

Hints for Busy Housekeepers.

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

HOT BREADS FOR WINTER.

Indian Griddle Cakes.—Sift together three coffee cupsful of yellow cornmeal, one cupful of flour, one teaspoonful of brown sugar, half teaspoonful of salt, and a heaping tablespoonful of baking powder; then mix to a smooth batter with two eggs beaten well with a pint of sweet milk. Bake brown on a hot griddle. Serve with maple syrup and butter.

Ginger Muffins.—Into one-half cupful of New Orleans molasses stir one-half teaspoonful of soda, one-half teaspoonful of salt, one teaspoonful of ginger, one-half cupful of granulated sugar, and one tablespoonful of melted butter. Into two and one-fourth cupsful of sifted flour stir one and one-half teaspoonfuls of soda, then add these to the ingredients with molasses and thin to a batter with a cupful of sour milk. Beat well, fill buttered muffin tins partly full, and bake in moderate oven for twenty minutes.

Buttermilk Biscuit.—Sift a quart of flour, then stir into it a heaping tablespoonful of baking powder and a teaspoonful of salt. Melt two level tablespoonfuls of lard and mix with the flour, then moisten to a soft dough with a pint of buttermilk, into which one-half a teaspoonful of soda has been dissolved. Roll out to half an inch thickness and cut into the usual size biscuit, handling as little as possible. Bake in a quick oven.

Graham Griddle Cakes.—For these are required a pint of graham flour, one-half pint each of yellow cornmeal and flour; with these mix one-half teaspoonful of salt, one teaspoonful of brown sugar, two heaping teaspoonfuls of baking powder, and after they are thoroughly stirred together mix to a batter with one-half each of milk and water and one egg, well beaten. The griddle must be hot to bake these cakes brown. Serve with cream and grated maple sugar.

Buckwheat Cakes.—This is an old and well liked recipe. For the cakes are required one and one-half pints of buckwheat, one cupful each of yellow corn meal and flour. Stir these together, then add three heaping teaspoonfuls of baking powder, a teaspoonful of salt, and a tablespoonful of molasses, which will add to their brownness when baked. Mix to a batter with water, not too cold. The cakes should be mixed just before they are needed for baking. Serve with maple syrup and plenty of butter.

Johnny Cake.—One egg, one tablespoonful lard, one pinch of salt, one cup of sweet milk, two scant cups of flour, one teaspoonful baking powder. Mix well and bake in quick oven for twenty minutes.

IN THE SEWING ROOM.

It may surprise most women to learn that it is not conducive to good health to sit in a rocking chair while sewing if the material has to be kept on one's lap. A rocking chair throws the body out of balance by pitching it backward at an unnatural angle. In it the muscles of the front of the body—the muscles of the chest and diaphragm—are contracted, the chest is made hollow, the ribs are pulled down, and the back is rounded.

A chair with a straight back should be used, and the body should be held in the same erect position that the cutting table requires—chin and abdomen in, back straight, chest out. Of course, it is necessary when sewing on the lap to bend forward, but the bending should be done from the hips—the back should not be rounded. Sewing at the machine properly conducted is an admirable exercise. Be sure to sit erect, bending only at the hips, and you will find the rapid pedaling will be beneficial as a healthful exercise.

Correct sewing is readily governed by a few simple rules, which, if followed out, make the plying of the needle and thread an exercise which deepens the chest, improves the carriage, strengthens the back and shoulders, clears the complexion, and brightens the eyes.

In the first place the sewing room should be well ventilated. The air in it should be as fresh and pure as the air out of doors. Three operations go on in the sewing room—viz.: cutting, the seamstress standing at the table; stitching, seated at a machine; sewing, with the material in the lap. In cutting the manner in which the seamstress bends over the table is everything. The following exercise taken two or three times a day is a wonderful help toward correct bending at the work table, that is, bending without constricting the chest or abdomen. Stand perfectly erect, with the heels together, the chin and abdomen in, the chest out, the back straight. Slowly filling the lungs with air, raise the arms, held stiff, from the sides outward, until the hands meet over the head, and at the time the hands meet, the

lungs should be filled to their fullest extent with air. Slowly exhaling the air, lower the arms to the sides again. Repeat this movement twenty times.

