

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. BELLER, Acting Director of Sunday School Course Moody Bible Institute, Chicago.)

LESSON FOR FEBRUARY 7

RUTH CHOOSES THE TRUE GOD.

LESSON TEXT—Ruth 1:8-18. (Read entire book.)
GOLDEN TEXT—Thy people shall be my people, and thy God my God.—Ruth 1:16.

The book of Ruth is a great love story, full of deep spiritual suggestiveness. Amid the tales of war, defeat, success and failure, this story most beautifully illustrates another side of the life of the Israelites. The author of the book is supposed to have been the same as the writer of Judges, perhaps Samuel.

1. "There Was a Famine in the Land." This famine drove Elimelech, his wife Naomi and their two sons, Mahlon and Chilion, into the land of Moab, even as Abram before them "went down" into Egypt. The immigrant sons married in that land, one of them becoming the husband of Ruth. Through this Israelite alliance Ruth learned of the true God and the record of this book reveals God to all who turn to him in sincerity and truth. This suggests the essential missionary character of the Old Testament. After the death of her husband and sons Naomi, hearing of returning prosperity in the homeland (1:16), elected to return to her own people.

2. "Entreat Me Not to Leave Thee." This story puts to silence all of the mother-in-law jokes. When Naomi thought they had gone far enough she sought to dismiss the younger women and expressed to them the tender affection which existed between them. A woman in an eastern land can find rest only in the house of her husband and these young widows stood but poor chance of securing husbands among those who hated their race. Moreover we must remember that they were penniless. There seemed to be nothing for them to gain if they proceeded any farther (v. 12). Orpah reluctantly and tearfully turned back but Ruth clung to Naomi (v. 14). This illustrates our experience when we have to decide whether to leave friends, home and everything that we may follow Christ or, on the other hand, have to choose the things which are good and refuse to follow the best. (Matt. 10:37; Luke 14:33).

3. "Whither Thou Goest I Will Go." Naomi gave Ruth another opportunity to go back to her people and this time bases her appeal upon the love of Ruth for Orpah (v. 15). The word Ruth means "friendship," and one of the strongest motives for a loving nature to forsake the Lord is the love for those that are of the world. Many young men and young women have had such loves but they usually result in making shipwreck of faith. Read II Cor. 5:14, 15; Rom. 10:37. This text caused Ruth to count fully the cost (Luke 14:35-38). No more beautiful nor immortal words can be found in all literature than Ruth's reply (v. 16, 17). Ruth's words are still sung as best expressing our song of life devotion. They have furnished inspiration for countless lives, sermons and stories, and for some of the earth's greatest musicians as well. They most wonderfully illustrate our attitude towards him "whom not having seen ye love" (I Peter 1:8). (1) "Entreat me not to leave thee." No difficulties, duties, fascinations nor persecutions are to turn us aside. (2) "Whither thou goest." Towards every ideal, service, field of endeavor, warfare, or experience. (3) "Where thou lovest I will lodge." Where his people are in the home, in service, intercourse, social life, here and hereafter. I will abide in Christ. (4) "Thy people shall be my people." One in love, sympathy and purpose in Christ. (5) "Where thou diest I will die." Let me die the death of the righteous. (6) "There will I be buried." In the same hope of immortality, of the resurrection, of death being swallowed up in victory (Gal. 2:20; Eph. 2:6; I Cor. 15:55). Ruth did not ask for complete data from Naomi before she accompanied her to the homeland (John 12:36).

