

## HOME.

### SELECTED RECIPES.

**Savory Sauce and Cold Lamb.**—Melt one cup of currant jelly, add bits of shredded orange and chopped mint. Garnish with parsley or mint.

**Fireless Cooker Recipe.**—For oatmeal, boil one cup of oatmeal and one-half teaspoonful of salt with two cups of water for five minutes. Place, closely covered, in cooker, and allow to remain overnight.

**Fireless Cooker Recipe.**—For dried fruit, wash fruit and soak four hours in water which just covers it. Simmer in the same water on the stove five minutes, then place in cooker and allow to remain eight to ten hours. Less water is required than when fruit is cooked on the stove.

**Fireless Cooker Recipe.**—For baked beans, pick over and wash one quart of pea beans. Soak overnight in cold water. While preparing breakfast, or early the following morning, drain and cover with fresh water; bring slowly to a simmer. Cook until skin will burst. Drain, and add one-half pound of lean salt pork, one-half teaspoonful of salt, two tablespoonfuls of molasses, and two tablespoonfuls of sugar. Cover with boiling water, cover pan, and cook gently thirty minutes. Place in cooker. Remove one-half hour before the evening meal, and brown uncovered in the oven.

**Ham Mousse.**—Mix two cups of boiled ham, chopped fine, one teaspoonful of mustard, a dash of Cayenne pepper, one teaspoonful of gelatine and one-half cup of whipped cream. Pack into a mold and place on ice. Serve with a cream sauce composed of one tablespoonful of vinegar, one teaspoonful of mustard, two tablespoonfuls of fresh horseradish, or horseradish sauce, one-half teaspoonful of salt, a dash of Cayenne pepper and one-half cup of whipped cream.

**Fried Peaches.**—The rich yellow Crawford peaches are the best. Wipe them clean, halve without peeling and remove the stones. Lay them flat side down in a frying-pan with just enough melted butter to prevent sticking to the pan. Fry slowly until half-done; then turn and fill the stone cavities with sugar. When done lift them carefully, with a spoon in each hand, into the saucers in which they are to be served, as the syrup will surely be spilled if they are carried to the table in a large dish first. Peaches prepared in this way make a suitable dessert for the little folks served with boiled rice which has been buttered and sweetened a little. For adults they are delicious with hot biscuits or sponge-cake.

### DESSERTS.

**Lemon Ice.**—One quart milk, grated rind of one lemon, one-half cup sugar. Let these ingredients come to a boil, then set aside to cool. After cooling add juice of four lemons and freeze. When partly frozen add beaten whites of two eggs.

**Marshmallow Delight.**—Cut up one pound marshmallows. Whip one-half pint cream. Chop one cup English walnut meats, or put in a dash of cherries. Flavor with rum. Mix marshmallows and nuts, or the cherries. Pour over them beaten cream. Serve in sherbet glasses.

### SMALL CAKE.

**Rocks.**—Three eggs well beaten, one cupful of butter, one and one-half cupfuls of brown sugar, three-quarters pound raisins, one-quarter pound of English walnuts in fine pieces, two cupfuls of flour, one teaspoonful of soda dissolved in water. Drop teaspoonfuls on a buttered pan and bake slowly.

**Oatmeal Cakes.**—Cupful of butter or one-half lard and one-half time in water with a little methylated spirits in it. Roll up in a cloth, iron on both sides, and they will have the gloss you desire.

Boiled water, when used for drinking purposes, should be prepared carefully. See that the water boils fast for fifteen minutes, then keep it covered till required.

Patent leather and kid boots will take a far brighter polish if they are first wiped over with a sponge dipped in milk. This must be allowed to dry before the polish is applied.

When preparing vegetables or fruits that stain the fingers, a very good plan is to previously rub the thumb and forefinger with a little grease, and it will prevent the stains that are so unsightly and difficult to remove.

Padding Embroidery Work.—For this lint cotton is much better than thread; moisten the finger tips and roll the cotton size and length wanted, and put in place and work over it. No shrinking required, as most thread does.

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cheese, then add a layer of olives which have been chopped fine and mixed with mayonnaise dressing.

### USE OF BRAN WATER.

Few housekeepers know the value of bran water in the household. Its uses are manifold and its cost but a trifle. As an effectual and harmless dirt remover it cannot be surpassed. In preparing it for use, place in a cloth bag some bran, upon which pour boiling water; let stand for several minutes; squeeze the bag out and remove, when the water is ready for use.