There is a right way and a wrong way to sew, and she who pursues the right way arises from her sewing after a day's work, greatly benefited. She may be weary, but her weariness is that derived from healthful work, like the weariness which follows a game of tennis, for instance, but the woman who habitually takes the wrong position runs a great risk of developing indigestion, to say the least, if not more serious lung trouble.

CAKE.

German Apple Cake.—One pint flour, one-half teaspoonful baking powder, one-half teaspoonful salt, mixed and sifted; rub in two tablespoonfuls of butter, and one beaten egg, and milk to make thick batter. Spread one inch deep in greased shallow tin. Have ready several pared, cored, and quartered apples. Press points into dough, sprinkle thickly with sugar mixed with little cinnamon. Bake in hot oven.

Christmas Cake.—Two pounds of flour, one pound and a quarter currants, one pound and a quarter raisins, three-quarters of a pound of candied peel, two ounces of almonds, half a pound of butter, three-quarters of a pound of lard, one pound and a quarter of granulated sugar, one tablespoonful of baking powder, two teaspoonfuls of mixed spice or a few drops of essence of lemon, eight eggs, and a little milk. Stone the raisins and wash thoroughly the currants, blanch and chop the almonds; cut the peel very fine and mix all the fruit well together. In another bowl mix the flour, baking powder and spice. Take another bowl and beat the butter and lard to a cream; add the sugar, then the eggs (well beaten); next add the fruit, then last of all the flour; beat well and pour into buttered tins. Bake from two and a half to three hours. The oven must be hot at first, and then cool down. This makes an excellent cake.

SWEETS.

Date Delight.—Two cupfuls of light brown sugar, one cupful granulated sugar, one cupful of milk, one cupful of chopped dates, one tablespoonful of butter, and vanilla flavoring. Mix sugar and milk together and let it come to a boil. It is done when it will form a soft ball. Take from fire and beat till creamy. Stir in dates, spread and cut.

Toothsomeness.—Stone a quantity of nice firm dates, stiff with Neufchatel cheese, roll in lemon juice, and then in powdered sugar. These make a delicious after dinner sweet.

Bonbon Balls.—Chop equal quantities of figs, dates and pecans. Mix them with a little cream, roll into balls, coating the outside with sugar.

Gingerettes.—Cut preserved ginger in small pieces and pour fondant over them; before this sets lay on a strip of ginger so as to have a piece on each strip when cut into oblongs. These are especially nice for luncheons.

HOUSEHOLD HINTS.

Cold rain water and soap will remove machine grease from washable fabrics.

The teapot should be carefully dried after washing keep it sweet. Before turning out a pudding let it stand three or four minutes for the steam to escape.

To test the freshness of eggs drop them slowly into a bowl of water, and if the small ends come up they are fresh.

Rub the hands with celery after using onions, and the pungent, disagreeable smell will soon disappear.

Flour baked in a tin dish till it is well browned is a very good "coloring" to keep ready for use.

When making coffee in a jug, place the ground coffee in a muslin bag, heat the jug, and use perfectly boiling water.

Choose jugs for household use which are wide enough at the top to allow of a thorough cleaning with the hand or a cloth.

Frozen meat should be gradually thawed by being placed in the kitchen for several hours before it is cooked. If cooked at once it will be tough.

Moths can be prevented in carpets by scrubbing floor with hot strong salt water solution before laying the carpet and frequently sprinkling the carpet with salt besweeping.

To clean your rugs put them upside down on bed springs laid down out in the yard. Beat them thoroughly, then turn them over and sweep. This saves the dirt from the ground getting into the rugs.

To clean fruit jars that have been exposed to dust and dirt, possibly



THE DUCHESS OF CONNAUGHT



H. R. H. THE DUKE OF CONNAUGHT

left open, just throw into them a small handful of sand and a little cold water. Shake a moment and you will be surprised at the result. They come out as clean as new.

How to get rid of rats.—Get pieces of unslaked lime and scatter about the places they come from and by running over it their feet get burned and they run away and never come again and do not lie about the place dead.