4. The Sequel. At Bethlehem Ruth had no other thought than to cling to her mother-in-law, even in poverty and a life of lowly service. She did her mental duties faithfully, and displayed more of the real heroism of faith than that shown in the daring exploits recorded in the other history (Judges) of her day. The truest hero is not the reckless participant in Europe's battlefields, nor is he found in the mad struggle for commercial supremacy, but more often in the self-sacrificing acts of tender women and in the common round of life's duties. Ruth in a humble hut with Naomi was better off and better satisfied than to have lived in the finest palace in Moab (Psal. 1:23). Through all of this love and devotion Ruth was being fitted for a larger sphere of influence in which she was enabled to give to Naomi the happiest life possible to her. Not once is Ruth's beauty suggested but she had the more attractive attributes of goodness, kindness and courtesy. She may have had personal beauty but her character far outweighs the physical, and like Mary's precious ointment has filled the world with its sweet aroma. Unconsciously she attracted the rich land owner Boaz, who was a true gentleman, and through her marriage to him she became, through David, an ancestress of our Lord Jesus. Rahab the harlot, and Ruth the converted idolater, are each made a part of this ancestry (Matt. 1:5 R. V.).

This lesson is a suggestive one for Decision day in our Sunday schools. Give all an opportunity to choose and to follow even as Ruth did. For the little folks tell the story simply "as to a little child."

VALUE OF THE GARDEN

Usefulness Cannot Be Measured in Money Alone.

Farmer Will Find It Profitable to Devote Small Patch of Land to Vegetables—Location Should Be Near the Home.

(Prepared by the United States Department of Agriculture.)

If the value of the home garden were to be estimated in money alone it is safe to say that the returns from a small plot of land devoted to this purpose would be from eight to ten times greater than the value of the cotton which could be raised on the same area. Many southern farmers will refuse to believe this. It is, however, a fact that experts in agriculture have thoroughly demonstrated. For several years past, canning-club girls have made annual net profits of from twenty to fifty dollars on gardens only one-tenth of an acre in extent, and in Alabama this year products worth \$700 were raised on seven-tenths of an acre. The usefulness of the garden, however, cannot be measured in money alone, and no man can afford to ignore the important part that an adequate supply of fresh vegetables plays in preserving the health of his family.

It is obvious that when a man buys vegetables he not only pays for the cost of production, but for the cost of transportation and marketing. He obtains, however, an inferior article. Many vegetables lose their characteristic flavor within a few hours, and none are so free from the danger of infection or so palatable as those which are grown at home. In practice, however, if the farmer does not grow his own vegetables it means that in a great majority of cases his family gets no vegetables at all. One result of this is a demand for tonics and other medicines in the spring, for it is a well-known fact that vegetables and fruits furnish many ingredients absolutely essential to human health. Where a monotonous winter diet fails to supply these ingredients, the human system suffers and recourse is had to medicine.

For reasons both of health and money, therefore, the farmer will find



Two Canning-Club Girls Hoeing Tomatoes.

it profitable to devote to his home garden the small amount of land and the small amount of labor that it requires. The amount of land depends, of course, upon the size of the family. In a majority of cases, however, from one-fourth to one-half of an acre will be found sufficient to produce an adequate supply of vegetables throughout the entire year. Close attention must, of course, be paid to the rotation and succession of crops, the planting planned with forethought, and the cultivation done as carefully as that of any field crop. No specific arrangement can be laid down that would suit all requirements, and each grower must devise plans to meet his own conditions. In this he is strongly urged to seek the assistance which county agents, state agricultural experiment stations, and the federal department of agriculture can give him.



Products From a Texas Garden.

ways be located as close to the house as good ground can be secured. This means that the garden can be cared for at odd moments, when it would be neglected if it were at an inconvenient distance. The vegetables should be planted in long rows in or

Sweet Clover Cutting.
The first cutting of sweet clover should be made just before the blossoms appear. Cut it high enough to leave a few side shoots and leaves (a foot high may be necessary) otherwise it will not start up again.

Most Profitable Animal.
Anyone can get one brood sow and some can get more and with good management no animal on the place will prove more profitable.

der to make cultivation with ordinary horse implements possible. A slope to the south or southeast is desirable, because the ground warms easily in the spring and early planting is thus made possible. Good drainage is, however, a factor of greater importance. The land should have sufficient fall to drain off surplus water, but not sufficient to wash the soil. If all the ground around the house is level and artificial drainage by open ditches or tile drains is not resorted to, planting should be done on ridges or beds to prevent the drowning of the crops during wet weather.

