they hit the  
ground—they surely can't be fresh."  
—London Opinion.

# THE SUNDAY LESSON

## INTERNATIONAL LESSON.

JUNE 25.

Lesson XIII.—The Philippian Chris-  
tians.—Phil. 1. 1-11; 4. 1-9.

Golden Text, Phil. 4. 8.

1. Going on to perfection. At Philippi, where the gospel was first preached in Europe, there was evidently an excellent Christian community life. Paul commends them for their good fellowship and does not rebuke them for any pagan sins. Yet he would stimulate them to further development. Therefore he turns his attention to their mental habits. He urges them to get the mind that was in Jesus. To this end he suggests a discipline of thought. Was their weakness a tendency to light-mindedness? Were they subject to being blown hither and yon by the varying winds of Grecian thought? He suggests to them the cultivation of the habit of fixed attention.

2. An attitude of mind. The development of a definite attitude of mind is essential to the prosecution of any line of conduct, individual or social. Before the social program of Christianity can be carried through the peoples of the earth must learn to think in Christian terms. The world cannot have peace while people continually think about war. When the European war first broke out the people thought mostly of its horrors. They were talking about it being the last world-war. They were thinking how methods of world-peace could be proposed. Gradually their minds became accustomed to the awful happenings of the battlefields. The tragedy lost its power to move them. It is remarkable that events which have thrilled the world before the war, are now regarded as very ordinary happenings. It is an outstanding example of the law that what fills the mind for any length of time will ultimately determine conduct. The teachers of Christianity to-day must follow Paul's example and endeavor definitely to fix the minds of the people upon the great principles taught by Jesus.

3. Wanted—A social mind. The real reason for the slow advance of the Christian social program is that the majority of Christians have thought of religion only in terms of individual salvation and conduct. The result is they cannot see the woods for the trees. On the other hand, there are, of course, some extremists who cannot see the trees for the woods. The artist and the scientist, however, when they go out walking, can see both. So the Christian must learn to think of life in both its individual and social aspects and to apply the teaching of Jesus to both of them jointly, knowing that only so can that teaching effect life as a whole. There is perhaps less danger of thinking too much in social terms because all the personal interests of life tend to make us think in individual terms. Very few of those who in all nations ardently desire world-peace are willing to have their nation pay the necessary price; for example, the submission of undeveloped territories and peoples which are now under national control, and also of the highways of commerce, to international jurisdiction. How many people would be willing to provide a fair wage for folks now below them? Most of us have got to go a long way in the development of social emphasis in our thinking before we are in danger of losing our balance. We need the discipline of social thinking in order to meet one of the greatest needs of the church to-day, the development of social-mindedness.

4. The method of cultivation. "If there is any virtue or anything deemed worthy of praise, cherish the thought of this thing," said Paul. In other words, think positively. Those who have a social mind too often think in negative terms. They are mere critics constantly finding fault with the existing order of things, but never touching the community life for its improvement. Those who have the vision of the social ideal of Jesus will never be harmed by constantly thinking of the best in life. They can never settle down in contentment. They can never be mere shallow optimists as they contemplate the gains which have been won. Such contemplation will not lead them into the arm chair, but, as the earnest of what may yet be accomplished, it will inspire them to continued endeavor. Christian social workers need constantly to think in positive terms. The earth is always pulling us down; we need constant sight of the stars to pull us up. The minds of children should be filled with big things. They should be led out from their own narrow interests into contemplation of the great needs of child life in the community. Such mental discipline will develop big lives and efficient social servants.

The Cashier.  
Miss C. went to call on a lady who had entertained her. The little five-year old daughter was playing on the pavement, and, seeing Miss C. run to meet her, saying, "Mother is not at home."  
"I am sorry," replied Miss C., "for I have come to pay my party call."  
"Oh, I'll take the money," five-year-old responded.  
Truth is mighty—and mighty inconvenient for some people.

# WAS BRITAIN'S MILITARY IDOL NEVER FAILED IN HIS SERVICE

Kitchener Was in France, Prussian War Before He Entered British Army—Most of His Life Was Spent in Foreign Climes.

Irishmen like to claim Lord Kitchener as a countryman of theirs on the ground that he was born at Sunningborough Villa, County Kerry, on June 24th, 1850. But although his father, Col. Henry Horatio Kitchener, had migrated to Ireland from Leicestershire two years before the birth of his son Herbert, the family is East Anglian. Even before he entered the army in 1871 he had had a taste of actual war. While still a Woolwich cadet he was staying during a vacation with his father in Brittany, for the Irish estates had been sold. France's last desperate struggle against the German hosts was being fought out by brave but ill-organized armies of hastily-raised levies. Young Kitchener offered his services to the French, was accepted, and fought under General Chanzy in the operations around Le Mans.