In washing woodwork, be it hardwood or painted, it will be found invaluable. The dirt is quickly removed and the original finish of the wood is retained.

For washing printed fabrics it has no equal, for it will not injure the most delicate colors.

If one would use bran water when washing the hair she would find it not only cleanses the scalp thoroughly but also imparts to the hair that beautiful luster so much desired.

Another important consideration is that the water does not injure the hands, like so many cleansing preparations; on the contrary it has long been known that bran is an excellent skin whitener and beneficial when used in the bath.

Lastly, it will cure chronic constipation, by drinking anywhere from three to five cups of bran water at intervals before breakfast. A few drops of lemon juice make it more palatable to some people. For this purpose it is well to soak the bran overnight in a covered receptacle and strain in the morning.

### IN THE LAUNDRY.

**White Dress Skirts.**—When washing white dress skirts do not wring them, but hang them dripping wet on the line by the belt. The weight of the water prevents shrinkage and keeps the skirt an even length.

**Starch for Black Dresses.**—To make starch for a black lawn or organdie dress that will make it look like new and will not show on the dress take black dye, dissolve it in water you would for coloring, and keep bottled. When you make the starch, make it quite thin, strain the dye and pour a little into the starch. The dress will look like new when laundered.

### USEFUL HINTS.

Linen turns yellow because soap has been left in it at the laundry, owing to insufficient rinsing.

Tar on a cloth suit may be removed by successive applications of turpentine, naphtha and benzine.

To remove a burnt taste from lard, slice some raw potatoes into it, and cook for a few minutes, and strain off.

Soiled linen should never be kept in bedrooms. A place for the linen basket should be found in an airy position.

Floors which are to be stained should be first prepared by painting with a very thin coating of size evenly applied.

To soften the skin of a fur rug, rub a little vaseline into the hands, and then work the skin till it softens. This will take some time.

Save the ends of wooden matches, for they are useful in reviving a dying fire. If kept in a box, they are ready for use at any time.

Corkscrews are not always at hand when wanted. A good substitute is an ordinary large screw with a string attached to pull out the cork.

Dusters for old china and bric-a-brac should be made of cheese cloth. It is better than any other material, and the cheapest.

Wash black stockings thoroughly in salt and water, then again in a weaker solution, and finally in clear water; if treated like this, stockings will not crack.

When boiling anything quickly, do not leave a metal spoon in the saucepan, for much of the heat passes through the spoon, and boiling is checked.

Rinse silk handkerchiefs the last time in water with a little methylated spirits in it. Roll up in a cloth, iron on both sides, and they will have the gloss you desire.

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is to open the window wide, and to open the door and to swing it backwards and forwards very quickly, making it serve as a sort of fan.

To cure earache, warm a little salad oil to milk heat and drop it from a spoon into the ear. Another remedy is to roast an onion in the coals and take out the centre, put the fine point of this into the ear and let it remain several hours.

Should the knob come off the lid of a pan or kettle, a screw should be slipped through the hole, with a head to the inside of the lid, and a cork screwed on to the protruding end. This will make a knob that will not get hot, and that can be easily removed when dirty.

In some cases fried fish may be given to invalids, and is, of course, more relished. But the frying must be perfectly done, and no fat left soaking on the dish. It is better fried without the casing of egg and bread crumbs, which is likely to disagree with a delicate stomach.

Oil, fruit or paint stains can be successfully removed by means of a homemade mixture composed of a teaspoon each of oil of lemon, peppermint, cloves and cinnamon, with wineglass of spirits of turpentine. This should be rubbed over the surface of the fabric with a piece of silk, an old handkerchief answering the purpose excellently.

To clean an ingrain carpet mix damp (not wet) cornmeal with dry salt and sprinkle carpet liberally. Leave it for an hour, then sweep it into the carpet with a clean broom and against the nap. This done, sweep again, this time with the nap. Lastly, sweep a fresh supply of salt over the carpet and let it lie there for three hours before repeating the double sweeping.

### CARBONIC ACID GAS.

Not So Deadly as People Have Been Led to Believe.

The danger of an excess of carbonic acid gas in the air, the property which makes an overcrowded, stuffy room so unpleasant, has been the result of all its terrors as the result of an experiment carried out at the London Hospital, says The Daily Mail's medical correspondent.

To eight perspiring, shirt-sleeved students, crowded in an airtight box five feet long, five feet wide and seven feet high, breathing their own expired air over and over again at a temperature of 85 degrees Fahrenheit, is due the proof that carbonic acid gas, formerly considered such a deadly poison, can be breathed with impunity in doses forty times as large as the law allows.