Thorough preparation of the soil by plowing, harrowing, rolling or dragging will ultimately prove a saving of labor by lessening the work of cultivation. A deep soil is desirable, but the depth should be increased gradually. Barnyard or stable manure is the best fertilizer, because it furnishes both plant food and humus. It should be applied far enough in advance of planting time to allow it to decay. If it is available, twenty to thirty tons of manure to an acre will prove very satisfactory. If this cannot be secured, some leguminous crop such as cowpeas, soy beans, or crimson clover should be turned under to supply humus and part of the necessary nitrogen.

Finally, additional fertilizing elements can be applied in the form of commercial fertilizers. These, however, are expensive and it is one object of diversified farming to enable the farmer to economize in their use. On farms which maintain an adequate supply of live stock, and where attention is paid to the enriching of the soil by leguminous crops, this should not be needed, at least in large quantities.

The vegetables that the farmer will grow in his garden depend naturally upon local conditions and the family's own preference. Asparagus, however, should be included wherever it will thrive. This is one of the earliest vegetables and will prove a valuable addition to the spring diet. The roots may be planted in the fall or early spring. After the bed is well established, it should last indefinitely, and for this reason the location of the bed should be very carefully considered beforehand.

Beans are another vegetable which should always be included. The first planting should be made as soon as the ground is reasonably warm, and this should be followed by others at

intervals of ten days or two weeks, until the hot weather sets in. Cabbage is also desirable, because it is economical in the use of land and may be sown through a large part of the year. For spring and early summer, good varieties are the Jersey Wakefield, Charleston Wakefield, All Head Early and Succession. In most sections of the South it will hardly pay to attempt to grow cabbage during midsummer, but a fall crop as well as a spring crop should be grown. Cauliflower is generally regarded as a greater delicacy, but it is not so hardy as cabbage. For further information on these and similar vegetables such as celery, lettuce, cucumbers, eggplant, etc., the prospective gardener should apply to his state experiment station or to the division of publications of the U. S. department of agriculture for the various farmers' bulletins on these subjects.

Although, as has already been said, the choice of vegetables to be grown in the garden must be determined by individual tastes and circumstances, spinach should not be omitted. This can be grown in the open throughout the fall and winter all along the coast south from Norfolk, Va., and inland throughout the lower tier of southern states. In the colder regions, a little protection may be necessary during the severest weather, but two or three inches of hay, straw or leaves will usually be found sufficient. Seed planted in the autumn will furnish greens throughout the winter and early spring. Spinach should be sown in drills twelve to fifteen inches apart, at the rate of one ounce to 100 feet of row. For the average family, three or four ounces of seed will be found sufficient.

In an article of this kind, however, it is obviously impossible even to name all the products that a garden may be made to yield. The farmer who has hitherto neglected the possibilities of a half acre or so devoted to the purpose should begin with the simpler and most useful vegetables and gradually increase the variety in his garden as his experience and knowledge of vegetable growing grows.

No mention has been made in this article of potatoes, for their importance in the family diet entitles them to an article to themselves, which will follow shortly.

Sell Unprofitable Fowls.
Some of your hens lay a great many eggs during the year, and others lay very few. Sell the unprofitable birds.

Hay for Farm Horses.
Authorities say that a farm horse of medium size will thrive on ten pounds of hay per day and that eight or ten pounds a day is excessive and should not be allowed. It is better to keep somewhere near the happy medium. A good rule to go by is to allow one pound of hay to each one hundred pounds of horse.

All things being equal, the production and value of a live stock farm steadily increases.

PRACTICE SAVING IN KITCHEN

Proper Use of "By-Products" Will Do Much to Reduce Bills From the Butcher.

To apply a manufacturing term to our household materials and methods our kitchen "by-products" should be more carefully considered than they often are; and by this expression is meant waste materials. The by-products of meat are more often lost than those of other foods, and this is a great loss, since this group of foodstuffs is increasing in expense. Bones are chief among them, and fat. All bones may be quickly turned to good service by being washed, covered with cold water, heated gradually and made into a broth, which even if small in quantity will add flavor and some nutriment to gravies or soups. We must learn to use these meat flavors to help reduce the cost of living by making gravies and vegetables more palatable.