Learned Value of Organization.  
In that terrible winter campaign Kitchener saw miles of stalled freight cars loaded with war material, soldiers freezing for lack of overcoats stored in plenty half a mile away, but which there was no one to issue, and starving for food that rotted because there was no machinery for its distribution. That is why he later fought the Dervishes with Nubian track-layers and American bridge builders and hemmed in the Boers with blockhouses and charged wire. His first campaign ended by his catching a severe cold after a balloon ascent made when his clothes were wet in three months he was near to death with pleurisy.

With British Army.  
He joined the Engineers in the spring of 1871 and began the long, hard toil that England exacts from the men who serve her. For three years he worked at Chatham and Aldershot and then was detached to work in a semi-civil capacity on the Palestine survey. For four years he passed up and down measuring the land of Canaan and learning the ways and the speech of its people. In Palestine, in Cyprus, in Egypt, Kitchener managed to adapt himself to the ways of these lands. He acquired not only their language but their very intonation, and could live among the Arabs as safe as in detection as Kim in the crowded streets of Lahore.

Making a Jummy Fight.  
England acquired Cyprus in 1878 and Lord Kitchener was placed in charge of the exploration. He had neither money nor powerful friends, but the maps and reports he sent back to London were models of their kind. In 1880 he was made British Consul at Jerusalem. His real chance came in 1883.

After the bombardment of Alexandria England had to send an Egyptian army. Kitchener was chosen for the work of raising a force of 6,000 men for the defence of Egypt. The Fellah does not come of a fighting race and the job seemed hopeless. Capt. Kitchener was told to lick the cavalry into shape and was attached to the Intelligence Department. He proved that the Fellah was like a bicycle incapable of standing up alone, but very useful in the hands of a good master. In ten weeks after the arrival of the first batch of raw recruits the men went through the ceremonial parade movements as practised by the British Guards in Hyde Park, and they did it with unusual precision.

14 Years in Egypt.  
For fourteen years Kitchener served in Egypt. He was with the Gordon relief expedition in 1884, and stayed till the hero of Khartoum had been avenged. At Handoub he was severely wounded by a bullet that shattered his jaw and buried itself in his neck, and he was invalided back to England. In 1888 he returned to Egypt as adjutant-general to head the First Brigade of Soudanese troops at Toski, where he led the final charge. Time and again he was mentioned in despatches. From Governor-General of the Red Sea littoral and Commandant of Suakim he was made Chief of Police at Cairo, and on Lord Cromer's recommendation was promoted to be Sirdar in 1892. He was only a colonel then.

Slaughter of Dervishes.  
Four years later he began his reconquest of the Soudan. The Dongola expedition won him the rank of major-general, and the next year, 1897, he started to avenge Gordon's death. His first step was a railroad from Cairo to Khartoum. It had to cross the desert from Haffa to Abu Hamed, 280 miles of sand. Experts scoffed at the idea; it was absurd; the entire carrying capacity of the train would be taken up by the water supply necessary for the locomotive. But Kitchener built on, and as he built he bored, and he struck water in the sands just where he needed it, and the work was finished on October 31, 1897. In April of the following year Kitchener won the battle of the Atbara, and on Sept. 2 caught up with the Mahdi's forces at Omdurman and sealed his former victory and the Khalifa's doom. Gordon was avenged. After the fight was won he cut off the Dervishes' retreat, and as they huddled and their standards he played his

machine guns upon them, killing about 15,000. The Mahdi's tomb was the great shrine of the Dervishes. Kitchener demolished the tomb, the holy place, and scattered the mummy so that no part of the body could be got for re-enshrinement to be a focus for future trouble. He gave peace to Egypt.

Congratulated by Kaiser.  
He was created Baron Kitchener of Khartoum, received the Grand Cross of the Order of the Bath, the thanks of Parliament, and was voted \$160,000; also it may be recalled the Kaiser telegraphed his sincere congratulations. Two weeks after Omdurman, Kitchener's forces met Marchand at Fashoda with eight French officers and 120 Soudanese tirailleurs, and their withdrawal left the whole of the Soudan in the power of England. Kitchener at once began to build up the country.

Beer Wars.  
Within a year the Boer war broke out, and after the South African disasters Lord Roberts was sent to South Africa. Lord Kitchener, while still Sirdar of the Egyptian army, was promoted lieutenant-general and made chief of staff. He arrived in Cape Town in January, 1900, and in November took supreme command after Lord Roberts had left for England. He went to work with systematic thoroughness and built across the Transvaal a line of blockhouses connected by wires charged with electricity; sixty mobile columns were put into the field; all the women and children and non-combatants were taken off the farms and placed in huge concentration camps. Slowly and with much less loss of life than would otherwise have been possible the Boers were worn down, and in May, 1902, the struggle ended. Kitchener was made a viscount, advanced to the rank of General, given the thanks of Parliament, and \$250,000, also the Order of Merit.

Sent to India.  
No sooner was peace signed than Viscount Kitchener was sent to India as Commander-in-Chief, and seven years he revolutionized the Indian army, and freed it from red tape. This stern, icy man put an end to the old round of polo-playing son life. He made every soldier and thanked no one for anything as in South Africa.