In their hermetically sealed box the eight students experienced all the sensations of gradual suffocation for three-quarters of an hour, until the carbonic acid gas rose to four per cent. A stuffy theatre atmosphere might contain one-third of one per cent. Peering through the large glass windows in two walls of their prison, we could note their perspiring, flushed cheeks, quivering nostrils and general air of physical discomfort.

When the air temperature from their breathing and the radiations from their bodies drove the thermometer up to 88 degrees Fahrenheit most people keep their rooms at about 68 degrees Fahrenheit, Professor Hill shouted: "Are you ready for the fans?" A chorus of "Yes" from the prisoners, and three electric fans were turned on from the outside. No fresh air was admitted, the fans simply stirring up the moist carbonic-acid-laden atmosphere.

The effect was little less than magical. The students immediately stood more erect, breathed more easily and deeply, and began once again to chat and joke with one another. On coming out none of the men showed any signs of the trying ordeal he had just gone through.

"This experiment," Professor Hill stated, "proves conclusively that the carbonic acid present in a stuffy, overcrowded and ill-ventilated room is not the cause of the unpleasant symptoms we formerly associated with these conditions. It is the moisture, high temperature and stagnation of the air which gives us the headaches and dullness."

### FIGHTING IN AFRICA.

Europeans Storm a Village of Slave-Traders.

Fighting the slave traders in Africa is a kind of warfare that requires courage, patience and strategy. In a recent book Mr. A. J. Swann has described his part in a certain set-to with Kakungu, a chief who, besides being an active slave-trader, had broken a treaty. It was the object of the expedition to deal a smashing blow, to end the business by one sudden, sweeping stroke, and thus prevent a long, guerrilla-like struggle. Two Europeans went with the land force and two with the boats. Mr. Swann was to demonstrate from the lake, in order to draw the enemy out from their stockades, and thus permit the land force to rush in and occupy the villages. They were situated

about a quarter of a mile up a river which flowed through them.

They were strongly fortified by a deep trench; earth was plastered up the sloping sides nearly to the top of the poles, on which thick thorns had been placed. To get at the stockade, the ditch had to be crossed and the smooth sides of the earth embankment scaled. Even when that was done it was still impossible to get in without climbing over the thorns. These particulars had been ascertained during the previous visits.

We bound oskum dipped in turpentine round the heads of arrows, to set fire to the grass huts in case of failure to take the place by storm.

Arriving at the appointed time, we found that the natives had discovered the approach of the lake division. We moved slowly along the bank, and allowed our occasional shots to go over their heads. This made them more bold, and drew them away from the forts, which was our object.

The glittering spears of the land force could be seen coming over the hills at the back of the villages; but instead of at once rushing into the stockade, then undefended, they came down to the shore to drink.

Several ineffectual attempts to scale the thorny slopes failed. As I thrust my rifle through the poles, some one of the slave-traders on the inside jammed his gun on the top of mine and fired. I was just out of line, but the flash scorched my right ear. This kind of give-and-take continued for some time. We were making no progress, when I heard our people shout, "A white man has been shot!"

"Never mind!" I replied. "Mind you don't get a similar dose. Give me those arrows, a small bow, and some matches."

In an instant I had an arrow fitted to the string, and setting alight the prepared oskum, I gently fired it into the thatch of a hut which was quite near me. The grass caught at once, and although I could not see any one, I kept up a rapid fire into space to scare away any who might attempt to put out the fire. In a few seconds it was well alight, and jumping down into the trench, I ordered my party back under cover of the maize. I knew the place was ours.

James Yule, the well-known African pioneer and hunter, had also set on fire his section.

Soon after this Yule bundled his men over, and they ran and unfurnished the gate. We rushed through it, and saw the enemy retreating across the river, away from the flames and smoke. So much the better for us. Giving the enemy no time to barricade the doorway, we poured a heavy fire on it. No one dared to stop in its neighborhood; no one wanted to apparently for they rushed right through the village and out the other side.

### MILLINERS' WAR ON BIRDS.

Enormous Amount of Feathers Used in London and Paris.