Wallpaper Cleaner.—One heaping cup sifted flour, one tablespoon salt, one tablespoon coal oil, two tablespoon vinegar, two table-spoons ammonia, one-half cup warm water. Mix in a small kettle. Boil until flour is well scalded and moisture is used up. Stir continually. Remove from stove and knead with the hands until ready for use. Make into balls and rub the walls with this.

VITALITY OF BACTERIA.

Microbes Show Remarkable Recuperative Powers.

The extraordinary vitality of bacteria is illustrated by a series of experiments undertaken by Prof. Bussion, of which the German scientific review *Microcosmos* gives an account.

Seven years ago Prof. Bussion transferred a culture of bacteria coli to a glass tube filled with chemically pure water, which is a germicide, as it affords no nourishment for the microbes. Yet that didn't kill the bacteria. In the period stated they had prospered and increased.

The explanation given is that as soon as the water became tinged, however slightly, with alkali detached from the inner wall of the test tube it lost its germicidal properties, and those bacteria that had succumbed at first provided food for the survivors.

A striking experiment was that made with bacteria of cattle disease, which seventeen years ago were preserved, baked and dried on silk threads. They were supposed to be quite dead, but after they were transferred to a slab of gelatine it was found that after this long period of inactivity they soon took nourishment and were as virulently poisonous as ever.

If a man doesn't look out for himself he will never be able to get a look-in.

You can always get a lot for your money by patronizing a real estate dealer.

BAD SCHOOL BOYS.

Disquieting State of Affairs in German Schools.

A shocking state of things has come to light in a German school. A week or two ago a pupil almost succeeded in shooting dead a French master who he thought treated him harshly, and now a conspiracy has been discovered among certain of the boys to murder the principal of the gymnasium.

The ages of the conspirators range from 13 to 15. They had bound themselves in writing; lots were to be drawn to decide who should shoot the principal, and the murder would have taken place as planned had not a teacher come across a letter in the desk of one of the conspirators which put the authorities on their guard.

What is still further disquieting is that the case has brought to light several instances showing of what the apparently innocent-looking German schoolboy can be capable. At a school in Halle-on-Saale some boys made an attempt to bribe the owner of a restaurant with \$80 to supply one of their teachers with a glass of liquor of their providing, such as it was his custom to drink nightly. The restaurateur pretended to consent, and it was found that the liquor supplied by the boys contained a mortal dose of arsenic.

A director of another gymnasium is reported as declaring that in his institution "none of us is sure of his life." No doubt such cases are exceptional and, as the Minister of Education says, they do not occur through any fault of the teachers. But it is disquieting that they should occur at all.

PARK LIKE STREETS OF PARIS. All wide Paris streets are in effect parks. They have rows of shade trees. Many of them have a central park strip planted with trees, grass and flowers, and benches are placed here. Along the chief streets are perhaps 100,000 trees, a large number for a city so compactly built.

"NOT PLAYIN'."

Pat, thinking to enliven the party, stated, with watch in hand: "I'll present a box of candy to the lady that makes the homeliest face within the next three minutes."

The time expired, Pat announced: "Ah, Mrs. McGuire, you get the prize."

"But," protested Mrs. McGuire, "go 'way wid ye! I wasn't playin' at all."



"Think of it! I just planted one can of peas and one of tomatoes.—Life.

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, NOVEMBER 5.

Lesson VI.—Esther pleading for people, Esth. 4. 1 to 5. 3. Golden Text, Psa. 145. 20.

Verse 1. Mordecai—His ancestry and relation to Esther are described in Esther 2. 5-7. It is interesting to trace his lineage back to Saul the son of Kish, and that of Haman back to Saul's enemy, Agag (Esther 3. 1). The unselfishness of Mordecai appears in his reporting to the king a murderous intrigue, thus proving his loyalty, though a sternly patriotic Jew, to a foreign ruler. Also he is the constant promoter of the interests of his lovely ward. Though in the end he receives highest honors, he never seeks them.

All that was done—As described in the previous chapter. His knowledge of the peril of his people plunged him into despair, which found expression in the usual outward, Oriental, symbols of grief, sackcloth and ashes. His dismay was shared by the Jews in every province (3), their mourning being accompanied, in true Eastern fashion, by loud and bitter lamentations. Their fasting is the nearest approach to anything like a religious act in the book.