As to the fats, they are not always made as full use of as is possible. For shortening cakes, etc., for deep frying and for soap every bit may be used with little additional labor. To prepare it suit is cut in small pieces, covered with water, allowed to soak for a day, the water being changed once. When drained, it is put in a kettle with one-half cupful skim milk to each pound of suet, and cooked slowly until sound of boiling has ceased. When partly cooked the clear fat is drained from the scraps. A combination of leaf lard or chicken fat with beef fat yields a softer product. Whether sliced bacon is fried on top of the stove or baked in a pan in the oven, a large proportion of it exudes in clear fat. All of this should be saved to use for browning vegetables for soup or for hashed brown potatoes or similar purposes.

SALT PORK PROPERLY FRIED

This is a New Method, and the Results Will Justify the Time Spent on It.

Here's a new way to fry salt pork: Slice salt pork in slices a little thicker than bacon, remove the rind, place in a skillet of cold water and add a quarter of a teaspoonful of soda, bring to boil. Drain with cold water, dredge with flour and place in lightly greased skillet.

Sprinkle lightly with red and black pepper and sift in a small amount of sage. Now sprinkle with sugar about as one would salt the same amount of fresh pork. Do not use too much.

Lastly, dust with nutmeg to give a pleasant aroma, but not sufficient to taste. Fry a light brown on both sides and remove to a hot platter.

Pour off the grease from the top, leaving about two tablespoonfuls of grease the skillet.

Place in a heaping tablespoonful of flour in skillet and stir till it becomes a rich brown. Pour in about a pint of milk and bring to a boil. Season with salt. Serve with gravy and meat separately.

Spinach with a dessert of hard boiled eggs and vinegar, is an excellent accompaniment to the above.

To 'Launder' Woolen Garments.

To clean blankets or all-wool garments, shave up half a bar of any good laundry soap, add four tablespoonfuls of borax and a little water, and melt over the fire. Then add four tablespoonfuls of household ammonia, put in the tub and half fill the tub with cold water. Enter the articles to be cleaned, and let soak four hours. Then rinse in water containing four tablespoonfuls of ammonia. Do not wring. The article will be just like new and will not shrink.

Tripe Fried in Batter.

Cut tripe in pieces for serving and boil twenty minutes, which makes it nice and tender. Beat one egg, add one-quarter cupful cold water, one teaspoonful salt and flour to make a batter, not too thin. Dip the tripe in the batter and fry until a nice color on both sides. If there is any batter left pour it into the spider and cook with the rest. Be sure to have plenty of grease in the spider. If you use fresh tripe add one tablespoonful vinegar to batter.

Brazilian Stew.

Cut up a few onions, tomatoes and carrots; have ready two pounds of the shin of beef, cut into pieces about two inches long, and dip each piece into vinegar; put the vegetables and meat, with some pepper and salt, into a saucepan without any water (or in a casserole in the oven), and let all simmer for four hours. There will be plenty of gravy, and the meat will be very tender. Shin of beef is inexpensive.

Cold Slaw.

Chop one small head of cabbage and one-third of a bunch of celery together. For dressing, stir one pint vinegar, two beaten eggs, one teaspoonful of salt and two teaspoonfuls of French mustard, with a half-teaspoonful of pepper, together. Cool until it comes to a boil, stirring constantly; then remove from the fire and when cold mix well with the chopped cabbage and celery.

Rich Chocolate Pudding.

Beat the yolks of three eggs until very light and thick, with half a cupful of sugar, flavoring to taste, two ounces of sweet chocolate and a half cupful of chopped almonds. When thoroughly mixed, stir in the whites of the eggs well beaten and pour the mixture into a buttered baking dish. Bake in a moderate oven from 30 to 40 minutes. Serve with any light sauce.

Broiled Flounders, Parsley Sauce.

