

About the ...House

SOME TIMELY RECIPES.

Tomato Soy.—Take a peck of green tomatoes, cut out stem end and any imperfect place, but do not skin. Slice and sprinkle a teaspoon of salt through the layers. Also slice a dozen large (common) onions with them. Let stand over night, and then drain through a colander. Put in a kettle and barely cover with good cider vinegar. Add a cup of sugar, two to four small red peppers cut fine, a tablespoonful each of ground mustard, cinnamon and allspice and a teaspoonful of cloves. Boil till quite tender, and can in glass jars. In using cloves either for pickle or spiced fruits it is best to tie the cloves in a piece of cheese-cloth or thin mustard to prevent discoloring the fruit.

Mustard Pickles.—Mix together one quart each of chopped cauliflower, sliced cucumbers, tiny whole cucumbers, very small onions and one small red pepper. Cover with vinegar in which a tablespoon of salt has been dissolved and let stand over night. In the morning cook in same vinegar for fifteen minutes, then drain well. Mix fourteen tablespoonfuls ground mustard with 5 cents' worth of tumeric, one tablespoon black pepper, three tablespoons sugar and one-half teaspoon flour with enough cold vinegar to make a smooth paste. Pour this mixture into three pints boiling vinegar, boil a few minutes, then pour over the pickles. Mix well and bottle. Unless you have plenty of wide mouthed bottles it is better to use one-quart cans. This recipe makes six quarts.

Ripe Cucumber Pickle.—Take twenty-four large ripe cucumbers, six white onions and four large red peppers. Pare and remove the seeds from the cucumbers and chop well, but not too fine. Chop onions and peppers, mix thoroughly with the three one cup salt and one ounce white mustard seed. Place in a muslin bag and let them drain over night. Remove to glass jars, cover with cold vinegar and seal. These are good.

Vegetarian Stew.—One cup of dried lima beans, one cup of dried red kidney beans, one tablespoonful of butter, one teaspoonful of salt. Soak the beans all night. In the morning pour off the water; add more, also the salt. Parboil; now add butter and bake several hours. Let the water dry off twice while in the oven, to make them nice and brown, but have enough on them at last for gravy. Thicken the gravy with a teaspoonful of brown flour.

Buttercup Cake.—Cream three-quarters of a cup of butter with a cup of sugar until very light. Add the beaten yolks of three eggs and whip to a smooth batter. Stir in a cup of luke-warm milk (or water). To this add two cups of flour sifted three times with two teaspoons of baking powder. Beat into this the egg and milk mixture; finally, fold in the whites whipped to a standing froth. Stir in very lightly and with a few strokes. Bake in layer tins.

Kalops.—For this any small scraps of beef can be utilized, even from the toughest parts. Put some fat into the pot; salt and pepper each piece of meat and arrange in a layer in the pot. Over this sift flour and scatter finely cut onions and a few bay leaves. Repeat until all the meat is in. If there are some bones these may also be put in to give strength to the gravy. Pour water—not too much—down by the side so as not to wash off the herbs. Cook slowly and covered, stirring

IN MODERN DAYS.

THE WAYS OF DOING THINGS HAVE GREATLY CHANGED.

No Branch of Science Has Made Greater Advancement Than That of Medicine—Thousands of Lives Prolonged by Modern Discoveries.

"Few things have developed as rapidly during the past quarter of a century as the science of medicine," said a well known practitioner recently. "And undoubtedly the most striking phase in its progress is in the treatment of the blood. In the old days it was thought that opening a vein and letting the blood out was a cure for most diseases. The utter fallacy of that theory was discovered after a while. Then the symptoms of the disease were treated and the blood disregarded. That also has been shown to be a wrong practice, for, though driven away for a time, the symptoms always return if the cause is not removed, and the disease is worse than before. It is the root of the disease that must be attacked, and the most important developments of modern medical science has been in discovering that, in most diseases, this lies in the condition of the blood. If the blood is thin and poor, the nerves and vital organs cannot receive their proper nourishment, the system becomes run down and in a condition to invite disease. Build up the blood, restore the worn-out nerves and you remove the cause. When the cause is gone the disease will vanish."

An instance of the truth of this is given by Miss A. M. Truckey, Oxdrift, Ont., who says:—"I do not know what would have become of me had it not been for Dr. Williams' Pink Pills. My blood seemed to have turned to water, and I was troubled with dizziness, headaches and general prostration. I tried several medicines but instead of getting better I was gradually but surely growing worse. I became so weak I could no longer work, and it was while in this condition I was advised to try Dr. Williams' Pink Pills. After using the pills for a few weeks I began to gain strength; my appetite returned, the headaches and dizziness vanished, and before long I was enjoying as good health as ever I had done in my life. I cannot thank you enough for the good the pills have done me, and I hope they will long continue to help other sufferers."