Back to England.  
Back to England he came in 1909, in charge of the exploration. He had neither money nor powerful friends, but the maps and reports he sent back to London were models of their kind. In 1880 he was made British Consul at Jerusalem. His real chance came in 1883.

When in England he was made peerage to a viscount. The Minister made him Viscount Kitchener of Khartoum for War, and he had a wonderfully efficient way. His first question when he got to the office, "Is there a bed here?" He was told there was not and said, "Get one." It was said he slept only five hours out of the twenty-four and left his post every morning at 1 o'clock, returning before 9. His orders to recruiting officers were typical: "Never mind about drill; it doesn't matter if they don't know their right foot from their left. Teach them how to shoot, and do it quick."

Striking Appearance.  
In appearance Lord Kitchener was six feet and several inches tall with a brick red glow to his cheeks, due to years of exposure to the tropical sun. He was as straight as any soldier well drilled in calisthenics.

During all the years the British people had looked on Kitchener's silent but effective work; they had never been able to fathom his personality. A cockney non-commissioned officer, who had seen much service under him, summed up the general opinion when he said of Kitchener: "E's no talker. Not 'im. E's all steel and 'ic."

Demanded Deeds.  
His face was that of a man who neither asked for sympathy nor needed it. He had steady blue-grey eyes and a heavy mustache covered a mouth that shut close and firm like a wolf trap. He believed with all his might in the gospel of work. He had illimitable self-confidence. For bungling and faint-heartedness he was incapable of feeling sympathy or showing mercy; an officer who failed him once got no second chance.

Nineteen-twentieths of Kitchener's active life were spent outside of the British Isles, and for that reason it has been said of him he didn't really know England when the war broke out.

# THE SONG OF THE WELL

What Is That Mysterious Power Which Forces the Water Out of the Rock?

"Spring up, O well; sing ye unto it!"—Num., xxi., 17.

As the waters bubbled out of the hidden depths of the rock so did this song bubble on the lips of the ancient people, freely, joyously, spontaneously. The silvery drops fell upon the parched ground, singing and dancing; the silvery notes of the folk song fell upon the listening ear of the centuries. The rock sang to the people; the people sang to the rock—both sing to us:—the Song of the Well is the song of the World-Soul!

What is that Hand which reaches down to the depth of things and sends to the surface shapes of endless variety and surpassing beauty, with resistless pressure and yet so gentle a touch that what seems a command becomes a coaxing, and what seems a blow becomes a caress? Where lies the secret of that spontaneity which is the actuating spring of all creation? Things grow and climb toward the light;

### Things Move and Press Forward;

Everywhere there are urgency and breathless speed and unerring purpose; yet everywhere there are ease and rest and quietude. God's cosmic engine emits neither black smoke nor shrill blasts. The feeble grass is pushed upward with tremendous insistence through husk and clod, yet it appears to be growing freely, of its own accord, and while the sap within the tiny cells overcomes the law of gravitation it sings the Song of Freedom:—"Spring up O grass; ye cells sing unto it!" And flowers and trees and birds take up this song, carrying it over hill and dale to the farthest corners of the earth, and everywhere colors glow, branches spread, wings flutter—all spontaneously!

The stars rush through space with terrific velocity, yet how reverently do they twinkle in the heights, these luminous syntheses of motion and

rest! And while in the heart of the twilight the battle is waging between light and darkness, the dusk sings the Song of Freedom:—"Spring up, O star; ye heavens sing unto it!" And the spheres take up this song, carrying it to the utmost boundaries of the universe, and forthwith everywhere stars spring into view—all spontaneously!

### The Gift of Spontaneity.

And what is that mysterious power which forces thoughts out of the human mind, which reaches down to the darkness of our being and sends up glowing visions, iridescent dreams, winged words pulsing with eternal life? Here again, in the well of the soul, there is the same stentless spontaneity behind which we feel, nevertheless, the impulsion of a power other than ourselves. What is more wonderful than the free flow of the soul's life? And yet this very freedom points to a higher being under whose sway we think, we act, we create. Call it inspiration, call it by any name you please, that strange gift which changes the creature into a creator is the gift of Spontaneity. The brain centres sing the Song of Freedom:—"Spring up, O thought! ye heart and mind sing unto it!" And all the nerves and fibres take up this song, carrying it to the remotest nooks of our being, filling our days with joy ineffable, and the blood dances in our veins as thought's ripple forth from the depth—all spontaneously!

Truly, as we behold this universal spontaneity manifesting itself in the life of man no less than in the life of nature, we arrive reverently at the conclusion that beneath it all there is an inexhaustible Well, whence all power and all beauty and all truth flow. To this Well, hidden in the Rock of Ages, we raise our song:—"Spring up, O Well; sing ye unto it!"—Rev. Joel