Put the flounders in boiling, salted water and cook 20 to 25 minutes. Put some butter in a saucepan, stir in some flour and add some of the water in which the flounders were boiled. Have it as thick as sauce is usually made. Then chop some parsley fine and put in the sauce. Salt to taste. Let stand on the back of the stove 5 minutes.

IDLERS DESTROY ALL CHANCES OF PROFIT



Get Rid of the Old Machinery and Have the Most Up-to-Date Labor-Saving Kind—This is an Era of Efficiency.

(By JOHN D. PRENTICE.)
A good many years ago I suddenly woke up to the fact that the idlers on the farm are the things that keep a man from making money. When I came West fifteen years ago I visited a big manufacturing plant at Chicago and I was struck by the system which kept everybody and everything busy. In going through the factory I could not see an idle man nor an idle machine. Everything and everybody was on the jump every minute. No lost motion, no loafing on the job. And as I pondered over the matter on my way to my new farm I began to realize how much I had lost in the past through maintaining idle and unproductive things.

As soon as I got settled I sold off three old horses I had brought with me, and bought two good ones; traded four cows that had never been up to the mark for two that gave more milk than the four ever did, and I invested some of my capital in a flock of 20 sheep, about 100 hens and five of the best brood sows I could buy in the county.

Then I traded an old reaper that I



Using the Tedder—A Very Useful Implement in Curing a Crop of Alfalfa or Clover.

had hauled from central Ohio for five stands of bees and a good plow.

I made up my mind that I would have the best tools and the best live

GOOD PROTECTION FOR TREES

Pennsylvania Expert Recommends That All Litter Be Removed and Earth Mound Be Erected.

The damage to trees, particularly in young orchards, from gnawing by rabbits and mice during the winter-time is very great. Last winter in particular there was an unusual abundance of field mice. When the snow thawed from meadows the burrows of mice could be seen extending in all directions. Many young trees planted in sod or where manure—or much came closely around their bases were completely girdled by these animals. As a precautionary measure, Professor Paddock of Ohio college of agriculture recommends that litter of all kinds be removed from around the trunks of young trees and that a six-inch mound of earth thrown about trunks of such trees is also a good plan. This protection of earth also safeguards to a certain extent against winter injury.

One does not want to go to the other extreme, however, and remove all covering from off the young tree roots. Experiment has shown that a certain amount of organic matter in or on the soil will often protect the trees from injury during a hard winter.

Rabbits are always present and the possibility of injuries should always be guarded against. One of the ways recommended for preventing the rabbits from gnawing the trees is to protect them with some form of tree protector. This may either be a cylinder of fine-meshed woven wire or wood veneer or cloth.

Good Type of Brood Sow.

In selecting a brood sow, form is first to be considered. The body should be finely built, vigorous, long with heavy quarters, flat back, short snout, ears and limbs. The neck should not be too short. She should be a vigorous feeder, with great capacity, because an indifferent feeder will starve her pigs. A sow whose litters range less than eight to twelve pigs each is a failure.

Less Seed Required.

Less seed to the acre is required where oats are seeded with the drill than when seeded broadcast.

Special Ink Evolved.

As the carbon of ordinary printing inks does not bleach in using printed material for new paper, a French firm has patented a special ink. The black pigment is a compound from tanbark extracts acting on ferrous sulphate, and this is incorporated with resin, or mineral oil and resin, or boiled linseed oil. In repulping the paper the ink is bleached with an acid solution of a hypochlorite, chlorine gas, or hydrochloric or oxalic acid, the pulp being made perfectly white.

stock that I could buy and that I would make everything on the place earn its keep or know the reason why.

I had brought with me an old threshing machine with which I used to go around through our neighborhood in Ohio every fall doing odd jobs of threshing. Of course I made a little money at this, but when I figured out the time the old machine stood idle—about ten months in the year—and repairs I had to pay for and the time spent in hunting for jobs, I quickly discovered that the old rattletrap had cost me a good deal of money.

I traded the outfit for a bunch of yearling calves and felt that I had a load off my chest.