5. Esther—She had been an orphan of obscure origin, reared in the home of her own cousin. After spending a year in preparation at the palace, she had been chosen as queen from among the most beautiful maidens of Persia. The new name given her, Istar, was that of a Babylonian goddess, equivalent to the Greek Aphrodite. In her ignorance of the course of events, she could not understand the meaning of Mordecai's sackcloth, and so sent fresh raiment for him, and when he refused it made further inquiries as to what it was and why. In her lofty position she never for a moment forgot her kind benefactor. From childhood she had followed his command, and even from her royal elevation she looks up to him with reverent admiration.

6. The broad place—The wide, open square of the city of Susa, or Shusan, one of the three capitals of the empire. It was situated in the province of Elam, to the north of the Persian Gulf.

7. The exact sum of money—As described in Esther 3. 9-11. Haman was a man of fierce enterprise, determined that nothing should thwart his will. When he had conceived his villainous design, he clinched his proposition to the king by the offer of a huge bribe, equal to the revenue of a kingdom.

8. Charge her that she should go—Mordecai saw that the disaster that seemed to await his people was due entirely to the affront he had offered Haman. Hence he called upon every possible resource in order to avert the calamity. The punishment for his offense was all out of proportion to his guilt, and both his fastings and the forcefulness of the entreaty he sends to Esther show that he was inspired by the highest motives.

11. The inner court—This was located just before the king's chamber or throne room. It was true that anyone, no matter how high he stood in the favor of the king, imperiled his life by going unbidden into this place of royal retirement.

It was the law. But a king who cared so little for the custom of the court as to violate its seclusion for the wanton pleasure of his debauched companions and who showed himself otherwise fierce and vengeful, as well as willful, would not be balked by a rule of etiquette.

13. Think not . . . thou shalt escape—Mordecai will not let even his deep love for his kinswoman stand in the way of the execution of his plan. His words are a stern rebuke, and stir the conscience of the queen.

14. Deliverance . . . from another place—It is sometimes complained that the book of Esther gives no evidence of religious faith. But it is difficult to read the story without feeling that the intervention of Providence is its key. This statement of the watchful Mordecai is nothing if not an utterance of faith. He is so thoroughly sure that a divine destiny awaits his nation, that, even, if Esther should fail them, there is still relief. But he will not surrender this conviction that she has come to the kingdom for just such a time. It is to the everlasting honor of Esther that, acting upon this impulse of her cousin's faith, she no longer hesitated. Mordecai, on the other hand, was certain that it would be to her everlasting shame to refuse. Her identity as a Jewess was unknown in the palace, but it would be discovered, and she would perish along with the other Jews.

16. If I perish, I perish—The chances of life and death hung upon the king's holding out the royal scepter, or failing to do so. She was his favorite, but another favorite before her had been hurled down to an ignominious end. The power of the king was absolute, but his subjects stood in mortal terror of it, for it was wielded, not according to justice, but caprice. In a similar instance, Nebemiah lifted up his heart in prayer. We have no intimation that Esther did so much. But the order relating to fasting among her people, and her own purpose to fast, is an index of her spirit. It is fair to conclude that her courage was supported by true faith.

1. On the third day—Of the fast. See verse 16 above. Her standing thus bravely in the prohibited inner court must excite the admiration of every reader of this story. It was a hard duty. But she recognized the fact that the favor and influence she enjoyed provided the only means of escape for her people, and that, therefore, hers was a great responsibility.

2. She obtained favor in his sight—The fact, as well as the resourcefulness and courage of Esther should not escape us. She was arrayed in all the gorgeous splendor of her royal apparel (1). Her beautiful face shone with the light of her unselfish purpose. How could the king disdain such loveliness? She had not prostrated her beauty to a silly vanity in the sensuous life of the palace, but had consecrated it to lofty uses.

Touched the top of the scepter—A mark of devotion and gratitude.

3. The half of the kingdom—A common proffer of the flattered pride of kings (compare Mark 6. 22).

Father—You mustn't cry for it; wait till you are older. Tommy—Then I'll be too old to cry. "Gee! Now tell me, as man to man, what would you do if you were married to that woman?" "You tell me what you would do; I am married to her."