Indigestion, neuralgia, heart trouble, anaemia, kidney and liver complaints, rheumatism, the functional ailments of women, and a host of other troubles are all a disease of the blood, and that is why they are always cured by the use of Dr. Williams' Pink Pills which actually make new, rich, red blood, thus reaching the root of the disease and driving it from the system. The great success of this medicine has induced some unscrupulous dealers to offer pink colored imitations. You can protect yourself against these by seeing that the full name "Dr. Williams' Pink Pills for Pale People" is printed on the wrapper around every box. Sold by all medicine dealers or may be had direct from the Dr. Williams' Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for \$2.50.

frequently, adding water as it boils away. The toughest meat will be tender and juicy if prepared in this way.

Lemon Ice Cream.—One quart cream, two lemons—the juice of one and the grated peel of one and a half—two cups of sugar. Sweeten the cream, beat the lemon gradually into it and put at once into the freezer. Freeze rapidly in a patent freezer or the acid is apt to turn the milk. Or—if you wish a custard ice—make it as follows: Make a custard of a quart of milk, seven eggs and four cups of granulated sugar. Remove from the fire and flavor with

the grated peel of a lemon soaked for an hour in lemon juice, then squeezed hard. When cold beat into the custard a quart of rich cream and freeze.

Feather Cake.—Half cup of butter, three of flour, two of sugar, one of milk, three eggs, a little grated lemon, two teaspoons of baking powder. Cream butter and sugar, beat yolks light and stir in the lemon, then the milk, next the flour sifted three times with the baking powder; lastly, fold in the whipped whites. Bake in a mold with a funnel in the middle.

A CHAPTER OF CATSUPS.

Cucumber Catsup.—Take three dozen cucumbers, pare and chop fine. Chop also four good-sized onions. Mix cucumbers and onions with three-fourths of a cup of salt. Put the mixture in a clean cloth spread over a large colander, and let drain all night. The next morning add a cup of white mustard seed and half a cup of black mustard seed, two tablespoonfuls of celery seed and two tablespoonfuls of tiny peppers. Mix and pack in glass jars, filling half full. Boil enough vinegar to fill up the jars, stirring the cucumber with a fork to let the vinegar penetrate the mass. Screw on the tops and put the jars in a cold place. This relish is really a very good one.

Grape Catsup.—Cook five pounds of grapes till soft, then drain off the juice through a sieve. Add two and a half pounds of sugar, one tablespoonful each of cinnamon, allspice, cloves and pepper, half a tablespoonful of salt and a pint of vinegar. Boil till it seems a little thick, then bottle and seal.

Tomato Catsup.—Take the equivalent of one can of tomatoes, or one can of juice left from canning tomatoes. Boil and strain, then add half a cup of sugar, one cup of vinegar, half a teaspoonful each of salt and cayenne pepper, and a tablespoonful each of cloves, cinnamon and nutmeg.

Cold Catsup.—Half a peck of ripe tomatoes, chopped fine, one cup each of onions and nasturtium seeds cut fine, and a cup of grated horseradish; two large stalks of celery and two red peppers, both well chopped; a cup of whole mustard seed, half a cup of salt, a tablespoonful each of black pepper, cinnamon and cloves, and a quart of vinegar. This requires no cooking; mix well in a bottle or can, measure ingredients in a teacup.

Creole Tomato Catsup.—Boil ripe tomatoes enough to yield two gallons of juice. Put into a kettle with one tablespoonful each of ground ginger, cinnamon, allspice and black pepper, two each of cloves, grated horseradish and salt, a teaspoonful of cayenne and a quart of vinegar. Boil till thick, then add four pounds of brown sugar. Bottle when cold and seal.

LAUNDERING LACE CURTAINS.

There are very few people, we are informed by an exchange, who know how to launder lace curtains properly. When they are first taken down, they should be shaken and brushed free of dust. A little washing soda is then dissolved in some warm water, and the curtains are cleaned by rinsing them about in it. Lace should never be rubbed on a board. Unless the curtains are cream colored, the rinsing water should be slightly blue, and they should be thoroughly stirred about in it. A thin starch, in which a tablespoonful of powdered borax has been dissolved, should be applied to the lace. Clean sheets are tacked to the floor in some unoccupied or seldom used room, and the curtains are pinned to them, the surface being drawn taut and smooth. Most people now-a-days have stretchers, and dry their curtains on them. An old quilting-frame may be made to serve instead. When a frame is used, the curtains may be dried in the sun, which helps to bleach them.

USES OF COAL OIL.

A few drops on your dusting cloth will brighten your furniture, as well as prevent dust from flying from the cloth.

One tablespoonful added to each boilerful of water will lessen labor, as well as whiten your clothes when washing.

A few drops added to your boiled starch will make ironing easier.