Within a week after I had made my trades and purchases I had the sheep busy cleaning up a 20-acre pasture, over 100 chickens were scratching their living out of the fields, the hogs were putting on flesh; the cows made more butter than we could use, which brought us in cash every week, and the calves were laying money on their ribs right along. Everything was working right and day.

Of course I could not make all the changes I wanted at once, but within six months every head of live stock on the place was good of its kind, and profitable. That is the main thing, to invest one's capital only in things that will bring returns on the investment.

I never before had realized how greatly handicapped the farmer is who tries to work with old, half worn-out machinery, decrepit horses that cannot do more than a half day's work in a day, cows that eat more than they earn, and who has no poultry or sheep to clean up the stuff that would otherwise go to waste.

By changing my methods I have made three times as much money since I came to South Dakota as I ever did in Ohio, although I do not think my land is any better and we do not work as hard.

I have exactly the same amount of land I had in Ohio and perhaps I have learned how to farm it better, but I attribute what little success I have had to the fact that everything on the place is productive and that I keep everybody and everything busy every minute I can.

POTATO ROTS QUITE COSTLY

Important to Treat All Tubers Showing Affection With Solution of Mercury Bichloride.

Various types of rot annually destroy many thousands of dollars' worth of potatoes. The rot responsible for much of these damages are internal brown rot, powdery dry rot, soft rot and stem rot.

Very often tubers are attacked in the field or in storage by a soft rot which quickly reduces the potatoes to a soft, slimy, foul-smelling mass.

The stem rot fungus, rhizoctonia, produces on the tubers small dark brown bodies which resemble bits of soil. These bodies are the wintering stage of the fungus and may spread very rapidly from one tuber to another under improper methods of storage. While this fungus does not itself cause a rot of the tuber, it may pave the way for such rot-producing organisms as the dry and soft rots. Of these diseases, rhizoctonia and the organism causing the internal brown rot only produce a withering of the vine. It is, therefore, important to treat all tubers showing the presence of the brown soil-like bodies with a solution of mercury bichloride and to discard for seed all tubers showing the brown ring discoloration.

Internal brown rot may live in the soil for five or six years. If potatoes are grown continually year after year on the same soil these organisms will increase in number, and, as a consequence, the percentage of wilted vines and rotted tubers will also increase until in a few years the soil will be entirely worthless for growing potatoes.

Since all of these diseases live over winter on or in the tubers, it is imperative that seed treatment and seed selection be practiced in order to prevent a recurrence of the troubles the following year. This, together with the other precautions given, will prevent the spread of these diseases and reduce the loss in storage.

Not Always Cow's Fault.

It is very often as much the fault of the milker, if the cow goes dry, as it is the fault of the cow herself. The way she is handled and the feed she is given are important factors.

Weaving Called Old Art.

Weaving is believed to be an older art than spinning. Rude looms are pictured on the tombs of Thebes, and it is believed that the ten curtains of fine linen, blue and purple and scarlet, with cherubim of "cunning work," made for the tabernacle, were tapes tried, the work of the loom.

Men and Religion.

Men will wrangle for religion, write for it, fight for it, die for it, anything but live for it.—Colton.

BREADS WITHOUT EGGS

WILL BE WELCOME ON MENU AS A CHANGE.

Buttermilk Gems and Biscuits Are Two of Five Recommended—Sweet Potato Pone—Recipe for Quick Cinnamon Buns.

Buttermilk Gems or Muffins.—Add a teaspoonful of soda dissolved in a teaspoonful of water to a pint of thick-sour buttermilk, stir in quickly sufficient flour to make a batter that will drop from the spoon. Grease gem pans or muffin rings, fill them partly full with this mixture, and bake quickly in a hot oven. If the batter is thin enough to pour it may be baked on the griddle.

Buttermilk Biscuits.—Sift one quart of flour with a level teaspoonful of bicarbonate of soda and a half teaspoonful of salt; rub into it a tablespoonful of shortening. Grease a shallow baking pan, and see that the oven is hot. Add to the flour mixture one pint of thick sour milk or buttermilk; knead quickly, using sufficient flour to prevent sticking.