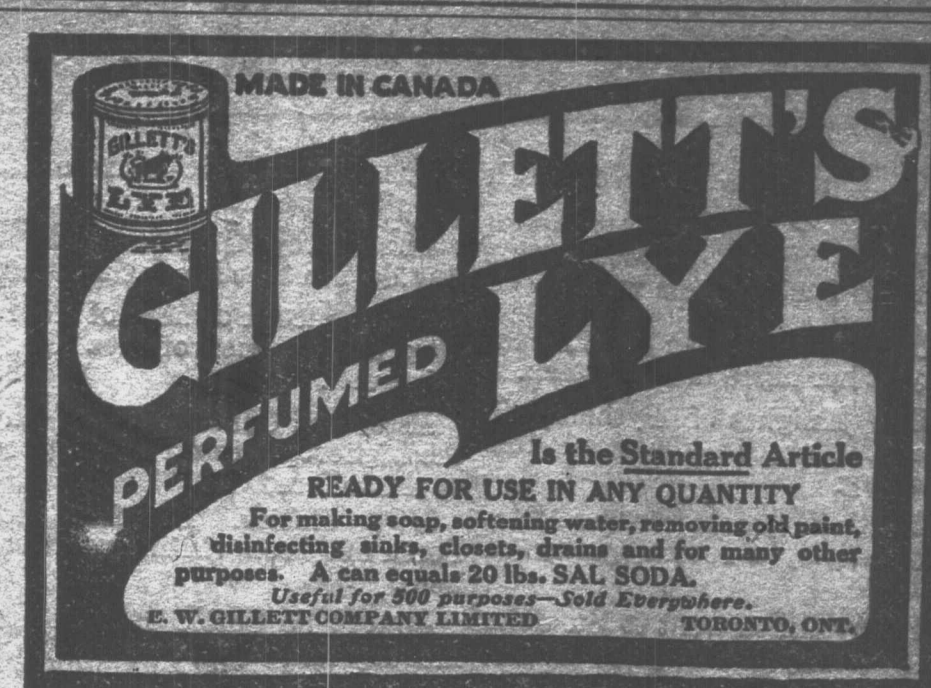
Startling figures regarding the slaughter of birds for the Paris and London millinery markets were given recently to the Selborne Society at the Civil Service Commission Theatre, Burlington Gardens, London, when Mr. James Buckland spoke on "the traffic in feathers and the need for legislation."

"Bird life," said Mr. Buckland, "is being reduced at an alarming rate by the traffic in feathers and the killing in the breeding season, when feathers have full lustre, smoothness and elasticity. During 1898, 1,538,738 egrets were killed in Venezuela for their plumes, and in 1903 the same number had fallen to 257,916 as the effect of ten years' slaughter. The same thing is happening in every country where the white heron is found."

"There has been growing for the last ten years a demand in the millinery market for the large white wings and tail feathers of the American jabiru, the largest but one of all living storks. In London alone 30,000 of these quills are sold annually. The bird would have been annihilated long ago, but it scented danger from man and his fowling piece, though to-day in the middle of the Crinoer basin, its favorite feeding ground, it is shot by a soft-necked bullet from a Mauser rifle, and thus woman's wish is gratified."

"Besides the egret, 10,613 pounds weight of other plumage is exported from Ciudad, Bolivar. Besides being extravagantly wasteful of bird life and terribly cruel, the plume trade is aggravated by illegal practices. Although in 1903 the Government of India passed a law prohibiting the export of the skins and feathers of all wild birds, the most useful and beautiful birds continue to pour into London market, being clandestinely conveyed out of India under fictitious names and addresses, and the cases falsely declared as containing cow hair, horse hair or some flimsy silk material."

Even those who think twice before they speak are apt to have another thought coming after they have spoken.



### ARMY LIFE NOT LIKED

#### SHORTAGE OF OFFICERS IN GREAT BRITAIN.

The Remuneration is Small, and Other Lines Offer Better Rewards.

The British Army Council is being severely criticized for letting down the bars at Sandhurst and Woolwich in order to relieve the serious shortage of officers in the army.

The entrance examinations have generally been so severe that only about 15 per cent. of the candidates succeeded in getting in. For some time past, however, it has been public knowledge that a commission in the English army was becoming daily more unattractive to the youth of England, and the shortage of officers became a serious question. The Army Council admitted between two and three hundred candidates to Sandhurst and Woolwich this year without competition examinations of any kind.

#### OPENINGS FOR YOUNG MEN.

One of the high officials in English army circles, after severely criticizing this action of the council, gives several reasons for the army's unpopularity. "First of all," he said, "the openings in life for young men of good breeding have been greatly multiplied in the last twenty years. A career which formerly would not have been entertained for one moment for their sons are now eagerly welcomed by modern parents. The professions which social caste formerly prescribed for gentlemen were few; they have now become many and mainly because the chief demand is for money. "Life is more expensive, and the wings of commerce alone can support it. It is the commercial life, in one of its multitudinous phases, which the majority of the well-born and modern educated are now compelled and are willing to live."