A few drops added to the water with which windows are to be washed will save time and labor.

Dip the fingers in the oil and rub the throat, to give relief from sore throat.

Saturate a cloth in the oil and rub the rollers, to clean a clothes wringer quickly.

Saturate a cloth with the oil to clean the sink, bathtub or basin which has become discolored from use.

BURRO SERVED AS A GUIDE.

Experience of Two Prospectors in the Western Desert.

The burro, veritable ship of the Western desert, will live longer without water and scent it rather than any other known animal except the camel. As an example of the keen scent of the burro for water, Arthur J. Burdick relates the experience of two prospectors named Peterson and Kelley. A few years ago they attempted to cross the Great Mohave

The Answer is "NO"

It is not Colored or Doctored in any Form Whatever,

"SALADA"

CEYLON NATURAL GREEN tea shows an amazing superiority over all Japans on a tea pot infusion. Sold in the same form as "SALADA" Black tea, in sealed packets only. 25c and 45c per lb. By all grocers.

Desert on foot with a burro to carry their supplies.

In passing from oasis to oasis they lost their way, and the supply of water became exhausted. To be lost in the desert is a terrible thing, and anxiety, coupled with torturing thirst and the intense heat, drove Peterson insane. He left his companion and fled, striking across the plain. Kelley picked the burro and went after Peterson to bring him back, but was unable to overtake him.

He returned to the trail to find that his burro had broken his tether and was at a leisurely pace. He followed, but the animal was so far in the lead and he was so exhausted from his efforts to overtake Peterson that he could not come up to the burro.

Night came upon him, and it soon became so dark that he could not distinguish the burro. He had to follow it by the footprints in the sand. When it became too dark to distinguish the foot-prints, Kelley still staggered on in sheer desperation.

By and by his heart gave a great throb. Before him, outlined against the sky and seemingly suspended in the air, was a form which he knew to be either his burro or an apparition. He hurried forward, and lo! standing upon a sharp rise of ground and facing him was his lost burro.

HEALTHY BABIES.

Healthy babies are always happy babies. If the stomach and bowels are kept right the little ones will be healthy and happy. Baby's Own Tablets are the best thing in the world to accomplish this purpose. The Tablets are the favorite prescription of a doctor who for years made the ailments of little ones a specialty. They are used in thousands of homes, bringing health to little ones and comfort to mothers. The Tablets reduce fever, break up colds, expel worms, check diarrhoea, cure constipation, promote indigestion, allay the irritation of teething and bring sound healthy sleep. Ask any mother who has used these tablets and she will tell you there is no other medicine so safe and effective. Good for the new born baby or the well grown child, and guaranteed to contain no opiate or harmful drug. Medicine dealers everywhere sell the Tablets or you can get them by mail at 25 cents a box by writing The Dr. Williams Medicine Co., Brockville, Ont.

The burro seemed to be awaiting him, for when he came up the animal turned and led the way down the incline to a spring of living water.

Kelley gave a shout of joy and plunged bodily into the spring. After he had soaked his parched skin and moistened his lips and throat, he crawled out and went to his burro, which was browsing upon the green herbs growing about the place. Throwing his arms about the neck of the animal, he gave the creature a hearty hug and a kiss. If this mark of affection surprised or touched the burro, it made no sign.

When Kelley had taken a fresh supply of water he retraced his steps to the point where the burro had broken away. It was fully ten miles. There is no doubt but that the animal had scented the water all that distance, and eagerness to get to it had led the burro to strain at its fastenings till they broke.

Poor Peterson did not survive. Kelley found his body the next morning four or five miles from the point where he had left the trail.

PRECIOUS METALS.

World's Stock of Gold and Silver Doubled Since 1873.

The supply of precious metals seems to keep up with the demand. Since 1873 the world's stock of gold and silver has nearly doubled. The entire amount of silver at present is supposed to be about \$3,634,000,000, against \$1,817,000,000 in 1873; of gold, about \$5,332,000,000 against \$3,045,000,000 in 1873. There are many undeveloped regions yet which will be able to supply the needs of the future. The mineral wealth of Central and Eastern Asia, of Central America, South and Central America, Mexico and Alaska still remains under ground, while even old worked fields have not lost their productivity. The mines of Spain have been in operation for thousands of years. Nevertheless last year they yielded \$34,740,000, a great part of which was gold and silver bearing lead.