Sweet Potato Pone.—Pare and grate sufficient sweet potatoes to make one pint, add one cupful of sweet milk, a teaspoonful of ginger, two level tablespoonfuls of butter, melted, and two tablespoonfuls of sugar; beat thoroughly. Sift two level teaspoonfuls of baking powder with one and a half cupful of flour; add this to the pone, beat a minute, turn into a buttered baking dish, and bake in a moderate oven three-quarters of an hour. Serve in the dish in which it is baked. This is a spongy bread and should be served as soon as taken from the oven.

Bachelor's Buttons.—To a pint of flour add two level teaspoonfuls of baking powder and a half teaspoonful salt; mix; rub in two tablespoonfuls shortening; add two tablespoonfuls sugar, and milk to just moisten. Roll into small pieces, brush with milk, dust with sugar and bake in a quick oven twenty-five minutes.

Quick Cinnamon Bun.—Sift a quart of flour into four teaspoonfuls baking powder and a half teaspoonful salt; rub in two tablespoonfuls shortening; add milk to just moisten. Mix, roll into a sheet, spread with butter, dust, thickly with sugar, lightly with cinnamon, and sprinkle with dry clean currants. Make into a roll, cut into two-inch lengths, stand these, cut side up, in greased pan, and bake in moderate oven about forty minutes. Serve warm.—Good Housekeeping Magazine.

Codfish Omelet.

Allow one egg for each person to be served. Separate yolks and whites, beating the latter until stiff. Heat one level tablespoonful of butter in a fryer. Whip the yolks with two tablespoonfuls of milk for each four eggs used, then mix in the whites carefully, adding a dash of pepper. Have a cupful of cooked flaked codfish. Pour the egg into the hot fryer, and as the bottom of the egg sets spread the fish over; then begin with a broad-bladed knife add turn the omelet gently from the bottom, tipping the pan to allow the uncooked egg to drain out and cook.

To Clean Glass Oven Doors.

Glass front ovens are frequently complained of as not sufficiently light and clear to be satisfactory. Such glass doors will do their duty if the housekeeper does hers, for the glass needs frequent thorough washing on both sides with some fine scouring powder or scouring soap; ordinary soap and water will not accomplish the results desired, as in baking the fumes and steam generated sometimes make a coating difficult to remove. In addition a small searchlight may be used where stoves are not well placed for light.

Vegetable Compote.

Chop vegetables left from a boiled dinner, such as cabbage, parsnips or potatoes. Sprinkle with pepper. Then place a frying pan over the fire with a piece of butter the size of a hickory nut in it and when butter begins to melt tip the pan in order to oil the bottom. Add the vegetables and one or two spoonfuls of hot water which has been boiled. Cover quickly to keep in the steam. When heated thoroughly take off cover, stirring contents occasionally until well cooked. Serve hot.

Practical Household Tips.

Cooked Beans.—If a little baking soda is added when cooking navy beans or shelled beans, they need not be soaked over night, and will be soft in about half the usual time.

Easy Cleaner.—Grease spots on wall paper may be removed by rubbing thoroughly with camphorated chalk.

Scorched Cloth.—Bread crumbs not too stale, rubbed over scorched cloth will cause the burn to disappear.—McClure's Magazine.

Hamburg Roast.

Try this and see if it isn't good: Make a dressing of stale bread soaked until soft. Then squeeze the water off and season with a little pepper, salt, sage, one egg and a few bits of butter. Stir it into your meat and put into a greased tin; add a little hot water and bake about one and a half hours. One pound of steak fixed this way is plenty for four.

French Puffs.

Cream a third of a cupful of butter with a cupful of sugar and add two eggs, beaten separately, a cupful of milk and two cupfuls of flour sifted with a teaspoonful of cream tartar, half a teaspoonful of soda and a pinch of salt. Bake in patty pans until brown and serve hot with maple syrup.

For the Cream Pitcher.

If you have a small pitcher that has the trying habit of "pooring back," just rub a bit of butter under the nose and you will not be troubled more. This will prevent the dripping from a pitcher used for any purpose and thus save many spots on the tablecloth.