#### REMUNERATION IS SMALL.

"While the cost of living has gone up and the number of rival professions has greatly increased, the remuneration offered by the army remains small. When the young man has passed through his course and obtained his commission he is paid the salary of \$480 a year, the whole of which for the first year must disappear in his outfit. "Six years of this brings him to lieutenantancy, which means \$595 a year, and for another six years he has to live on that."

"That is to say that unless a parent can allow his son \$500 a year at least the army is no place for the boy. From whatever point of view one may approach this serious problem, it seems that the first duty of the Government is to restore the entrance competitive examination (making it partly physical and partly intellectual), and, at the same time, introduce a "living wage" for the junior officers. "I would pay every second lieutenant \$1.92 a day at least, and every lieutenant \$2.40 a day. A grant should be made of \$500 on account of outfit for every officer on first joining."

Somehow a girl always imagines that her piano playing sounds good to the neighbors.

It is easier for some men to become famous than it is for them to earn a living.

Kind words are often wasted where a swift kick would have been more effective.

We wonder what Eve fussed about before Adam learned to smoke.

Economy on your part would be stinginess on the part of your neighbor.

Second thoughts are best in a case of love at first sight.

But fame seldom comes to the man who sits down and waits.

Few people care if care did kill a cat.

### THE WAYS OF ASSASSINS

#### THE LARANG USED BY MALL-FACTORS OF CHINA.

Stab Their Victims in Abdomen, Trusting to Splenomegaly to Finish Their Work.

"Pathological assassination" is the term applied by a writer in The Lancet (London) to two recent cases which have occupied the attention of the press of two continents—the Hyde crime in Kansas City, and the numerous murders "in order" alleged to have been committed in Russia by a physician of noble blood.

"It is a question if a parallel can be found among western nations or savages at large to the use of the larang, which means in Malay language 'the forbidden,' and is used in Southern China and the Malay countries, such as Sarawak, for purposes of assassination," says The Lancet. "Mr. W. H. Patten, in his recent oration on 'Internal Injuries,' delivered before the Medical Society of London, exhibited a larang belonging to Dr. White Hopkins, who has been resident for some time in Sarawak. In shape the instrument resembles an iron dagger, and it is probably made out of

#### A LARGE TIMBER NAIL.

to which, with the aid of twine, an ornate curved crosspiece is fitted. The head of the nail is held so as to protrude from the loose sleeve of the malefactor who uses it. A stroke from this nail on the abdomen of a victim frequently brings about the latter's death from ruptured spleen, the calculation of Chinese assassins being that some 90 per cent. of those they attack are suffering from splenomegaly, due to malaria."

"The nearest approach to this truly fiendish form of assassination discoverable in the annals of legal medicine is murder by infection. In a case now sub judice in Russia a suspicious death is attributed to subcutaneous infection by cholera virus. Quite recently also a medical man, Dr. Clarke Hyde of Kansas City, was condemned to imprisonment for life for the murder of three victims, whom, with eight others, he is supposed to have infected with the virus of typhoid fever. This, we think, must be one of the first instances of a culture of a pathogenic germ being used for criminal purposes. It is a method capable of great extension and likely to trouble the medical legists of the future, though, fortunately, its use will necessarily be restricted to persons with some knowledge of bacteriology."

#### MURDER BY INFECTION

has often been entertained—as, for instance, by modern Russian peasants, who accuse medical men of deliberately spreading (on the principle of breaking windows to do good to the glaziers) the disease they have been striving to prevent. Then there are the historic cases of the plague poisoners of Milan and Geneva, who in the seventeenth century, were accused in numbers of disseminating the plague with the help of poisoned ointments, infected clothes, and so forth, in the interests of nurses and all the other employees in epidemics. Searching in works of travel one finds sometimes isolated cases of explorers being apparently allowed to die by sledge drivers, guides and others who have been interested in the loot of their master's property, and these cases are analogous, as the murder is done by enlisting the services of disease. Thus, in Dr. J. J. Hayes' 'The Open Polar Sea,' the death of a Mr. Sonntag is described, who, when manifestly suffering from a chill during a long sledge journey, was nearly drowned, and died presumably of cold shortly afterward. The Esquimau driver who was with him gave an unsatisfactory account of his death, and Dr. Hayes implies that foul play was suspected. The larang users, however, with their knowledge of a pathological condition and their calculation of probabilities, are easily ahead of all other competitors in iniquity."