In 1903 the world's entire output of the yellow metal was 15,963,750

fine ounces, worth \$330,000,000, against \$96,200,000 in 1873. Of silver the output was 170,000,000 fine ounces, worth \$91,800,000, but of a so-called "coinage value" of \$219,791,900. The world's coinage of gold in 1902 was \$220,405,125, against \$466,110,614 in 1899 and \$257,630,802 in 1873. In the United States the gold output was about \$74,428,000 of silver, \$30,520,700 worth, of a "coinage value" of \$73,676,100. In 1902 the United States produced \$80,000,000 worth of gold; Australasia, \$81,578,000; Canada, \$20,741,200; Mexico, \$10,153,100; Africa, \$30,023,700; China, \$8,731,000; British Indies, \$9,538,100, and Russia, \$22,533,400. South Africa at present is producing gold at the rate of \$63,000,000 a year, the Transvaal and Rhodesia both having greatly increased their output.

The stock of gold in the United States at the end of 1902 is put at \$1,248,000,000, or \$15.64 per capita, the per capita of silver being \$4.44 and paper \$5.71; total, \$29.79. The per capita of gold in Great Britain is put at \$13.18; in Australasia, \$23.38; in the Transvaal, \$24.33; in France, \$24.36; in Germany, \$13.54. The entire stock of the white metal in the United States at the end of 1902 was \$673,300,000 worth at present ratio about \$282,660,000. The amount of silver certificates outstanding in July last was \$462,578,715; of silver dollars \$71,561,684. The gold standard is now established in all countries except certain of the Central American states, China, Mexico and the Straits Settlements. Mexico and some of the states of Central America are contemplating the adoption of the gold standard. As a result the constant varying ratio between gold and silver has ceased to have any disturbing effect upon the money markets or in the business world. According to the present price of silver our so-called standard silver dollar is worth only about 42 cents.

BEES IN A LETTER BOX.

The village letter box at Cadenberge, near Hamburg, Germany, was taken possession of by a swarm of bees. They routed the postman. Then the police and the fire brigade were summoned, and it was only after four hours that they were evicted. When things were quiet again the bees returned.

Warder (to newly-arrived convict)—"In this institution we try to put a man to work at his own trade or profession, so that he can work his way up. What is your occupation?" Convict—"I'm an aeronaut."

CHANGE FOOD.

Some Very Fine Results Follow. The wrong kind of food will put the body in such a diseased condition that no medicines will cure it. There is no way but to change food. A man in Mo. says:

"For 2 years I was troubled so with my nerves that sometimes I was prostrated and could hardly ever get in a full month at my work.

My stomach, back and head would throb so I could get no rest at night except by fits and starts, and always had distressing pains.

"I was quite certain the trouble came from my stomach, but two physicians could not help me and all the tonics failed and so finally I turned to food.

"When I had studied up on food and learned what might be expected from leaving off meat and the regular food I had been living on, I felt that a change to Grape-Nuts would be just what was required so I went to eating it.

"From the start I got stronger and better until I was well again and from that time I haven't used a bit of medicine for I haven't needed any.

"I am so much better in every way, sleep soundly now-a-days and am free from the bad dreams. Indeed this food has made such a great change in me that my wife and daughter have taken it up and we are never without Grape-Nuts on our table now-a-days. It is a wonderful sustainer, and we frequently have nothing else at all but a saucer of Grape-Nuts and cream for breakfast or supper." Name given by Postum Co., Battle Creek Mich.

Good food and good rest. These are the tonics that succeed where all the bottled tonics and drugs fail. Ten days' trial of Grape-Nuts will show one the road to health, strength and vigor. "There's a reason."

Look in each package for the famous little book, "The Road to Wellville."

Never Failed To Cure Piles.

A TRULY REMARKABLE RECORD MADE BY

DR. CHASE'S OINTMENT

There is no disputing the fact that Dr. Chase's Ointment is the only actual and positive cure for piles that has ever been offered for public sales. Day after day there appear statements in the newspapers from persons who have been cured. Ask your friends and neighbors about this great ointment.

"For years I suffered indescribable pain and agony from itching piles, and tried all known remedies with little or no relief and many times with increased pain. A friend advised the use of Dr. Chase's Ointment, and I can truthfully say it is superior to anything I ever used, bringing quick relief without pain or offensive odor, and I can heartily recommend it as the best remedy on earth for itching piles. I wrote this letter with the object of helping other sufferers who have not been so fortunate as to meet with Dr.

Chase's Ointment."—Mr. Thos. J. Wadell, Beaverton, Ont.

"It gives me very great pleasure to recommend Dr. Chase's Ointment. I was troubled with itching piles for twenty years, and tried very many medicines, all to no avail, until I used Dr. Chase's Ointment. After the fourth application the itching and lumps disappeared, as if by magic, and I can say to anyone similarly afflicted that if they will try Dr. Chase's Ointment they will be cured. There is no more certain cure and none so easily applied."—Mr. F. B. Langan, Oliver, Colchester Co., N.S.

Dr. Chase's Ointment, 60 cents a box, at all dealers, or Edmondson, Bates & Company, Toronto. To protect you against imitations, the portrait and signature of Dr. W. A. Chase, the famous receipt book author, are on every box.